



September 2021

SUPPORT US

Support For A Healthy Community



A Note From Our Executive Director

The fall season traditionally marks the onset and beginning of the busiest time of year for our organization's services at WCSS. This is a contrast to the rest of our resort town that has the tendency to refer to the "break" between labour day and mountain opening as the "shoulder season". Most refer to it as the quieting of our mountain town and a time to rest and recover. This month marks the busiest time of



year for our Outreach Services and Food Bank. A "slower time" in the resort and reduced tourism creates economic insecurity, job loss or change.

The fall season, with rainy weather and gloomy skies is linked to high rates of seasonal affective disorder and can impact and influence depression, mental health issues and can lead to increased substance use. As well, as some parts of our country deal with, face or brace for the impact of the fourth wave of COVID 19 it can all feel overwhelming and challenging.

Despite the "busy-ness" of our places and spaces at WCSS please know that it is *our* business to support the health and wellness of our community, promote social good and advocate for climate care work. More people accessing mental health services, our food bank, and shopping in our stores is a sign of strength and belonging; not weakness. We hope you know that we value your support, advocacy and your willingness to reach out and ask for help - it truly is the greatest part of what we do. Despite the increased numbers, and utilization, of our programs our collective connectedness speaks to the integral role of our organization within this town and that we could not do it without you. We look forward to seeing you, and we welcoming you into our spaces. And above all, please know we are a place of support, smiles, compassion, safety and most of all, belonging.

With Gratitude,
Jackie

A handwritten signature in black ink, appearing to read 'Jackie', is centered within a light gray rectangular box.

National Day For Truth And Reconciliation

As we approach this first National Day For Truth And Reconciliation, we invite everyone to join us in committing to learn, understand, and move forth with

indigenous neighbours across the country to find more unity and a caring approach to supporting one another. WCSS will be open to support and advocate for our clients on this day, however we will also be taking time to reflect and look inwards in our personal roles in truth and reconciliation. We encourage everyone to pause and make meaningful time for the work of reconciliation. The Squamish Lil'wat Cultural Centre is offering FREE admission on September 30th thanks to their partnership with the Fairmont Chateau Whistler.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

September 30, 2021

We asked a few members of our team to share what this day means to them:

"Truth and Reconciliation day is about recognition of historical injustices and the harm inflicted by government policy that forcibly separated first nation children from their families, and displaced their culture. It is an opportunity for reflection on what we can do to build supportive and respectful relationships, and a time to honor the rich history, traditions and culture of Canada's First Nation peoples'." - Dan, Outreach

[Read More](#)



Healthy Choices

Our Outreach Services team work with schools to talk with youth, teachers and their caregivers about topics such as:

- Self-care and Nutrition
- Stress, anxiety, and mental health
- Sexuality., Substance use, and more..

Are you a teacher, or know of one that would like to have Healthy Choices brought to your classroom? Contact either Erin (erin@mywcss.org) or Jono (Jono@mywcss.org) on our outreach team for more information. We gratefully acknowledge the Whistler Blackcomb Foundation for their support of this program.

TOGETHER Food Bank Appeal



As unprecedented demand for food security continues here in Whistler, we are turning to all of our community to help feed our residents who still face the challenge of putting healthy food on their dinner tables. We know that when we join **TOGETHER** we can overcome adversity **TOGETHER**; so we ask that you consider a donation that you can afford in support of our **TOGETHER** Food Bank appeal in place now until October 18th. Help us raise \$50,000 to ensure everyone in Whistler has access to healthy food options, regardless of what challenges we may face.

Vail Resorts EpicPromise has donated two \$200 Whistler Blackcomb retail gift cards to give away to two lucky donors who will be randomly selected after the appeal closes on October 18.

[DONATE NOW](#)



Thank You Whistler Farmers Market

Recently the Whistler Farmers Market donated coupons for use at the market to support our food security programs. Getting healthy food onto the tables of ALL Whistler residents is our primary goal - and thanks to this donation we are able to ensure we are doing just that. Thanks again!

[Whistler Farmers Market](#)

BCIT - Indigenous Awareness Course

Words like Reconciliation and Indigenization are becoming common place and are often followed by questions such as, “What do these words mean? Why do we have to do this? How come I didn’t know about Residential Schools?”

This FREE course will provide you with foundational knowledge of Indigenous people in the hopes that as the true history and contemporary reality of Indigenous people is more broadly known, Reconciliation can begin



[Learn More](#)



Getting To Know Us

What all do we do here at WCSS? Well it is along list that includes more than 25 programs in the areas of food security, mental health and wellbeing, financial aid, substance use, parenting support, and so much more. Our programs along with the work we do work support and advocate for a healthy community - that is our mission, our purpose, and is what motivates us each and every day. Check out all our programs here:

[Food Security](#) / [Outreach Services](#) / [Financial Aid](#)

[Contact Us](#)

Whistler Community Services Society provides inclusive support to build a resilient community. Following our values of *Trust, Respect, Inclusion, Advocacy, and Collaboration*; we aim to work with the community to deliver low barrier services for healthy living.

Considering leaving an estate gift to Whistler Community Services Society?

Learn more on how to do so [here](#).

Thank You



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Our mailing address is:

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