



# XWCHÍYÒ:M

COMMUNITY NEWSLETTER

DECEMBER 17, 2021

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### XWECHÍYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom  
Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'l yom qesu texw eweta o  
kw'e tl' e met Te ewpi: I qaste qel sqoqe;

Temtames mami:yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf iyolem  
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wates

Qas temtames cha xwe'eyems Te temexws qasu ey xwela ye  
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### CHEAM VISION STATEMENT

We the people of Cheam are committed to developing a united  
and harmonious community. We respect individual's diversity and  
promote a healthy, self-sufficient lifestyle.

We need one another and value one another's views. In  
appreciation of our uniqueness, we foster mental, physical,  
emotional and spiritual wellbeing. In doing so, we strive to build  
pride, dignity and respect amongst our people.

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# ADMINISTRATION NOTICES/UPDATES



XWCHÍYÒ:M

## **BAND OFFICE NOTICES - HOLIDAY HOURS/ACCESS**

### **The Band Office will be closed for the Christmas Holiday December 24 – January 4th**

- SA cheques will be ready for pick up on December 31st regular hours 8:30-4:30
- Snow removal and road salting will still happen as needed.
- The Peacekeepers will be working as usual.
- In the event of an emergency please contact Peacekeepers at 604-378-1611.
- Shelter hours between December 24 – January 4th will be 8am -8pm,  
(unless posted otherwise on social media)

## **SAFETY DURING COVID-19**

COVID-19 continues to spread in the territory. To ensure the health and safety of our community and staff members, we continue to encourage following the provincial health guidelines and recommendations. These include handwashing/sanitation, avoiding large gatherings/keeping your bubble small, and staying home with any symptoms or illness. In addition, please maintain physical distance and wear a mask when you are near community members or staff – both indoors and outside. If you have questions or concerns or test positive, do not hesitate to seek assistance from the band office and Seabird health.

The Multiplex Gym and Band office remain closed for meetings and events not being led by staff. Although the Administration Wing, gym and office meeting rooms remain closed to visitors, the Health Wing operates by appointment only. Staff continue to work full hours and are available by phone or email. Should you have any housing, maintenance, or public works requests during this time, you can fill out the appropriate request form found on the Members Only section of the website.

The Band Office is accepting appointments; however, we are precautionous by operating at a limited capacity during this time. With the restrictions throughout the Eastern Fraser Valley still in place, we want to ensure that our office is safe for all community members attending appointments and our staff. Please note that staff will remain accessible by phone, email, and videocalls as needed. Please contact Marcelo Pucci if you have any questions at 604-991-8188

To learn more about the new PHO, please visit: <https://www.fraserhealth.ca/health-topics-a-to-z/>

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## FREE HOLIDAY MEAL PICKUP AVAILABLE TOMORROW

Out of an abundance of respect and loving support of our community members during this time, the **Cheam First Nation Christmas Party** **been cancelled.**

We would still like our families to be able to get together and share a meal, so we will be handing out prepackaged dinners for you to take home. Meals can be picked up at the band office on Saturday December 18th between 2:00pm and 2:45pm. Please only send one member per household to allow us to keep distribution safe and organized. Delivery will be arranged for Elders and anyone with mobility issues. Please be home to receive your delivery, or it will be left on your doorstep.



## CHEAM ADMINISTRATION OFFICE AND HEALTH OFFICE "Holiday Hours"

### Cheam Band Office hours will be as follows:

December 20, 2021 Open from 8:30 am – 4:30 pm  
December 21, 2021 Open from 8:30am – 4:30pm  
December 23, 2021 Open from 8:30am – 4:30pm  
December 24, 2021 Open half a day from 8:30am – 12:00pm

We will close at noon on December 24, and reopen for regular business hours January 4, 2022

December 31, 2021 – SA cheque release only 8:30-4:30



**"SORRY FOR ANY INCONVENIENCE THIS MAY CAUSE YOU"**

## AFTER-SCHOOL PROGRAM



The After-School Club Program serves children from kindergarten through to grade 12.

All families are welcome to stop by the Education Portable and find out more about the program. Come take a tour of the building & introduce yourself. If you have any questions about the program or program hours, please contact Deborah Tuck at [Deborah.Tuck@cheamband.com](mailto:Deborah.Tuck@cheamband.com).

Regular hours are Monday to Friday 12pm – 6pm.  
Pro-D days from 8:30am-4:30pm.

## AFTER SCHOOL PROGRAM HOURS

Dec 17–Jan 4 No school Christmas Holidays  
Dec 17 Open 12:00 pm - 6:00 pm  
Dec 20-23 Open 8:30-4:30  
Dec 24-Dec 31 - Closed

### 2022

Feb 18 Open 8:30 -4:30  
Feb 21 Family Day - Closed  
March 18–April 4 - No School Spring Break  
(Spring Break Hours to be determined)  
April 15 Good Friday - Closed  
April 18 Easter Monday- Closed  
April 29 Pro D - 8:30-4:30  
May 20 Pro D - 8:30-4:30  
May 23 Victoria Day - Closed  
June 23 Summer Holidays

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FRASER SALISH REGION

First Nations Health Authority

# Resource Guide: Who is Who?

## EMERGENCY MANAGEMENT BC (EMBC)

Emergency Management BC, or "EMBC", is BC's lead coordinating agency for all emergency management activities. They work with local governments, First Nations, federal departments, non-government organizations, and volunteers. Their overall purpose is to "increase life, safety, and resiliency for individuals and communities".

EMBC aims to reduce the consequences of emergency events by providing support and leadership to local authorities. During an emergency, EMBC activates a Provincial Regional Emergency Operation Centre (PREOC) where they:

- Coordinate multi-jurisdictional response activities and deployment of critical resources
- Provide advice to local authorities
- Provide public information in cooperation with local authorities/provincial ministries
- Facilitate information sharing between impacted local authorities, provincial ministries and stakeholder agencies
- Liaise with critical infrastructure owners in the area
- Provide situational reports to the Provincial Emergency Coordination Centre

Emergency Management BC (EMBC)

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/emergency-response-and-recovery/emergency-evacuees>

## EMERGENCY SUPPORT SERVICES (ESS)

Emergency Support Services, or "ESS", delivers services locally, including evacuee registration. In addition, they can provide vouchers for temporary accommodations, incidentals (such as soap, toothpaste), food and meals.

### RECEPTION CENTRES

ESS sets up designated locations called "Reception Centres" where you can go to register, receive information about the emergency, get help to meet your needs and other services.

It is important to go to a designated location in order to access supports. Currently designated locations include:

#### Abbotsford

Abbotsford Tradex  
1190 Cornell St  
Hours: Open 24 hours

#### Chilliwack

Landing Sports Centre  
45530 Spadina Avenue  
Hours: Open 24 hours

#### Hope

Hope Secondary School  
444 Stuart Street  
Hours: Open 24 hours

***\*Please note\* location and hours of operation may change based on current situations***

Emergency Support Services (ESS)

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/local-emergency-programs/ess>

## FIRST NATIONS HEALTH AUTHORITY (FNHA)

The First Nations Health Authority (FNHA) plans, designs, and manages the delivery of First Nations health programs across BC.

FNHA has staff available to assist relocated individuals and families with system navigation and connecting to services and resources to support health and wellness during this difficult transition period. You can learn more about our services at: <https://www.fnha.ca/what-we-do/environmental-health/environmental-public-health>





FRASER SALISH REGION

First Nations Health Authority

# Resource Guide: Supports

## FNHA SYSTEM SUPPORT LINE

[system.support@fnha.ca](mailto:system.support@fnha.ca)

## HEALTH CARE

### FNHA Virtual Doctor of the Day

1-855-344-3800

*Prescription refills, access medical support and Virtual Substance Use and Psychiatry Service.*

7 days a week from 8:30am – 4:30 pm

### FNHA Health Benefits

1-855-550-5454

*To access health benefits such as: pharmacy, pregnancy and infant care, medical supplies, and medical transportation.*

*Health Benefits can also put you in touch with mental health providers for counselling.*

## MENTAL HEALTH AND CRISIS SUPPORT LINES

### Indian Residential School Survivors Society:

1-604-985-4464 or toll-free 1-800-721-0066

### KUU-US Crisis Line Society: 1-800-588-8717

*Indigenous crisis line in BC. Available 24 hours a day*

### Tsow-Tun Le Lum Society: 1-888-403-3123

*For counselling and cultural support*

### Indigenous Text Line

Text "First Nations" "Metis" or "Inuit" to:

68 68 68 (youth) or;

741 741 (adults)

### Hope for Wellness Line

1-855-242-3310 or;

online chat at:

[chat.fn-i-hopeforwellness.ca](http://chat.fn-i-hopeforwellness.ca)

### Suicide Prevention Center

1-800-SUICIDE

### Mental Health Support Line

## MENTAL HEALTH AND WELLNESS

*Navigation services including treatment, harm reduction, virtual psychiatry services, counselling, and/or traditional wellness:*

**Sierra Kortenbach:** Regional Mental Health and Wellness Liaison

Mobile: 778-684-2289

[Sierra.Kortenbach@fnha.ca](mailto:Sierra.Kortenbach@fnha.ca)

**Tracey Jirak:** Harm Reduction Coordinator

Mobile: (604) 319-3979

[Tracey.Jirak@fnha.ca](mailto:Tracey.Jirak@fnha.ca)

**Mehrdad Ghafouri:** Harm Reduction Coordinator

Mobile: (778) 554-9140

[Mehrdad.Ghafouri@fnha.ca](mailto:Mehrdad.Ghafouri@fnha.ca)

## WELLNESS SYSTEMS NAVIGATORS

*Assist individuals to navigate the health care system, connect to and access services, and link with appropriate health, wellness and social services*

**Marilyn Dalton:**

778-684-1728

[Marilyn.Dalton@fnha.ca](mailto:Marilyn.Dalton@fnha.ca)

**Nardia Brown:**

604-831-2651

[Nardia.Brown@fnha.ca](mailto:Nardia.Brown@fnha.ca)

**Jennifer Kazun (Charchun):**

*Children, Youth and Families*

778-347-3538

[Jennifer.Charchun@fnha.ca](mailto:Jennifer.Charchun@fnha.ca)

## WELLNESS SYSTEMS QUALITY CARE COORDINATOR

*Works with individuals to bring forward stories or experiences that require attention. Connects to resources to support healing through transparent and accountable documentation and resolution of issues:*

**Deanna Rabeneck:** 604-250-2385

[Deanna.Rabeneck@fnha.ca](mailto:Deanna.Rabeneck@fnha.ca)

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# STATUS CARDS PAST THE RENEWAL DATE

Information for persons registered under the *Indian Act* about status card validity.

Since April 2020, Indigenous Services Canada (ISC) has extended the validity date of status cards and Temporary Confirmation of Registration Documents due to the COVID-19 pandemic. This extension will end on **May 1, 2022**.

If your status card is past its renewal date, you should renew it now.

## SECURE CERTIFICATE OF INDIAN STATUS (SCIS)

- » Submit a complete application by **February 28, 2022** to allow for processing time to avoid delays.
- » To find out how to renew the SCIS, visit [canada.ca/indian-status-card](https://canada.ca/indian-status-card) or contact the regional office nearest you or your First Nation office.
- » You can now take your own photo when applying for the SCIS using the [SCIS Photo App](#).

## CERTIFICATE OF INDIAN STATUS (CIS)

- » Some First Nation offices issue the CIS.
- » To find out if your First Nation issues the CIS and how to renew the CIS, contact your First Nation office.

## TEMPORARY CONFIRMATION OF REGISTRATION DOCUMENT (TCRD)

- » You can ask for a [Temporary Confirmation of Registration Document](#) if you need proof of registration while waiting for your new card.
- » To get a TCRD by mail, contact Indigenous Services Canada at 1-800-567-9604 from Monday to Friday from 9 am to 6 pm Eastern time.
- » To get a TCRD in person, contact the regional office nearest you.

## INDIAN STATUS DOES NOT EXPIRE.

Your registration number confirms your status and can be used to access certain services and programs.

For a list of regional offices, visit [canada.ca/indian-status](https://canada.ca/indian-status).

CATALOGUE: R122-22/2021E-PDF  
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Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

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# HEALTH & WELLNESS NOTICES/UPDATES

## Register now! Cheam First Nation Food Distribution Program

Sign up your family to take part in the Cheam Food Distribution Program. By putting your family on the list it will assist us to distribute any food donations received and better meet each family's needs. To register, please contact Diana at Health Reception 604-604-794-7927.



## MEDICINE WHEEL IS COMING TO CHEAM



Looking for 36 people to find a stone to make a walk-in-wheel for future ceremony's.

- 5 stones to be the size of a watermelon
- 12 stones to be the size of a cantaloupe
- 19 stones to be the size of a grapefruit

Come to the band office (health side) and sign up if you wish to participate in the Making of our Medicine Wheel.

You will receive a small bag of tobacco. To make an offering when picking up a stone you thank the Creator for the stone and mention what you are using it for, then place offering in place of the stone you pick. We will then meet to place stones at a **date to be announced** to those that sign up. Location has been picked and approved, behind the band office and church. Looking forward and excited to do this with People of Cheam.

[Ray.Hartt@cheamband.com](mailto:Ray.Hartt@cheamband.com)

## JORDAN'S PRINCIPLE ANNOUNCEMENT

Please note that due to the holidays some Service Coordinators may not be available.

If you require immediate support regarding a Jordan's Principle request between December 20, and January 4, 2022 and cannot connect with your Service Coordinator please contact the National Call Centre available 24 hours a day, 7 days a week:

**1-855-JP-CHILD (1-855-572-4453)**

<https://jordansprinciplehubbc.ca>

Ensuring First Nations children in BC can access the support they need, when they need it.



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## Free Food Programs in Chilliwack

	Program Name	Program description	Hosting Organization(s)	Who this is for	How to access / contact
Pick Up	Starfish Backpack Program	Bi-weekly food hampers for families through the schools	Chwk Community Services, Chwk School District, Salvation Army	Families of school aged children in the Chilliwack School District (elementary to high school)	Through school staff Email Jane jane_ullyot@sd33.bc.ca
	Salvation Army Pantry	Self selection hamper program	Chilliwack Salvation Army	anyone	Walk in only, 45746 Yale Road Daily visits allowed M-F 10-12; 1-4
	Salvation Army Food Bank	Monthly hamper program	Chilliwack Salvation Army	anyone	Call for appointment M-F 9-12; 1-3 Main office 604 792 0001
	Food Closet	Basic dry food items up to 6X per calendar year	Sardis Community Church	Anyone living in Sardis	Walk in 45625 S Sumas Rd M-Th 8:30-2:30 Or call main office 604-858-7191
	Hands Up Chilliwack!	Meal kit ingredients, recipes, & virtual cooking demonstrations	Chilliwack Bowls of Hope Society	Families of school aged (elementary and high school) children (delivery available)	Agency or self referral Email Cindy cindy.waters@chilliwackbowlssofhope.com
	Cyrus Centre Youth Hampers	Bi-weekly food hampers for youth	Chilliwack Cyrus Centre (satellite location of the Salvation Army Foodbank)	Youth 24 years old and under	Walk in to register for the program during resource centre hours 12-8pm 7 days/week 45845 Wellington Ave
	Basics for Babies	Baby food, formula, and supplies	Sardis Doorway for Mothers and Children	infants & toddlers up to 6x per calendar year living in Sardis	Call or email Karin 604-819-6556 sardisdoorway@shaw.ca
	Meadow Rose Baby supplies	Baby food, formula and anything babies need	Meadow Rose Society	Children 3 and under, 2 visits per month	Walk in 45789 Spadina Ave T, W, Th 11-1 Or call 604-392-1133
	Chilliwack Community Cupboard	Food, clothing, and other household items available to Chilliwack families at no charge	Chilliwack Community Cupboard Society	Chilliwack families with children under the age of 19	Contact <a href="mailto:chilliwackcommunitycupboard@gmail.com">chilliwackcommunitycupboard@gmail.com</a> or 604-845-3367
	Community Dinner	Dinner Take Out	Ruth and Naomi's Mission	Anyone	Open once a week: 9:30-11:30 Thursdays Walk in only 46129 Princess Ave 7 days/week 6-7pm
Delivery	Soup Kitchen	Lunch Take Out	Chilliwack Salvation Army	Adults only	Walk in only 45746 Yale Road M-F 12-1
	Feed the Children	Hot, nutritious lunch delivered to schools	Chilliwack Bowls of Hope Society	School aged (elementary and high school) students in need in Chilliwack Public School District	Speak to staff at your school so they can email Ted ted.kim@chilliwackbowlssofhope.com
	Cyrus Centre Youth Meals	Packaged meals (lunch, snacks and dinner; breakfast Tues & Thurs)	Chilliwack Cyrus Centre	Youth 24 years old and under	Walk in only 45845 Wellington Ave 7 days/week
	Seniors Grocery Program	Free groceries weekly to low-income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral Email Kelly director@cdsrs.ca
	Wilma's Transition Society	Hampers and meals (fresh and frozen options), other needs met	Wilma's Transition Society	anyone	Agency or self referral Call 604-824-0939 Ask for Erin

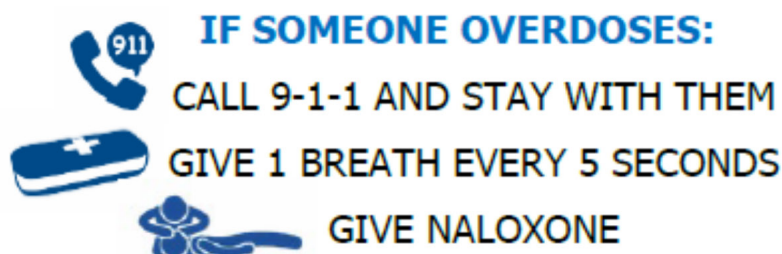
There are multiple funding partners supporting these programs, please contact individual programs for more details.

- There is also the Food Warehouse behind the Salvation Army in Chilliwack on Yale Road. Warren Schatz is the contact person. [warrens@salvationarmychilliwack.ca](mailto:warrens@salvationarmychilliwack.ca).

# OVERDOSE ADVISORY

There has been a number of overdoses in Abbotsford and Mission recently. Reports suggest overdoses are connected to a **dark purple substance** sold as down/opioids.

Friends, family and community members using opioids and stimulants face increased risk from both injection and inhalation.



## IF SOMEONE OVERDOSES:

CALL 9-1-1 AND STAY WITH THEM

GIVE 1 BREATH EVERY 5 SECONDS

GIVE NALOXONE

## Please look out for each other.

## TIPS FOR SAFER DRUG USE:

- ♥ Explore with service providers options for witnessing consumption ([episodic OPS](#)) and local Overdose Prevention Sites
- ♥ Stagger use with friends so someone can respond if needed
- ♥ Start low go slow  
Take a small amount, wait and see how it feels
- ♥ If using alone:
  - Let someone know and ask them to check on you
  - Download the Lifeguard or BeSafe apps (available on Apple/Android)
  - Call the National Overdose Response Service: 1-888-688-6677 if no cel data
- ♥ Mixing substances increases risk of overdose – this includes alcohol and prescription drugs
- ♥ Find local harm reduction services <https://towardtheheart.com/site-finder> or call Lookout Abbotsford Mobile Harm Reduction Services 604-308-8296
- ♥ Get your drugs checked <https://www.fraserhealth.ca/drugchecking> or <https://getyourdrugstested.com/>
- ♥ Carry naloxone – visit [www.naloxonetraining.com](http://www.naloxonetraining.com) for a training refresher



Please pre-register your child and 5-11yrs for the Covid Vaccine. Appointments are also open to 1st, 2nd vaccines, and 3rd booster vaccine. Please contact: Angi Peters 604-794-7171 txt-604-798-5271, or email [angi.peters@seabirdisland.ca](mailto:angi.peters@seabirdisland.ca)


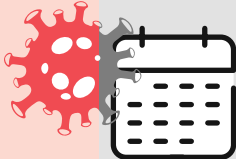

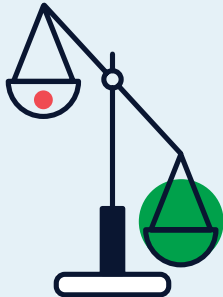

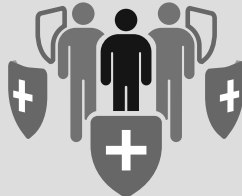


First Nations Health Authority  
Health through wellness

## COVID-19 vaccine for kids aged 5 to 11

Health Canada has given the green light to a pediatric (child's) formulation of the Comirnaty (Pfizer-BioNTech) COVID-19 vaccine.

### 6 great reasons to vaccinate kids:

<p><b>ONE</b></p> <p>Protects them from serious COVID-19 illness, hospitalization and death</p> 	<p><b>TWO</b></p> <p>Protects against long-term effects of COVID-19 such as MIS-C (multisystem inflammatory syndrome) and long COVID</p> 	<p><b>THREE</b></p> <p>We can't predict which children will become severely ill or get long COVID (symptoms that last for months)</p> 
<p><b>FOUR</b></p> <p>Benefits FAR outweigh risks</p> 	<p><b>FIVE</b></p> <p>Allows children to get back to doing things they love and miss</p> 	<p><b>SIX</b></p> <p>Vaccinations contribute to community immunity and a path back to normalcy</p> 

Register and book your child with the Get Vaccinated system  
[gov.bc.ca/getvaccinated.html](http://gov.bc.ca/getvaccinated.html)

For more information, visit  
[fnha.ca/vaccine](http://fnha.ca/vaccine)

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# HEALTH & WELLNESS

604-794-7927 or INTAKE CELL 604-991-0030

## Choose the Right Car Seat for your Child

As children grow and change, the type of protection system required also changes.

### Less than 1 year old

Until 1 year of age your child must use a rear-facing child car seat when traveling in a car, van or truck.

Rear-facing child car seats support and protect the child's head and spine in the event of a crash. A rear-facing child seat must never be used in a front passenger seating position that has an active air bag. Death or serious injuries can occur if the air bag inflates.

### 1-4 years old

Keep your child in a rear-facing child car seat as long as possible and avoid moving your child forward-facing too soon. A rear-facing child seat that is appropriate for their weight and height decreases the chance of your child being injured.

If your child is between 1 and 4 years old, you have more choices for the type of child car seat to use. The best protection for your child in this stage depends mostly on your child's weight

### 4-9 years old

If your child is between 4 and 9 years old, the type of restraint system that will provide the most protection depends on the child's weight and height.

### Over 9 years old

Although the law allows children over 9 years old to use the seat belt, the best protection for your child depends on their height.

**Do you need a car seat for your child? Learn more about car seats by visiting the link below.**

**\*Cheam Members can get a free car seats**

**Contact: Cori Victor, 604-794-7927, [Cori.victor@cheamhealth.com](mailto:Cori.victor@cheamhealth.com)**

**<https://www.bcaa.com/community/child-car-seat-safety#name>**

**Note: Did you know that American car seats are not approved for use in Canada? Canada has different rules and states for car seats.**

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# HEALTH & WELLNESS



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## MENTAL HEALTH AND WELLNESS TOOLKIT FOR COVID-19

### Managing Anxiety

#### LEARN ABOUT ANXIETY

Due to the COVID-19 pandemic, many people are facing challenges and stress. Anxiety is a normal reaction to stressful situations and is how our mind and body prepare us to handle that stress. Understanding how anxiety affects us is an important first step in managing our anxious responses.

When we feel anxious, we often notice physical symptoms, such as body pains or sweaty palms. We may feel nervous or irritable. The Anxiety Profile shown below describes how anxiety shows up in our bodies, thoughts, behaviours and moods.

#### THE ANXIETY PROFILE

(adapted from *Mind Over Mood*, First Edition)

##### ■ MOODS

- Anxiety can make us feel nervous, cranky, anxious and/or panicky

##### ■ PHYSICAL REACTIONS

- Sweaty palms
- Body pain
- Racing heart
- Flushed cheeks
- Feeling dizzy

##### ■ BEHAVIOURS

- Avoiding situations where anxiety might occur
- Leaving situations when anxiety begins to occur
- Trying to do things perfectly or trying to control events to prevent danger
- Being mean or passive aggressive towards others (lateral violence)

##### ■ THOUGHTS

- Feeling like danger is everywhere
- Feeling like you can't cope
- Feeling like no help is available
- Worrying and focusing on worst-case scenarios





# HEALTH & WELLNESS



First Nations Health Authority  
Health through wellness

## Mental Health and Wellness Supports

The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

### SUPPORT AVAILABLE 24 HOURS A DAY

- **HOPE FOR WELLNESS HELP LINE** offers immediate mental health counselling and crisis intervention by phone or online chat to all Indigenous people across Canada. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at [hopeforwellness.ca](https://hopeforwellness.ca).
- **INDIAN RESIDENTIAL SCHOOL CRISIS LINE** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.
- **KUU-US CRISIS LINE SOCIETY** provides crisis services for Indigenous people in BC. Adults/Elders line 250-723-4050; children/youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at [www.kuu-uscrisisline.com](https://www.kuu-uscrisisline.com).
- **MÉTIS CRISIS LINE** is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

### OTHER CULTURALLY-SAFE SUPPORTS

- **FIRST NATIONS VIRTUAL DOCTOR OF THE DAY** provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment. Learn more at [fnha.ca/virtualdoctor](https://fnha.ca/virtualdoctor).
- **INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY (IRSSS)** is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools in BC, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit [www.irsss.ca](https://www.irsss.ca).
- **TSOW-TUN LE LUM SOCIETY** provides confidential outreach services in BC, such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit [www.tsowtunlelum.org](https://www.tsowtunlelum.org).
- **VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE** is an FNHA service providing virtual specialist support in addictions medicine and psychiatry to First Nations people in BC and their family members. This service requires a referral from a health and wellness provider. The First Nations Virtual Doctor of the Day provides referral support for anyone who does not have a provider.

FIND US ONLINE:



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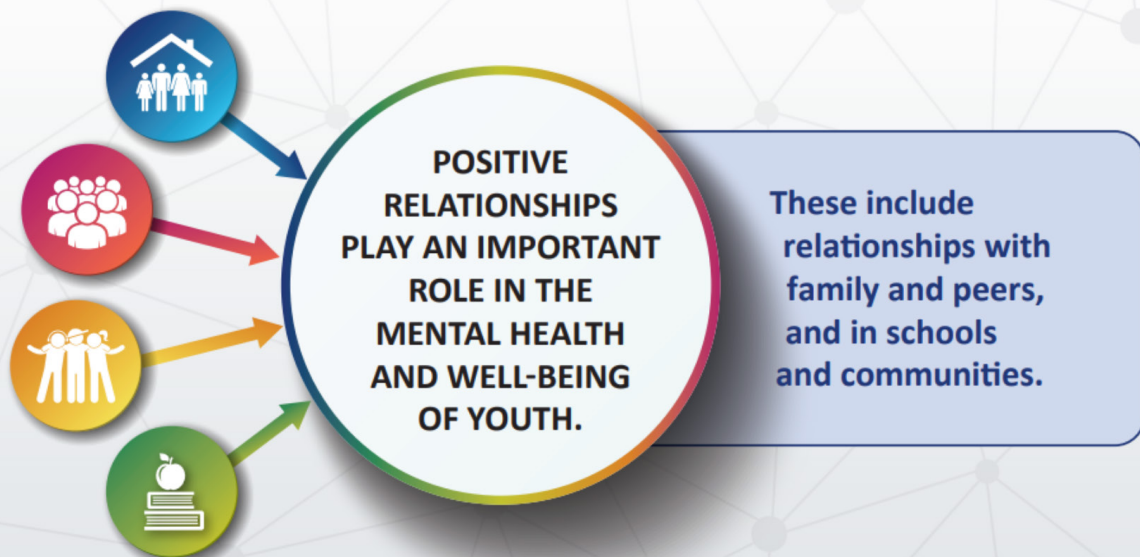


# HEALTH & WELLNESS

## SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

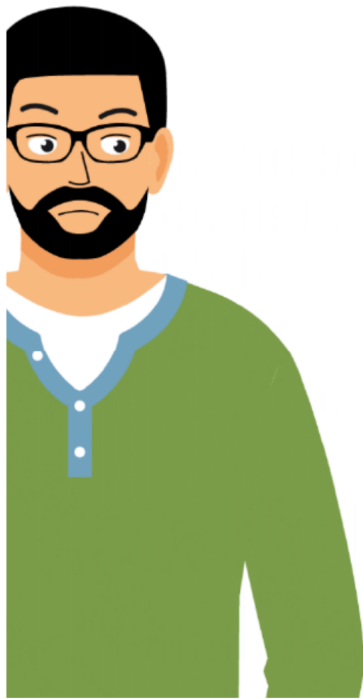
- **INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.
- **MENTAL HEALTH AND WELLNESS COUNSELLING IN BC** may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit [fnha.ca/benefits](http://fnha.ca/benefits) to check if they are registered and if the service is eligible for coverage.
- **MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS HEALTH SUPPORT SERVICES** is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.

## YOUTH MENTAL HEALTH



**PERSISTENT NEGATIVE THOUGHTS AND FEELINGS MAY BE RELATED TO POOR MENTAL HEALTH AND WELL-BEING.**





## MAJOR HEART ATTACK

signs and symptoms in women and men



Chest pain or discomfort



Shortness of breath



Pain or discomfort in the jaw, neck, back, arm, or shoulder



Feeling nauseous, light-headed, or unusually tired



### SNOW SHOVEL SAFETY

SHOVELING SNOW AND COLD WEATHER CAN ADD STRAIN ON YOUR HEART. IT CAN INCREASE HEART RATE AND BLOOD PRESSURE. IT CAN ALSO MAKE BLOOD CLOT MORE EASILY AND CONSTRICT ARTERIES, WHICH DECREASES BLOOD SUPPLY. THIS IS TRUE EVEN IN HEALTHY PEOPLE. INDIVIDUALS OVER THE AGE OF 40 OR WHO ARE RELATIVELY INACTIVE SHOULD BE PARTICULARLY CAREFUL.

- DO NOT SHOVEL AFTER EATING OR WHILE SMOKING
- TAKE IT SLOW AND STRETCH BEFORE YOU BEGIN
- SHOVEL ONLY FRESH, POWDERY SNOW; IT'S LIGHTER
- PUSH THE SNOW RATHER THAN LIFTING IT
- IF YOU DO LIFT IT, USE A SMALL SHOVEL, OR ONLY PARTIALLY FILL THE SHOVEL
- LIFT WITH YOUR LEGS, NOT YOUR BACK
- DO NOT WORK TO THE POINT OF EXHAUSTION
- DO NOT PICK UP THE SHOVEL WITHOUT A DOCTOR'S PERMISSION IF YOU HAVE A HISTORY OF HEART DISEASE.

### WHAT ARE THE SYMPTOMS OF HEART ATTACK?

- CHEST PAIN OR DISCOMFORT. MOST HEART ATTACKS INVOLVE DISCOMFORT IN THE CENTER OR LEFT SIDE OF THE CHEST THAT LASTS FOR MORE THAN A FEW MINUTES OR THAT GOES AWAY AND COMES BACK. THE DISCOMFORT CAN FEEL LIKE UNCOMFORTABLE PRESSURE, SQUEEZING, FULLNESS, OR PAIN
- FEELING WEAK, LIGHT-HEADED, OR FAINT. YOU MAY ALSO BREAK OUT INTO A COLD SWEAT.
- PAIN OR DISCOMFORT IN ONE OR BOTH ARMS OR SHOULDERS
- PAIN OR DISCOMFORT IN THE JAW, NECK OR BACK
- SHORTNESS OF BREATH. THIS OFTEN COMES ALONG WITH CHEST DISCOMFORT, BUT SHORTNESS OF BREATH ALSO CAN HAPPEN BEFORE CHEST DISCOMFORT
- OTHER SYMPTOMS OF A HEART ATTACK COULD INCLUDE UNUSUAL OR UNEXPLAINED TIREDNESS AND NAUSEA OR VOMITING. WOMEN ARE MORE LIKELY TO HAVE THESE OTHER SYMPTOMS.

### FIND US ONLINE:



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# The voice of youth is the voice of change.

Put your experience,  
values, and views about  
health and wellness  
into action.

Join the

## Fraser Salish Youth Council



FRASER SALISH REGION  
First Nations Health Authority

*Many fish,  
same water...  
your voice matters!*

Contact [Katelyn.Moon@fnha.ca](mailto:Katelyn.Moon@fnha.ca)

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## CHEAM DUDES CLUB

Join the brotherhood to support men's mental health and wellness by becoming a part of Cheam's Dudes Club.

### What is Dudes Club?

Dudes Club is a safe space for men to come together in brotherhood to talk about guy stuff. Based on Indigenous teachings, Dudes Club uses trained facilitators, cultural activities and community building to make it easier for men to talk about what's bothering them and work towards overall wellness.

With the help of Elders, we will learn culture and traditions- and just how to be DUDES. All we ask of you is to bring an open mind and leave your armour at the door.

Dudes Club is open to all men (including those who identify as men) in the Community and will run Thursdays from 4-6 pm starting in September; the exact location is to be determined. If you're interested in being a part of this men's group or want more information, contact our Wellness Advocate, Ray at [ray.hartt@cheamband.com](mailto:ray.hartt@cheamband.com) or 604-991-9610.

## DUDES CLUB CORE VALUES



### Relationships

We prioritize work together that begins with, and builds towards, strong relationships, with: Self, Peers, Family, Community, Elders, and the Land.



### Journey

We recognize that to be effective and sustainable in the long term, this must be patient, and sometimes slow, work. The concept of 'Seven Generations' also reminds us to think beyond immediate needs, and that healing is a process that happens over time, not a quick fix.



### Sanctuary

Our work depends on trust, and happens within a context of non-judgmental, inclusive, compassionate, respectful, culturally safe spaces.



### Brotherhood

We recognize that reclaiming, redefining, and decolonizing ideas of what it is to be a 'man' is essential, and that this is a process that men must undertake to support each other. Healthy, authentic, humble, courageous masculinities are core to our work.

### Two-Eyed Seeing

To move forward in a good way towards men's wellness we must balance the strengths of both Indigenous and western ways of knowing, ensuring our clubs are places of Cultural Safety, where Dudes can reconnect to their heritage and family, through storytelling and sharing. "In a good way", whereby the work undertaken is a sacred endeavor, connected to ceremony and ancestral wisdom, and contributes to healing.

information from: <https://knowledgebundle.dudesclub.ca/why-mens-health/>





## Come Work With Us!

To apply to any of the jobs listed below, please visit our website, apply on [indeed.ca](https://indeed.ca) or drop off your resume at the band office.

- **Adult In-home Care Worker**
- **Custodian/Facility Maintenance Worker**
- **General Maintenance Worker**
- **Health and Wellness Executive Assistant**  
(maternity leave coverage)
- **Peacekeeper/Peace Officer**
- **Shelter Support Staff**
- **Shelter Support Staff** (maternity coverage)
- **Social Development & Education Clerk**  
(Indigenous candidates only)
- **Social Development & Education Coordinator**



## Stó:lō Aboriginal Skills & Employment Training

Bldg #5A – 7201 Vedder Road, Chilliwack, B.C. Canada V2R 4G5  
Tel: (604) 858-3691 or toll-free 1-888-845-4455 Fax: (604) 858-3528  
E-mail: info@saset.ca

November 24, 2021

### EMPLOYMENT RESOURCE ROOM/RECEPTIONIST (EXTERNAL)

**Stó:lō Nation** requires the services of a qualified administrative **Resource Room/Receptionist** to fill a vacancy with the **Stó:lō Aboriginal Skills & Employment Training (S.A.S.E.T) Department**. Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry. Please self-identify on your cover letter or resume.

The Resource Room/Receptionist will: a) provide professional courteous reception and resource room greetings referring clients to the employment services as required; b) promote programs and initiatives supported by the Indigenous Skills & Employment Training (ISET) funding agreement; c) provide administrative support to the Outreach Supervisor; d) maintain resource room, classrooms information boards in the employment resource centre and e) maintenance and archival of Employment Resource Centres filing systems.

The successful candidate will work out of the Central (Chilliwack) office.

#### QUALIFICATIONS/REQUIREMENTS:

- Post-Secondary education and/or equivalent 2 years of training and experience in administrative support and reception/resource room duties.
- Familiarity with the Indigenous Skills & Employment Training Contribution Agreement (ISET CA), SASET catchment area, First Nation Community's culture, and working knowledge of First Nations economic, social, and political issues.
- Must have strong professional written and verbal communications skills.
- Willingness to expand their skills set if required by SASET funded professional development.
- Strong computer skills: MS Word, MS Excel, data base and organizational and multi-tasking abilities.
- Ability to maintain: a healthy courteous working relationship with staff, community staff, members, and representatives of other organizations; adhere to the confidentiality guidelines of all records, materials and communications concerning clients, staff, SASET and Stó:lō Service Agency/Nation.
- **Successful candidates will be required to provide the following if screened in for an interview:**
  - Must possess and maintain a valid Class 5 BC Drivers' License
  - Must successfully pass the required pre-employment RCMP Criminal records Check.

#### SALARY RANGE:

#### TYPE OF POSITION:

**Based on qualifications and experience.**

Full-time with benefits, subject to 3-month probationary period, successful annual performance evaluations and continued funding.

**APPLICATIONS DEADLINE:**

**4:00 pm January 14<sup>th</sup>, 2022**

Candidates will be screened according to the qualifications/requirements. **Interested candidates are required to submit a resume and covering letter.** Please include position title on subject line. Send to:

**Stó:lō Aboriginal Skills & Employment Training**

**Attention: Director Anna Celesta**

**Bldg. #5A 7201 Vedder Road  
Chilliwack, BC V2R 4G5  
Email: anna.celesta@saset.ca**

For more information about this and other employment opportunities, visit [www.stolonation.bc.ca](http://www.stolonation.bc.ca) or [www.saset.ca](http://www.saset.ca)



**Sto:lo Aboriginal Skills & Employment Training is pleased to offer:**

# **Powerline Technician Pre-Apprenticeship**



**STARTING JANUARY 10TH 2022!**

**LUNCH, TRANSPORTATION  
ASSISTANCE AND  
SAFETY GEAR PROVIDED!**

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 12 week full-time program
- Enjoys outdoor work in all types of weather
- Has an interest in the Electrical Industry
- Is in good health and physically fit

If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!

**Training will take place on-site at Sto:lo Nation  
Building 2D, 7201 Vedder Road, Chilliwack, BC**

**January 10—April 1, 2022**

**Time: 8:00 am—4:00 pm**

**TO APPLY PLEASE CONTACT SASET:**



**604-858-3691**



**www.saset.ca**



**info@saset.ca**



**www.facebook.com/SASET.EAS**

**Canada**





# EARLY CHILDHOOD EDUCATION AND CARE ONLINE CERTIFICATE PROGRAM

Get ready for a rewarding career, where you can work with children and make a difference as they grow, learn and develop. Learn from instructors who care about your success, and prepare you for a growing number of positions in the job market.

## CAREER OPPORTUNITIES

Graduates are in demand to work in early years programs such as Group Care, Strong Start, Aboriginal Head Start, Supported Child Development, Preschool, Child Care Resource and Referral, and Child and Family Service Agencies.

## PROGRAM DATES:

January 2022 to April 2023

Four (4) courses per term

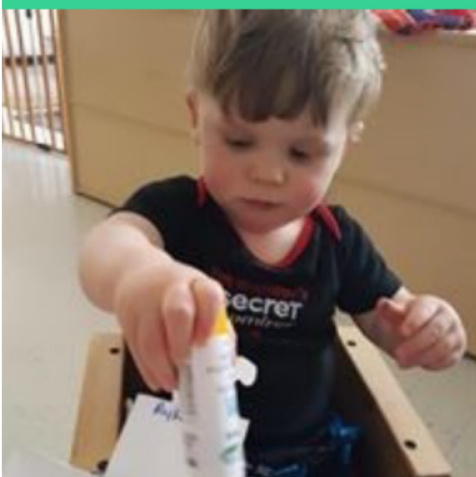
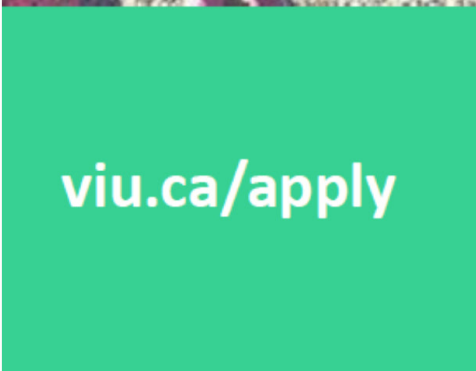
Work-based practica may be possible (\*conditions apply).

## TO APPLY

Contact Miranda MacCallum ([Miranda.MacCallum@viu.ca](mailto:Miranda.MacCallum@viu.ca), 250-753-3245 ext. 2584). For more information about the program, contact Program Chair Ocean Kneeland ([Ocean.Kneeland@viu.ca](mailto:Ocean.Kneeland@viu.ca)).

Vancouver Island University, Nanaimo Campus

900 Fifth Street Nanaimo, BC V9S 5S5  
[hhs.viu.ca/early-childhood-education](https://hhs.viu.ca/early-childhood-education)



Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

# HEAVY EQUIPMENT OPERATOR



**Dates:** Various Intakes

Starting January 2022

**Location:** Aldergrove BC



## Are you an Indigenous individual who:

- Is un- or under employed
- Has a valid class 5 or 7 drivers license & ability to get to get to training site
- Preferably has some experience in operating equipment and/or construction
- Resides within SASET's catchment area
- Is willing to commit to a 12 week (Thursday through Saturday) 6:30am—4:30pm program
- Interested in becoming an Equipment Operator



You will learn the techniques of.....

- ♦ Site Preparation
- ♦ Foundation & Footing Excavation
- ♦ Truck Loading
- ♦ Safe Trenching Practices
- ♦ Road Building
- ♦ Grading
- ♦ Sloping

**WORK GEAR, LUNCH AND TRANSPORTATION SUPPORTS AVAILABLE!**

Canada

For more information, contact us:

604-858-3691



[www.saset.ca](http://www.saset.ca)



[info@saset.ca](mailto:info@saset.ca)



[www.facebook.com/SASET.EAS](https://www.facebook.com/SASET.EAS)





Sto:lo Aboriginal Skills & Employment Training is pleased to offer the:

# Culinary Arts

## Pre-Trade Program

Next classes start: January 10th, 2022



Are you an Indigenous or Metis individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET employment counsellor to book an appointment and complete the application package.

### CONTACT US TODAY!

604-858-3691 Fax: 604-858-3528

Toll Free (BC): 1-888-845-4455



[www.saset.ca](http://www.saset.ca)



<https://www.facebook.com/SASET.EAS>



5579 Tyson Rd, Chilliwack,  
BC V2R 0H9

### Program Includes:

- ◇ Certificates: FoodSafe, First Aid level 1, WHMIS, WCB Awareness
- ◇ Occupational Skills
- ◇ Stocks, soups and sauces
- ◇ Vegetables and fruits
- ◇ Starches
- ◇ Meats
- ◇ Poultry
- ◇ Seafood
- ◇ Garde-mange
- ◇ Eggs, breakfast cookery and dairy
- ◇ Baked good, desserts and beverages
- ◇ Basic kitchen management
- ◇ Two week practicum placement

**\$200 BONUS**

Based on full attendance and completion of Program



# WATER DAMAGE RESTORATION TECHNICIAN COURSE



## Course Includes:

- IICRC approved; 14 IICRC CEC credits
- Science of drying: psychometry
- 3 categories of water loss
- Important anti-microbial guidelines
- Dehumidification
- Contents restoration and cleaning methods

**December 20-22, 2021**

**If you are an Indigenous individual who:**

- Is un- or under employed
- If you are currently employed by a First Nation in the SASET catchment area working in the Maintenance or Housing line of employment
  - Resides in SASET's catchment area
- Is willing to commit to a **3-DAY ONLINE** program
- Has an interest in the Restoration Industry

If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!



## **TO APPLY PLEASE CONTACT SASET:**



604-858-3691



[www.saset.ca](http://www.saset.ca)



[info@saset.ca](mailto:info@saset.ca)



[www.facebook.com/SASET.EAS](https://www.facebook.com/SASET.EAS)

**Canada**  41



# SERVICE CANADA

## READY TO HELP



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://www.canada.ca/en/start)



### Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

### EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work. If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

<https://bit.ly/368vygl>

1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at [Canada.ca/service-canada-e-service](https://Canada.ca/service-canada-e-service). An agent will contact you within two business days to assist you or to schedule an appointment.

### CANADA RECOVERY BENEFIT (CRB)

The CRB provides \$500 per week for up to 26 weeks for workers who have stopped working or had their income reduced by at least 50% due to COVID-19, and who are not eligible for Employment Insurance (EI). Applications will open on October 12.

<https://bit.ly/2I0Ub5d>

1-833-966-2099

### CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 per week for up to a maximum of two weeks, for workers who:

- Are unable to work for at least 50% of the week because they contracted COVID-19.
- Are self-isolated for reasons related to COVID-19.
- Have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

<https://bit.ly/36zGjZH>

1-833-966-2099

### CANADA RECOVERY CAREGIVING BENEFIT

The Canada Recovery Caregiving Benefit (CRCB) provides \$500 per week for up to 26 weeks per household for workers. The CRCB gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care.

<https://bit.ly/2F6YxXm>

1-833-966-2099

### SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK>

1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to [Canada.ca/repay-cerb](https://Canada.ca/repay-cerb) or call 1-833-966-2099.

For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/coronavirus](https://Canada.ca/coronavirus)



# SERVICE CANADA

## READY TO HELP — SENIORS



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://covid-benefits.alpha.canada.ca/en/start)



### Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.


#### EMPLOYMENT INSURANCE (EI) PROGRAM

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If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

 <https://bit.ly/368vygl>

 1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at [Canada.ca/service-canada-e-service](https://Canada.ca/service-canada-e-service). An agent will contact you within two business days to assist you or to schedule an appointment.

#### UNITED WAY


We are contributing \$9 million through United Way Canada for local organizations to support practical services to Canadian seniors. These services could include the delivery of groceries, medications, or other needed items, or personal outreach to assess individuals' needs and connect them to community supports.

 [unitedway.ca/how-we-help/find-your-uwc/](https://unitedway.ca/how-we-help/find-your-uwc/)

#### SOCIAL INSURANCE NUMBER

You can apply for your Social Insurance Number (SIN) online. Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

 <https://bit.ly/3mCINMK>

 1-866-274-6627

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For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/coronavirus](https://Canada.ca/coronavirus)

# SERVICE CANADA

## READY TO HELP — YOUTH



We are ready to help Canadians through the COVID-19 outbreak. Find financial help during COVID-19: [Covid-benefits.alpha.canada.ca/en/start](https://www.canada.ca/en/start)



### Canada COVID-19 App

A tool to help you track your symptoms, receive the latest updates on COVID-19, and access trusted resources.

### EMPLOYMENT INSURANCE (EI) PROGRAM

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- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

<https://bit.ly/368vygl> 1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at [Canada.ca/service-canada-e-service](https://Canada.ca/service-canada-e-service). An agent will contact you within two business days to assist you or to schedule an appointment.

### MENTAL HEALTH SUPPORT

We are giving \$7.5 million in funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.

[Kidshelpphone.ca](https://www.kidshelpphone.ca) 1-800-668-6868

### JOBS AND OPPORTUNITIES

We are expanding existing federal employment, skills development, and youth programming to help students find employment and develop valuable skills this summer and over the coming months. Learn more about youth programs:

<https://bit.ly/2YWXcd9>

### SOCIAL INSURANCE NUMBER

You can apply for your **Social Insurance Number (SIN)** online.

Agents are available Monday to Friday, 8:30 am to 4:30 pm Canadian Local Time, except on statutory holidays.

<https://bit.ly/3mCINMK> 1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to [Canada.ca/repay-cerb](https://Canada.ca/repay-cerb) or call **1-833-966-2099**.

For a complete list of programs, services and resources available through the Government of Canada visit: [Canada.ca/coronavirus](https://Canada.ca/coronavirus)



# CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

## ENROLLMENT APPLICATION FOR GROUP BENEFITS



**CLIENT** — Please complete Parts 2 and 4 of this application and only complete Part 3, if applicable.

**PLAN ADMINISTRATORS** — Please complete Part 1 of this application.

Please complete form electronically or print clearly in **INK**. Sign, date and submit your application to your Plan Administrator as soon as possible.

☐ New Client ☐ Reinstatement

### PART 1 — PLAN ADMINISTRATOR

Policy number 40000	Name of company/organization First Nations Health Authority	Status number
Effective date (mm-dd-yyyy)	Class	Employment type Client
		Hours per week 0

If we have questions, how can we contact you? Telephone: 1 855 550-5454, press "2," then "1" Email: hb.eligibility@fnha.ca

### PART 2 — CLIENT/DEPENDENT INFORMATION

Legal first name	Preferred name	Middle initial	Last name	Birthdate (mm-dd-yyyy)	Sex <input type="checkbox"/> M <input type="checkbox"/> F
Street address		City		Province	Postal code
Email address					

For children who have not yet received their own status number, please provide the information requested in the table below.

LEGAL FIRST NAME	PREFERRED NAME	MIDDLE INITIAL	LAST NAME	BIRTHDATE (MM-DD-YYYY)	SEX
First child					<input type="checkbox"/> M <input type="checkbox"/> F
Second child					<input type="checkbox"/> M <input type="checkbox"/> F

### PART 3 — CO-ORDINATION OF BENEFITS

If you or any of your dependents have coverage under another plan, please indicate the following:

Name of Insurance company	Group Policy Number	ID or certificate number
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### PART 4 — CLIENT SIGNATURE

I agree to the conditions of my benefit plan between First Nations Health Authority (FNHA) and Pacific Blue Cross. I confirm that the information I have provided is true and complete.

If I should receive a settlement or a judgement against a liable third party for wage loss or benefits covered under my group plan, I agree to and authorize the third party to reimburse Pacific Blue Cross up to the amount advanced to me pending such settlement or judgement.

I consent to Pacific Blue Cross collecting, using and disclosing my personal information where reasonably necessary for the purposes of my enrollment or coverage under this group plan. I consent to the disclosure of my personal information to agents and representatives of Pacific Blue Cross and other providers/insurers and their agents and representatives for the purposes of assessing and providing benefits coverage. I also consent to the disclosure of my personal information to my plan administrator when required or permitted by law or by contract between Pacific Blue Cross and FNHA; and to the retention, use and disclosure of my personal information in accordance with the Pacific Blue Cross privacy policy.

The privacy policy is available online at [pac.bluecross.ca](http://pac.bluecross.ca) or by calling Pacific Blue Cross at 604 419-2000.

Client's signature <b>X</b>	Date (mm-dd-yyyy)
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### FNHA CLIENTS:

**MAIL YOUR APPLICATION**  
First Nations Health Authority,  
Health Benefits Department  
501 – 100 Park Royal South  
West Vancouver, BC V6B 4E1

**FAX**  
1 888 299-9222