

# Healthy Living Community Update



## December 6th: National Day of Remembrance and Action on Violence Against Women

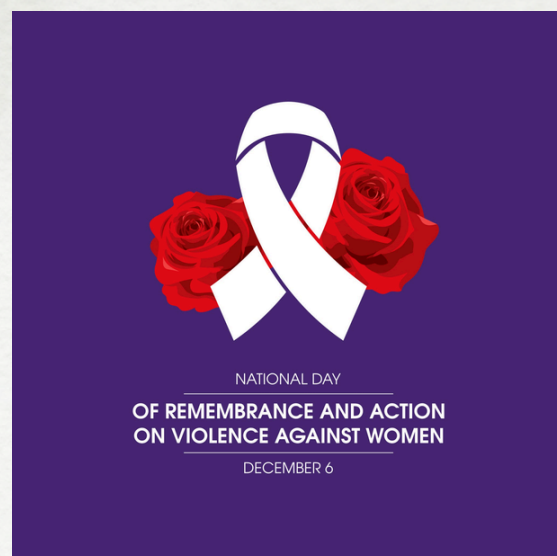
The National Day of Remembrance and Action on Violence Against Women is about remembering those who have experienced gender-based violence and those who we have lost to it.

It is also a time to take action. Achieving a Canada free from gender-based violence requires everyone to educate themselves, their families and communities on gender-based violence. Let's centre the voices of survivors in our actions and speak up against harmful behaviours.



During the 16 Days of Activism Against Gender-Based Violence campaign, learn about 16 ways you can help end gender-based violence (GBV).

But don't forget that you can help all year round, beyond the 16 days of activism!



## Learn More About Gender-Based Violence

When someone faces violence because of their gender, gender expression, gender identity or perceived gender, that's called gender-based violence (GBV).

Different forms of GBV exist everywhere. Discover what these forms of GBV are and how to stand up against GBV to create a safer Canada for everyone.



Gender-based violence is a serious issue, and learning about it is the first step to making a difference.

Explore clear and easy-to-follow workbooks, important facts, powerful infographics, and more to help answer your questions.



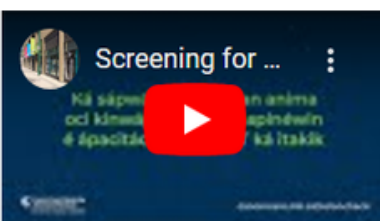
# CancerCare Manitoba Prevention and Screening Resources

CancerCare Manitoba produces a variety of resources to educate patients about cancer prevention and screening.

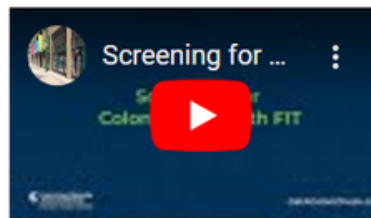
Visit their website to learn more and find resources such as:

- ColonCheck Education Video – available in Cree, English, Ojibwe and French
- CervixCheck booklet – What you need to know about preventing cervical cancer – available in English and French
- BreastCheck poster – Breast Cancer Screening Saves Lives – available in English and French
- Cancer Screening Poster – available in English and French

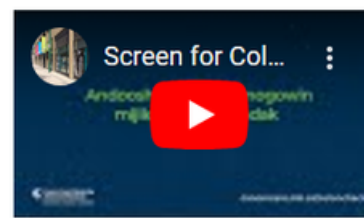
ColonCheck - Cree



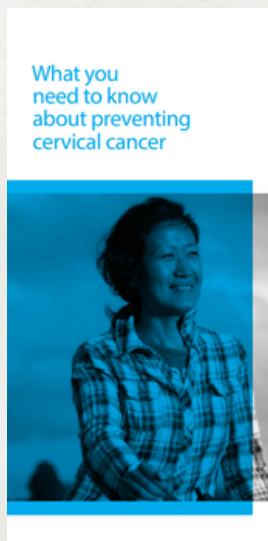
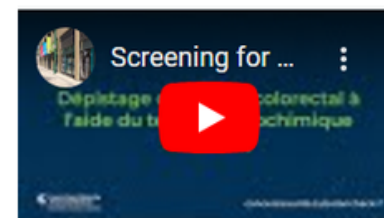
ColonCheck - English



ColonCheck - Ojibwe



ColonCheck - French



To learn more visit: [CancerCare Manitoba](https://cancercare.mb.ca)

For more information

Email: [screening@cancercare.mb.ca](mailto:screening@cancercare.mb.ca)

Phone: 1-855-95-CHECK



# "Community Volunteer Income Tax Program" Training



**Join thousands of volunteers across Canada!**  
You don't need to be a tax expert to help people. As a volunteer at a free tax clinic, you will:

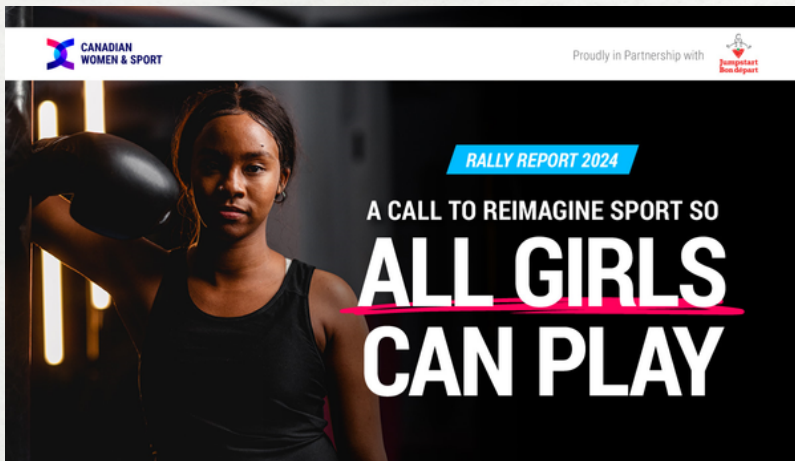
- complete tax returns for adults 65 years and older, Indigenous Peoples, newcomers, students, and others
- help tax filers get important benefit and credit payments
- be provided with volunteer training, software, and dedicated help line

**Volunteer at a free tax clinic**  
You can choose to do taxes in person or virtually, by videoconference, by phone, or through a drop-off clinic.

**Want more information?**  
Go to [canada.ca/taxes-volunteer](https://canada.ca/taxes-volunteer) or call **1-800-959-8281** for more information or to register.

To learn more or register for training in Manitoba, provided by a local non-profit financial empowerment organization, Community Financial Counselling Services (CFCS), please click [HERE](#) and use the registration code: CFC294

## Canadian Women & Sport – Rally Report 2024



- Read the [report](#) to learn more about the latest research
- Download the [Social Media Kit](#) to help spread the word
- [Sign up](#) to be notified of webinars beginning in 2025

Understanding girls' experiences is the first step in transforming the sport and physical activity system in Canada so that all girls can play. Rally Report 2024, developed in partnership with Canadian Tire Jumpstart Charities and global insight consultancy IMI Consulting, aims to champion girls' voices, and support and inspire sport leaders with fresh insights into how they can reimagine sport and create more equitable, inclusive environments.



# Body Peace Canada

Body Peace Canada is a FREE online resource for anyone 14+ in Canada, no referral or diagnosis needed.

Whether you're dealing with an eating disorder, are concerned about your relationship with food, exercise or your body, they have workshops, peer support groups or one-on-one mentoring available.



**CLICK HERE**

## Access for All. Period.

Free pads and tampons are now available throughout Manitoba as part of the Access for All Period program, led by the Manitoba government. This program is focused on ending period poverty by providing equal access to menstrual products for all.

Products are available to all Manitobans in schools and community organizations as listed [here](#). Free menstrual products are also available at participating shelters throughout the province.



Period Poverty is the inability to access or afford menstrual products.

Period Poverty prevents youth and adults who menstruate from participating in their everyday lives.

## Full Moon Ceremony – December 16th

December 16th – 5:00–6:30PM

Location: Oodena Celebration Circle, The Forks, Winnipeg

This Ceremony is open to the community at large; all genders, cultures and abilities are invited to join together for teachings about feminine energy's relationship with Grandmother Moon.



Anyone who identifies with feminine energy is invited to participate in the Ceremony. Those who identify with masculine energy are invited to attend, but will observe. If you can, we ask relatives to bring your own chair, rattles and/or drums, as well as a water container to fill and take home after the Ceremony (if you wish).



Questions? Contact your Healthy Living Facilitator



# This Christmas Season, consider shopping more local!



## Why Shop Local?



1. **Stimulate the local economy** – local businesses often purchase goods and services required to run their business from other local businesses (advertising, marketing, supplies, packaging, etc.) which stimulates the local business economy.
2. Local businesses hire employees from your community, **creating local job opportunities** that are easy to get to and employees and managers are invested in their communities. There is often more opportunity for career advancement.
3. **Local business people are likely involved** in local organizations and events, politics, and are often property owners
4. Local shops add **character and uniqueness to our small towns**, and align with our values and interests, promoting our diverse cultures
5. **Environmental benefits**, due to less shipping distances and local shops are often right in our community, a commute to the larger shopping centers is unnecessary.
6. Shopping local allows us opportunity **build connections and familiar faces within our neighborhoods**, we know social connections is extremely valuable for optimal health.
7. **Personalized customer service** – a small business owner will often have the control to correct an error or source what you are looking for resulting in improved satisfaction.
8. **Many local businesses are very generous** towards local charities, sponsor local teams, etc.

*Reference: Shop Local Canada [www.shop-local.ca](http://www.shop-local.ca)*

Click [HERE](#) for ideas on Manitoba stores!





# Food Bank Donations – tis the season for giving

Some of the most needed items food banks need, according to Winnipeg Harvest:

- Canned vegetables/fruit/soup/stew/tuna
- Pasta
- Pasta sauce
- Rice
- Peanut butter
- Instant Oatmeal



Visit [Winnipeg Harvest](#) to learn more!

To find a Food Bank near you to donate visit [211 Manitoba](#).

## Christmas Countdown Kindness Calendar

<b>1</b> <b>COMPLIMENT A STRANGER</b>	<b>2</b> <i>hold the door open for someone</i>	<b>3</b> e-mail encouraging words to a friend 	<b>4</b> <i>show off your best smile all day</i> 	<b>5</b> <b>Volunteer</b>
<b>6</b> <i>leave a great big tip!</i> 	<b>7</b> give someone a "just because" gift	<b>8</b> <i>help a friend wrap gifts</i> 	<b>9</b> *shower someone with compliments like confetti	<b>10</b>  donate to a shelter
<b>11</b> Make cards for soldiers overseas	<b>12</b> Donate used books to a library 	<b>13</b> Leave some change in a vending machine 	<b>14</b> <i>take dinner to another family</i>	<b>15</b>  go Christmas Caroling
<b>16</b> <i>give out free hugs</i>	<b>17</b> leave a kind note on the hood of a stranger's car	<b>18</b> Pay for the car behind you in a drive thru line	<b>19</b> Bring baked treats to your local police or fire station 	<b>20</b> support local business
<b>21</b> <i>babysit for free</i>	<b>22</b> help a neighbor with lawn work	<b>23</b> Help clean snow off cars 	<b>24</b> <i>Let someone skip ahead of you in line</i>	<b>25</b> keep acts of kindness going year-round!

SheLovesFree.com