

Upcoming Things of Interest		
Sat, May 29	10:30-noon	Connections Women's gathering, Lewis Hall (see page 4)
Sun, June 6	1 pm-ZOOM	AGM
Sat, June 12	9-noon	Trunk/yard sale fundraiser

Open Invitation to Women of Whitehorse United Church.....

The next **Connections** gathering will be **May 29**, 1030 to 1200 at Whitehorse United Church Lewis Hall. Women of Whitehorse United church are welcome to come out, join in the chit chat and re-Connect with our church family. We will observe the COVID 19 safety recommendations:

Please defer attending if you:

- are sick;
- have been in contact with someone diagnosed with COVID-19; or
- travelled to an area which requires self-isolation on return.

Otherwise.....

- please wear a non-medical mask until you are seated
- sanitize your hands upon entry to the hall
- chairs will be 6 feet apart (sorry ladies, no mingling and laughing in the kitchen)
- we are not permitted to share food; please bring your tea or coffee in your travel mug and a snack if you choose
- please bring a project if you wish... or not.... some of us just like to chat
- unfortunately we cannot offer childcare
- list of all attendees will be maintained

Any questions please call Beth at 633-2710.

FREE FOOD in Whitehorse

COVID health & safety protocols will be in place

7 days a week

BREAKFAST

7 am to 11 pm
Whitehorse
Emergency Shelter
405 Alexander St.

LUNCH

11:30 am to 1 pm
Whitehorse
Emergency Shelter
405 Alexander St.

DINNER

5 pm to 6:30 pm
To-Go Meals for pick up
Family Hotel
314 Roy St.

+ Additional LUNCH Opportunities:

Mon, Wed & Fri

12 pm to 2 pm
Stookum Jim
Friendship Centre
3157 - 3rd Avenue

Tue & Thurs

1 pm to 5 pm
Sandwiches provided
Mary House
504 Cook Street

Women & Children

Tue & Thurs

11:30 am to 1 pm
Bully & Sisters
The United Church
601 Main St.

Wednesday

11:30 am to 1:00 pm
Victoria Faulkner
Women's Centre
503 Hanson St.

+ Additional DINNER Opportunities:

Tuesdays to Saturdays

Youth ages 12 to 18
& 6 pm
BGC Yukon
306 Alexander St.

Friday, Saturday, Sunday

Women & Children

5:30 to 7:30 pm
A Safe Place
503 Hanson St.

+ Whitehorse Food Bank HAMPER PICK UP 306 Alexander St.

Tues & Thurs
10 am to 12:45 pm
& 3 to 4:45 pm

Families only
Wednesdays
10 am to 12 noon



Yukon Anti-Poverty
COALITION
anti-pauvreté du Yukon

For more information: Whitehorse Food Bank (867)393-2265
or Yukon Anti-Poverty Coalition at (867)334-9317

updated April 2021

Mission & Service moment ...

May 30 - Outdoor Ministry Supports Well-Being of Children

No children have died falling out of a tree, at least not in the 17 years statistics have been gathered. In fact, the leading cause of death of children is car accidents. While some parents fear letting their children play outside, the same parents think nothing of strapping their children into a car.



Over the last 35 years, attitudes have shifted. Increased screen time, along with fears about playground injuries and child abduction, mean that only a third of Canadian school-aged children get the exercise they need. As a result, childhood obesity, anxiety, and depression have soared.

Getting outside is good for our kids.

That's why the United Church runs camps across the country. Today, your [Mission & Service](#) donations support approximately 25 United Church camps in Canada. Overall, approximately 20,000 children attend a United Church camp each year. In COVID times, many of these camps have [pivoted to continue offering services](#) and encourage kids to get outside.

On Environment Sunday, we often focus on what we can do to reduce our personal footprint and to advocate for changes to social policies, particularly ones that impact climate change. Without a doubt, we need to do more to care for the world God made. But Environment Sunday is also a good time to stop and appreciate how the created world takes care of us. As [Bill Darnell](#), one of the founders of Greenpeace says: "The environment doesn't need us. It can get along without us. We need it."

Let's pause today and give thanks for all the ways the natural world sustains us, and especially our children. Specifically, we give thanks for the confidence, creativity, and imagination nature builds. For the sense of responsibility it creates. For the stimulation it provides. For the mental and physical health it promotes. For the wonder it inspires. And we give thanks for all of our camps. And for you.

Thank you for supporting outdoor ministries through [Mission & Service](#). Your gifts help our children—and all of us—breathe more deeply.

Memorial Donations Received

Donations have been made to Whitehorse United Church in memory of the following people:

Jean and Gerald Talbot

by Linda Talbot

Val Boorse

by the Boorse family

Stewart Breithaupt

Rev. Fred & Nellie Lane

by Jan Mann

Janet Agnes Tack

by Beth Roberts

Bill & Gertie Saville Brazier

by Bev Brazier

Jim Winberg

Need help with technology?

If you are 55+ and interested in learning more about your smartphone, tablet or computer, or being online, or digital security, or just need someone to help you fix a problem, consider attending Yukon Learn's digital skills workshops. These are free. The workshops are done via Zoom and there is lots of help available with that if you are new to it. Some limited one-on-one 'help' sessions are available by appointment.

Questions? Contact Ted Ackerman at ted.ackerman@yukonlearn.com

Seniors Outreach Computer Tutor Program



FREE to seniors 55 and up



Learn about:

Computers Tablets Smartphones
Internet Email Social Media
Digital Pictures Zoom ... and more!

Weekly online learning sessions – call 1.888.668.6280 to register.



Tuesdays 1:30 to 3:30 Open lab.

Questions, answers & discussion on a wide range of topics, always interesting and lively.



Thursdays 1:30 to 3:30 Instructor led workshops.

See the latest schedule for upcoming topics.

AND ... by appointment:

One-on-one help with computers, smartphones, internet ... just about anything technical.

(Due to current COVID restrictions, one-on-one sessions must be held in a suitable public place, and with face masks, gloves and sanitization.)



This project was supported by a grant from CIRA's Community Investment Program Presented in partnership with Elder Active Recreation Association



Need to talk with someone? Struggling to cope?

Hospice Yukon: Offers many resources to help with losing a loved one, co-worker or pet:

- Living with Loss - A free, 2-hr education session to help you better understand the grieving experience.
- Counselling;
- Healing Touch;
- Grief Support Groups;
- Lending Library;
- Vigil Support in the final week to days of life;
- Professional Support.

All of these programs are offered free of charge. Staff are still available to help by e-mail and telephone. 409 Jarvis Street · Whitehorse, YT Y1A 2H4 · Canada Please call 867 667 7429 or email info@hospiceyukon.net for more info. <https://hospiceyukon.net/>

Here are some low/no cost Mental Health resources within the territory:

In-Person free- to low-cost resources

Counseling

In Whitehorse:

Mental Wellness and Substance Use Services Sarah Steele Building – 609 Steele St.,
Whitehorse: 1-866-456-3838

Canadian Mental Health Association – 209-1114 Front St, 668 6429

All Genders Yukon through *Ignite Counselling* - 3089 3rd Ave #1. Call 668-5498 for more information.

Hospice Yukon Society is a community-based not-for-profit organization that has been providing a range of *bereavement support* services to Yukoners. You can learn more about the programs and services that Hospice Yukon offers by visiting the website at www.hospiceyukon.net, dropping by the office at 409 Jarvis Street Monday- Friday 11:30 am - 3:00 pm, or calling 867-667-7429. Confidential support is provided free of charge.

In the communities:

Dawson City: Dawson City Community Hospital: 501 – 6th Avenue, Dawson City: 867-993-4300

There are also Mental Wellness hubs in Carmacks, Haines Junction, and Watson Lake. Please call 867-456-3838 or 1-866-456-3838 for more information.

(Gov)Employee Benefits (free to employees/ their families)

YG Employees can access the Employee and Family Assistance Program at 1 867 668-EFAP (3327) or 1-800-667-0993. Included in the YG Employee and Family Assistance Program is an online resource centre with additional supports related to health and wellbeing, family and relationships, career and work. **Access these resources at:** www.fseap.ca/resources.

City of Whitehorse Employees can access their Employee Assistance Program at www.homewoodhealth.com, and by calling 1-800-663-1142 (English), 1 866-398-9505 (en français).

Government of Canada Employees can access the Federal Government Employee and Family Assistance Program (EFAP) available 24/7, free and confidential, 1-800-268-7708
<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services.html>

Online and Other Resources

Crisis Services Canada • 24-hour, confidential and anonymous suicide prevention and support line. • 1-833-456-4566 • www.crisisservicescanada.ca

Canadian Virtual Hospice • Information and support on palliative and end-of-life care, loss and grief. • www.mygrief.ca or www.kidsgrief.ca

Canadian Association for Suicide Prevention • <https://suicideprevention.ca/> • <https://suicideprevention.ca/About-Suicide-and-Life-Promotion>

Tao Tel Aide • Nos lignes d'écoutes sont ouvertes 24 h sur 24 365 jours par année. Un service de confiance | 1-800-567-9699

First Nations Hope for Wellness Help Line: This is a specific resource for First Nations and Inuit to provide immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut • Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.

Road to Mental Readiness App (look for it in the App store or on Google Play) is a free mobile app developed by Department of National Defense to improve short-term performance and long-term mental health outcomes. <https://apps.apple.com/ca/app/r2mr/id1148743063>

COVID-19 Related Information

REGARDING PASTORAL VISITS IN THE HOSPITAL

If someone is in the hospital and wants to see a spiritual care giver, you have three options:

1. there will be a chaplain on call and you can ask the staff to put you in touch with that person (chaplains are simply local pastors and ministers and priests, including me, who take turns being on call a month at a time),
2. there are iPads available for use at the hospital and they can help you arrange a visit from me that way, or
3. for those in palliative care, it's possible for me to make an in person visit but the patient her/himself, or the family, has to add me to the list of those who are allowed to visit in person.

Reminder: COVID-19 information online

The one-stop-shop for information about COVID-19 in the Yukon – including government financial assistance programs – is at yukon.ca/covid-19. For a handy table comparing the symptoms for COVID-19, influenza and a cold, click [HERE](#).

Let's Chat Yukon now operating

Stuck at home and wishing you had someone to speak with? April 15th marked the launch of Let's Chat Yukon, a toll-free line you can call for enjoyable conversation with a fellow Yukoner. Just because you're self-isolating doesn't mean you're alone. This is a free service run by volunteers. 1-877-321-1001

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- **Yukon 211** -- Information and referral service for health, social and other government services. Confidential, free, available 24/7 in 150+ languages. Dial 2-1-1 ([LINK](#))
 - **Reach Out Support Line** -- Volunteer-based, confidential, non-judgmental and free support line organized by CMHA Yukon. 1-844-533-3030 ([LINK](#))
 - **Yukon Helpers Network** – A place to offer and ask for help in the Yukon ([LINK](#))
 - **Caremongering** -- Information, ideas and contact info for volunteer helpers. In French or English. ([LINK](#))
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