



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

DECEMBER 10, 2021



Last Minute News!

Cheam First Nation Christmas Hamper Update ~ In lieu of Christmas hampers this year, our Chief and Council will be gifting each household with a \$100 gift card.

Members living in the Community can pick up their gift cards at the office starting on Tuesday, December 14. For those living outside of the Community, the gift card will be put in the mail for you.



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CHEAM FIRST NATION

XWECHİYOM 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 kw'e o'hletem xwela Ye'mi cha

Temtames lis cha mekw yoyes ye alyem eweta Shxwlistexwes Te xwelitemelh

Temtames chasu qexs a: li lalalem xwela kw'e mekw wates

Qas temtames cha xwe'eyems Te temexws qasu ey xwela ye xwechiyom

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.



XWCHÍYÒ:M

ADMINISTRATION UPDATES

Ey Swayel Friends and Relatives!



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 the importance of 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.

BAND OFFICE NOTICES

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



COVID-19 RESOURCES

To learn more about the new PHO, please visit:
<https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus/keeping-our-community-safe/fraser-east#.YVdRpPrMJgY>

Please call Cheam Band Office: 604-794-7924 or Seabird Health: 604-796-2177 if you have questions or concerns

CANCELLATION OF COMMUNITY EVENTS

As of September 28, the Public Health Orders for Eastern Fraser Valley has increased. To remain compliant with the public health orders and keep our community safe, we are postponing and cancelling gatherings or events.

AFTER-SCHOOL PROGRAM

The After School Program is happy to announce that we will be open for Pro-D days from 8:30-4:30.

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

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

Regular hours remain Monday to Friday 12:00 – 6:00 pm



After School Program Hours

Dec 17 – Jan 4: No school Christmas Holidays

The After School Program will remain open on Dec 17 from 12:00 pm - 6:00 pm

Dec 20 -23 8:30-4:30

Dec 24-Dec 31 - Closed

2022 Happy New Year!

Feb 18 - 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 PD - 8:30-4:30

May 20 PD - 8:30-4:30

May 23 Victoria Day - Closed

June 23 Summer Holidays

CHEAM FIRST NATION

SPORTS NIGHTS

Join Us on Monday Nights from 5pm-8pm for sports and games!

MONDAY NIGHTS 5pm-8pm
 WHERE: CHEAM FIRST NATION BAND OFFICE, 216 VICTORIA AVE

CANCELLED UNTIL FURTHER NOTICE

Starting September 13th!

If you have any questions contact Wayne at wayne.douglas@cheamband.com



FLOOD/EMERGENCY RESOURCES



ARCHWAY EMERGENCY RESPONSE TO FLOODING

In response to the floods which are devastating so many households in Abbotsford over the past three days, Archway Community Services (in partnership with numerous community organizations) is providing the following new supports/initiatives:

- Distributing a growing number of emergency food hampers to individuals, families and children impacted by flooding and pushed to the brink of food insecurity (Food Bank)
- Sourced and provided a pallet of drinking water to non-evacuated farmers surrounded by water yet without access to potable water (Food Bank)
- Coordinating food donations for 148 temporary farm workers displaced by flooding (Legal Advocacy for Agricultural Workers)
- Delivering fresh food and prepared meals to seniors already dealing with loneliness & isolation and now further threatened by the effects of flooding (Meals on Wheels)
- Reaching out to local Indigenous communities (Sumas Nation, Matsqui Nation, Xyolhemeylh) to determine / assist with their needs during flooding (Counselling, Children, Youth & Family Services)
- Offering walk-in counselling for youth (Foundry)
- Providing clothing for youth affected by the flood (Youth Resource Centre)
- Fast tracked the opening of a daytime Drop-in Centre for unhoused and unsheltered individuals (Housing & Homelessness)
- Investigating the provision of activities/resources for children, youth & families currently & indefinitely displaced from their homes and accessing Emergency Support Services (Best For Babies & CCRR)
- Confirming an alternate location for the 9th Annual Archway Food Bank "Toys for Tots" Christmas Breakfast. This community event raises approx. 2000 toys and \$40,000+ for Archway Christmas Bureau but is displaced as our sponsor location is under water. We're trying to secure a workable site, traffic flow permits, a cast of hundreds of volunteers and pivot messaging in time for the event next week (Toys for Tots)
- Addressing no access and water damage to our own Recycling Plant, Drop-off & Education Centre due to completely flooded roads and property (Abbotsford Mission Recycling Program)
- Additionally, we are offering support to many our own staff who, themselves, have been evacuated from their homes, are dealing with the damages of the flood, or are cut off from work and/or their own homes due to road closures.

Tomorrow, we'll see what other needs arise and how we can respond as an organization and community. If you would like to provide support to Archway Community Services' emergency response efforts, you can donate here: archway.ca/donate/flood/.



FLOOD/EMERGENCY RESOURCES



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>



FLOOD/EMERGENCY RESOURCES



FRASER SALISH REGION

First Nations Health Authority

Resource Guide: Supports

FNHA SYSTEM SUPPORT LINE 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

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

Tracey Jirak: Harm Reduction Coordinator

Mobile: (604) 319-3979

Tracey.Jirak@fnha.ca

Mehrdad Ghafouri: Harm Reduction Coordinator

Mobile: (778) 554-9140

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

Nardia Brown:

604-831-2651

Nardia.Brown@fnha.ca

Jennifer Kazun (Charchun):

Children, Youth and Families

778-347-3538

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



FLOOD/EMERGENCY RESOURCES

Fraser Health Resource Guide

Flood Emergency Support Numbers	<p>ESS Information Centre:</p> <ul style="list-style-type: none"> Evacuees, responders and suppliers can call 1-800-585-9559 <p>For Chilliwack:</p> <ul style="list-style-type: none"> General inquiries, evacuees can call: City Hall 604-792-9311 (available 830-1630) <p>For Abbotsford:</p> <ul style="list-style-type: none"> Evacuees with questions can call the Public Information Line at 604-864-5688 <p>For Harrison/Hope/Kent:</p> <ul style="list-style-type: none"> If you would like to report an incident or need assistance please call the Emergency Operations Centre at 778-704-0400
First Nations and Métis Support	<p>Aboriginal Health Liaison Line 1-866-766-6960</p> <p>Aboriginal Mental Health Liaison Services Surrey: 778-288-6043 Abbotsford/Mission: 604-814-5601 Chilliwack: 604-702-4860 ext 614894 Hope/Agassiz: 604-860-3114 Maple Ridge/Coquitlam area: 604-652-4610</p> <p>Elders in Residence: 1-236-886-6743</p> <p>First Nations Health Authority Wellness System Navigation: 604-743-0635 or email at systems.support@fnha.ca. (Leave a voice message for a prompt response.)</p> <p>First Nations Health Authority Fraser Salish Regional Office: 604-410-1513</p> <p>KUU-US Crisis Line Society Adults/Elders: 250-723-4050 Child/Youth: 250-723-2040 Toll free: 1-800-588-8717 Métis Line: 1-833-MétisBC</p> <p>First Nations Virtual Doctor of the Day: seven days a week from 8:30 a.m. to 4:30 p.m. at 1-855-344-3800</p>
Medications	<p>Visit any pharmacy and speak to the pharmacist for information regarding access to emergency supply of medications you may need without seeing a physician or nurse practitioner.</p> <p>For free advice about medications during the evening, call 8-1-1 to speak to a pharmacist from 5:00 p.m. to 9:00 a.m.</p>
Doctor/Nurse Practitioner	<p>If you need immediate emergency care, please go to the nearest emergency department:</p> <ul style="list-style-type: none"> Abbotsford: 32900 Marshall Rd, Abbotsford, BC V2S 0C2



FLOOD/EMERGENCY RESOURCES

	<ul style="list-style-type: none"> Surrey: 13750 96 Ave, Surrey, BC V3V 1Z2 Burnaby: 3935 Kincaid St, Burnaby, BC V5G 2X6 Fraser Canyon: 1275 7th Ave, Hope, BC V0X 1L4 Chilliwack General Hospital: 45600 Menholm Rd, Chilliwack, BC V2P 1P7 <p>If your need is not an emergency, you need to speak to a physician or nurse practitioner:</p> <ul style="list-style-type: none"> Abbotsford Urgent and Primary Care Centre: 2692 Clearbrook Rd, Abbotsford, BC V2T 2Y8, (604) 870-3325 Surrey Newton Urgent and Primary Care Centre: 6830 King George Blvd, Surrey, BC V3W 4Z9, (604) 572-2625 Chilliwack Primary Care Clinic: 45600 Menholm Rd, Chilliwack, BC V2P 1P7, (604) 702-2850
Virtual Care	<p>If you need to speak with a registered nurse and cannot contact your doctor/care provider:</p> <ul style="list-style-type: none"> Fraser Health Virtual Care (10:00am to 10:00pm, 7 days a week): 1-800-314-0999 Web chat link: https://www.fraserhealth.ca/patients-and-visitors/fraser-health-virtual-care Health Link BC at 8-1-1
Mental Health and Substance Use (MHSU) Clients	<p>For support to adult (19+) residents experiencing mental illness, and substance issues:</p> <ul style="list-style-type: none"> Abbotsford Mental Health and Substance Use Centre: 11-32700 George Ferguson Way, 604-870-7800 Agassiz Mental Health Centre: 7243 Pioneer Avenue, 604-793-7161 Hope Mental Health Centre: 1275A 7th Avenue, 604-860-7733 Surrey Mental Health Centre: 1100-13401 108th Avenue, 604-953-4900 Chilliwack Mental Health and Substance Use Centre: 45470 Menholm Road, V2P 1M2 <p>For support to individuals who are experiencing substance use and addictions issues:</p> <ul style="list-style-type: none"> Alcohol and drug information and referral service: 604-660-9382 Abbotsford Addictions Centre: 202-31943 South Fraser Way Agassiz Harrison Community Services: 7086 Cheam Avenue Hope and Area Transition Society: 400 Park Street Pacific Community Resources: 45921 Hocking Ave, Chilliwack, BC V2P 1B5, (604) 795-5994 <p>To find out which substance use (addictions) services are right for you, call:</p> <ul style="list-style-type: none"> B.C. Alcohol and Drug Information and Referral Service: 1-800-663-1441 or 604-660-9382 <p>Fraser Health crisis line: 604-951-8855 or 1-877-820-7444</p> <p>Indigenous specific supports:</p> <ul style="list-style-type: none"> Aboriginal Health Liaison Line: 1-866-766-6960 FNHA Wellness System Navigators: 604-743-0635 or email at systems.support@fnha.ca. (Leave a voice message for a prompt response.) FNHA First Nations Virtual Substance Use and Psychiatry Service: 1-833-456-7655 FNHA Mental Wellness and Counselling (Health Benefits): 1-855-550-5454 KUU-US Crisis Line: 1-800-KUU-US-17 (1-800-588-8717)



FLOOD/EMERGENCY RESOURCES

Harm Reduction	<p>Harm Reduction supplies can be accessed through Public Health Units and community distribution sites</p> <p>https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/harm-reduction/get-new-sterile-supplies</p> <p>https://towardtheheart.com/site-finder</p>
Home Health/Seniors Care	<p>For general information on Home Health Care or Senior Care: 1-855-412-2121. They can:</p> <ul style="list-style-type: none"> - Redirect you to the appropriate home health office - Provide assistance with surgical wounds or other nursing care - Help with bathing, using the toilet, grooming, and medications - Rehabilitation after a hospital stay - Short-term borrowing of a walker, wheelchair, or other equipment <p>If you were receiving health care or personal care services in your home, please call the Home Health Service Line if you need services while in Fraser Health. If you have medical equipment needs (walker, wheelchair), you can also call this phone number</p>
Public Health and Maternity Care	<p>To book an appointment (immunizations, dental fluoride or prenatal breastfeeding classes):</p> <ul style="list-style-type: none"> - Residents of Fraser East (Mission, Abbotsford, Chilliwack, Agassiz and Hope): 604-702-4906. - Residents in any other area of Fraser Health: 604-476-7087 <p>Information regarding specific Public Health Units can be found at: https://www.fraserhealth.ca/service-directory/services/public-health-services/public-health-unit</p>
COVID-19	<p>Testing If you develop cold, flu or COVID-19-like symptoms, you need to self-isolate and get tested for COVID-19. Information on testing and getting a vaccine:</p> <ul style="list-style-type: none"> • Fraser Health's COVID-19 online appointment booking website at fraserhealth.secureform.ca • Fraser Health's COVID-19 phone line, seven days a week from 8:30 a.m. to 4:30 p.m. at 1-604-587-3936 • Walk-in COVID-19 test appointments at the following locations: (Online appointment booking is preferred.) <p>Vaccination: To book a vaccination appointment, visit: https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register</p> <p>Drop in clinics: www.fraserhealth.ca/vax</p> <p>COVID-19 Test Results Access COVID-19 test result by phone, text or online by contacting one of the following: (Find more COVID-19 test result information at fraserhealth.ca.)</p> <ul style="list-style-type: none"> • <u>Get test results by phone:</u> Clients can call the BCCDC COVID-19 Test Result line seven days a week from 8:30 a.m. to 4:30 p.m. at 1-833-707-2792.



FLOOD/EMERGENCY RESOURCES

- Get test results by text: Sign up for a text message by having your Personal Health Number and mobile device handy and filling in a webform. Visit results.bccdc.ca for more information.
- Get test results online: Register for online results with Health Gateway at gov.bc.ca/healthgateway to receive a text or email message as soon as results are available.

Positive COVID-19 Cases

If you receive a positive COVID-19 result, you will be contacted by Public Health. They will provide you with instructions and necessary supports. While waiting, you will need to remain self-isolated. You can find self-isolation resources at www.fraserhealth.ca under COVID-19 shareable resources on [self-isolation](#).

Social supports during self-isolation

Contact public health to make a referral if your client requires social support during self-isolation. Contact public health Monday to Friday, from 8:00 a.m. to 4:00 p.m. at 1-604-860-7631. A limited number of cell phones are available to clients who require a cell phone.

Indigenous Clients requiring social supports during isolation

Contact the FNHA to connect Indigenous clients with the Wellness Systems Navigators who can connect Indigenous clients to a wide range of wrap around, culturally specific supports: 604-693-6500 or 1-866-913-0033

Emergency Info

EmergencyInfoBC Advisories
<https://www.emergencyinfobc.gov.bc.ca/>

BC Emergency Management
<https://www2.gov.bc.ca/gov/content/safety/emergency-management>

Notes for Staff

DIRECTION FOR HEALTHCARE STAFF:

Housing supports during self-isolation

Contact the following to make a referral if your client needs housing support while isolating:

Public Health in Hope
M to F, from 8 a.m. to 4 p.m.
604-860-7631

First Nations Health Authority
– support to Indigenous clients -
Wellness System Navigators
Phone: 604-743-0635 (leave
voicemail for prompt response)
Email: systems.support@fnha.ca



FLOOD/EMERGENCY RESOURCES



With the recent flooding and extreme rainfall throughout British Columbia, we want to reach out to you to let you know our hearts are with you and your loved ones, and we hope you are safe.

When your community is ready to initiate a clean-up, we also want to let you know that the First Nations Recycling Initiative (FNRI) is available to support. Please contact us at:

Email: info@fnri.ca

As a reminder, FNRI includes appliances, batteries, electronics, paper and packaging, beverage containers, tires, health products. I attach FNRI program information for details. If you have questions, feel free to contact me.

Again, we hope you and yours are safe. If you're located in an affected area, visit <https://www.emergencyinfobc.gov.bc.ca/> for the most recent updates and advisories.

Tim Jones

Field Services Specialist, First Nations (FSSFN)

Recycle BC

450-221 West Esplanade,

North Vancouver, BC V7M 3J3

Phone: 604 202 9873

[RecycleBC.ca](https://www.RecycleBC.ca)





CHEAM FIRST NATIONS CHRISTMAS PARTY

Saturday, December 18th
3-7pm

Come celebrate with us at
the Cheam First Nations Band
office!

Arts & Crafts: 3-7
Pictures with Santa: 4-5pm
Dinner: 5pm
Bingo: 6-7pm



Vaccination passport required
for entry



*Please note: All elves must deliver their gifts to the office
by Dec 17th or Dec 18 by 10 am



Cheam Christmas Photo Contest

Take a photo of your family in front of
your Christmas tree!

Prizes for the most festive photos- 1st, 2nd and
3rd place

Winners to be announced at the Cheam Community
Christmas Dinner on December 18th.

Submit your photo by **Friday, December 17th**
to Cheam First Nation Facebook page





Christmas Hampers

Sign up at The Salvation Army
Care and Share Centre
45746 Yale Road

Mon-Fri 10am-12pm, 1pm-3pm
Sat 10am-1pm

Registration open now
Last day to register
Tues 14th Dec

TO REGISTER FOR A GIFT HAMPER

CHRISTMAS CENTRAL is where families can come and register for gift hampers.

LOCATION: The Salvation Army Care and Share Centre - 45746 Yale Road, Chilliwack

DATES OPEN: Monday, November 29 - Tuesday, December 14, 2021

HOURS: Monday - Friday 10:00 AM - 12:00 PM, 1:00 PM - 3:00 PM, Saturdays 10:00 AM - 1:00 PM

ELIGIBILITY: Anyone receiving Income Assistance, Disability Pension, EI Benefits, or struggling on low income.

WHAT TO BRING: Picture ID (BC Driver's License or BC ID Card), 1 piece of ID for each child and every member in the household (Care Cards), and proof of residence in Chilliwack.

PICK UP DATES: Monday, December 20th and 21st

PICK UP LOCATION: TBA



Elder's Events



XWCHÍYÒ:M
CHEAM FIRST NATION

Due to recent flooding, the Elder's Meeting that was scheduled for November 30, had to be cancelled.

The next lunch meeting will take place on:
December 14 at 12:00 pm

If you have an item to add to the meeting agenda please contact Eleanor Stephenson or Rachel Wille at 604-991-9899 or email rachel.wille@cheamband.com





XWCHÍYÒ:M

CHEAM FIRST NATION

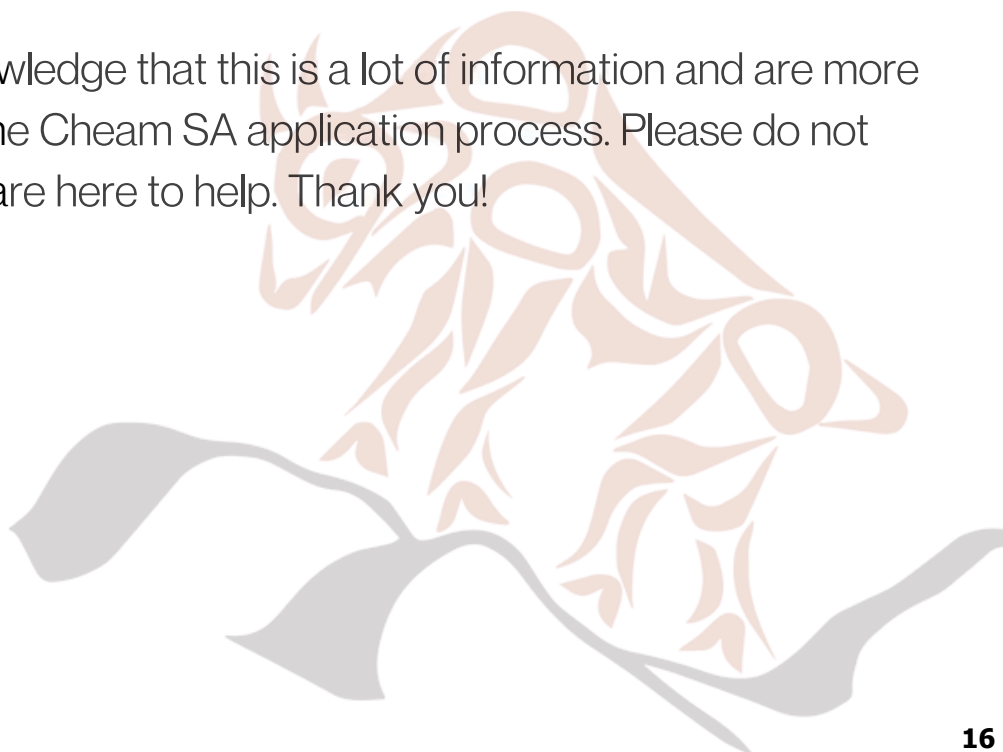
ATTENTION: CHEAM COMMUNITY MEMBERS AND SOCIAL ASSISTANCE CLIENTS

Copies of the social assistance application are on pages 17-18 and can also be obtained at Cheam Band Office Reception.

We are hoping this will assist with common questions we receive regarding how to obtain documents required for the file PRIOR to applying for Social Assistance through Cheam, as well as for CURRENT Social Assistance clients who are missing any required documents in the file.

Please contact the Cheam Social Development Department at 604-745-8026 or rebecca.pears@cheamband.com once all required documents have been obtained to complete the Social Assistance Application or if you need any assistance or have questions regarding this process.

We understand and acknowledge that this is a lot of information and are more than happy to assist with the Cheam SA application process. Please do not hesitate to contact us, we are here to help. Thank you!





XWCHÍYÒ:M
CHEAM FIRST NATION

52161 Victor Drive
Rosedale, BC VOX 1X1
604-794-7924
www.cheam.ca

The following items are required to support your Social Assistance Application.

Eligibility for Social Assistance is determined by objective consideration of the following factors:

Residency, Citizenship, Family unit and dependency, all sources of income, assets and special circumstances.

- ☐ **Tenancy Agreement:** Go to the main Band Office or call 604-794-7924 to make an appointment to speak with the Housing Department, Lydia Archie. Let the Housing Department know that you need a copy of your Tenancy Agreement. This is to prove that you reside in Cheam, this is the main requirement to being eligible for Social Assistance. If you cannot provide this, you will not be eligible for Social Assistance with Cheam. (If you reside in a privately owned home see below).

Proof of Ownership for Private Rental:

- ☐ If you reside in a home where there is an outstanding mortgage, Mortgage information must be provided if you are seeking shared shelter.
- ☐ If you reside in a privately owned home where there is no rent required, this must be confirmed with the Cheam Housing Department (Lydia Archie) *VIA* letter (604-794-7924)
- ☐ If you reside in a privately rented home, please provide a copy of your current "Private Tenancy Agreement".
- ☐ If you are renting a residence from a "Certificate of Possession Allotment" please have your landlord provide a copy of the Certificate of Possession to support the Private Tenancy Agreement.

One of the above must be provided if you are required a rental payment on your behalf.

Identification:

- ☐ Photo identification as well as one other piece of identification is required for adults. Acceptable identification would be: Driver's license, British Columbia Identification (BCID), Updated Status card, Birth Certificate
- ☐ BC Services Card (Care Card), bring your birth certificate with you to 7072 Pioneer Ave, this is free of charge.
- ☐ One piece of identification is required for children 604 796-2228
- ☐ Social Insurance Number (SIN). If you do not have a SIN Card you must go to Service Canada and request a "Letter of Verification of SIN". (9345 Main Street, Chilliwack, B.C. 1-800-622-6232)



☐ **Demonstration of Financial Need:**

Financial need is the difference between; the cost of basic living vs. the ability to pay. The essentials required for financial stability. Social Assistance is the last resort to any other income that you may be eligible for. We may be able to assist you to a more beneficial source of income. It needs to be proved (to the file) that you have no other resources that you can access. In order to do show this, these are required to support your application:

- ☐ Notice of Assessment from Canada Revenue Agency (Income Tax Assessment)
- ☐ Child Tax benefits/Family Bonus Notice of Assessment
- ☐ Employment Insurance benefits statement: This is to prove that benefits are being paid
- ☐ Employment Insurance letter of denial of benefits (servicecanada.gc.ca) or bank statement that shows the payments have stopped being deposited.
- ☐ Canada Pension Plan, Old Age Security, Guaranteed Income Supplement documents
- ☐ **Last Pay stubs:** Provide your last two pay slips from your employer or a bank statement showing the payroll deposits.
- ☐ **Record of Employment:** This comes from your previous employer.

HOUSING- You can call/contact the **Housing Manager, Lydia Archie** at the Cheam Band office @ 604-794-7924 or Lydia.archie@cheamband.com to get a copy of your Tenancy Agreement.

LANDS AND RESOURCES- You can call/contact the "Lands & Capital Director" Doug Webster at the Cheam Band Office @ 604 794-7924 or landsdirector@cheamband.com to request a copy of the Certificate of Possession to provide with your private tenancy agreement for your private rented unit.

SERVICE CANADA- If you do not have a **SIN Card** you must go to Service Canada and request a "**Letter of Verification of SIN**". (9345 Main Street, Chilliwack, B.C. 1-800-622-6232)

BC SERVICES CARD- bring your birth certificate and all other I.D. with you to 7072 Pioneer Ave, and you may be eligible to receive this free of charge.

Once the required documentation has been obtained, please contact the Cheam Social Development Department at 604-745-8026 or rebecca.pears@cheamband.com to complete the Social Assistance Application or if you need any assistance or have questions regarding this process. We understand this is a lot of information and are more than happy to assist with the Cheam SA application process. Thank you!



HOUSING DEPARTMENT

ANNUAL HOUSING INSPECTION

This is to inform that the Housing Department will be doing the annual inspection on **all rental or social housing units**.

The Housing Inspector will be here on:

Dates: Friday, October 1, 2021
Saturday October 2, 2021
Monday October 4, 2021

Times: 8 am to 5 pm (Friday is till 6 pm)
One hour booked for each home with 15 minutes being excluded.

If you require a specific date and time, please phone the Housing Dept to book by September 23, otherwise you will be assigned a date and time.

Changes made to the inspector, and his name is Danny Tourville, La:lem Building Inspection and Consulting. Any other change in inspection will commence on a Saturday.

COVID 19 safety guidelines will be followed and will be distribute to the Inspector and all tenants.

Thank you,

Cheam Housing Department

MAINTENANCE REQUEST REMINDER

The Housing Department would like to remind all tenants requesting maintenance repairs to please phone or email Daphne at Reception with the request (604-794-7924 or daphnee@cheamand.com).

Requests that are called in directly to Public Works or Housing Department employees are not entered into the maintenance queue the same way and may be missed unintentionally. By submitting maintenance repair requests directly to Daphne we can assure all requests are handled in a timely manner.



HEALTH & WELLNESS



XWCHÍYÒ:M
CHEAM FIRST NATION

Welcome to the Team!



Blue Sage Women
Corinne Stone
Wellness Advocate

Corinne Stone is Tsilhqot'in and Secwepnec, originally from Williams Lake and is a band member of the Tl'etinqox-Anaham Band. For more than three decades she has been providing a full range of services including counselling adults and youth who have experienced complex trauma and residential school syndrome; within the justice field, child and family settings, working for many different Aboriginal organizations and reserves including Squamish, Naniamo, Chemanius, and for her own Tsilhqot'in people. Currently residing in Chilliwack, BC, her work has included the assistance in the development of a transition house for battered women, a street youth housing project and development of a traditional parenting program. Her accomplishment includes the development of a Child and Family agency for her own community with an FOT perspective. In 2005 she won the National Aboriginal Women in Leadership Award for Health and Wellness. Her educational background includes a FTT (Focusing Oriented Therapist and Trainer), Alcohol and Drug, Sexual Abuse and Family Violence training and experience. Corinne is trained in Advanced Training in the Healing Arts and Human and Community Development through the Four World's Development Project through the University of Lethbridge. She is a traditional dancer in both Sundance and Jingle Dress and conducts her own ceremonies using her traditional healing methods. She graduated from SFU in 2016 with her master's degree in Business Administration and Aboriginal Leadership. She worked for 7 years for the brothers and sister in the Federal prisons as Knowledge Keeper/Elder Cultural Spiritual Advisor and for the past 3 years Vancouver Aboriginal Child and Family Services as a Family Preservation Counsellor.





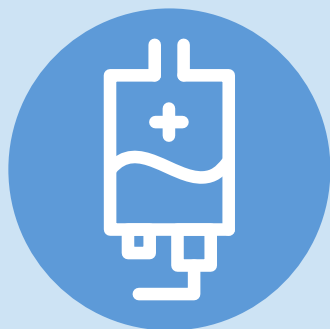
XWCHÍYÒ:M

CHEAM FIRST NATION

Upcoming Clinics

Please call Angi Peters 604-794-7171, txt 604-798-5271 or email: angi.peters@seabirdisland.ca to be put on list for Covid-19 vaccine Clinic for children aged 5-11

- Dr. Fox Clinic every Thursday 8:30-11:00am call 604-796-2165 or 1-800-788-0322 to book an appointment
- Optometry clinic Dec 14-16 please call Amanda Peters 604-796-2177 to book an appointment
- Is your child struggling with speech development? Please join Seabird Island ECD team for screening January 14th Please contact Jen McNeil for more information 604-798-1415



Maternal Child Health

- Are you pregnant? if so contact the Maternal Child Health Team (MCH) 604-796-2177.
- MCH program supports First Nation families from pregnancy to child birth and beyond, helping families through the many joys and challenges of having a baby



HEALTH & WELLNESS









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:

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

For more information, visit
fnha.ca/vaccine



HEALTH & WELLNESS

Information on the 5 to 11 Vaccination Program

Now that the vaccine is approved for use for children 5-11, we acknowledge that families have questions about the vaccine

COVID-19 vaccine superhero: Jesse's story



For more info on COVID-19, visit www.bccdc.ca

Questions? Call Healthlink BC at 8-1-1

Here are some great resources to look at when making a decision to vaccinate

5 to 11 vaccination child-friendly resources:

- There are vaccine materials (these resources included in this package):
 - A story about Jesse the bear who is a bit nervous about their vaccine and becomes a COVID-19 vaccine superhero (above)
 - Colouring pages of the above story: Jesse's story and COVID-19 Vaccine Hero badge (page 2 and page 3)

Resources on 5 to 11 vaccination program:

- Here is First Nations Health Authority video featuring Danièle Behn Smith. Danièle is Metis and French Canadian is the Deputy Provincial Health Officer of Indigenous Health. In this video, Danièle answer the question of "Should I get my child vaccinated?": <https://youtu.be/kEJfHKfwYUw>
- FAQs from ImmunizeBC: <https://immunizebc.ca/COVID-19-vaccines-FAQ-5-to-11>
- Info from the BCCDC website: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-children>

Additional resources on COVID-19 vaccine and pregnancy or fertility:

- As a follow up to last week's Pregnancy and COVID-19 Vaccination resource, here is link to another First Nations Health Authority video featuring Dr. Terri Aldred (Tłázt'En) who answers the question of "Does the COVID-19 vaccine affect pregnancy or fertility?": https://youtu.be/d3DG_aAB0A4

To register to get vaccinated, please visit: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>



HEALTH & WELLNESS

COVID-19 VACCINE HERO





HEALTH & WELLNESS

COVID-19 vaccine superhero: Jesse's story



BC Centre for Disease Control
British Columbia Health Services Authority



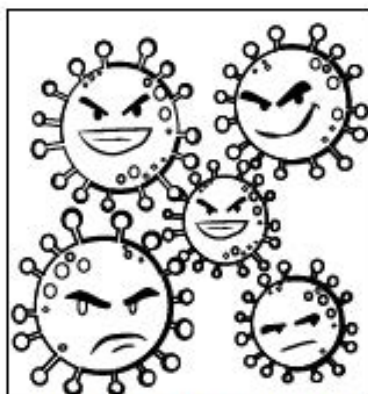
Jesse is going to get a COVID-19 vaccine and is a little nervous.



"Why do I need the COVID-19 vaccine?"



"Vaccines are like a very special kind of a superpower, Jesse!"



"COVID-19 is caused by a virus too tiny to see."



"The vaccine works like an invisible force field which protects you from this virus."



"The vaccine is so powerful, it even helps keep people around you safe."



Jesse brought a favourite toy and used belly breathing to feel calm. There was a tiny pinch on the arm and it was over. "That was easy!"



Jesse is now a COVID-19 vaccine superhero! They are helping to protect their community against the COVID-19 virus.

Illustration: Shoshannah Greene

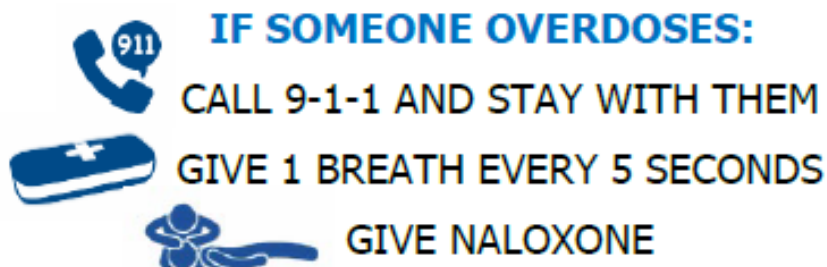


HEALTH & WELLNESS

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 cell 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://getyourdrugtested.com/>
- ♥ Carry naloxone – visit www.naloxonetraining.com for a training refresher





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

<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.



Free Food Programs in Chilliwack



Last Updated November 2021



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_ulyot@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@chilliwackbowlssofhopeco.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 chilliwackcommunitycupboard@gmail.com 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@chilliwackbowlssofhopeco.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.



HEALTH & WELLNESS

Sto:lo Tribal Council/FNHA

LAND BASED HEALING VIRTUAL SESSION #2

December 14TH | 9:00AM - 3:00PM

Virtual information to follow

WORKSHOPS:

CARVING * DRUM MAKING

Seats are limited

DOOR PRIZES!!

VISA CARDS \$300 \$200 \$100

PARTICIPANT GIFTS CARDS!!

contact:

Hjoe@stolotribalcouncil.ca

katherine.charlie@stolotribalcouncil.ca



HEALTH & WELLNESS



First Nations Health Authority
Health through wellness

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.
- **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.
- **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.
- **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.
- **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.
- **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



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 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.



HEALTH & WELLNESS

Mental Health & Wellness Resources

KUU-US Crisis Services

(24/7 telephone support)

1-800-KUU-US17 (1-800-588-8717)

1-833-MÉTIS-BC (1-833-638-4722)

Child/Youth: 1-250-723-2040

Fraser Health START Team

Mental health crisis assessment and intervention for youth aged 6 to 18

1-844-START11 (1-844-782-7811)

Mon-Fri: 9am to 9pm

Weekends/Holidays: Noon to 9pm

Kids Help Phone

(24/7 telephone and text support)

Professional counselling, information and referrals for youth

1-800-668-6868 or

Text "First Nations" "Metis" or "Inuit" to: 686868

Foundry

Health and wellness supports, services and resources for youth aged 12 to 24

In-person: <https://foundrybc.ca/get-support/find-a-centre/>

Virtual: <https://foundrybc.ca/virtual/>



HEALTH & WELLNESS



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 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.



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.



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.



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.



HEALTH & WELLNESS

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



HEALTH & WELLNESS

*** NEW JORDAN'S PRINCIPLE HUB WEBSITE LAUNCHED! ***

INDIGENOUS FAMILIES AND COMMUNITIES CAN FIND OUT MORE INFORMATION ABOUT ACCESSING JORDAN'S PRINCIPLE SERVICE COORDINATION HUB SUPPORTS AND JORDAN'S PRINCIPLE FUNDING IN BC BY VISITING THE WEBSITE AND CONTACTING THEIR LOCAL SERVICE COORDINATOR.

[HTTPS://JORDANSPRINCIPLEHUBBC.CA/](https://jordansprinciplehubbc.ca/)

WHO CAN SUBMIT A REQUEST FOR FUNDING UNDER JORDAN'S PRINCIPLE IN BC?

JORDAN'S PRINCIPLE REQUESTS CAN BE SUBMITTED BY:

- A PARENT OR GUARDIAN OF A FIRST NATIONS CHILD
- A FIRST NATIONS CHILD OVER THE AGE OF 16

• AN AUTHORIZED REPRESENTATIVE OF THE CHILD, PARENT OR GUARDIAN

A REQUEST FOR A GROUP OF CHILDREN FROM MULTIPLE FAMILIES OR GUARDIANS CAN BE SUBMITTED BY:

- A COMMUNITY OR TRIBAL COUNCIL
- A COMMUNITY ORGANIZATION OR INSTITUTION
- A SERVICE COORDINATOR, NAVIGATOR OR CASE MANAGER

JORDAN'S PRINCIPLE SERVICE COORDINATORS CAN ACT AS AUTHORIZED REPRESENTATIVES, ASSIST REQUESTORS TO PREPARE AND SUBMIT REQUESTS TO JORDAN'S PRINCIPLE AND ACCESS APPROVED PRODUCTS, SERVICES AND SUPPORTS. SERVICE COORDINATORS CAN ALSO SUPPORT REQUESTORS TO PREPARE AND SUBMIT AN APPEAL IF THEY DISAGREE WITH THE DECISION MADE BY INDIGENOUS SERVICES CANADA.

FOR INFORMATION OR ASSISTANCE SUBMITTING AN APPLICATION, PLEASE CONTACT:

SERVICE COORDINATOR

CHELSEA FILLARDEAU-HALL

604-378-1604

CHELSEA@ACC-SOCIETY.BC.CA

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





HEALTH & WELLNESS



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.



XWCHÍYÒ:M

INTERNAL JOB OPPORTUNITIES



Come Work With Us!

TO APPLY TO ANY OF THE JOBS LISTED BELOW, PLEASE VISIT OUR WEBSITE, APPLY ON INDEED.CA OR DROP OFF YOUR RESUME AT THE BAND OFFICE.

HEALTH AND WELLNESS EXECUTIVE ASSISTANT

CUSTODIAN/FACILITY MAINTENANCE

ADULT IN-HOME CARE WORKER

SHELTER SUPPORT WORKER

SOCIAL DEVELOPMENT & EDUCATION CLERK (SASET CONTRACT)

SOCIAL DEVELOPMENT & EDUCATION COORDINATOR

GENERAL MAINTENANCE WORKER (SASET CONTRACT)

FUNDING ASSISTANT

GENERAL MAINTENANCE WORKER

PROJECT MANAGER

PEACEKEEPER/PEACEOFFICER (FULL TIME)

EXECUTIVE ASSISTANT – CHEAM ENTERPRISES INC. (FULL TIME)



EDUCATION/JOB TRAINING



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

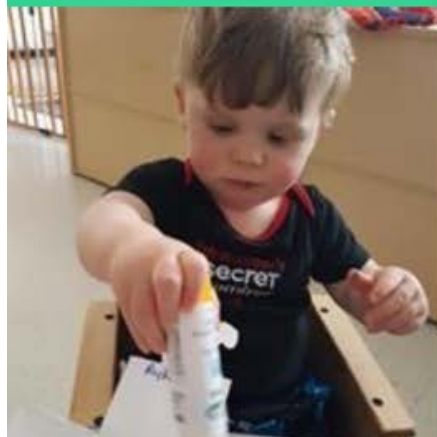
Four (4) courses per term

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

TO APPLY

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

viu.ca/apply



**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:

Based on qualifications and experience.

TYPE OF POSITION:

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

APPLICATIONS DEADLINE:

4:00 pm January 14th, 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 or www.saset.ca

We regret that we will only respond to those applicants chosen for an interview. We thank all applicants for their interest.



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



<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



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

WATER DAMAGE RESTORATION TECHNICIAN COURSE



Course Includes:

- IICRC approved; 14 IICRC CEC credits
- Science of drying: psychrometry
- 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



info@saset.ca



www.facebook.com/SASET.EAS

Canada  41



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

Powerline Technician Pre-Apprenticeship



STARTING JANUARY 10TH 2022!



\$200 BONUS

Based on perfect attendance
and completion of Program



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**

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

TO APPLY PLEASE CONTACT SASET:



604-858-3691



www.saset.ca



info@saset.ca



www.facebook.com/SASET.EAS

Canada

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

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 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



info@saset.ca



www.facebook.com/SASET.EAS



The Global Z Recording Project

announcing...

The North American Indigenous Music Project

- Create original music
- Use commercial audio gear
- Join a network of musicians
- Work with a NAMMY-Winning artist!

If you are an Indigenous student musician in North America, check out this incredible opportunity to record original music, make new friends, gain new skills, and create a music video!



For more information, visit us at:
www.globalzrecording.org

The Global Z
Recording Project

Calling All Indigenous Student Musicians

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 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.

CATALOGUE: R122-22/2021E-PDF
ISBN: 978-0-660-41112-5



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada



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://covid-benefits.alpha.canada.ca/en/start)

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. For claims starting between September 26, 2021 and November 20, 2021, the minimum benefit rate for EI clients is \$300 per week before taxes in most cases.

<https://bit.ly/3aGavD2> 1-800-206-7218

CANADA RECOVERY BENEFIT (CRB)

The Canada Recovery Benefit provides support to eligible workers who:

- are not employed or self-employed for reasons related to COVID-19 or have had their income reduced by at least 50% due to COVID-19;
- are not eligible for Employment Insurance (EI).

If you apply on or after July 18, 2021 or if you received this benefit for 42 weeks, you can receive \$300 (\$270 after taxes withheld) per week. If you applied before July 18, 2021, you can receive \$500 (\$450 after taxes withheld) for 42 weeks. This benefit is available for 54 weeks until October 23, 2021.

<https://bit.ly/2l0Ub5d> 1-800-959-8281

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

The CRSB provides \$500 (\$450 after taxes withheld) per week for up to a maximum of four 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> 1-800-959-8281

CANADA RECOVERY CAREGIVING BENEFIT (CRCB)

The CRCB provides \$500 (\$450 after taxes withheld) for up to 42 weeks per household for workers:

- unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19;
- because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19.

<https://bit.ly/2F6YxXm> 1-800-959-8281

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/3o4Wq8r> 1-866-274-6627

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: eservices.canada.ca

Not sure if you need to repay the Canada Emergency Response Benefit? Go to Canada.ca/repay-cerb or call 1-800-959-8281.

For a complete list of programs, services and resources available through the Government of Canada visit: 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.alpha.canada.ca/en/start)

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2> 1-800-206-7218

APPRENTICESHIP GRANTS

Apprenticeship Incentive Grant for Women

A taxable cash grant of \$3,000 per year/level (or equivalent) up to a maximum amount of \$6,000 per person.

Apprenticeship Incentive Grant (AIG)

A taxable cash grant of \$1,000 per year or level, for a lifetime maximum amount of \$2,000 per person.

Apprenticeship Completion Grant (ACG)

A one-time taxable cash grant lifetime amount of \$2,000 per person for registered apprentices who complete their apprenticeship training and obtain their journey person certification.

<https://bit.ly/3a0Md7s> 1-866-742-3644

MENTAL & PHYSICAL HEALTH

Access support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls by texting WELLNESS to 686868.

<https://bit.ly/3rAp6XC>

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/3o4Wq8r> 1-866-274-6627

To help students and young Canadians who have been particularly hard-hit by COVID-19, we are waiving the interest for full-time and part-time students on the federal portion of Canada Student Loans and Canada Apprentice Loans until March 31, 2023. <https://bit.ly/3kJ61IQ>

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: eservices.canada.ca

Not sure if you need to repay the Canada Emergency Response Benefit? Go to Canada.ca/repay-cerb or call 1-800-959-8281.

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



OUR PROGRAMS AND SERVICES

Have any questions about our program and services?
We invite you to find out more online or by phone.

▶ Canada Emergency Response Benefit (CERB)

Applications are closed.
For general information about your CERB claim or how to transfer to other benefits:
Canada.ca/coronavirus-CERB

If you applied through Service Canada:
1-800-206-7218

If you applied through the Canada Revenue Agency:
1-833-966-2099

▶ Canada Emergency Student Benefit (CESB)

Applications are closed.
For information on how to return a claim or get additional financial support:
canada.ca/cra-coronavirus

1-833-966-2099
TTY: 1-800-665-0354

▶ Employment Insurance

For general information about Employment Insurance or to apply online:
Canada.ca/EI

1-800-206-7218
TTY: 1-800-529-3742

▶ Old Age Security and Canada Pension Plan

For general information on the programs or to apply online:
Canada.ca/public-pensions

1-800-277-9914
TTY: 1-800-255-4786

▶ Passports

For general information about Canadian passports:
Canada.ca/passport

1-800-567-6868
TTY: 1-866-255-7655

▶ Social Insurance Number

For more information about Social Insurance Numbers or to apply online:
Canada.ca/social-insurance-number

1-866-274-6627
TTY: 1-800-926-9105

▶ Biometrics and immigration

For information on biometrics collection or for any information related to immigration:
Canada.ca/biometrics

You can access our online services at
Canada.ca/service-canada-home

For additional assistance or to request an in-person appointment for service, complete an online service request form at
eservices.canada.ca

A Service Canada officer will contact you within two business days.



For other questions or general information, contact us:

1 800 O-Canada
(1-800-622-6232)
TTY: 1-800-926-9105

Stay up to date with the latest news and information from Employment and Social Development Canada:



@ESDC_GC



Employment and Social Development Canada

Canada



SERVICE CANADA

READY TO HELP - BUSINESSES



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.alpha.canada.ca/en/start)

CANADA EMERGENCY WAGE SUBSIDY(CEWS)

As a Canadian employer who continues to be impacted by the COVID-19 pandemic, you may be eligible to apply for one of the two subsidies to cover part of your employee wages.

CANADA RECOVERY HIRING PROGRAM (CRHP)

The CRHP and the Canada Emergency Wage Subsidy (CEWS) support wages you pay through different phases of your economic recovery. Each claim period, eligible employers can claim either CRHP or CEWS, whichever is higher.

The Canada Emergency Wage Subsidy is available until October 23, 2021.

The Canada Recovery Hiring Program is available retroactively to June 6, 2021 and until November 20, 2021.

CEWS Application:

<https://bit.ly/2T0cKJl>

CEWS Application Guide:

<https://bit.ly/3bra8uj>

CEWS FAQ – Technical Guide:

<https://bit.ly/2Arxbs8>

CRHP Application:

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

CRHP Technical Q&A:

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

WORK-SHARING PROGRAM

We have extended the maximum duration of the Work-Sharing program from 38 weeks to 76 weeks for employers affected by COVID-19. The program provides Employment Insurance (EI) benefits to eligible employees who agree to reduce their normal working hours and share the available work while their employer recovers.

<https://bit.ly/2Czw9f5>

☎ 1-800-367-5693 (TTY: 1-855-881-9874)

✉ EDSC.DGDP.TP.REP-RES.WS.POB.ESDC@servicecanada.gc.ca

CANADA EMERGENCY RENT SUBSIDY (CERS)

The Canada Emergency Rent Subsidy provides a rent and mortgage subsidy for eligible expenses to qualifying businesses, charities and non-profits. This support is available directly to tenants and property owners. The government extended the Canada Emergency Rent Subsidy and Lockdown Support until September 25, 2021.

<https://bit.ly/3pSsQ6B>

DID YOU KNOW?

There's an interactive tool to help you find the COVID-19 support you need for your business:

[Innovation.canada.ca](https://innovation.canada.ca)



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)

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases.

<https://bit.ly/3aGavD2>

1-800-206-7218

CANADA PENSION PLAN

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

<https://bit.ly/2N52i7k>

1-800-277-9914

OLD AGE SECURITY

The Old Age Security (OAS) pension is a monthly payment you can get if you are 65 and older. You may have to apply for the Old Age Security. We may not have enough information to enroll you automatically.

<https://bit.ly/2YV8s8v>

1-800-277-9914

GUARANTEED INCOME SUPPLEMENT

The Guaranteed Income Supplement (GIS) is a monthly payment. In many cases, we will let you know by letter when you could start receiving the first payment. We will send you this letter the month after you turn 64. In other cases, you may have to apply.

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

1-800-277-9914

MENTAL & PHYSICAL HEALTH

Access support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls by texting WELLNESS to 741741.

<https://bit.ly/3rAp6XC>

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/3o4Wq8r>

1-866-274-6627

We will provide a one-time payment of \$500 during the week of August 16, 2021 to Old Age Security pensioners who will be 75 years of age or over as of June 30, 2022. We will also increase to the Old Age Security (OAS) pension by 10% for seniors 75 years of age and over as of July 2022. <https://bit.ly/3hVzN4P>

Fill out our online service request form to let us know how we can help you, and we'll get back to you in two business days: eservices.canada.ca

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to Canada.ca/repay-verb or call 1-800-959-8281.

For a complete list of programs, services and resources available through the Government of Canada visit: Canada.ca/seniors



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 Client	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
---------------------------	---------------------	--------------------------

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 or by calling Pacific Blue Cross at 604 419-2000.

Client's signature X	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



BRITISH
COLUMBIA

Health
InsuranceBC

USE CAPITAL
LETTERS ONLY

A, B, C, D

MEDICAL SERVICES PLAN (MSP) ENROLMENT APPLICATION

This application is for registered Status Indians who are assisted by First Nations Health Authority, and must be authorized by the First Nations Health Authority Benefits BC Region Office.

SUBMIT COMPLETED FORM TO THE FIRST NATIONS HEALTH AUTHORITY AT THE ADDRESS LISTED ON PAGE 2, SECTION 4.

NOTE: INCOMPLETE, UNSIGNED OR UNAUTHORIZED FORMS WILL BE RETURNED. Before completing this application, please read **IMPORTANT INFORMATION** on page 2.

Residents of BC are required, by law, to enrol themselves and to enrol their spouse and children who are residents of BC.

RESIDENT means a person who is a citizen of Canada or is lawfully admitted to Canada for permanent residence, who makes his or her home in British Columbia, and is physically present in British Columbia for at least 6 months in a calendar year, or a shorter prescribed period, and includes a person who is deemed under the regulations to be a resident but does not include a tourist or visitor to British Columbia.

BAND NAME	FULL STATUS NUMBER	PERSONAL HEALTH NUMBER (PHN)	GROUP NUMBER
			21000

1 APPLICANT INFORMATION

APPLICANT LEGAL LAST NAME	APPLICANT LEGAL FIRST NAME	APPLICANT LEGAL SECOND NAME
BIRTHDATE (MM / DD / YYYY)	GENDER	DAYTIME TELEPHONE NUMBER
	<input type="checkbox"/> M <input type="checkbox"/> F	
CITY	PROV	POSTAL CODE
RESIDENTIAL ADDRESS		
MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)	CITY	PROV POSTAL CODE

2 RESIDENCE AND CITIZENSHIP / IMMIGRATION INFORMATION

A	STATUS IN CANADA - PROVIDE PHOTOCOPIES OF ALL APPLICABLE DOCUMENTS FOR EACH PERSON LISTED ON THIS APPLICATION (DO NOT SEND ORIGINALS)		
	<input type="checkbox"/> CANADIAN CITIZEN - Canadian Birth Certificate, Canadian Citizenship Card or Passport <input type="checkbox"/> HOLDER OF PERMANENT RESIDENT STATUS - Record of Landing, Permanent Resident Card (front & back) or Confirmation of Permanent Residence <input type="checkbox"/> OTHER - Work or Study Permit, etc.		
B	HAVE YOU HAD MSP COVERAGE PREVIOUSLY?	PERSONAL HEALTH NUMBER (PHN)	
	<input type="checkbox"/> YES <input type="checkbox"/> NO (IF NO, GO TO "C") IF YES, PROVIDE →		
C	HAVE YOU LIVED IN BC SINCE BIRTH?	(MM / DD / YYYY)	(MM / DD / YYYY)
	<input type="checkbox"/> YES (GO TO "D") <input type="checkbox"/> NO → MOST RECENT MOVE TO BC →		MOST RECENT MOVE TO CANADA (IF DIFFERENT FROM DATE OF MOVE TO BC) →
	IS THIS A PERMANENT MOVE? <input type="checkbox"/> YES <input type="checkbox"/> NO	PROVINCE OR COUNTRY MOVED FROM	PREVIOUS HEALTH NUMBER
D	HAVE YOU OR ANY FAMILY MEMBER BEEN OUTSIDE BC FOR MORE THAN 30 DAYS IN TOTAL DURING THE PAST 12 MONTHS? <input type="checkbox"/> YES <input type="checkbox"/> NO (IF NO, GO TO "E")		
	DEPARTURE DATE (MM / DD / YYYY)	RETURN DATE (MM / DD / YYYY)	FAMILY MEMBER NAME, REASON FOR DEPARTURE AND LOCATION
E	WILL YOU OR ANY FAMILY MEMBER BE AWAY FROM BC FOR MORE THAN 30 DAYS IN TOTAL IN THE NEXT SIX MONTHS? <input type="checkbox"/> YES <input type="checkbox"/> NO IF YES, SEE RESIDENCY , PAGE 2.		
	ARE YOU A FULL-TIME STUDENT? <input type="checkbox"/> YES <input type="checkbox"/> NO		
	IF YES, WILL YOU RESIDE IN BC ON COMPLETION OF YOUR STUDIES? <input type="checkbox"/> YES <input type="checkbox"/> NO		
	IF ANYONE LISTED IS AN ACTIVE MEMBER OF, OR HAS BEEN RELEASED FROM, THE CANADIAN FORCES, RCMP OR AN INSTITUTION, PLEASE PROVIDE THE DISCHARGE DATE: (MM / DD / YYYY)		

IS THIS APPLICATION ALSO FOR A SPOUSE OR CHILD? IF YES, PLEASE COMPLETE SECTION 3.

3 SPOUSE AND CHILD INFORMATION (LIST ONLY THOSE ELIGIBLE)

SPOUSE means a resident of BC who is either married to or living and cohabiting in a marriage-like relationship with the applicant and may be of the same gender as the applicant.

CHILD means a BC resident who is a child of a beneficiary or a person in respect of whom a beneficiary stands in the place of a parent, and who is a minor, does not have a spouse, and is supported by the beneficiary.

PHOTOCOPIES OF CURRENT CITIZENSHIP/IMMIGRATION DOCUMENTS MUST BE ATTACHED. USE LEGAL NAMES WHEN COMPLETING THIS FORM. IF LEGAL NAME DOES NOT MATCH, INCLUDE COPY OF MARRIAGE OR CHANGE OF NAME CERTIFICATE, ETC.

SPOUSE LEGAL LAST NAME	SPOUSE LEGAL FIRST NAME	SPOUSE LEGAL SECOND NAME
PERSONAL HEALTH NUMBER (PHN)	BIRTHDATE (MM / DD / YYYY)	GENDER
		<input type="checkbox"/> M <input type="checkbox"/> F
STATUS IN CANADA (MARK ONE - <input checked="" type="checkbox"/>)	STATUS INDIAN?	FULL STATUS NUMBER
<input type="checkbox"/> CANADIAN CITIZEN - Canadian Birth Certificate, Canadian Citizenship Card or Passport	<input type="checkbox"/> YES <input type="checkbox"/> NO	
<input type="checkbox"/> HOLDER OF PERMANENT RESIDENT STATUS - Record of Landing, Permanent Resident Card (front & back) or Confirmation of Permanent Residence	MARRIAGE DATE (MM / DD / YYYY)	SPOUSE'S PREVIOUS LAST NAME (IF APPLICABLE)
<input type="checkbox"/> OTHER - Work or Study Permit, etc.		
HAS SPOUSE LIVED IN BC SINCE BIRTH?	MM / DD / YYYY	FROM (PROVINCE OR COUNTRY)
<input type="checkbox"/> YES <input type="checkbox"/> NO IF NO, MOST RECENT MOVE TO BC →		
IS THIS A PERMANENT MOVE? <input type="checkbox"/> YES <input type="checkbox"/> NO	REG. # OF MEDICAL PLAN IN PREVIOUS PLACE OF RESIDENCE	

PROVIDE PHOTOCOPIES OF ALL APPLICABLE DOCUMENTS (DO NOT SEND ORIGINALS). IF LEGAL NAME DOES NOT MATCH, INCLUDE COPY OF MARRIAGE/CHANGE OF NAME CERTIFICATE, ETC.

3 (CONT'D) SPOUSE AND CHILD INFORMATION (LIST ONLY THOSE ELIGIBLE)

CHILD LEGAL LAST NAME		CHILD LEGAL FIRST NAME		CHILD LEGAL SECOND NAME	
<div></div>		<div></div>		<div></div>	
PERSONAL HEALTH NUMBER (PHN)	BIRTHDATE (MM / DD / YYYY)	GENDER	STATUS INDIAN?	FULL STATUS NUMBER	
<div></div>	<div></div>	<div>M</div> <div>F</div>	<div>YES</div> <div>NO</div>	<div></div>	
STATUS IN CANADA (MARK ONE - <input checked="" type="checkbox"/>)		HAS CHILD LIVED IN BC SINCE BIRTH?		MM / DD / YYYY FROM (PROVINCE OR COUNTRY)	
<div><input type="checkbox"/> CANADIAN CITIZEN - Canadian Birth Certificate, Canadian Citizenship Card or Passport</div> <div><input type="checkbox"/> HOLDER OF PERMANENT RESIDENT STATUS - Record of Landing, Permanent Resident Card (front & back) or Confirmation of Permanent Residence</div> <div><input type="checkbox"/> OTHER - Work or Study Permit, etc.</div>		<div><input type="checkbox"/> YES <input type="checkbox"/> NO</div> <div>IF NO, MOST RECENT MOVE TO BC →</div>		<div></div>	
		IS THIS A PERMANENT MOVE?		REG. # OF MEDICAL PLAN IN PREVIOUS PLACE OF RESIDENCE	
		<div><input type="checkbox"/> YES <input type="checkbox"/> NO</div>		<div></div>	
		IF CHILD IS NEWLY ADOPTED, INDICATE DATE OF ADOPTION AND ENCLOSE PROOF OF ADOPTION →		ADOPTION DATE (MM / DD / YYYY)	
				<div></div>	

☐ IF YOU HAVE MORE THAN ONE CHILD, PLEASE MARK BOX (☒) ATTACH ADDITIONAL SHEET AND PROVIDE ALL INFORMATION

IF THE APPLICANT IS THE PARENT OF, OR STANDS IN PLACE OF A PARENT TO A DEPENDENT POST-SECONDARY STUDENT (SEE BELOW), PLEASE COMPLETE THE SECTION BELOW

STUDENT LEGAL LAST NAME		STUDENT LEGAL FIRST NAME		STUDENT LEGAL SECOND NAME	
<div></div>		<div></div>		<div></div>	
SCHOOL NAME AND FULL ADDRESS		DATE STUDIES WILL BE FINISHED (MM / DD / YYYY)		IF SCHOOL IS OUTSIDE BC, ORIGINAL DEPARTURE DATE (MM / DD / YYYY)	
<div></div>		<div></div>		<div></div>	

☐ TO ADD MORE DEPENDENT POST-SECONDARY STUDENTS, PLEASE CHECK BOX, ATTACH ADDITIONAL SHEET AND PROVIDE ALL INFORMATION. POST-SECONDARY STUDENT MUST SIGN THE INFORMATION IN ORDER TO APPLY FOR ENROLMENT

DEPENDENT POST-SECONDARY STUDENT means a BC resident who is older than 18 and younger than 25 years of age, in full-time attendance at a post-secondary institution approved by the Commission, and supported by a beneficiary who is the person's parent or a person who stands in place of the person's parent.

4 AUTHORIZATION - MUST BE SIGNED BY APPLICANT AND ANY POST-SECONDARY STUDENT APPLYING FOR ENROLMENT (DO NOT CHANGE TEXT OF AUTHORIZATION BELOW)

I have received information about MSP and agree to abide by the terms and conditions of MSP. I understand that if a discrepancy exists between the information provided and the legislation, the legislation will govern.

I authorize the Ministry of Health to collect my health information from practitioners who provide publicly funded health care service(s) to me under MSP and other publicly funded health care programs, and I provide consent for those practitioners to disclose such information to the Ministry of Health for the purposes of assessing eligibility for, and in regard to the administration of, MSP and other Ministry of Health publicly funded health care programs.

I declare that all information provided is true and I understand that the Ministry of Health and/or Health Insurance BC may verify this information with immigration authorities, law enforcement authorities and other public authorities, agencies and persons as appropriate. I declare that all persons listed are residents of British Columbia.

SIGNATURE OF APPLICANT	SIGNATURE OF SPOUSE	DATE SIGNED (MM / DD / YYYY)
<div></div>	<div></div>	<div></div>
SIGNATURE OF POST-SECONDARY STUDENT	DATE SIGNED (MM / DD / YYYY)	
<div></div>	<div></div>	

SUBMIT THIS FORM, MARKED CONFIDENTIAL, TO:

First Nations Health Authority, Health Benefits Department, #501 - 100 Park Royal South, West Vancouver BC V7T 1A2

5 FIRST NATIONS HEALTH AUTHORITY AUTHORIZATION - MUST BE SIGNED BY A FIRST NATIONS HEALTH AUTHORITY REPRESENTATIVE

FIRST NATIONS HEALTH AUTHORITY AUTHORIZATION	THE ABOVE INFORMATION IS SUPPORTED BY
MEDICAL SERVICES BRANCH REPRESENTATIVE	
<div></div>	<div></div>

6 IMPORTANT INFORMATION

For further important information about eligibility for and enrolment in MSP, please visit <http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp>

To complete MSP enrolment, new and returning adult residents must obtain a Photo BC Services Card by visiting an Insurance Corporation of BC (ICBC) driver licensing office. To find an ICBC driver licensing office near you, please visit icbc.com.

Personal information is collected under the authority of the *Medicare Protection Act* and section 26 (a), (c) and (e) of the *Freedom of Information and Protection of Privacy Act* (FOIPPA) for the purposes of administration of the Medical Services Plan. Information may be disclosed pursuant to section 33 of FOIPPA. If you have any questions about the collection and use of your personal information, please contact the Health Insurance BC Chief Privacy Office at Health Insurance BC, Chief Privacy Office, PO Box 9035 STN PROV GOVT, Victoria, BC V8W 9E3 or call 604 683-7151 (Vancouver) or 1 800 663-7100 (toll-free).