



TENANT CONNECTION NEWSLETTER

Volume II, Issue 18

<https://greatervichousing.org/covid-19-resources>

February 17, 2021

FAMILY SELF-SUFFICIENCY PROGRAM IS NOW ACCEPTING NEW APPLICATIONS

If you are:

- ✓ Receiving an eligible housing subsidy
- ✓ Living with at least one dependent child
- ✓ Surviving on a low income
- ✓ Feeling overwhelmed about money
- ✓ Struggling with debt
- ✓ Worried about your finances

...the Family Self-Sufficiency (FSS) program can support you to:

- ✓ Start saving with a matched savings program
- ✓ Gain more control of your money
- ✓ Face your financial fears and move forward
- ✓ Begin a debt reduction plan and reduce your debt
- ✓ Access supports that will assist you and your family

Help is available! Call the FSS program today at 250.388.5251 or visit www.burnsidegeorge.ca for more information.

LEGISLATIVE LIBRARY ONLINE TOURS

While in-person tours are currently on hold, join the Parliamentary Education Office for exciting new online learning every Thursday at 2pm in February, March, and April. Contact tours@leg.bc.ca to sign up. Free!



CULTIVATING RESILIENCE EVEN WHEN YOU'RE TIRED

Anxiety, powerlessness, impatience, irritability or frustration: we've all felt them in the last year. Though this is very normal, there are still many ways we can increase our resilience. Here are four tips gathered from mental health professionals across Canada:

1. Take breaks from the news. After a certain point, it can be more upsetting than informational. Evaluate how much is helpful for you to read or watch in a day, and aim to stick to that limit. Try other activities you enjoy to return some normalcy back to your life as much as possible. Make time to unwind.
2. Take care of your body. Take deep breaths. Try to eat relatively well-balanced meals. Move your body regularly. Get plenty of sleep. This will help boost your immunity and resilience.
3. Focus on what you can control, and, as much as possible, let the rest go.
4. Feeling anxious? Write out all of your fears on paper until your anxiety has dropped by half. Make a list of the things that are going well, despite the current situation, and refer back to it often. ♦

FEATURED ARTWORK: CMHA KELOWNA'S ARTWORKS STUDIO

The Artworks Studio is a safe, comfortable, and welcoming space for those who wish to learn new skills, have an avenue for self-expression, and create art as a pathway to wellness. It is a space for creative exploration that means different things to different people: joy, self-discovery, quiet, a wellness tool for recovery, focus, community, relationships, technique, skill, and fun. The stunning piece above was a group project co-created by 10 artists:

Marc M.	George S.
Sheila G.	Marilyn M.
Rhonda D.	June S.
Linda Z.	Michelle M.
Lynne T.	Max B.

Do you know an artist whose work and story would be inspiring to others? Contact us at 250.384.3434 or info@greatervichousing.org.

OVERWHELMED? Call 211 or visit BC211.ca for immediate assistance with issues including mental health

FEBRUARY IS BLACK HISTORY MONTH

Every February, people across Canada celebrate Black History Month through events that honour the legacy of Black Canadians and their communities. The Government of Canada established a theme for Black History Month in 2021: "The Future Is Now", dedicated to commemorating the transformative work that's being done right now. Here are a list of some interesting and meaningful ways you can learn about and celebrate Black Canadians and their communities, not just this month, but throughout the year:

Online, visit BCBLACKHISTORY.CA for a fascinating and vital treasure trove of everything from BC Black history archives, contemporary anti-racism strategies, digital museums and videos, knowledge quizzes, and such unique offerings as a collection of all Canadian Black Heritage Stamps and the stories behind them.

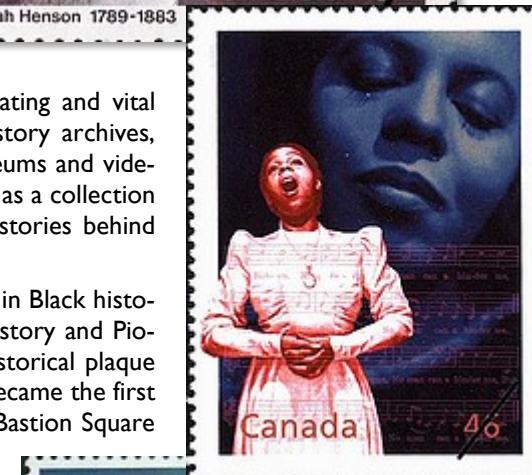
Do a walking tour of Victoria's places of interest in Black history: Ross Bay Cemetery offers a tour of Black History and Pioneers, Irving Park in James Bay has a detailed historical plaque that commemorates Mifflin Wistar Gibbs (who became the first Black person to hold elected office in BC), and Bastion Square has engraved bricks with the names of Black Pioneers. There are many more places of interest on the South Island – visit BCBLACKHISTORY.CA/LEARNING-CENTRE/PLACES-OF-INTEREST-GUIDE/ for more details!

Consider supporting local Black-owned businesses. Sites such as BLACKOWNEDBIZ.CA and WEST.AFROBIZ.CA/VICTORIA-BC have comprehensive listings of everything from goods such as clothes and toys, masks and hand sanitizers, to services such as healthcare providers and grocery delivery.

People of all ages can celebrate and learn through books, movies, music, and other media, hand-picked by the Greater Victoria Public Library. Browse and reserve items today at GVPL.CA/2020/02/BLACK-HISTORY-MONTH/. ♦

A WOLF, A GOAT, & A CABBAGE

Logic Puzzle: A farmer wants to cross a river and take with him a wolf, a goat and a cabbage. He has a boat, but it can only fit himself plus either the wolf, the goat or the cabbage. If the wolf and the goat are alone on one shore, the wolf will eat the goat. If the goat and the cabbage are alone on the shore, the goat will eat the cabbage. How can the farmer bring the wolf, the goat and the cabbage across the river without anything being eaten? ♦



LAST ISSUE'S ANSWER:

1. Anchor
2. Darkness
3. Stamp

OCEANS & THEIR MYSTERIES

Surrounded by water on Vancouver Island, many of us have a natural appreciation for our planet's oceans and marine life. Develop your aquatic knowledge with these fascinating facts:

~ Around 70% of the planet's surface is covered by oceans. In fact, the oceans hold about 96.5% of all water on Earth.

~ An incredible 94% of Earth's living species exist within the oceans.

~ Less than 5% of the planet's oceans have been explored!

~ The world's longest mountain chain is underwater, stretching 65,000km, and is less explored than the surfaces of Venus or Mars.

~ About 70% of our planet's oxygen is produced by the oceans, and most of that is produced by marine algae!

~ The sea is home to the world's largest living structure – the Great Barrier Reef. Measuring around 2,600km, it can even be seen from the Moon!

~ The Pacific Ocean is the world's largest ocean and contains around 25,000 islands: more than anywhere else on the planet.

~ There are more historic artifacts left under the sea from shipwrecks than in all of the world's museums combined. There are more than 1,000 wrecks off of the Florida Keys alone! ♦