Village Update

January 17, 2025

UPDATES FROM THE MUNICIPALITY

Thank you to everyone who attended the community support drop-in session. We will be hosting another session in the near future to offer support, guidance and resources. Below, you'll find a list of helpful resources, along with a link to a document that provides easy access to individual websites when clicked. A special thank you to Cathy Dent and her team for their invaluable support. We look forward to seeing you at the next session.



WELLNESS & SELF-CARE INFORMATION

Anxiety Canada (anxietycanada.ca)
Free online resources for those struggling with anxiety disorders including CBT programs, education materials and a CBT MindShift app.

Canadian Mental Health Association (CMHA) (cmha.ca)
CMHA has mental health skill-building courses, free and low-cost counselling services, and information on how parents can support their children through difficult times. Visit the website to find a branch near you.

eMentalHealth.ca (ementalhealth.ca)
Trustworthy information on mental health and useful tools to find local services across BC.

Headspace App (headspace.com)
App with mediation and mindfulness tools to help support your mental health, sleep, movement and focus. Requires paid subscription.

Here to Help (heretohelp.bc.ca)
Quality information on mental health and substance use concerns, free self-screening tests and connections to key resources.

Kelty's Key (keltyskey.com/self-help/)
Online guided CBT therapy, courses and free self-help resources on depression, anxiety, grief, insomnia, family support and substance use.

COUNSELLING SERVICES

Foundry (foundrybc.ca)
A space for youth aged 12-24 to access health and wellness resources, free/low cost in-person and virtual counselling, drop-in services and youth health clinics. Visit the website to find a Foundry Centre near you.
- **Virtual service information: 1-833-308-6379 (Hours:** 1pm-9pm)

24/7 CRISIS LINES

BC Mental Health Support Line
- **310-6789** (no area code needed)

BC Suicide Prevention and Intervention Line
- **1-800-784-2433**
- **Online Chat** (crisiscentrechat.ca) **(Hours:** 12:00pm - 1:00am)

Children's Help Line
- **Child or youth: 310-1234** (no area code needed)
- **Report child abuse or neglect: 1-800-663-9122**

Kids Help Phone (kidshelpphone.ca)
- **1-800-668-6868 or text/type CONNECT to 686868**

National Suicide Crisis Helpline
- **Call or text 9-8-8**

Senior's Distress and Support Line
- **604-872-1234**

Youth in BC Distress Line (youthinbc.com)
- **1-866-661-3311**
- **Online Chat (Hours:** 12:00pm-1:00am)

OTHER SERVICES

Alcohol & Drug Information and Referral Service
Free, confidential information 24/7 to support yourself or someone you know. Referrals for wide range of counselling and treatment services across BC available.
- **Call toll-free: 1-800-663-1441**
- **Call: 604-660-9382** (Lower Mainland)

BC 211 (bc.211.ca)
Free, confidential, multilingual 24/7 service that links people to resources for help and makes referrals to a broad range of services.

INDIGENOUS SPECIFIC SERVICES

Hope for Wellness (hopeforwellness.ca)
24/7 helpline for all Indigenous people across Canada.
- 1-855-242-3310
- Online chat

Indian Residential School Survivor Society (irsss.ca)
Cultural and emotional support services for residential school survivors and their families, regardless of status.
- 24/7 crisis support: 1-800-721-0066

KUU-US Crisis Line Society (kuu-uscrisisline.ca)
24/7 helplines for youth and adults
- Line for Aboriginal Elders/adults: 250-723-4050
- Youth Line: 250-723-2040 or Toll Free: 1-800-588-8717

Metis Nation Crisis Line
- 24/7 support: 1-833-638-4722

Talking Stick App (my.talkingstick.app)
A free text-only chat platform for Indigenous people seeking culturally-based peer support on any topic.

- Call or Text 2-1-1

Care for Caregivers (careforcaregivers.ca)
A mental health help line for health and social support workers
- Call/Text 1-866-802-7337 (Hours: Mon-Fri 9am-9pm)

Mobile Response Team (Provincial Health Services Authority)
Supports frontline staff, organizations, and communities affected by health and substance use emergencies through psychosocial support, education and crisis intervention.
- 1-888-686-3022

S.U.C.C.E.S.S Language Help Lines
Emotional support lines in multiple languages.
- 1-800-721-0596 (Hours: 7 days a week from 10am-10pm)
- Extensions: Mandarin (ext.1), Cantonese (ext. 2), Korean (ext. 3), Farsi-Dari (ext. 4)

Toward the Heart (towardtheheart.com)
A search tool to help you find harm reduction supplies for safe sex and substance at distribution sites across communities in BC.

This resource list was compiled by Provincial Psychosocial Services, Health Emergency Management BC (PHSA).

Please click here to access the full document for access to the individual websites and apps.



Click Here to View the Lions Bay Beach Park Drawings!



NEXT REGULAR MEETING OF COUNCIL:

Regular Meeting of Council Meeting - January 21, 2025 at 6:00pm

COMMITTEE MEETINGS:

Committee of the Whole Meeting - February 4, 2025 at 6:00pm

Finance and Audit Committee Meeting - February 11, 2025 at 4:30pm

Infrastructure Committee Meeting - February 11, 2025 at 6:00pm

Note: ***Please check the Village website*** ***calendar***
for meeting schedule changes or cancellations.

View the Council and Committee Schedules, Agendas, & Minutes HERE!

Video conferencing is available for public participation via Zoom. Instructions on how to attend and publicly participate in a meeting can be found **here**.

Public Viewing Etiquette:

- Public participation is available on Zoom, during the Public Participation section of the agenda. Attendees will have two minutes to speak on any matter at the beginning of the meeting.
- Silent viewing only until you are called upon to speak (if desired).
- Please do not interrupt Council discussion.
- Limit background distractions by muting your microphone and keeping video turned off until such time as it's your turn to speak (if applicable).
- If interruptions are repeated, the participant will be removed from the meeting.



The Lions Bay Community Scholarship Foundation

Grade 12 Student Scholarship Application Tutorial
Monday, February 3rd, 2025
7:00 - 8:00pm via Zoom

All Lions Bay Grade 12 & 11 Students
and Family Members

Mark your calendars for the Scholarship Application Tutorial
Lions Bay Scholarship Application Tutorial: Tools for success
Zoom Link *Contact*: **michael.broughton@telus.net**



Click **here** for more information!

ArtSpark

Winter Class Registration is NOW OPEN!



For the 4–8-year-olds
Barbara San Severino will run a series of 6 classes,
Mondays from 3:30-4:30 p.m.
at Broughton Hall,
February 3-March 10.



For the 8–12-year-olds
Lorena Fierro will run a series of 6 mixed media classes,
Tuesdays from 3:30-4:30 p.m.
at Broughton Hall,
February 4-March 11.

Arts Council members can sign up online
here: https://lionsbayarts.ca/artspark

Not yet a member? Sign up
here: https://lionsbayarts.ca/membership

Each class has an 8-person limit.
Get in touch if you have any questions.
(robinspano@gmail.com)

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Not yet a member? Sign up here: https://lionsbayarts.ca/membership

Each class has an 8-person limit.
Get in touch if you have any questions. (**robinspano@gmail.com**)



Announcing winter art classes from ArtSpark!

For the 4-7 set, Barbara San Severino will run a series of 6 classes, Mondays from 3:30-4:30 p.m. at Broughton Hall, from February 3-March 10.
For the 9-12 set, Lorena Fierro will run a series of 6 mixed media classes, Tuesdays from 3:15-4:30 p.m. at Broughton Hall, from February 4-March 11.
8-year-olds are welcome to join either class. (I think it was a typo somewhere along the line that skipped them, and since art is flexible with ages, you're welcome to choose where your 8-year-old belongs!)
Arts Council members can sign up online here:**https://lionsbayarts.ca/artspark**
Not yet a member? Sign up here:**https://lionsbayarts.ca/membership**
Each class has an 8-person limit. Get in touch if you have any questions. (**robinspano@gmail.com**)

2024 Charitable Tax Year Extended to February 28

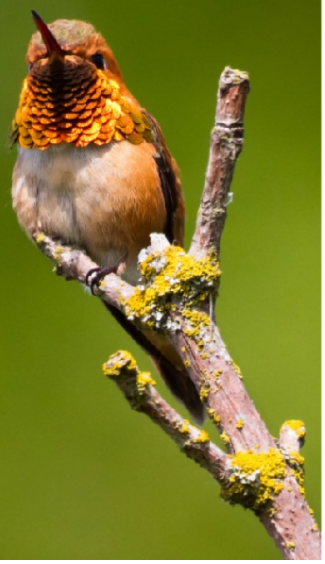
Would Spring still be Spring without hummers?

Rufous Hummingbirds have the longest migration in the world based on distance travelled and size. They return from their wintering range in Mexico and the Gulf States to the same area, often to the same nest and feeder, each year. But their populations have declined by more than 67% since 1966. What if your hummers never came back?

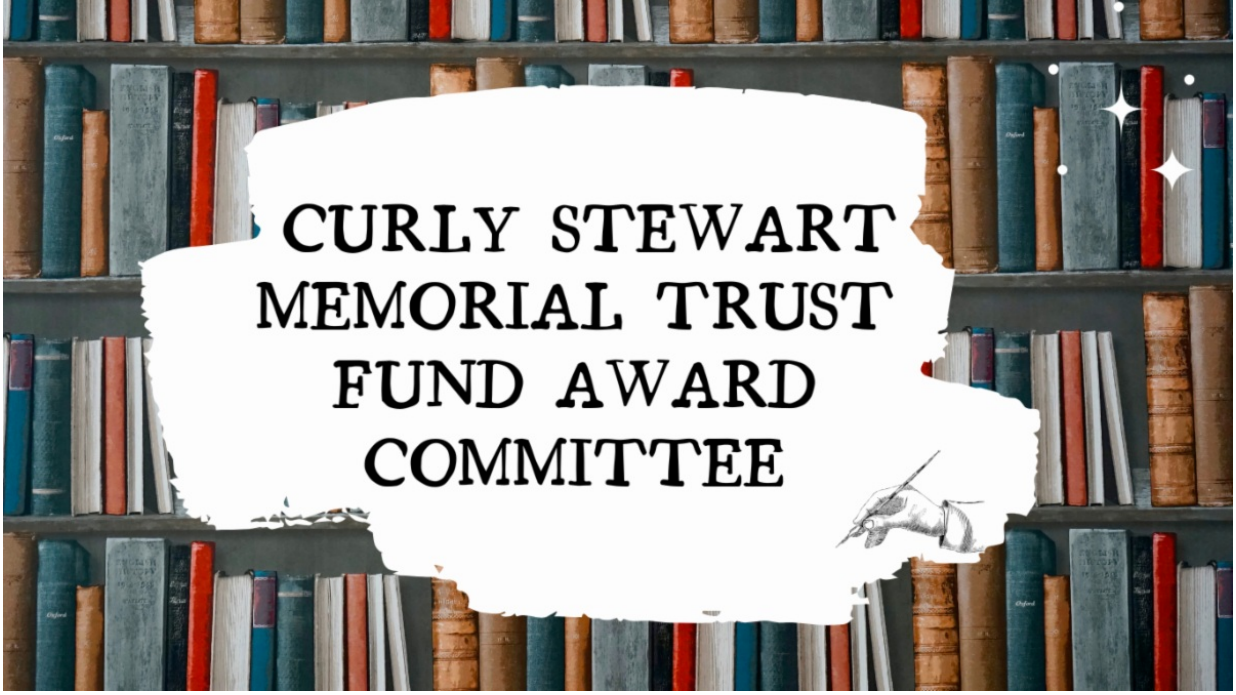
Bird Friendly Lions Bay works to protect birds, their habitat and food sources to support populations. We focus on educating all ages about the importance of caring for nature, biodiversity and eco-systems, not just for birds, but also for other wildlife and human well-being.

Please support our education and outreach programs and receive a tax receipt for your donation. Donations by cheque to the Lions Bay Village Office, PO Box 141, Lions Bay BC, V0N 2E0.

Questions? email us:
lionsbaybirdfriendly@gmail.com



BIRD FRIENDLY CITY
LIONS BAY, BC
CERTIFIED BY NATURE CANADA



Taxable donation deadline extended: How to donate to the Curly Stewart Memorial Award

Thank you to all who participated in the Curly Stewart Memorial Award Christmas tree fundraising event. It was a great success but fell just short of our annual fundraising goal. The committee's goal of increasing the award incrementally until we get to $1,500 is still achievable, because **the Federal Government has extended the 2024 taxable donations deadline to February 28th, 2025**.

Anyone who wishes to make a donation can do so through the Village Office and receive a receipt for taxation purposes.

The award is 100% funded by donations and fund-raising events organized by the committee. It was established to honour the first Mayor of Lions Bay, Allan M. “Curly” Stewart, who served from 1971 to 1981. A scholarship is awarded annually to a secondary student resident in Lions Bay who best exemplifies the qualities described in the award’s **terms of reference**.

The Committee welcomes new members

Residents of Lions Bay are welcome to apply. Familiarity with the ideals of educational aspirations, community service, citizenship, arts, athletics and an ability to consider applications intended to illustrate these ideals would be an asset. The committee reviews and considers applications and makes award recommendations to Council in confidence. If interested, please email **office@lionsbay.ca** with the subject heading “Curly Stewart Committee” before noon on Friday, January 31st, 2025, with your name, physical and mailing address, email address and phone number(s), and short answers to the following:

1. Please describe why you are interested in participating as a member of the Committee.
2. Please provide a brief summary of how your experience would enhance the work of the Committee.

Participation is in a volunteer capacity, with no remuneration. The time commitment is anticipated to be two to four two-hour meetings in the Spring, plus individual time to review applications. Committee members’ names appear in the public record of the Council

meeting appointing them and on the municipal website. Contact information will be provided to staff and other Committee members. To view the Committee's Terms of Reference, **click here**.

Please note that the Curly Stewart Memorial Trust Fund Award Committee is a select committee of Village of Lions Bay Council and has no relationship to the Lions Bay Community Scholarship Foundation, which is a charitable non-governmental organization. Students can therefore apply to both.

Village of Lions Bay | **lionsbay.ca**

- Encourage friends and neighbours to **subscribe** to the weekly Village Update and the municipality's **Facebook page** as a regular source of official municipal information.
- **View Council and Committee calendars, agendas and meeting minutes HERE**
- See local air quality on our **real-time air quality map**
- Compostable and landfill garbage drop-off Friday 6-8 am, Saturdays 8-11am at the Public Works Yard, 5 Tidewater Way.

If you have any questions, comments, or concerns pertaining to the Village Update, please email ***epost@lionsbay.ca***

The Village of Lions Bay
400 Centre Rd. (off Crosscreek Rd.) | PO Box 141
Lions Bay, British Columbia V0N 2E0 CANADA

Reception: (604) 921-9333
Public Works voicemail: (604) 921-9833
Public Works after-hours on-call: (604) 290-1498
Bylaw Officer: (604) 834-3404

The Village of Lions Bay | 400 Centre Road P.O. Box 141 | Lions Bay, BC V0N 2E0 CA

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