



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

JANUARY 28, 2022

NEWSLETTER SECTIONS

Administration Notices/Updates	2-8
Health & Wellness Updates	9-23
Education/Training/Jobs	24-37
Service Canada Resources	38-40
Cheam First Nation Forms	41-42

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.

FIND US ONLINE:



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)



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 Provincial Covid-19 Restrictions **Last updated: January 25, 2022**

Masks are still required in all public indoor settings for all people born in 2017 or earlier (5+).

Indoor personal gatherings

Indoor personal gatherings at your home or vacation accommodation are limited to your household plus 10 visitors or 1 other household. **Everyone 12+ must be fully vaccinated.**

Outdoor personal gatherings

There are no restrictions for outdoor personal gatherings.

It's encouraged to keep personal gatherings as small as possible and stick to the same group of people.

Indoor organized gatherings

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

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





BAND OFFICE CLOSURE

The Cheam Band Office 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.

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.

WE'RE REOPENING THE CHEAM AFTER SCHOOL PROGRAM!

Cheam sees the importance of education and socialization within our community, and we understand that COVID and restrictions have been a barrier. We are excited to announce that we will begin with a cautious reopening of the After School Program starting on January 31, 2022. In order to make this happen, we will be implementing the following changes:



1. Mandatory masks for all ages, at all times, while inside the education portable
2. Increased cleaning, particularly high touch point areas
3. 2 day/week rotation schedule for participants to ensure social distancing and limited contacts (10 child max capacity each day)
4. Program will be closed on Wednesdays

Our Education Tutor, Deborah Tuck (deborah.tuck@cheamband.com), will be reaching out to those families that participated in the program prior to its closure to arrange a participation schedule. Each parent/student will have the opportunity to select 2 days per week to attend the After School Program. If you are committed to the 100% mask policy, please confirm your spot when Deborah reaches out because she is so excited to have everyone back! We know that these are difficult times and appreciate your patience and understanding while we navigate this together. We look forward to the future in hopes that we will be back to full-time and full capacity soon!





XWCHÍYÒ:M
CHEAM FIRST NATION

52161 Victor Drive
Rosedale, BC V0X 1X1
604-794-7924
www.cheam.ca

WE WANT YOUR FEEDBACK!

The Cheam Health & Wellness team are exploring hosting a Historical Impacts/Cultural Safety dialogue-based virtual training session for Cheam Community Members. For those interested please let us know your preference for days/hours by emailing taylor.casper@cheamband.com.



Daytime or evening hours?_____

&

Weekday or weekends?_____

In a time of Truth & Reconciliation, Len believes that the need to bridge the Indigenous and non-Indigenous realities has never been greater. With a focus on recentering Indigenous knowledge and values, he provides educational lectures, workshops and consultation services.

Learn more about Len here <https://www.lenpierreconsulting.com>.

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



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



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



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





Pink Shirt Day Contest

February 23 2022

Open to all Indigenous Children & Youth

We're holding a contest to celebrate Pink Shirt Day (Anti-Bullying Day) this year. Tell us how you stand up with kindness and lift others up. You can do it in writing; by singing a song and sending us a video; or by making a drawing or painting. We will share the entries on social media on Pink Shirt Day.

Prizes:

1st Prize: \$150;
2nd Prize: \$100;
3rd Prize: \$50

Three age categories:

Ages 2 to 6;
Ages 7 to 11;
Ages 12 to 19



Send us your entry with your name and age.

The deadline for entries is:

February 11 by 4 pm.
Send submissions to:
info@xyolhemeylh.bc.ca.

About Pink Shirt Day

Pink Shirt Day or "Anti-Bullying Day" began in a small town in Nova Scotia when David Shepherd, Travis Price and their teenage friends organized a high school protest to wear pink in solidarity with a Grade 9 boy who was bullied for wearing a pink shirt. Shepherd and Price bought 50 pink t-shirts and distributed them to their classmates who wore them the next day. It's important to remember that the movement was specifically a statement by allies to stand in solidarity against homophobia. The bullies were never heard from again and the Grade 9 boy who was bullied was overwhelmed with the support and kindness he received that day. Today, Pink Shirt Day is celebrated around the world.

Fraser Valley Aboriginal Children & Family Services Society
www.fvacfss.ca

Registration Open for Team BC Player Selection Camp for 2022 NAHC



**National Aboriginal Hockey Championship
May 7-14, 2022
Membertou, Nova Scotia**

The Aboriginal Sport Circle (ASC) is pleased to announce the host for the 2022 **National Aboriginal Hockey Championships** (NAHC) has been awarded to Membertou, Nova Scotia. The event will take place May 7-14, 2022 at the Membertou Sport and Wellness Centre.

The NAHC is the premier forum for elite U18/U15 aged Indigenous hockey players from across Canada. It is the only national annual event that showcases and celebrates the athletic abilities of Indigenous athletes from across the country, and aids in fostering cultural unity and pride. Team BC is represented by two teams, one male team and one female team, featuring the top U18/15 aged players from across the province.

**Team BC Player Selection Camp
April 8-10, 2022
Chilliwack Coliseum**



The Team BC Player Selection Camp will be held April 8 to 10, 2022 in Chilliwack, BC. Team BC's coaching staff will evaluate players at this three-day camp to select the Province's top 20 male and top 20 female hockey players to represent BC.

The 2022 Registration Fee is \$120 per player and will include a Team BC Selection Camp jersey. Pre-registration is required. Registration is accepted online at www.teambcnahc.com beginning January 15 through to midnight, Monday, March 21, 2022.

Players must meet the following criteria to be eligible to participate in the Camp:

- Age eligibility for both the Male or the Female Division: U18/U15 age, as of the 2021/22 competitive season (born 2004 to 2008)
- Resident of British Columbia (out of province players registered at a Full Time Hockey Academy in BC may be eligible to try out for BC via the NAHC Academic Residency Form)
- Be of Indigenous ancestry (First Nations, Métis, Inuit). The NAHC requires proof of ancestry which can come in various forms. Acceptable proof of ancestry includes Status Card, Treaty Card, Métis Nation BC Card, Inuit or Inuvialuit identification. For those without an identification card, a formal Declaration of Ancestry may be completed with supporting documentation. More information available on the registration site.
- Registered or eligible to be registered with BC Hockey. (Players currently not registered with BC Hockey may be registered via this camp for an additional fee of \$40.)
- Due to current requirements regarding health and safety, all NAHC prospects and participants must be fully vaccinated. Proof of vaccination must be presented at check-in at the Selection Camp. Deadline to apply is March 21, 2022 by MIDNIGHT.

[Click Here for more Information or to Register](#)

January 13, 2022

NextRide Coming to Transit Systems Across BC

Real-time bus location technology will be installed in new communities all across the province

GLOBAL – BC Transit has completed a successful Negotiated Request for Proposals process and has signed a contract with Consat for the next phase of the NextRide program that will enhance customer experience and increase ridership throughout the province. The Automatic Vehicle Location (AVL) technology will be installed in communities and regional transit systems across the province on approximately 315 buses operating on all conventional, fixed routes in British Columbia.

NextRide technology will be installed across transit systems throughout British Columbia starting this month in the Cowichan Transit System. Two installation teams will work closely together in neighbouring or nearby communities as they move through the province to install the new technology on buses.

NextRide will continue to use AVL technology to allow even more customers to see real-time bus locations along routes and identify what predicted arrival times are at any selected stop. Onboard, automated stop announcements call out stops to customers riding the bus, which increases comfort and convenience, while also improves the overall accessibility for many using transit. Through BC Transit, it will provide bus location data to mobility providers like Google Maps and our partner Transit App, so our customers across the province can track and monitor bus routes using their application of choice.

The NextRide project is funded through the Investing in Canada Infrastructure Program. This project is being cost shared with the Government of Canada contributing 50 per cent, the Province of British Columbia contributing 40 per cent and local government partners contributing the remaining 10 per cent. The project cost for NextRide being installed in these additional transit systems is nearly \$6 million.

NextRide falls under BC Transit's Smart Bus program, which introduces new technologies on buses that improve the customer experience, while also helping grow ridership by making transit more accessible, safer and enjoyable. This initiative aims to leverage recent technology advances to provide improved information for our customers and bus operators, while also providing greater flexibility, scalability, and value to BC Transit and its local government partners.

What is NextRide?

NextRide is a BC Transit initiative to install AVL technology on buses across the province. This technology already enables customers across seven transit systems on Vancouver Island, Squamish/Whistler and in the Interior to use web browsers and smart mobile devices to see the location of their bus along its route and its predicted arrival time at an identified stop. By downloading the Transit App, customers know exactly when their bus will arrive and allow them to see how full a bus is at any given time.

For a more detailed installation schedule, please see the accompanying backgrounder and find out more on the [NextRide project page](#).

Online Facebook Bingo February 7th!



Without social gatherings/events we are all feeling the need for some fun! Some of our staff/community members are hosting 6 bingo games on a private Facebook page from 6-7pm on Monday February 7th. Register to taylor.casper@cheamband.com if you would like to be invited, and can then pick up your game card & dabbers at the Band Office. Prize items have been purchased and will be given for 6 games:

- 1 Line
- 2 Line
- X
- Picture Frame
- Blackout
- Consolation

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 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.**

FIND US ONLINE:



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)

Introducing PocketWell

A companion app to the Wellness Together Portal

Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.

PocketWell also connects seamlessly to the WTC portal, allowing access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from their phone. Call 1-866-585-0445, visit wellnesstogether.ca or download the PocketWell app today.

[DOWNLOAD THE APP FROM APPLE APP STORE](#)

[DOWNLOAD THE APP FROM GOOGLE PLAY](#)

Need mental health or substance use support?
Help is just a call or click away.

Call: 1-866-585-0445

Visit: wellnesstogether.ca

Text: Adults text **WELLNESS** to 741 741

Youth text **WELLNESS** to 686 868

Front line workers text **FRONTLINE** to 741 741

App Stores: PocketWell



Indigenous Peoples –

Hope for Wellness Help Line:

1-855-242-3310

hopeforwellness.ca

Suicide Prevention Service: 1-833-456-4566

Quebec: 1-866-277-3553 (1 866-APPELLE)

If you are in immediate danger, call 911 or your local emergency line.

CANADA.CA/HEALTH

Canada

FIND US ONLINE:





MCLEAN DAY SCHOOLS SETTLEMENT CORPORATION

The McLean Day Schools Settlement Corporation (MDSSC) will support Federal Indian Day School Survivors and their families through the \$200M MDSSC Legacy Fund which will help fund projects that support language & culture, healing & wellness, commemoration, and truth telling. The MDSSC Legacy Fund Outreach Process is a way for Survivors and their families to give us input directly to help guide the implementation of the Legacy Fund and ensure it is responsive to their needs.

MDSSC is engaging in its outreach process with Survivors and their families to solicit their input directly to help the MDSSC Board of Directors guide the implementation of the MDSSC Legacy Fund, and ensure it is responsive to Survivors and their families' needs.

If you are a Federal Indian Day School Survivor, you may register for, and attend, a virtual National Outreach Session. These facilitated virtual sessions will involve guided questions intended to secure input on a variety of important issues, including how the MDSSC Legacy Fund should be administered and implemented. Each session will respect cultural and health protocols, and include Elders, mental health supports, and after-care.

MDSSC will conduct National Outreach Sessions, which will be bilingual with full interpretation available in both French and English. Please note that, due to difficulties with COVID-19 and differing protocols, we are no longer holding Regional Outreach Sessions at this time. If you were going to participate in a Regional Outreach Session, we would kindly ask you to register for one of our National Sessions instead. Please choose the National Outreach Session that best suits your schedule.

February 2, 2022

February 9, 2022

February 14, 2022

Please register at the following link, <https://www.mcleandayschoolssettlementcorporation.ca/outreach/regional-and-national-outreach-session-registration/>

Also, please note that if you are a Federal Indian Day School Survivor (or related to one) and are unable to attend a National virtual session (or if you would also like to submit written input), we encourage you to provide your input through our guided form, which may be submitted on our website: (<https://www.mcleandayschoolssettlementcorporation.ca>) via email (info@mcleandayschoolssettlementcorporation.ca).

Your well-being is important to us. If you require immediate support, please contact Hope for Wellness Help Line at 1-855-242-3310 to access toll-free, 24/7 counselling and crisis intervention. These culturally-competent services are available in Cree, Inuktitut, Ojibway, French and English.

WAYS TO PARTICIPATE

[Download Information »](#)

[Register for an Outreach Session »](#)

[Can't Attend? Complete This Form »](#)

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

We absolutely love sharing food donations with our members and want to make sure that everyone who is interested has the opportunity to take part. The Health and Wellness Department has developed a registration list for all members interested.

We will be hosting our first food distribution event on February 10, 2022. Don't miss out – register your household today! Confirm if you want to take part on Feb 10.



Cheam Food Distribution Registration Form

Please fill out the below information to be registered to participate in the Cheam Health and Wellness Food Distribution Program. Whenever we receive a food donation large enough to share with the Community, we will send out notification through social media. Each time a notification is sent out, simply respond by letting Health Reception (Diana Giroux: reception2@cheamband.com or 604-794-7927) know if you want to take part in each event.

Note: Some donations are limited so they will be provided on first come first served basis. Other times, donations are large enough to be able to provide items to all those registered.

Name: _____

Email: _____ Phone: _____

Address: _____

Persons in HOUSEHOLD: _____

Alternate persons assigned for pick up:

#1 Name: _____

#2 Name: _____

Please note, all communications will be done through the registrant. It will be up to the registrant to communicate to their alternates regarding pick up information etc.



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 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@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.

COVID-19: How to choose, use and care for a mask

✓ Do



Consider the different types of masks available for public use:

- › non-medical masks
- › medical masks
- › respirators



Improve the fit of your mask by:

- › adjusting the flexible nosepiece
- › adjusting the ear loops, ties or bands so that the mask fits snugly against your face



Store your mask in a clean paper or cloth bag if you plan to wear it again.

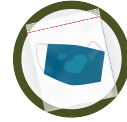


Choose a mask that's clean, dry and damage free.



If wearing a non-medical mask, choose one that's made of multiple breathable layers, including:

- › at least 2 layers of tightly woven fabric and
- › a third middle filter layer

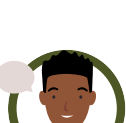


Change your mask when it's dirty, damp or damaged, and keep it out of reach of others.

- › Store soiled reusable non-medical masks in a waterproof bag or container until they can be cleaned.



Choose a mask that fits well and fully covers your nose, mouth and chin.



Keep your mask on except when:

- › eating or drinking
- › communicating with someone who is hard of hearing or who reads lips



Wash reusable non-medical masks (in a washing machine or by hand) with hot, soapy water, and dry completely before wearing again.



Wash your hands or use hand sanitizer before and after touching or removing a mask.



If you have to remove your mask:

- › put it back on as soon as possible
- › ensure other measures are in place, such as:
 - physical distancing
 - choosing a well-ventilated or outdoor space to communicate in



Throw dirty, damp or damaged disposable masks and used filters in the garbage or use a mask recycling program if one is available.



Use the ties, bands or ear loops to put on and take off your mask.

✗ Don't



Don't put a mask on:

- › children under 2
- › someone who has significant trouble breathing while wearing the mask
- › someone who needs help to remove it



Don't hang your mask from your neck or ears, or place it under your chin.



Don't use a:

- › mask with exhalation valves or vents.
- › scarf, bandana, neck gaiter or face shield instead of a mask.



Don't reuse a disposable mask that's dirty, damp or damaged.



Don't touch the front of your mask.



Don't share masks.

Protect yourself and others

When layered with other recommended public health measures, a well-constructed, well-fitting and properly worn mask can help prevent the spread of COVID-19.

Make wearing a mask a part of your regular routine.

Follow local public health advice on when you should wear a mask.

Masks may be recommended or required in public settings like:

- › stores
- › schools
- › businesses
- › workplaces
- › public transit

Masks are strongly recommended in any crowded setting, including settings with vaccination requirements.

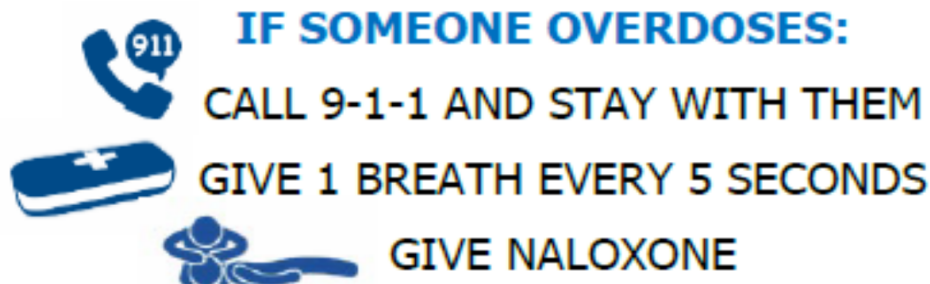
Regardless of your vaccination status, continue to layer individual public health measures, including:

- › staying home when sick
- › improving indoor ventilation
- › maximizing your physical distance when you are with people from outside of your immediate household
- › covering your coughs and sneezes
- › washing or sanitizing your hands regularly
- › cleaning and disinfecting frequently touched surfaces and objects

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






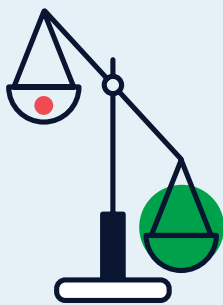




First Nations Health Authority
Health through wellness

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> 
<p>Register and book your child with the Get Vaccinated system gov.bc.ca/getvaccinated.html</p>		<p>For more information, visit fnha.ca/vaccine</p>



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 to sign up and receive a link to connect.

FIND US ONLINE:



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.
- **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.

FIND US ONLINE:



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)

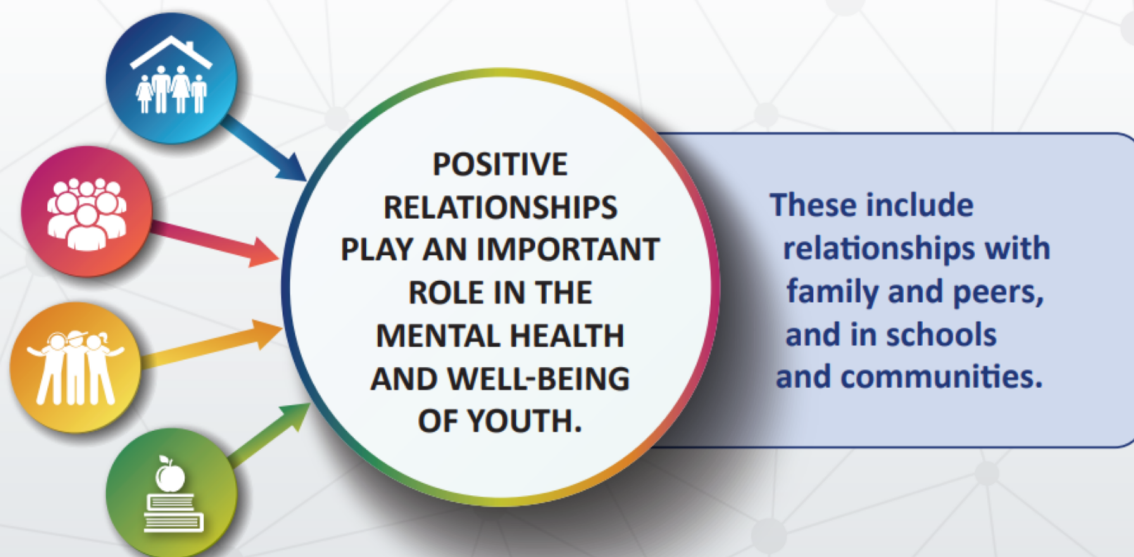


HEALTH & WELLNESS

SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

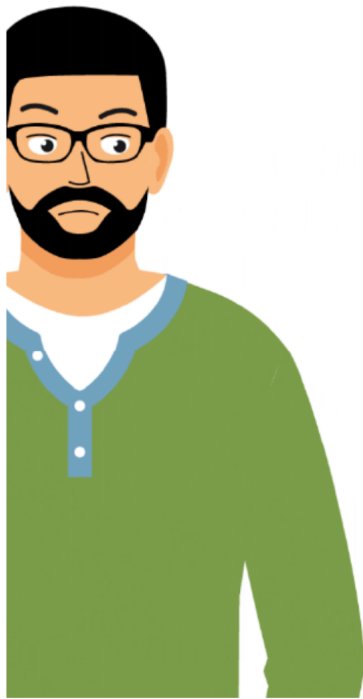
- **INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, 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 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



[/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

FIND US ONLINE:



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.



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.



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.



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.

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



Are you interested in working as a **CORRECTIONAL OFFICER?**



Correctional Officer I CX-01

Correctional Service Canada
Various work locations
CX-01 - Correctional Officer I
\$66,974 to \$84,045

Who can apply: Persons residing in Canada and Canadian citizens residing abroad.

Work environment: The Correctional Service of Canada is seeking interest from persons looking for an exciting and rewarding career as a Correctional Officer.

Correctional Officers are essential to fulfilling the Correctional Service of Canada's (CSC) mission of enhancing public safety by actively encouraging and assisting offenders to become law-abiding citizens, while exercising reasonable, safe, secure, and humane control. For further information on the department, work environment, careers at CSC and application process, please visit our website at Correctional Service of Canada at <http://www.csc-scc.gc.ca>.

ESSENTIAL QUALIFICATIONS:

Education:

A secondary school diploma, or a satisfactory score on the Public Service Commission (PSC) test approved as an alternative to a secondary school diploma; or successful completion of a provincially/territorially approved secondary school equivalency test.

Experience:

No essential experience is required.

The candidate must successfully complete the CSC Correctional Training Program (CTP).**

**<https://www.csc-scc.gc.ca/careers/003001-0002-en.shtml#10>

For all current positions open to the public, visit the GC Jobs portal on www.jobs.gc.ca regularly.

Canada





Engineering
Project Management
Quality Assurance

308-255 Newport Drive
Port Moody, BC
V7M 1H8
(604) 788 2566
www.embmanagement.ca

LEAK SURVEY TECHNICIAN TRAINEE

Are you ready to learn a skilled trade and begin your career in a fast growing and lucrative industry? EMB is hiring on a full time basis new **Leak Survey Technicians** to complete jobs starting in BC's Lower Mainland and then moving to the Interior region of BC.

Buried gas distribution lines provide natural gas to facilities, homes, and businesses in your community, and ensuring they remain safe and functional is a primary requirement. Leak Survey Technicians utilize specialized equipment to examine buried natural gas lines for leaks and help determine root causes.

The Scope

In this important role, there are 3 distinct aspects to the project, you will:

- Utilize state of the art equipment (including infra-red and flame ionization) to detect buried leaks.
- Walk across sites, along roadways, and access properties to examine entire natural gas distribution systems, and determine origin, severity, and scope of leaks.
- Enter leak survey data into a handheld device to document findings.
- Report significant leaks to Field Supervisor for immediate assessment and action.

This is a great job for people who love working outdoors, representing their company to the public, and using their knowledge and experience to investigate and solve problems.

Being a Leak Survey Technician sets you up for terrific career opportunities over the long term and for long-term employment

Training

Successful applicants will participate in an in-house training program which includes theory, equipment operation, job shadowing, and a practical experience. This will help you learn the skills of a fast-growing industry; once you've proven yourself capable in this role, there are many places to go within our company.

Location Work sites

Vancouver, Kamloops, Vernon, Kelowna

Qualifications

We are looking for people with backgrounds in construction, landscaping, surveying, GIS, or skilled trades.

If you love working outdoors, you're made for this role. You will thrive in this job because you're reliable and dedicated, a natural problem-solver, and detail-oriented.

You've also got an aptitude for reading maps and would enjoy the regular task of calculating distances and writing clear reports.

We are looking for people who:

- Have experience in working outdoors in all weather conditions.
- Be physically fit and able to walk frequently (up to 20-25km/day), sit in a vehicle, and lift/carry up to 20 lbs.
- Be able to visually distinguish colours.

LEAD. INNOVATE. COMMIT TO EXCELLENCE.





Engineering
Project Management
Quality Assurance

308-255 Newport Drive
Port Moody, BC
V7M 1H8
(604) 788 2566

www.embmanagement.ca

- Have a valid Class 5 BC Driver's License and be able to produce a clean driver's abstract.
- Have access to a reliable vehicle/transportation.(get to and from work site)
- Have a high school diploma.
- Be willing to obtain and wear CSA approved steel toe safety boots.
- Be willing to undergo and successfully clear a criminal background check.
- Be able to work some weekends and evenings when overtime is required.
- Have strong computer literacy and ability to use new software and Microsoft Office.
- Previous experience in construction and/or knowledge of utilities would be an asset but are not essential.

Those Indigenous applicants who meet requirements may be able to get access from your local ISETS funding grants i.e. steel toed boots and other PPE not provided by the employer.

Success Factors

- Positive attitude in all weather conditions.
- Fit and enjoy a long, fast-paced walk.
- Dedicated to performing quality work with minimal supervision.
- Approachable, friendly demeanor during interactions with co-workers, our customers, and the public.
- Enjoy working with technical equipment and computer devices.

How to Apply

If you would love to work outdoors and start an exciting career, we need to hear from you right away!

Please send in Resume to

Caroline Jean Falstead "Jeannie"
cjfalstead@embmanagement.ca

Mobile: 604-313-0243

DEADLINE: January 28 2022
Start Date Mid – Feb/March 2022.

Wage: \$18-22 per hour

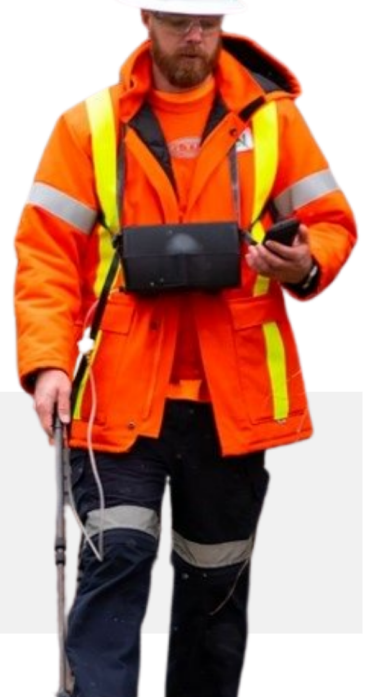


WE ARE HIRING LEAK SURVEY TECHNICIAN

Do you love to work outdoors? Are you
looking to learn a skilled trade?

If you answered yes, you should
consider joining our growing team!

APPLY NOW:
CJFALSTEAD@EMBMANAGEMENT.CA



LEAD. INNOVATE. COMMIT TO EXCELLENCE.

FIND US ONLINE:



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)



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>



Career Opportunities for January 2022

Pipelayer

Full-time CA\$32 - CA\$45 / hour

- Pipe Laying experience is required for this role
- Work Mon - Fri daytime shifts with overtime possible evenings and weekends
- Physically fit and able to perform manual labour and work outside in a dynamic environment

General Labourer

Full-time CA\$20 - CA\$34 / hour

- Experience is not mandatory but starting wage is dependant on skill level
- Work Mon - Fri daytime shifts with overtime possible evenings and weekends
- Physically fit and able to perform manual labour and work outside in a dynamic environment
- Must be able to lift and carry 50lbs alone and 80 lbs with assistance

For all field roles, applicants must have a valid driver's license and be located in the Lower Mainland (BC).

We are looking for people who want to be part of a team, who want to continually upgrade their skills and who enjoy doing a job well. Matcon Civil offers great benefits including CLAC union membership, RRSP's, extended health, paid training, holiday pay, employee wellness programming and competitive wages with opportunities for advancement— we strive to promote from within.

Please send questions and resumes to nicci@matconcivil.com



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

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:



Save THE Date

2nd Annual

YÓQTHET

(ee-yak-thet)

March 8,9 &10

10:00 AM TO 3:00 PM
DAILY VIA ZOOM

Join us to hear from
Construction and Trades,
Education, Agriculture,
Entrepreneurship, Government,
Arts and Culture, Retail and
More...

For More Information call
604-796-6835

Funded by Indigenous
Service Canada



Government
of Canada

Gouvernement
du Canada

Partner Communities: Chawathil First Nation, Cheam First Nation, Scowlitz First Nation,
Seabird Island Band, Shxw'ow'hamel First Nation, Skwah First Nation, Spuzzum First Nation,
Squiala First Nation, Union Bar Indian Band, Yale First Nation

FIND US ONLINE:



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)



Seabird Island Employment Services

Pre-Employment Supports Program

Chainsaw Awareness 4 hour Online Course

Access to a Computer & Internet Required



SEE YOUR PESP CASE WORKER TO REGISTER

604-796-6835

8 SPOTS AVAILABLE

Learn Chainsaw Limits & Hazards

Keep You and Others around You Safe

This is open to Income Assistance clients living on Seabird Island, Squiala, Chawathil, Shxw'owhamel, Scowlitz, Cheam, Yale, Spuzzum, Skwah or Union Bar First Nations

This initiative is funded by
Department of Indigenous Services of
Canada (DISC)



Government
of Canada

Gouvernement
du Canada

FIND US ONLINE:

32



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN



Pre-Employment Supports Program Invites you to participate in

SKILLS FOR SUCCESS



FEBRUARY 14TH -25TH, 2022

1:00–3:00 PM VIA ZOOM

ONLY 12 SPOTS AVAILABLE TRIAL RUN ON ZOOM FRI FEB 11 2022

**SEE YOUR PESP CASE WORKER TO REGISTER
604-796-6835**

This is open to Income Assistance clients living on Seabird Island, Squiala, Chawathil, Shxw'ow'hamel, Scowlitz, Cheam, Yale, Skwah, Spuzzum, and Union Bar First Nations



Government
of Canada

Gouvernement
du Canada

This initiative is funded by Department of Indigenous Services of Canada (DISC)

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN

WILD CRAFT FOODS PROGRAM

YOUR MISSION TO SUCCESS STARTS HERE!

The Wild Crafts Food (WILD) is a ten-week self-employment experience for indigenous youth who want to be entrepreneurs.

Who is Eligible?

- Living in British Columbia
- Unemployed or precariously employed
- Self-Identify as First Nations, Inuit or Metis
- Between the ages 15 & 29

What do you learn?

Indigenous Cultural Sessions | Entrepreneurship 101 | Personal and Business Financing | Marketing Regulations & Legal Requirements | & MUCH MORE!

Certificates Include:

WHMIS, First Aid, Orientation to HR, MCSC Completion & MORE!



**Apply Online
& Get Paid!**

[www.missioncsc.org/
wild-craft-foods-
program-youth](http://www.missioncsc.org/wild-craft-foods-program-youth)

Indigenous Cultural Sessions Include:



Holistic First Aid



Outdoor Activities



Cultural Support



Friday with an Elder

Canada

BRITISH
COLUMBIA

Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.

FIND US ONLINE:



<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)

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 28th - June 17, 2022

Very limited seating available.

FIND US ONLINE:



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)



CERTIFICATE IN ECOLOGICAL RESTORATION

Program Duration: February 7th – July 29th, 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





FIRST PEOPLES' CULTURAL COUNCIL

We have some important program information to share with you. We have a new Language Program option for the Mentor-Apprentice Program called Mentor-Apprentice Community, and the Cultural Heritage Stewardship and Sense of Place grant deadlines have been extended to February 15. The grants were extended to will allow for more time to complete applications and receive application support from staff. Click on the links below to view information about each program and how to apply, watch recent informational webinars and find contacts for application support.

Language Funding

- **NEW! Mentor-Apprentice Community** - \$59,000-\$107,850 to support three to six Mentor-Apprentice teams and provides funding for a community coordinator to support group activities. Deadline Feb. 15, 2022.

Extended Heritage Deadlines

- **NEW! Cultural Heritage Stewardship Grant** – \$10,000-\$25,000 for training and support for Indigenous people to act as stewards of and experts on their heritage. New Deadline February 15, 2022.
- **A Sense of Place Grant** – \$10,000-\$25,000 to foster a greater understanding of the connection and safeguarding practices between the land, environment and Indigenous cultural heritage. New Deadline February 15, 2022.

Additional Heritage Funding Opportunities

- **Indigenous Cultural Heritage Infrastructure Grant** – \$150,000-\$400,000 to support projects that conserve, repair or develop Indigenous cultural heritage infrastructure. Deadline February 1, 2022.
- **NEW! Braided Knowledge** – up to \$25,000 to support projects that acknowledge the connections between language, arts and cultural heritage and knowledge transfer to future generations. Deadline Feb 24, 2022.

FPCC staff are available to support applicants with their submissions. Each program page lists the staff member and their contact information.

**“Committed to the revitalization of Indigenous languages, arts,
cultures and heritage in B.C.”**

The First Peoples' Cultural Council is grateful to have our home in the beautiful territory of the W̱SÁNEĆ Nation people, in the village of W̱JOḺELP. We have an additional satellite office at Tk'em-lups within the territory of the Secwepemc people.

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**



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. 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>

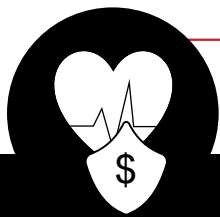
1-866-274-6627

Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to Canada.ca/repay-cerb 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

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**. 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/

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** 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**

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://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**. 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 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** 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**

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

Client's signature X	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



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

