

# NEW YEAR EDITION

**EUREKA TIMES**

2023

Going Out

Member Highlight

Sharing Our Story

CVAG Youth Media Project

Sound Bath



# GOING OUT



## Volunteering Together

Discovering opportunities to support the community together! As a part of Eureka's ongoing goal to support members in participating in the community. We have been connecting with the CVRD, Oyster River Enhancement Society, and a few other local groups to support their work together.



THE FUTURE  
IS BRIGHT

Planning outdoor activities for the warmer months. Looking forward to enjoying the Comox Valley more this year.

# HIGHLIGHT MEMBER

## THINGS I LIKE ABOUT EUREKA:

- LUNCH
- MEETING NEW FRIENDS
- PARTICIPATING
- MINDFULNESS
- MAKES ME HAPPY

## MEET MARK

"...a great place to have lunch and be happy..."

"I HAVE BEEN A EUREKA CLUBHOUSE MEMBER FOR A LONG TIME. THE BEST PART OF THE CLUBHOUSE IS THAT I CAN DEAL WITH MY LIFE WHEN I HAVE SOME PROBLEMS. I LIKE TO TALK WITH DIFFERENT TYPES OF PEOPLE AND IT'S GOOD WHEN WE CAN HELP EACH OTHER OUT. EUREKA IS A SAFE PLACE TO GO AND A GOOD PLACE TO HANG OUT. I LIKE BEING ABLE TO WORK SOMETIMES WHEN I AM HERE."

THE YOUTH MEDIA PROJECT FACILITATED BY THE COMOX VALLEY ART GALLERY HAS BEEN A FIXTURE FOR YOUNG PEOPLE INTERESTED IN FILM FOR MANY YEARS. THIS YEAR EUREKA JOINED IN ON THE OPPORTUNITY TO SHARE OUR STORY AND CREATE A PROMOTIONAL VIDEO TO GIVE PEOPLE A TASTE OF EUREKA SUPPORT SOCIETY AND HOW WE SUPPORT MANY INDIVIDUALS THROUGH PROGRAMS AND RELATIONSHIPS. THANKS TO ALL WHO HELPED MAKE THIS HAPPEN.

# EUREKA'S OWN

Original Music By:  
Kevin Jensen



# CVAG

VISION · ART · CULTURE

YOUTH MEDIA PROJECT

# Sound Bath



A sound bath is a meditation class that aims to guide you into a deep meditative state while you're enveloped in ambient sound played by instructors, or sound therapists. Sometimes participants stay in a seated position on comfortable cushions during sessions, though some instructors ask attendees to lay on yoga mats.

Eureka members have enjoyed the benefits of mindful living practices with sessions each week provided by staff from Island Health and others with the appropriate understanding of how to lead mindfulness sessions. Similar to the process of mindfulness, a sound bath experience works to engage the mind in centering practices through sound. Our newest activity is led by Sabrina, who has spent much time learning the benefits and impacts of sound bath to support mental wellness for those interested in participating. Sabrina walks participants through mindfulness meditations and engages the experience of sound to support one's mindful awareness.

## MINDFULNESS



*Thank  
you!*



# island health



COMOX VALLEY  
COMMUNITY  
FOUNDATION

Enriching life in the Comox Valley Forever



R. Howard Webster Foundation  
Fondation R. Howard Webster

