
Yakimovich Wellness Centre – September 2024 Sessions

Introduction

In this document you will find the following:

- Information about registering via Zoom
- Information about the upcoming sessions in the Yakimovich Wellness Centre for September

All sessions listed below are offered via zoom or in-person for each session. You can choose how you would like to participate in a session when you register. All sessions are FREE of charge.

Instructions to Register

1. Look at the upcoming available sessions that are listed below in this document.
2. Read the “**How Do I Register for a Session**” section to register correctly.


How Do I Register for a Session?


1. Find the session you want to attend in this document.
2. *QR code*- Scan the QR code (black and white square image) with the camera app on your phone or tablet (instructions below):
 - a) Open the camera app on your phone/tablet
 - b) Hover the camera over the black and white square to the left until a message pops up
 - c) Click on the message to go to the registration page
3. A registration page opens. Answer all the questions on the page by filling in your information. For the questions with a “Select” box under them, click on where it says “Select” to pick from the available answers.
4. Once you have filled in all the information, click on the **Register button**. Your registration is now complete.
5. You will automatically receive a confirmation email for your registration from PHSA (**NOTE:** The email will say “Vancouver,” but all the sessions are in Victoria via the Yakimovich Wellness Centre. Do not worry—you are signed up for the right session!).
6. PHSA does not know who registered to attend via Zoom or in-person:
 - If you are **attending** in-person, ignore the Zoom link attached to the email
 - If you are attending via Zoom, you will use the Zoom link in the email to attend the session via Zoom
7. You will receive an email from me with information about a session (e.g., what you need to bring, parking, bus routes, extra info, etc.) a few days before the session.

Upcoming Sessions



SEPTEMBER

Session:	Pen to Paper: Renewal of life through a private, written narrative from your heart
Date:	Friday, September 13 th , 2024
Time:	1:30-4:30pm (in-person only)
Description:	<p>Everyone is welcome to attend this introductory session about the Intensive Journal Program, developed by world renowned, Dr. Ira Progoff PhD (1927-1998) in collaboration with Dr. Carl Jung. You will have the opportunity to:</p> <ul style="list-style-type: none"> • Learn about the background of the Intensive Journal program • Practice some writing using prompts from the Intensive Journal program – (you do not need to be a writer to participate in this experiential workshop) • Ask questions
Presenter:	Bill Israel, Certified Facilitator, the Intensive Journal [®] writing method since 2016 with coordinating and facilitating programs around Greater Victoria such as, Family Caregivers of BC, The Umbrella Society and The New Roads Therapeutic Recover Community (Our Place Society)
Registration link:	<u>Pen2Paper.Victoria@gmail.com</u> (Please use email address to register for this session)

Session:	Are you a Family Caregiver Feeling Loneliness, Grief and Loss?
Date:	Monday, September 23 rd , 2024
Time:	1:30-3:00pm
Description:	Join us for a conversation with Lycia Rodrigues about how to increase a deeper sense of Self-Compassion and Well-Being. This talk will help you to connect with your own needs and a creative healing journey.
Presenter:	Lycia Rodrigues, Registered Clinical Counsellor in Victoria - focus of work is with Family Caregivers
Registration Link:	<div style="display: flex; align-items: center;">  <div> <p>< Scan the QR code to register (instructions below):</p> <ol style="list-style-type: none"> 1. Open the camera app on your phone/tablet 2. Hover the camera over the black and white square to the left until a message pops up 3. Click on the message to go to the registration page <p>NOTE: Please read the “How Do I Register for a Session” instructions at the top of this document.</p> </div> </div>

Session:	Canada Revenue Agency - Benefits and Credits for Adults over 65 years old
Date:	Wednesday, September 25 th , 2024
Time:	10:00-11:30am
Description:	<p>Everyone welcome to attend. Canada Revenue Agency (CRA) will share information on:</p> <ul style="list-style-type: none"> • Common types of income for adults 65+ • Benefit and credit payments • Tax credits, such as medical expenses and Disability Tax credit • Canada Revenue Agency services and tools • Ways to do your taxes and free tax help • How to be scam smart <hr/> <p>Optional: From 11:30am – 12:30pm you can make an appointment through Liz McCarter – email Elizabeth.McCarter@islandhealth.ca to book your 1-1 with Sarah (<i>in-person only</i>):</p> <ul style="list-style-type: none"> • To update your information (address, direct deposit etc...) or • If you need a copy of your Notice of Assessment or • You have an issue specific to your account that you need assistance with
Presenter:	Sarah Bennett, has worked with Canada Revenue Agency for 5 years
Registration QR code:	 <p>< Scan the QR code to register (instructions below):</p> <ol style="list-style-type: none"> 1. Open the camera app on your phone/tablet 2. Hover the camera over the black and white square to the left until a message pops up 3. Click on the message to go to the registration page <p>NOTE: Please read the “How Do I Register for a Session” instructions at the top of this document.</p>

Session:	Introduction to Advance Care Planning – Two Part Series
Dates:	Friday, September 27 th , (Part 1), and October 4 th , 2024 (Part 2)
Time:	10:00-11:30am
Description:	<p>We plan our birthdays, weddings and even dinner – so why don't we plan out health care? Advance Care Planning lets you have a say in the health care you will receive if you are unable to speak for yourself.</p> <p>Everyone is welcome to attend this information session about what is an advance care plan, why it is important, how to get started and resources you can use to learn more about advance care planning. Discussing and documenting your wishes with your loved ones and health care providers mean they will be better able to speak on your behalf when needed.</p>
Presenters:	Gabi Townsend, Advance Care Planning volunteer with Island Health. Prior to this, Gabi worked with Alzheimer's BC – Victoria Resource Centre supporting families impacted by Alzheimer's/Dementia, which included sensitive conversations about planning for the future.

	Liz McCarter, Coordinator Yakimovich Wellness Centre, Community Health Services – Community Resource Team, Island Health	
Registration QR Code: (Part 1 – September 27 th)		<p>< Scan the QR code to register (instructions below):</p> <ol style="list-style-type: none"> 1. Open the camera app on your phone/tablet 2. Hover the camera over the black and white square to the left until a message pops up 3. Click on the message to go to the registration page <p>NOTE: Please read the “How Do I Register for a Session” instructions at the top of this document.</p>
Registration QR Code: (Part 2- October 4 th)		<p>< Scan the QR code to register (instructions below):</p> <ol style="list-style-type: none"> 1. Open the camera app on your phone/tablet 2. Hover the camera over the black and white square to the left until a message pops up 3. Click on the message to go to the registration page <p>NOTE: Please read the “How Do I Register for a Session” instructions at the top of this document.</p>