

News Release

FOR IMMEDIATE RELEASE

September 9, 2025



Culture Days ready to kick off across the Cowichan region, celebrating arts, culture and heritage

DUNCAN, BC — The Cowichan Valley Regional District's (CVRD) Arts & Culture Division is excited to share the upcoming Culture Days festivities across the region. Culture Days is a national celebration of arts, culture, and heritage that runs annually for three weeks in the fall. This year, it runs from September 19 to October 12 with two dozen free events put on by local organizations

From film screenings to historical adventures and multicultural concerts to interactive rehearsals, there is something for every age and interest to experience. Events are offered across the region, from Mill Bay to Ladysmith to Lake Cowichan.

An abundance of free events take place at the Cowichan Community Centre between Sept 20-27. The activities include:

- **Saturday, Sept. 20:** Cowichan Valley Art Council's hands-on community collage.
- **Tuesday, Sept. 23:** Cowichan Library branch hosts an outdoor herbal workshop with author Sheila Wray and Quw'utsun Elder Della Rice Sylvester.
- **Wednesday, Sept. 24:** M'akola Housing Society presents a community talk and film screening of *Penelakut: Returning to the Healing Circle* at CPAC.
- **Friday, Sept. 26:** CPAC & Lila Music Centre present *One Heart, One Mind, One Voice*, a multicultural concert experience.
- **Saturday, Sept. 27:** Cowichan Arena hosts an Everyone Welcome Skate, and CPAC invites art lovers to enjoy "The Eclectic Works" Open House in the 3rd Floor Gallery.

This year, Culture Days programming offers meaningful events to connect and reflect on National Day for Truth and Reconciliation. Attend the film screening of *Penelakut: Returning to the Healing Circle* at the Cowichan Performing Arts Centre on Sept. 24 to understand the impacts of residential schools in our region. The *One Heart, One Mind, One Voice* performance offers a talk on resistance and reconciliation, followed by a Q&A. The Ts'uubaa-asatx First Nation hosts their Every Child Matters event on Sept. 30. Participate with song, dance, and face paintings while enjoying carving demonstrations and food truck offerings on this important day.

The listing of all events can be found at the Cowichan Celebrates Culture Days online event hub. Visit www.culturedays.ca for all the details.

For more information, please connect with the CVRD Arts & Culture Division at arts@cvr.bc.ca

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