



## Hans Kai™ Updates



Supported the Creating Community Wellness Society.  
Delivered by the Victoria Health, Weaving Wellness and Rainbow Co-ops.



### Hans Kai™ Updates for specialized groups, for YOUR group?

**Hans Kai™** has been adapted for several specialized groups and others are under development.

Weaving Wellness Co-operative is introducing **Hans Kai™** wellness programs to BC interior community organizations and businesses, hosting 2 days of facilitator training for adult and youth programs, April 26, 27th and 28, 2018.

Rainbow Co-op, Victoria, has developed a program focusing on gender wellness. This is combined with other programs to provide a range of complementary supports. Weaving Wellness has partnered with Rainbow Health Co-op to offer an optional day in their Kelowna program for participants to learn about **gender wellness**.

Weaving Wellness is also in the process of developing a Hans Kai program specific to the needs of **healthcare students** enrolled in college programs. Please contact [weavingwellnesscoop@gmail.com](mailto:weavingwellnesscoop@gmail.com) for further information.

**New program development.** We are working to develop two new programs,

- **Hans Kai™ for Young Families** with a particular focus on children aged 3 – 5 and
- **Hans Kai™ for Brain Health** to support people with neurological disorders.

We are organizing a discussion on **New Program strategy and development** in Victoria in June. This will be for potential program advocates, fund-raisers, organizers and possibly for facilitator trainers, but probably not designed primarily for potential participants.

The aims will be:

- to bring together people new to the program to review the basics of Hans Kai
- to meet with Mike Sadlowski of Nor'West Co-op to discuss the process for adapting existing materials or creating new materials for new groups
- to identify potential funding for programs under development
- to plan program logistics for a fall launch of at least one program.

Would a **Hans Kai™ Young Families** program or a **Hans Kai™ Brain Health** program meet a need in your community? Is there another group that should be served by a specialized **Hans Kai™** program?

Will you support **Hans Kai™** financially and/or by volunteering to help in the development of these programs?

[WellnessCharity@gmail.com](mailto:WellnessCharity@gmail.com) 250.415.9272 [vichealthcoop@gmail.com](mailto:vichealthcoop@gmail.com)