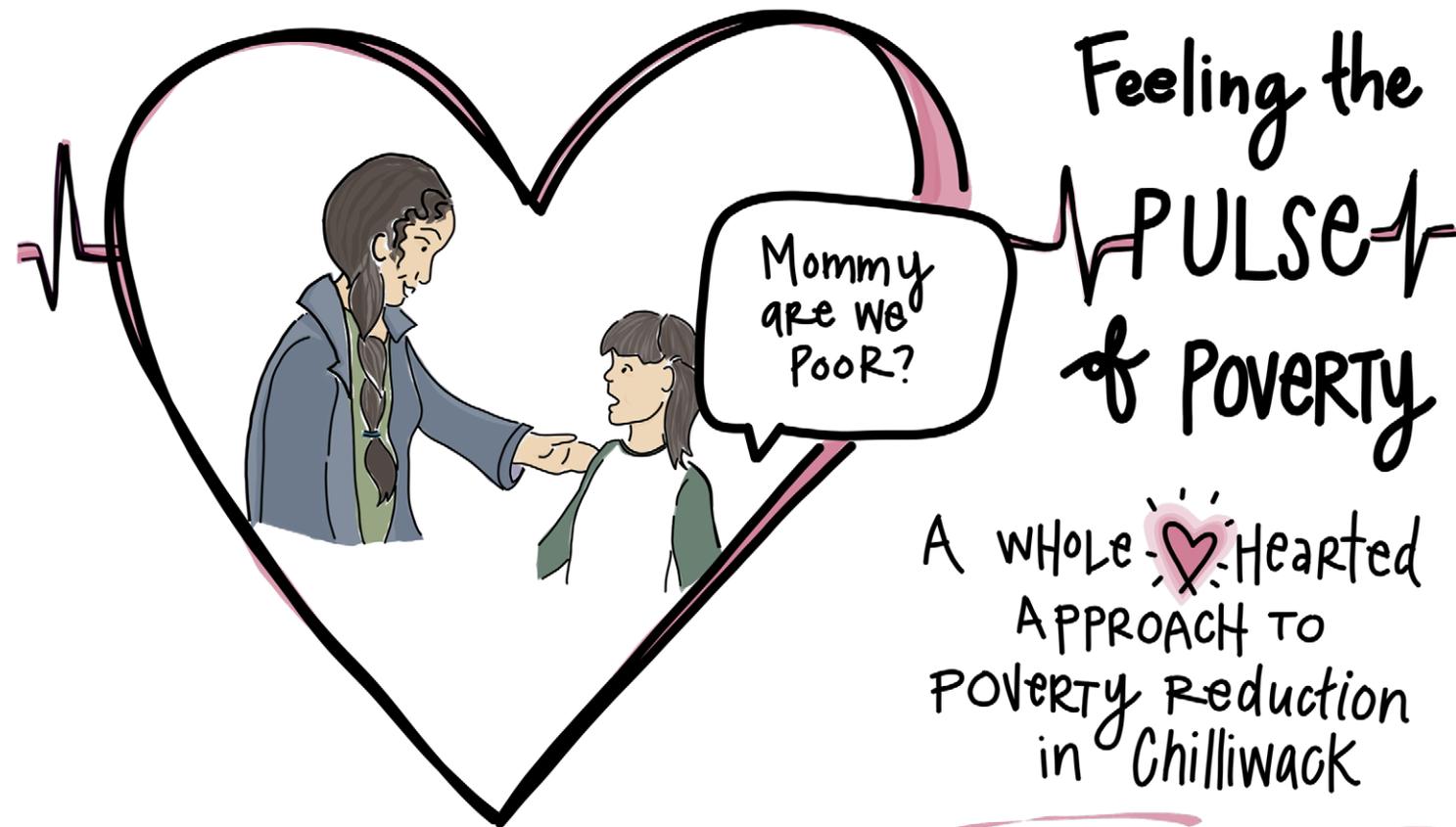


Chilliwack  
Healthier Community



Written & Illustrated by Melissa Kendzierski

## **Acknowledgements**

This book is a project of the Chilliwack Healthier Community Poverty Reduction Task Team (an initiative of the City of Chilliwack). Many community agencies were consulted throughout the creation of this work. This includes the Chilliwack Housing Hub, Fraser Health Authority, City of Chilliwack Social Development department, UFV Faculty and Decoda Literacy Solutions Plain Language Expertise/Resources.

## **Author's Note**

Writing and illustrating this book was a journey of discovery. Looking poverty in the face is uncomfortable and messy. Its the intersection of issues and to say money is the answer disrespects its complexity. I found that the process opened my eyes, challenged my spirit and has inspired me to uphold the small actions that collectively make a big difference. Many readers, including myself, can relate to poverty on some level, directly or indirectly. Aside from demonstrating what communities can and are doing to tackle the challenges, the hope and intention of this book was to point at the root - it's a matter of the heart. Special thanks to Sabine Mendez, Debbie Denault and my husband Steve for joining me on this journey and supporting me along the way.



Melissa Kendzierski is a Graphic Recorder with Drawing Together where she uses images to make the message come to life. You can check out her website at [www.drawingtogether.ca](http://www.drawingtogether.ca).

## Sources & Resources

Angus Reid Institute. (August 2018). What does poverty look like in Canada? Survey finds one-in-four experience notable economic hardship. Retrieved from <http://angusreid.org/poverty-incanada/>

Cabaj, M. Editor. (2011). *Cities Reducing Poverty: How Vibrant Communities are Creating Comprehensive Solutions to the Most Complex Problem of Our Time*. Waterloo: Bastian Publishing.

First Call. (November 2020). 2020 BC Child Poverty Report Card. Retrieved from [https://firstcallbc.org/wordpress/wp-content/uploads/2020/12/First\\_Call\\_Report\\_Card\\_2020\\_Dec\\_web\\_final.pdf](https://firstcallbc.org/wordpress/wp-content/uploads/2020/12/First_Call_Report_Card_2020_Dec_web_final.pdf)

Gaetz, S. (2012). *The Real Cost of Homelessness: Can We Save Money by Doing the Right Thing?* Retrieved from: [www.homelesshub.ca/costofhomelessness](http://www.homelesshub.ca/costofhomelessness)

Igluka, I & Saugstad, L. (2019). *Working for a Living Wage*. Vancouver, BC: Canadian Centre for Policy Alternatives. Retrieved from: [PolicyAlternatives.ca/livingwage2019](http://PolicyAlternatives.ca/livingwage2019)

Igluka, I & Saugstad, L. (2019). *Working for a Living Wage 2019 Calculation Spreadsheet*. Vancouver, BC: Canadian Centre for Policy Alternatives. Retrieved from <https://www.policyalternatives.ca/livingwage2019>

Jermyn, D. (October 9, 2018). *Why the rich, too, are living paycheque to paycheque*. <https://www.theglobeandmail.com/investing/globe-wealth/article-why-the-rich-too-are-living-paycheque-to-paycheque/>

Poverty Networking Breakfast, Chilliwack Healthier Communities, February 2019, Chilliwack, Participant Feedback & Experience.

Robertson-Taylor, J. (2018). *Poverty & Chilliwack Report*. Retrieved from: <http://csrpc.ca/resources/Poverty%20%26%20Chilliwack%20Report%20Dec%202018.pdf>

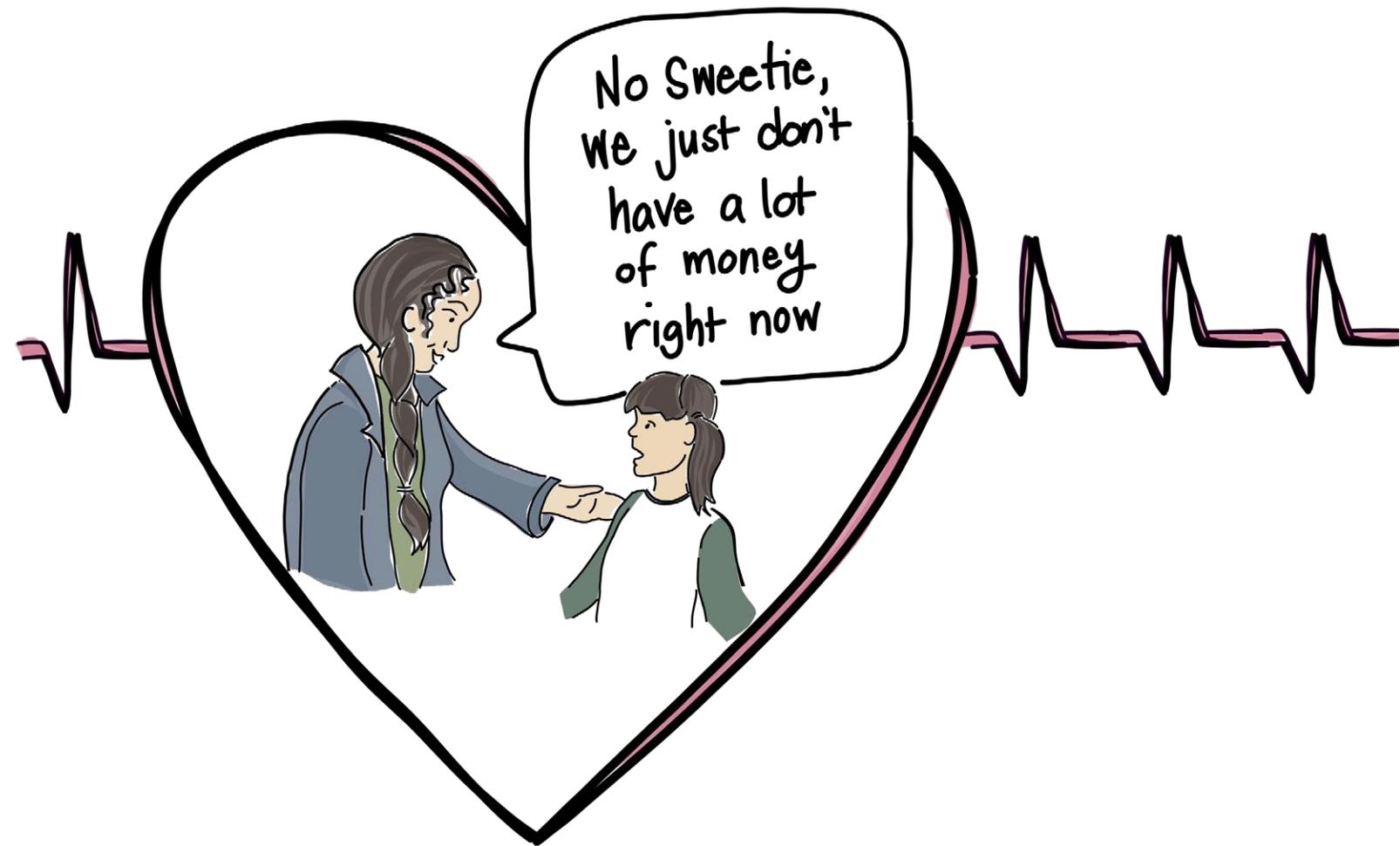
Tamarack Institute (2020). Retrieved from: [https://www.tamarackcommunity.ca/hubfs/Resources/Publications/game\\_changer\\_-\\_overview.pdf](https://www.tamarackcommunity.ca/hubfs/Resources/Publications/game_changer_-_overview.pdf)

Wilkenson, R & Pickett, K. (2010). *The Spirit Level: Why Equality is Better for Everyone*. London: Penguin Publishing.

Poverty can't always be seen  
OR understood



Poverty happens when you can't meet your basic needs



# CHILLIWACK CARES

SHELTER

FOOD

CLOTHING

VISIT PATHWAYS WEBSITE  
[WWW.PATHWAYSBC.CA](http://WWW.PATHWAYSBC.CA)

# Living in Poverty can lead to...



Mental Health Issues

Addictions

Learning Challenges

Diabetes

Crime

Teen Pregnancy

Violence

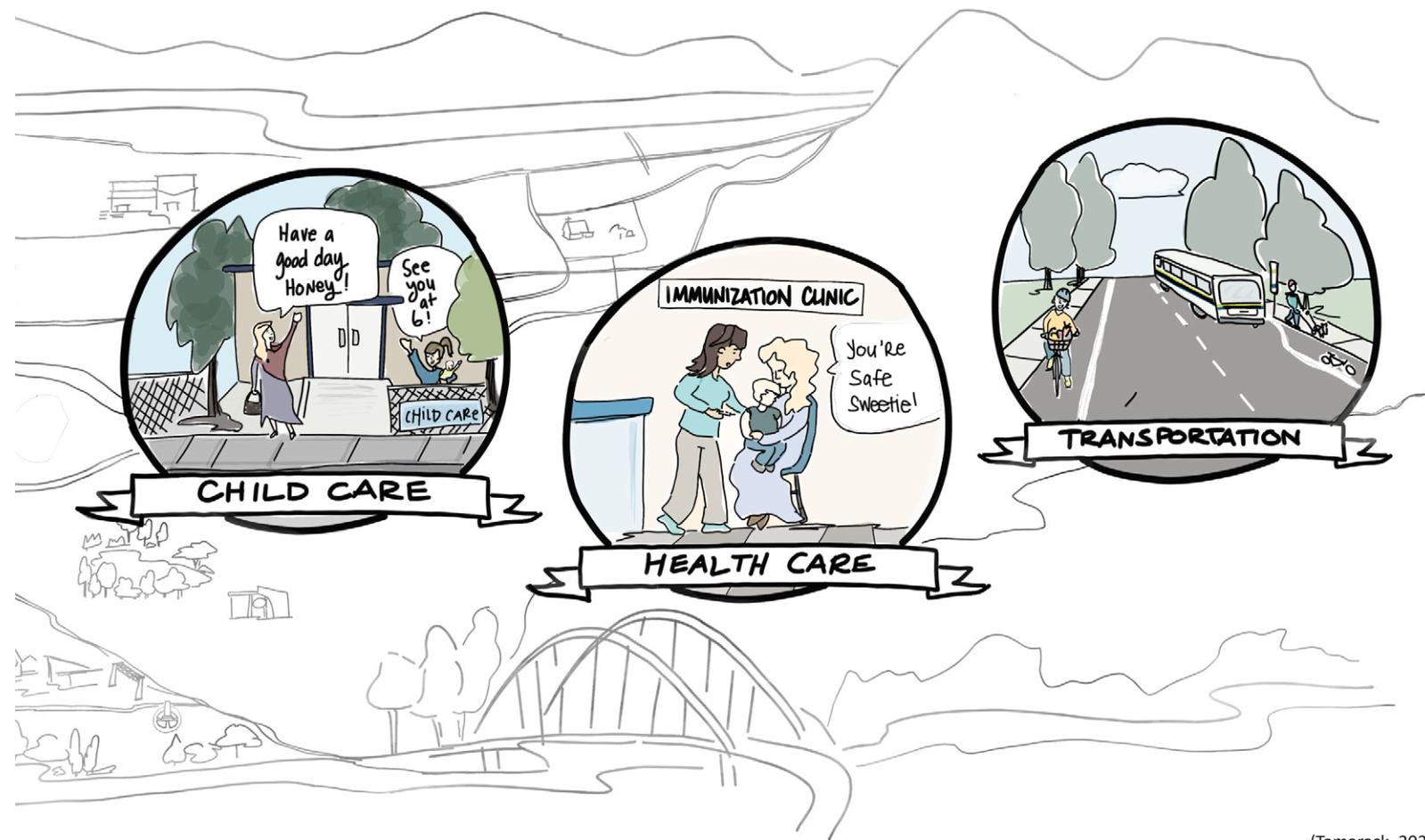
Prison

Obesity

Heart Disease

Shorter Life

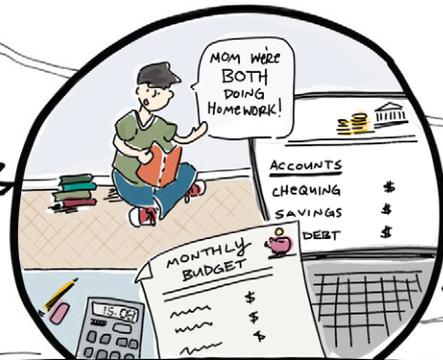
Sometimes Poverty  
is easy to spot



# BUILDING A POVERTY-FREE future for TOMORROW



AFFORDABLE HOUSING



LITERACY & EDUCATION



EMPLOYMENT SUPPORT



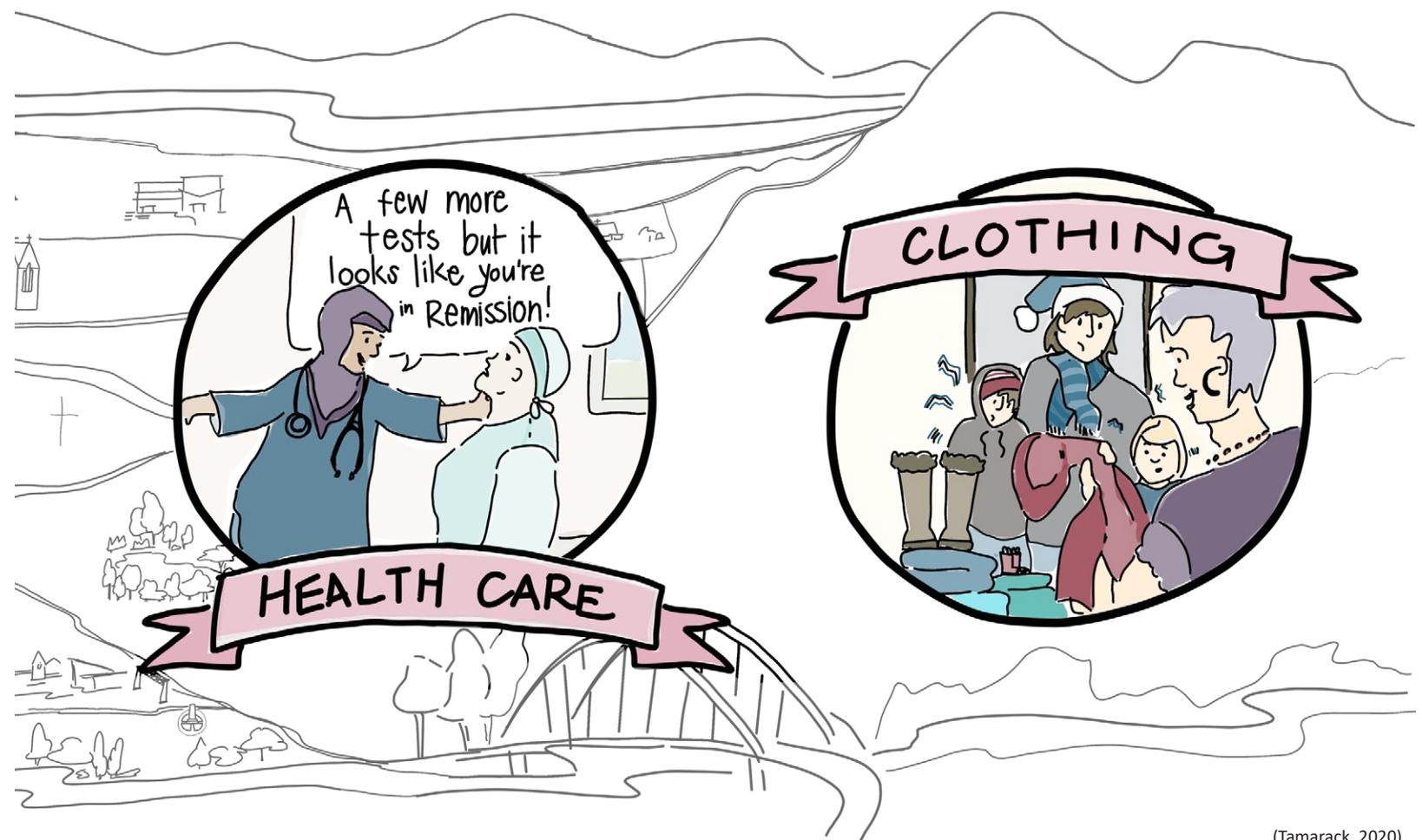
and sometimes it isn't



This doesn't even consider debt!



# In Chilliwack, 1 in 5 children live in Poverty



# CARING in the HARD TIMES TODAY ...

FOOD

FOOD BANK

I CAN'T GO  
HOME ...  
WHERE CAN I  
STAY  
TONIGHT ??

YOUTH SHELTER

COME  
ON  
IN!

SHELTER

# Many families live paycheque to paycheque

I just maxed  
out our  
credit card  
on groceries ...

Where is our Rent  
coming from??

Why can't you  
just get a  
job??

Yah and then  
who's going to  
watch the kids?

or be there for  
YOUR parents?

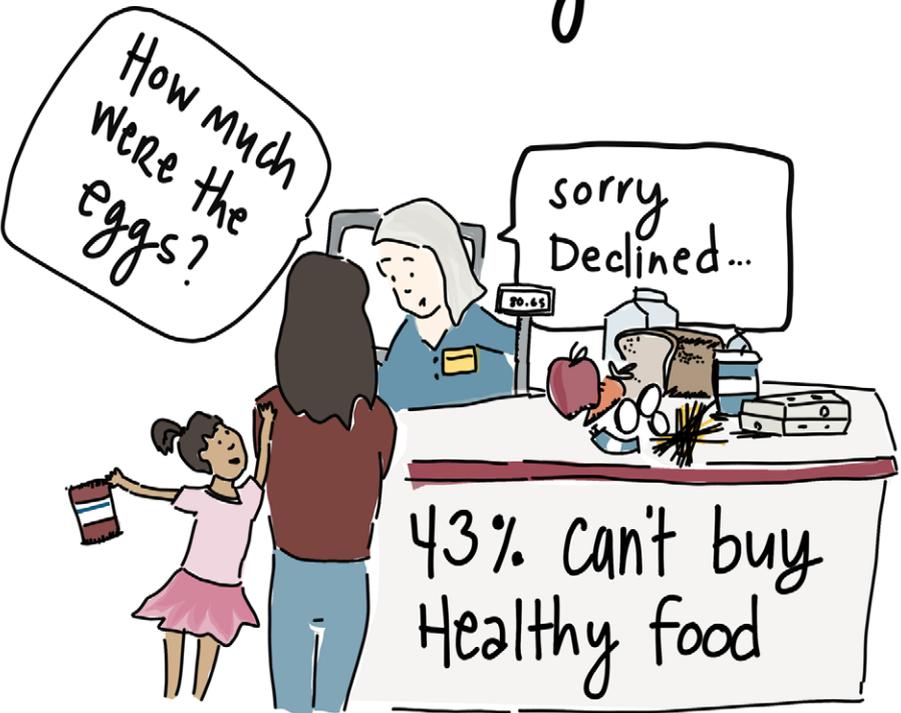
My back...

Well you spend  
too much!  
Were those shoes  
necessary??

Yah your  
back...

And Risk falling  
further down the Hole

Paying for the basics means making hard decisions



18% have over-due Bills



OR Pay their Rent OR Mortgage LATE



We VOTE!



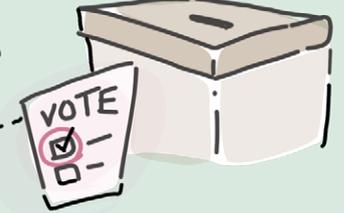
Seniors Affordable Housing Project



- Housing Issues
- Education
- Employment
- Mental Health
- Transportation
- Health Care
- Youth Care
- Senior Care

Poverty Solutions Program Proposal

Yes APPROVED!



27% live in a place that doesn't meet their needs



39% can't replace worn out clothing and

17% can't afford winter clothes

40% can't afford the Dentist

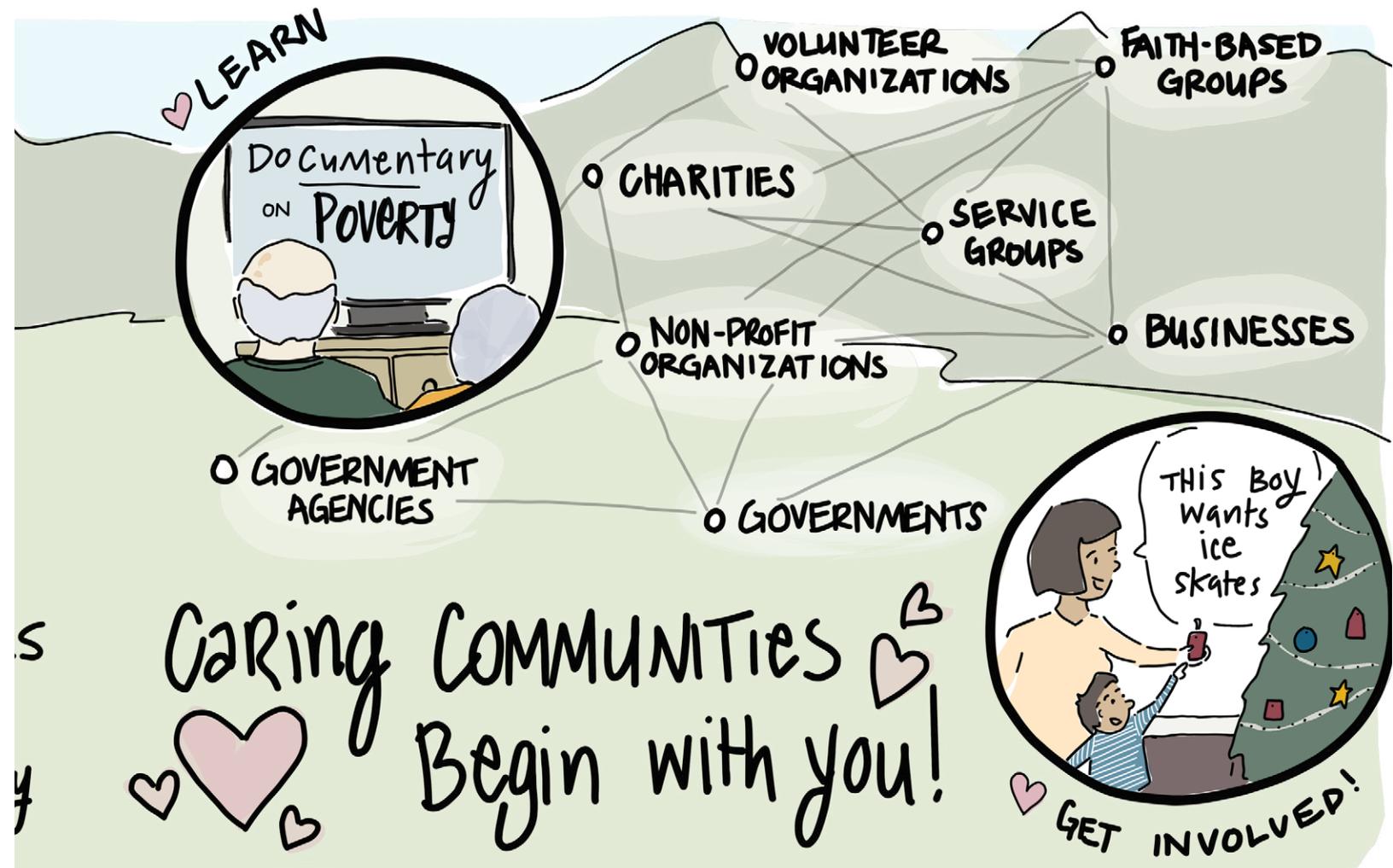


I WISH I COULD'VE PAID TO GO SOONER!

# Poverty isn't simple



And can't be simply fixed



# Poverty solutions begin with Caring

♥ LISTEN



- ★ FAMILY
- ★ NEIGHBOUR
- ★ FRIENDS
- ★ COMMUNITY MEMBERS

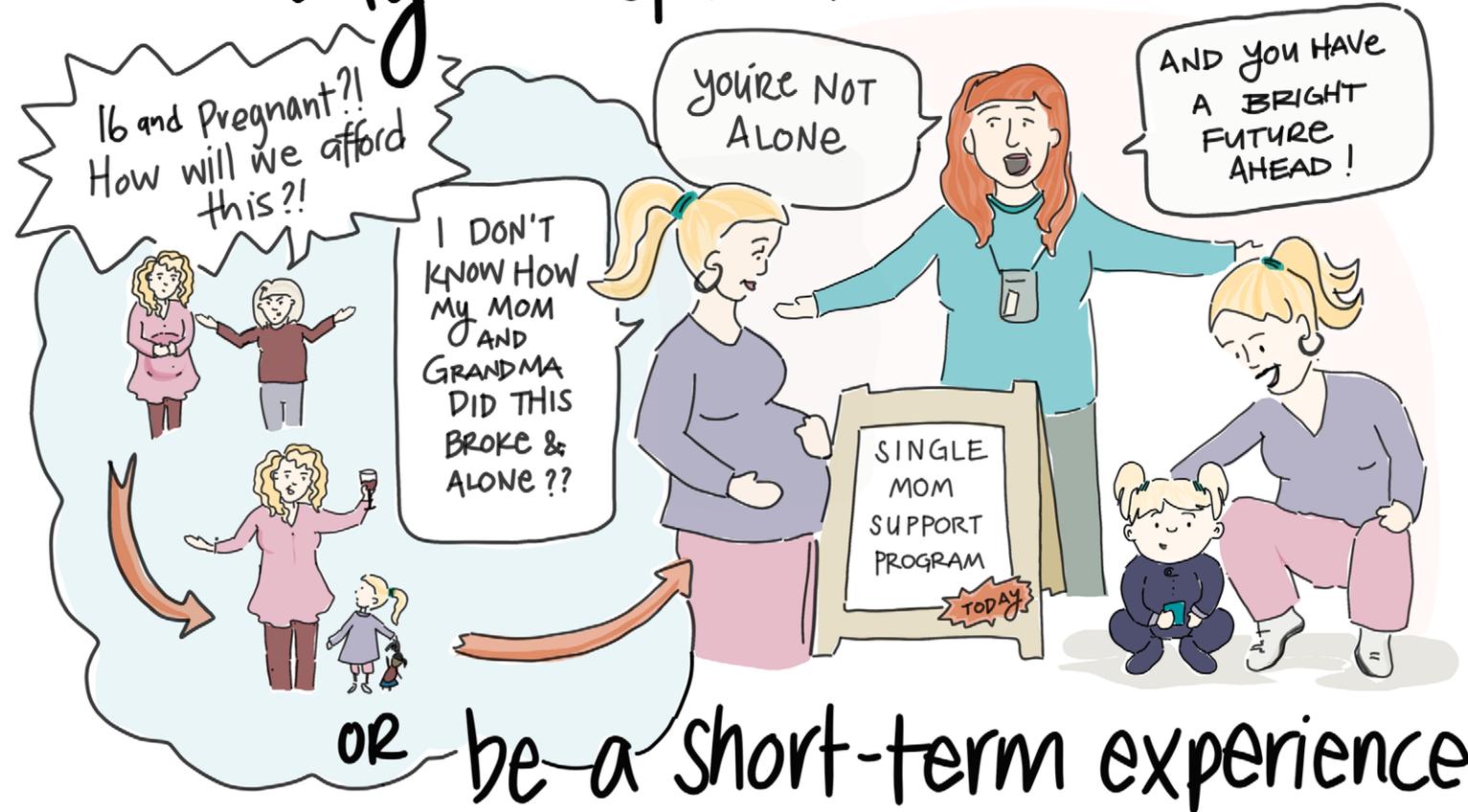


BUILD RELATIONSHIPS

BUT HOW?

WHO? ME?

# POVERTY can span Generations



# Poverty's not just about the money



# And yet Poverty makes everyone pay

