



GABRIOLA AUXILIARY for Island Health Care Society

To support community health education, healthcare and patient comfort services

May 2022

Edition 2, Volume 1



Mother's Day Tea, 2019

President's Message from Simone Halpin

On May 9, Mother's Day, GAIHC is hosting a spectacular Mother's Day Tea as a celebration of Mothers and as a fundraiser for our many community projects. This is your opportunity to support health care in our community, have fun, and have lots to eat at a delicious tea. You can even find out about your future with a tea reading. You can get tickets at the Gabe Shop, Colleen's, or by e transfer to thegabeshop@shaw.ca. As well the raffle has wonderful prizes! For more information about the Auxiliary and our Mother's Day Tea please go to our website at gabriola-auxiliary.org

the GABE shop

Want to buy your Mother's Day Tea tickets online?

Adults and Teens- \$20 each Children up to 12 years old-\$15 Under 5- free.

E- transfer the cost of the tickets with details to thegabeshop@shaw.ca You will get an email confirmation and you can pick up the tickets at the door.



A word from Gabriola Arts Council, who received a \$10,000 grant in 2021 from GAIHC.

Healing Power of Arts is an umbrella for a series of programs around health, wellness, and using art as means of exploring different topics. **Art Friends** is an art based program for adults with diverse and exceptional abilities. **Art Friends** take art adventures, creates ecofriendly art projects, make cards of gratitude for community and much more. **Intentional Aging** was paused for COVID and will be starting up again soon.

Our new program is **Mindful Creation: Addressing Anxiety through Art** – workshops developed around Cognitive Behavioural Therapy and various art techniques that explore a practice for individuals to manage their anxiety. Anxiety impacts a quarter of the population in Canada. Anxiety as a result of life experiences and outside influences such as housing insecurity, aging, COVID-19 and climate change anxiety. There is much to be anxious about in 2022!