

GOOD NEWS STORIES

*From our North Zone (NZ)
Health Neighbourhoods*

Sharing the Good News **Spring 2023 Edition 5**

"The deep roots never doubt Spring will come." -Marty Rubin

Congrats to our newest Tri-River Health Neighbourhood!

"I am humbled by the opportunity to share leadership & direction with the passionate & motivated Membership of the new Tri-River Health Neighbourhood. In a short period of time, we have built trusting relationships that I am confident will lead to positive, bite-sized change in our communities. Thank you to Nora McGaughey (Co-Chair), Robyn Laczy, and our Members for your commitment to collaboration & building positive change in our communities." -Jon LeMessurier (Co-Chair of the Tri-River Health Neighbourhood)

This newsletter highlights the good work coming from our North Zone (NZ) Health Neighbourhoods.

"There is a lot of work to do and instead of being overwhelmed by it all I want for us to continue to allow ourselves to be inspired by it all."

"I think we actually need to empower people to take care of themselves and seek the help they need."



North Zone Health
Neighbourhood



Good News in the Neighbourhoods

Wood Buffalo Health Neighbourhood

The **Addiction & Mental Health (AMH)** Mini Working Group hosted event 4 of their **Connect-Relate-Collaborate!** online series to address provider unconscious bias and the need for community & self-care.

The **Transitions in Care (TiC)** Mini Working Group is interested in learning how to advance **Indigenous & Elder healthcare** and is learning how to build respectful relationships.

Peace Country Health Neighbourhood

The **PCHN Mini Working Group** has several projects on the go at once: The 2nd "It's Okay to Ask" poster for primary care with **services for the area here**

<https://borealispcn.ca/findingyourway/>

Drive Happiness volunteer transportation service is rapidly expanding (but we need more rural interest!)

This group also wants to **address public financial strain and social concerns**. How can we reduce stigma in asking for the supports, services, and help that we need and deserve?

Tri-River Health Neighbourhood

The group has launched in late January and picked a name for themselves! Congrats team!

Some **values** the group has prioritized: inclusive, collaborative, accessible, public accountability, and efficiency (meaning action over perfection)

Next steps are starting their Mini Working Groups. Common themes there are **Youth Mental Health, Community Union & Belonging, and Service Awareness Building**.





North Zone Health
Neighbourhood

Get Connected with Us!

"A flower blossoms for its own joy." - Oscar Wilde

Learn more about the Health Neighbourhood Model and Zone Service Plan: <https://youtu.be/YewEWiEek0w>

What does the Health Neighbourhood mean to us?

Watch our Wood Buffalo short video:

<https://www.youtube.com/watch?v=i3VbZd7BtHU&t=14s>

Learn more or **consider joining** us:

robyn.laczy@northzonepcns.ca or call (780) 802-6380

**"Limited
resources -
limitless
enthusiasm!"**

**"As a group, we are
recognizing gaps &
needs in our community
& eagerly talking about
how to get the ball
rolling to go out into our
community to meet
those needs."**



North Zone Health
Neighbourhood