



# XWCHÍYÒ:M

COMMUNITY NEWSLETTER

**JANUARY 14, 2022**

(moving to bi-weekly to accomodate limited staffing during Covid shortages)

## NEWSLETTER SECTIONS

<u>Administration Notices/Updates</u>	<u>2-5</u>
<u>Health &amp; Wellness Updates</u>	<u>6-17</u>
<u>Education/Training/Jobs</u>	<u>18-24</u>
<u>Service Canada Resources</u>	<u>25-27</u>
<u>Cheam First Nation Forms</u>	<u>28-29</u>

### XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwaetsmet 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 spiritualwellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.

FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)

# ADMINISTRATION NOTICES/UPDATES



XWCHÍYÒ:M

## SAFETY DURING COVID-19

**Only by working together can we keep our community safe!**

If you have symptoms please contact the Seabird Nursing Team to request rapid tests:

Cheam Nursing Office 604-794-7171  
Seabird Health 604-796-2177

### **If you test positive for COVID-19, you need to:**

1. Self-isolate and manage your symptoms
2. Let your close contacts know
3. [Complete an online form to report your test result](#)

### **Safety recommendations:**

- Keep personal gatherings as small as possible
- Stick to the same group of people and only with those you know are fully vaccinated
- Outdoor gatherings are safer than indoor
- Reduce social interactions
- Ensure proper ventilation indoors by opening windows
- Avoid all travel, if you're not fully vaccinated
- Follow the current federal travel advisory
- Stay home if you feel sick

### **CURRENT REGIONAL RESTRICTIONS IN FRASER HEALTH (FRASER EAST REGION)**

#### **Personal gatherings**

##### **People who are fully vaccinated**

If all people aged 12 or older are fully vaccinated, there are no restrictions on indoor or outdoor personal gatherings at private residences or vacation accommodations.

##### **People who are not fully vaccinated**

Indoor personal gatherings in private residences are limited to your household plus 5 visitors or one other household.

Outdoor personal gatherings at private residences are limited to your household plus up to 10 visitors, who must remain outside.

#### **Organized gatherings**

##### **Indoor organized gatherings**

Indoor organized gatherings of any size are not allowed. Examples include:

- Sponsored or ticketed parties, celebrations
- Wedding and funeral receptions

##### **Outdoor organized gatherings**

Outdoor organized seated gatherings can have a capacity of 5,000 people or 50% capacity, whichever is greater.

For example, if the venue has a normal seated capacity of 30,000 people, 15,000 people can attend.

#### **Workplaces** - You must wear a mask in all indoor workspaces, unless:

- You are alone in a room or there is a barrier between you and other people
- Wearing a mask would interfere with the safe performance of your work duties

**FIND US ONLINE:**





### BAND OFFICE CLOSURE

The Cheam Band Office & the After School Program will remain closed until further notice due to the increasing Covid-19 numbers in the province. Staff will continue to work in rotation between home and office to limit exposure. The only exceptions to this closure will be Health appointments that can enter through the Health department side entrance and the 12+ COVID Clinic in the gym on January 25.

### COMMUNITY NOTICE - POWER OUTAGES

In the event of a power outage in the community, we ask that you inform the Peacekeepers right away at 604-378-1611. If the power remains out for more than 4 hours the Band Office gymnasium will be opened to act as a temporary shelter for those that need a safe place to go. Please bring with you a pillow, toiletries, games, snacks, and any medications needed (1 bag per person please). All Covid/safety protocols will be strictly enforced and must be followed at all times.

### CHEAM FIRST NATION FOOD DISTRIBUTION PROGRAM

Sign up your family to take part in the Cheam Food Distribution Program. Putting your family on the list will assist us to distribute any food donations received and better meet each family's needs.

To register, please contact Diana at the Cheam Health Reception at 604-604-794-7927.



### AFTER-SCHOOL PROGRAM



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

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

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

**The After School Program is currently closed until further notice.**

### SD 33/78 info for Parents

[SD 33 regarding reopening](#)

[SD 33 Covid info for parents](#)

[SD 78 regarding reopening](#)

[SD 78 Covid info for parents](#)

**A reminder for parents to please make sure you are on the email list with your child's school.**



# 2021 - 2023 Cheam Council Portfolios

Portfolio	Primary	Alternate
Intergovernmental	Andrew Victor	
Administration	Andrew Victor	
Stewardship	Luke Pike	Ray Douglas
Economic Development	Luke Pike	Melvin Wilson
Justice	Annie Silver	Luke Pike
Governance	Annie Silver	Stephanie Fredette
Lands	Stephanie Fredette	Ray Douglas
Education	Stephanie Fredette	Luke Pike
Health	Ray Douglas	Annie Silver
Elders	Ray Douglas	Melvin Wilson
Culture	Melvin Wilson	Stephanie Fredette
Fisheries	Melvin Wilson	Annie Silver

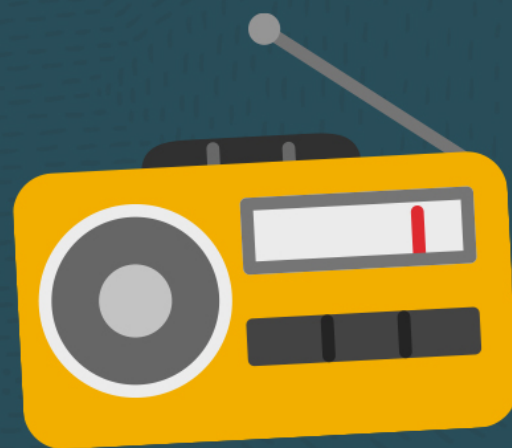
**Council Notes:** The Council supports Melvin taking a bereavement leave. Rest assured that the team will ensure his portfolios are covered and will review them again after his leave.

The Council has adjusted the portfolios this term. There are 10 portfolios. Each Councillor will be the primary on two, and be an alternate on two others. This allows each Councillor to be paired with each of the other Councillors.

The Chief has two portfolios and is a member of all portfolio assignments.



## Get your status card renewed



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

Status card near or past the “Renew Before” date? If so, it’s time to renew!  
Apply for a renewal by February 28, to allow for processing time:

<http://ow.ly/8z3a50HsL8h>

FIND US ONLINE:

04



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM\_FN





**XWCHÍYÒ:M**  
**CHEAM FIRST NATION**

52161 Victor Drive  
Rosedale, BC V0X 1X1  
604-794-7924  
[www.cheam.ca](http://www.cheam.ca)

## Annual Housing Inspection

The Housing Department will be doing the annual inspection on **ALL RENTAL OR SOCIAL HOUSING UNITS** (Excluded are the 13 units being renovated with ISC funding)

The Housing Inspector will be here on:

Dates: Monday, January 31, 2022  
Tuesday, February 1, 2022  
Wednesday, February 2, 2022

Times: 8 am to 5 pm  
One hour booked for each home with a half hour lunch break at noon.

If you require a specific date and time, please phone the Housing Dept to book by **Jan 24, 2022** otherwise you will be assigned a date & time.

The inspector this year will be Danny Tourville of La:lem Building Inspection and Consulting.

COVID 19 safety guidelines will be followed during inspections and distributed in advance to the inspector and tenants.

Thank you

***Cheam Housing Department***



## MEDICINE WHEEL IS COMING TO CHEAM



Looking for 36 people to find a stone to make a walk-in-wheel for future ceremonies.

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

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

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

## First Nations Counselling – How to apply for funding



If you have a First Nations status number you may be eligible for to 22 counselling sessions paid for by the First Nations Health Authority. To apply for funding please send an email to [chilliwackcounselling@gmail.com](mailto:chilliwackcounselling@gmail.com) with the following information:

1. Your name
2. Your status number
3. Date of birth
4. Email address and phone number

Chilliwack Counselling will then apply to the First Nations Health Authority on your behalf, via Pacific Blue Cross. **Once approved, we will contact you and book your first session. Please do not book your session without prior approval.**

## Free Food Programs in Chilliwack

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

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

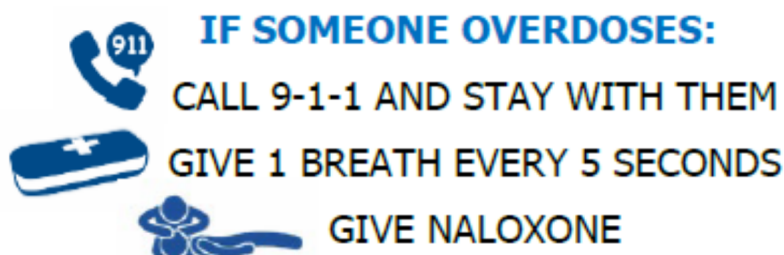
- There is also the Food Warehouse behind the Salvation Army in Chilliwack on Yale Road. Warren Schatz is the contact person. [warrens@salvationarmychilliwack.ca](mailto:warrens@salvationarmychilliwack.ca).



# OVERDOSE ADVISORY

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

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



## IF SOMEONE OVERDOSES:

CALL 9-1-1 AND STAY WITH THEM

GIVE 1 BREATH EVERY 5 SECONDS

GIVE NALOXONE

**Please look out for each other.**

## TIPS FOR SAFER DRUG USE:

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





# Announcing Upcoming 12+ Vaccination Clinic!

Covid Clinic **Tuesday January 25** 10am-2pm- 4 people every 15 minutes. 64 appointments Max. in Cheam gymnasium. Children will need to be taken out of school for this appointment, as we can not accommodate an evening clinic.

**Must pre-register at 604-794-7171, 604-798-5271 or email [angi.peters@seabirdisland.ca](mailto:angi.peters@seabirdisland.ca)**




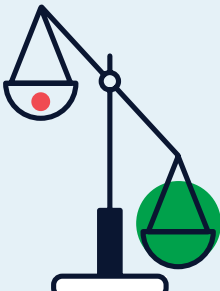




First Nations Health Authority  
Health through wellness

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

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

### 6 great reasons to vaccinate kids:

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

FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)

# CHEAM FIRST NATION Women's Wellness Support Group



Developing Personal Wellness is a weekly open group offered by Cheam Wellness Advocate, Corinne Stone to support women during the on-going COVID-19 restrictions and beyond.

***The group meets every Thursday, from 1:00 p.m. to 3:00 p.m.***

This group will be hosted online via Microsoft Teams until it is safe to connect in-person.

Some of the areas we will explore are:

- \* Self-Care
- \* Mindfulness Practices
- \* Setting Healthy Boundaries
- \* Elders' Teachings
- \* Crafts and Sewing
- \* Beading
- \* Workshops (on any needs the group may identify)
- \* Visiting Elders/Knowledge Keepers and Ceremony
- \* Basic Life Skills

Start Date: Thursday, January 20th, 2022 from 1:00 pm to 3:00 pm.

Please call 604-794-7927 or email [corinne.stone@cheamband.com](mailto:corinne.stone@cheamband.com) to sign up and receive a link to connect.

FIND US ONLINE:







# XWCHÍYÒ:M

## CHEAM FIRST NATION

### MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis.

**Course participants will learn how to:**

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis
- Have conversations that encourage a person to:
  - Talk about declines in their mental well-being
  - Discuss professional and other supports that could help with recovery to improved mental well-being
  - Reach out to these supports
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being

**Feb 17, 12:00 to 3:00 pm, Module 1: Virtual Classroom**

Self-Directed Facilitated by Cheam Wellness Advocate Corinne Stone

- Introduction to the course
- Introduction to MHFA actions

**Feb 22, 2022, 9:30-12:30 pm, Module 2: Virtual Classroom**

- Practice applying MHFA actions to situations of declining mental well-being
- Guidelines for MHFA conversations with people from diverse cultures and members of the 2SLGBTQ+ community

**Feb 23, 2022, 9:30-12:30 pm, Module 3 Virtual Classroom**

- Discussion on using MHFA actions for self-care
- Practice using MHFA actions in crisis situations

Course will be delivered via Zoom (Cheam Health will lend one specifically for this course)  
Facilitated by a facilitator who has experience working with first nation groups/communities  
Mental Health Commission of Canada and co-facilitated by Cheam Wellness Advocate Corinne Stone.

Please register early as seats are limited to 15 max. Open to community members and staff of Cheam First Nation. Lunch provided by pick up or delivery. Please call 604-794-7927 or email [corinne.stone@cheamband.com](mailto:corinne.stone@cheamband.com) to sign up and receive a link to connect.

**FIND US ONLINE:**



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)



# 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](https://hopeforwellness.ca).
- **INDIAN RESIDENTIAL SCHOOL CRISIS LINE** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.
- **KUU-US CRISIS LINE SOCIETY** provides crisis services for Indigenous people in BC. Adults/Elders line 250-723-4050; children/youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at [www.kuu-uscrisisline.com](https://www.kuu-uscrisisline.com).
- **MÉTIS CRISIS LINE** is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

### OTHER CULTURALLY-SAFE SUPPORTS

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

FIND US ONLINE:



[CHEAM.CA](https://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)

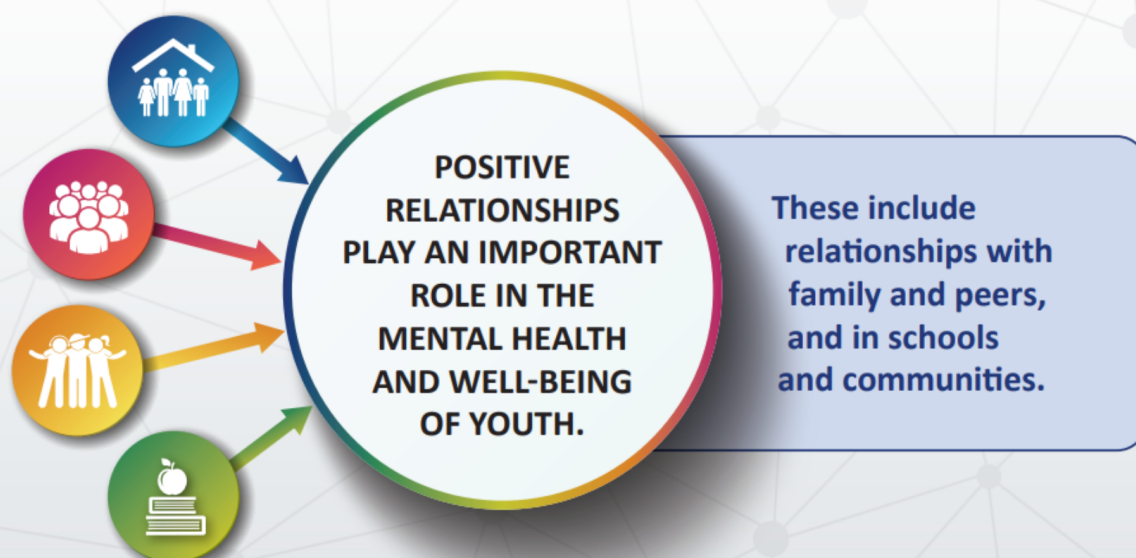


# HEALTH & WELLNESS

## SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

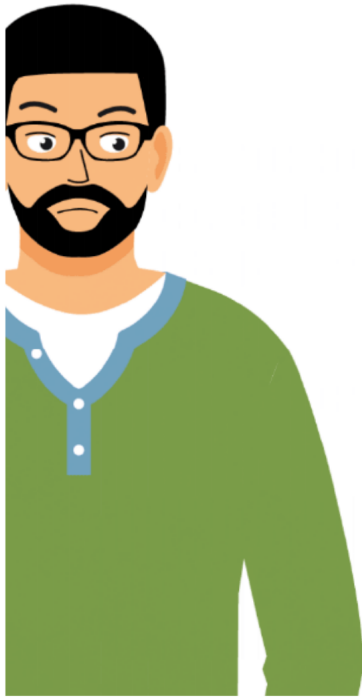
- **INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement,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

## YOUTH MENTAL HEALTH



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





## MAJOR HEART ATTACK

signs and symptoms in women and men



Chest pain or discomfort



Shortness of breath



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



Feeling nauseous, light-headed, or unusually tired



### SNOW SHOVEL SAFETY

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

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

### WHAT ARE THE SYMPTOMS OF HEART ATTACK?

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

### FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)



# The voice of youth is the voice of change.

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

Join the

## Fraser Salish Youth Council



FRASER SALISH REGION  
First Nations Health Authority

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

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

FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)





## CHEAM DUDES CLUB

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

### What is Dudes Club?

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

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

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

## DUDES CLUB CORE VALUES



### Relationships

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



### Journey

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



### Sanctuary

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



### Brotherhood

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

### Two-Eyed Seeing

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

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





## Come Work With Us at Cheam!

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.

- **Adult In-home Care Worker**
- **Custodian/Facility Maintenance Worker**
- **Dispatcher/Coordinator**
- **Funding Assistant**
- **General Maintenance Worker**
- **Health and Wellness Executive Assistant**  
(Maternity leave coverage)
- **Peacekeeper/Peace Officer**
- **Reception/Office Support – On-Call/Casual**
- **Shelter Support Staff**
- **Social Development & Education Clerk**  
(Indigenous candidates only)
- **Social Development & Education Coordinator**
- **Tutor K-12**
- **Watchman**





*BC Assembly of First Nations*  
**Economic Resiliency Forum**

**February 9th, 2022**

9:00 AM - 5:00 PM

The British Columbia Assembly of First Nations is presenting the Economic Resiliency Forum on February 9th, 2022. This is an opportunity to highlight success stories, share best practices, and engage with colleagues and speakers. We have a full roster of leaders in economic development to share their experience and knowledge. The forum will focus on building economic resilience with business sector outlooks for the construction, forestry, technology and tourism industries. With the uncertainty caused by the Covid-19 pandemic, we are hosting this session virtually only.

Who: Indigenous leadership, economic development professionals, entrepreneurs, and all those interested in building Indigenous economic resiliency.

**<https://events.bcafn.ca/economic-resiliency-forum-2022>**



*BC Assembly of First Nations*  
**YOUTH  
Economic Resiliency Forum**

**February 10th, 2022**

9:00 AM - 4:30 PM

The British Columbia Assembly of First Nations is presenting the Youth Economic Resiliency Forum on February 10th, 2022. This is an opportunity to interact with Canada's Indigenous youth who are setting new standards for excellence in entrepreneurship, and economic development. The forum will focus on growth industries including, monetizing your media presence, e-commerce, the maker movement, with a focus on the youth economy and how it will shape the economies of tomorrow. With the uncertainty caused by the Covid-19 pandemic, we are offering this forum virtually only.

Who: Indigenous youth, youth entrepreneurs, and all Indigenous youth interested in building Indigenous economic resiliency.

**<https://events.bcafn.ca/youth-economic-resiliency-forum-2022>**

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

# HEAVY EQUIPMENT OPERATOR



**Dates:** Various Intakes

Starting January 2022

**Location:** Aldergrove BC



You will learn the techniques of.....

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

## 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



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

Canada

For more information, contact us:

604-858-3691



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



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



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

FIND US ONLINE:

20



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)



# FOOD HUB WORK EXPERIENCE

**YOUR MISSION TO SUCCESS STARTS HERE!**

**PAID Training**

Food Hub Work Experience is a six-week paid training and work experience program for youth wanting to get on the job training within the food industry.

## **Who is Eligible?**

- Unemployed
- Legally entitled to work in Canada
- A resident of British Columbia
- Between the ages of 15 & 30
- Note: EI Recipients may be eligible for top-up benefits

## **What do you learn?**

Employment Readiness | Job Coaching | Job Search Self Awareness | Career Exploration | Personal Assessments

## **Certificates Include:**

First Aid | WHMIS | Manufacturing Food Safety | Back Talk & MORE

## **Food Hub Locations:**

Victoria, Vancouver, Abbotsford & Salmon Arm



**Apply Online  
& Get Paid!**

[www.missioncsc.org/  
food-hub-work-  
experience](http://www.missioncsc.org/food-hub-work-experience)

## **Other Amazing Benefits Include:**



**Build Connections**



**Employment Support**



**Paid Work Experience**



**Additional Paid Expenses**

**Canada**

Funding by the Government of Canada's Youth Employment and Skills Strategy.

**FIND US ONLINE:**



**CHEAM.CA**



**/CHEAM.FN1**



**@CHEAM.FN1**



**@CHEAM\_FN**



<https://www.lflf.org.au/wp-content/uploads/2017/06/lflf-banner-37.jpg>

## IT IS NEVER TOO LATE TO GET YOUR GRADE 12. ADULT DOGWOOD PROGRAM (ADW)



**ADW Grade 12 Elective Courses** available this Winter & Spring, 2022

Returning and New Students Welcome!

Registration is open. Contact Elaine Malloway (604-796-6912;  
[elainem@seabirdisland.ca](mailto:elainem@seabirdisland.ca))

### Ministry of Education – Authorized Work Experience 12 A and 12 B

Amazing opportunity to earn 8 of the 20 needed credits towards graduation while participating in, observing, and learning about an occupation/career.

WEX 12 A: February 7 – April 1, 2022

WEX 12 B: April 4 – May 27, 2022

Another amazing opportunity to earn 12 of the 20 needed credits towards graduation if with a strong TRADES interest

12-week Trades Sampler: March 28<sup>th</sup> - June 17, 2022

Very limited seating available.

FIND US ONLINE:





# CERTIFICATE IN ECOLOGICAL RESTORATION

Program Duration: February 7<sup>th</sup> – July 29<sup>th</sup>, 2022

Program Time Commitment: Fulltime study (Monday – Friday, 9AM – 4PM)

## Program includes...

- 15 undergraduate credits.
- 5 relevant, applied courses
- Hands-on field training
- Project-based learning
- 4-week practicum

## Graduates can...

- Gain meaningful work in the environmental sector
- Pursue additional post-secondary studies
- Advance their career

First Nation and Other Indigenous Students are welcome to apply

Interested students contact ELAINE MALLOWAY: 604-796-6912 | [elainem@seabirdisland.ca](mailto:elainem@seabirdisland.ca)



FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)





# WorkBC Centre

## Trades and Construction Online Job Fair *The Fraser Valley's Leading Construction Employers*



**Thursday , January 27, 2022**

**10:00 am - 11:30 am**

**Preregister today by visiting:**

**[www.WorkBCJobFair.ca](http://www.WorkBCJobFair.ca)**

**Canada**



**BRITISH  
COLUMBIA**

This program is funded by the Government of Canada  
and the Province of British Columbia.

Ce programme est financé par la gouvernement du Canada  
et la province de la Colombie-Britannique.

**CALL FOR MORE INFO!**

**778-314-1003**

# SERVICE CANADA

## READY TO HELP



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



### Canada COVID-19 App

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

### EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

### CANADA RECOVERY BENEFIT (CRB)

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

<https://bit.ly/2IOUb5d>

1-833-966-2099

### CANADA RECOVERY SICKNESS BENEFIT (CRSB)

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

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

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

1-833-966-2099

### CANADA RECOVERY CAREGIVING BENEFIT

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

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

1-833-966-2099

### SOCIAL INSURANCE NUMBER

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

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

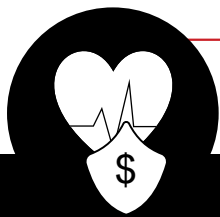
1-866-274-6627

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

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

# SERVICE CANADA

## READY TO HELP — SENIORS



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



### Canada COVID-19 App

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


### EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work.

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

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

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

 1-800-206-7218

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

### UNITED WAY


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

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

### SOCIAL INSURANCE NUMBER

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

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

 1-866-274-6627

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

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



# SERVICE CANADA

## READY TO HELP — YOUTH



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



### Canada COVID-19 App

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

### EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work.

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

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

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

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

### MENTAL HEALTH SUPPORT

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

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

### JOBS AND OPPORTUNITIES

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

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

### SOCIAL INSURANCE NUMBER

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

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

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

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

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

# CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

## ENROLLMENT APPLICATION FOR GROUP BENEFITS



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

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

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

☐ New Client ☐ Reinstatement

### PART 1 — PLAN ADMINISTRATOR

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

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

### PART 2 — CLIENT/DEPENDENT INFORMATION

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

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

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

### PART 3 — CO-ORDINATION OF BENEFITS

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

Name of Insurance company	Group Policy Number	ID or certificate number
---------------------------	---------------------	--------------------------

### PART 4 — CLIENT SIGNATURE

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

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

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

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

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

#### 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



**XWCHÍYÒ:M**  
CHEAM FIRST NATION

52161 Victor Drive  
Rosedale, BC V0X 1X1  
604-794-7924  
[www.cheam.ca](http://www.cheam.ca)

## Social Assistance Cheque Schedule 2022

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2022	December 15, 2021	December 31, 2022	January 14, 2022
February 2022	January 14, 2022	February 1, 2022	February 15, 2022
March 2022	February 15, 2022	March 1, 2022	March 15, 2022
April 2022	March 15, 2022	April 1, 2022	April 14, 2022
May 2022	April 14, 2022	April 29, 2022	May 13, 2022
June 2022	May 13, 2022	June 1, 2022	June 15, 2022
July 2022	June 15, 2022	June 30, 2022	July 15, 2022
August 2022	July 15, 2022	July 29, 2022	August 15, 2022
September 2022	August 15, 2022	September 1, 2022	September 15, 2022
October 2022	September 15, 2022	September 30, 2022	October 14, 2022
November 2022	October 14, 2022	November 1, 2022	November 15, 2022
December 2022	November 14, 2022	December 1, 2022	December 15, 2022



FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN](https://twitter.com/CHEAM_FN)