



XWCHÍYÒ:M

COMMUNITY NEWSLETTER

FEBRUARY 11, 2022

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

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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 **604-745-8053**. 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 will begin with a cautious reopening of the After School Program on February 4, 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!





2022 Swearing-in Ceremony of Cheam Chief & Council

Our sincerest thanks to all those that made our Swearing-in Ceremony of the Cheam Chief and Council a success this past weekend. Though it is not under the regular conditions of a large traditional gathering we are grateful to be able to still proceed with this important ceremony. For those few family and witnesses that were able to attend if you were able to capture any good photos or videos of this special day, and would like to share them with us, we would like to combine them together with our footage to make a special video for the community. Please send any footage/images to communications@cheamband.com.



2022 CHEAM ELDERS MEETING DATES

The Elders meeting schedule for 2022 is below (for Cheam Members only). Lunch is available at 12 pm, with the meeting to follow.

- February 22, 2022
- March 22, 2022
- April 19, 2022
- May 17, 2022
- June 21, 2022
- July 19, 2022
- August 16, 2022
- September 20, 2022
- October 18, 2022
- November 15, 2022
- December 13, 2022





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

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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](#)

SPIRIT of Lacrosse Program

TZEACHTEN FIRST NATION

FREE TO ATTEND

**All equipment is
provided.**

**SPRING BREAK
March 22-24, 2022
1:30pm - 3:30pm**

**A free, safe, non-contact
entry level lacrosse
program designed for
Indigenous youth ages
5-12.**



To Register: <https://isparcbc.wufoo.com/forms/zk88xb01ek49vo/>



ISPARC

Indigenous Sport,
Physical Activity & Recreation Council



**TZEACHTEN FIRST
CHI'YAQTEL NATION**



Integrated Arts and Technology
Programming K-12 Programming in SD33
invites you to:

COMMUNITY ART CONVERSATION

FEBRUARY 15 @ 4PM VIA ZOOM

We are looking for community partners to support our thinking around a shared art installation between our three Integrated Arts and Technology schools (Leary Integrated Arts and Technology, AD Rundle IAT Cohort, and Imagine High).

Please join us virtually to join our team in a discussion around possibilities and partnerships with our local Indigenous community.

Click [here](#) to register in advance for the zoom meeting



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08



Get your status card renewed



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Certificate of Indian Status Card

Weekly appointments: Tuesday, Wednesday, Thursday

By appointment Only – email or call 604-824-3268

Protocols for the Appointment

- Give yourself enough travel time
- Arrive on time – 15 minutes late and you will have to reschedule
- One person to attend appointment
- Bring own Picture (1" X 1") of head and shoulders (No headgear)
- Bring two pieces of valid ID, one with a photo
- No walk-ins

Bands that I will be issuing Certificate of Indian Status Cards: No exceptions

Aitchelitz	(558)	Shxw ow'hamel	(587)
Cheam	(584)	Skawahlook	(582)
Kwaw Kwaw Apilt	(580)	Skowkale	(571)
Matsqui	(565)	Soowahlie	(572)
Popkum	(585)	Sumas	(578)
Shxwha:y Village	(570)	Tzeachten	(575)
		Yakwekwioose	(576)

All other First Nations please call Indigenous Service Canada (ISC) at 1 236-330-9961

A band member can also call ISC for a Temporary Letter of Confirmation. This has all the personal information that is on the status card. Letter is valid for one year. All band members should apply for the Secure Certificate of Indian Status Card. It is more secure card and is valid for 10 years for 16 and older and 5 years for 15 and under. Download the application and guarantor form at the Indigenous Service Canada website or email me.

Leona Sam - Leona.Sam@stolonation.bc.ca or DID: 604 824-3268

Indian Registry Administrator – Stolo Service Agency

Building 8A – 7201 Vedder Road, Chilliwack, BC V2R 4G5

Indian Registry is on the Main Floor, 2nd door.

Use the North Door (facing building 10 (red building) Entrance to Ts'elxweyeqw Tribe Office,

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Online Facebook February 21!



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 21st. 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

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 the People of Cheam.



DO YOU NEED HELP WITH THE INDIAN DAY SCHOOL CLASS ACTION SETTLEMENT AGREEMENT CLAIM PROCESS?

DUE BY JULY 13, 2022

THE INDIAN DAY SCHOOL CLASS ACTION SETTLEMENT IS APPLICABLE TO ALL STUDENTS WHO ATTENDED & SUFFERED ABUSE OR HARM AT A FEDERAL INDIAN DAY SCHOOL OPERATED BY THE GOVERNMENT OF CANADA.

I.R.S.S.S. CAN PROVIDE:

- EMOTIONAL SUPPORT TO I.D.S. SURVIVORS
- HELP WITH FORMS FOR I.D.S. SETTLEMENT
- ELDER & CULTURAL SUPPORT SERVICES
- SAFE & CONFIDENTIAL ASSISTANCE
- SELF-CARE PLANNING & FOLLOW-UP
- EDUCATIONAL & WELLNESS WORKSHOPS
- CRISIS COUNSELLING FOR FAMILY MEMBERS

INDIAN DAY SCHOOL COORDINATORS ARE HERE TO HELP NAVIGATE APPLICATIONS AND REFER MENTAL HEALTH AND CULTURAL SUPPORT BEFORE, DURING AND AFTER SUBMITTING FOR SURVIVORS AND FAMILY

CONTACT: STEPHANIE CHARLIE

INDIAN DAY SCHOOL COORDINATOR
FRASER SALISH REGION

INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

EMAIL: STEPHANIECHARLIE@IRSSS.CA

T: 604-210-5745 C: 360-201-0816



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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. The next National Session is :

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 »](#)

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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.



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.

Please confirm positive COVID tests with the Cheam nursing team, so that we can provide you with a \$100 gift card.



First Nations Health Authority
Health through wellness

FREQUENTLY ASKED QUESTIONS

COVID-19 Meal Support

Who can apply for COVID-19 meal support funding?

- Meal support is available for status First Nations who are required to self-isolate between Jan. 12 2021 and March 31, 2022 due to COVID-19, as advised by their health care provider
- There are two application pathways:
 - **Communities** can apply on behalf of their members using the [Community Meal Support Calculator](#) (Excel file)
 - **Individuals** can apply for themselves and their households using the [Individual Meal Support Calculator](#) (Excel file)

Can I apply through the individual pathway if my community has applied for me through the community pathway?

- If your community has already applied for meal support for your self-isolation dates on your behalf, you will not be eligible for support through the individual pathway for the same dates

What if I need immediate support to coordinate access to no-contact meal and grocery delivery while in isolation?

- It is recommended that you connect with your community to see if they can support by advancing funds or providing meals. Alternatively, please contact your regional FNHA Isolation Lead COVID19needs@fnha.ca if you need support to make arrangements

Can my partner and I both apply for meal support for our family?

- Any status First Nation individual who is required to self-isolate due to COVID-19 as advised by a health care provider is eligible to apply for meal support. This may include multiple members of one household/family

What is the application deadline?

- Submissions for meal support will be accepted until April 15, 2022
- Meal support is currently only available for self-isolation dates between Jan. 12, 2021 and March 31, 2022

What information is needed to apply?

- Status number, last name, first name, date of birth, start date of isolation, end date of isolation, mailing address and a contact phone number/email are required to process your application

What happens after the meal support application is submitted?

- The meal support team will review your application and will reach out if any additional information is needed
- Community requests will be sent through to the FNHA Regional team for review
- It may take up to 45 days to process a meal support application, if you have any questions about the status of your application please email COVID19@fnha.ca or contact 1-888-305-1505 (press 2 for the 'other' option, and then 1 for enrolment)

What is the application process for COVID-19 meal supports?

- Here are the steps to request meal support for status First Nations individuals in BC:
 - Complete the [Individual Meal Support Funding Calculator](#) or the [Community Meal Support Funding Calculator](#)
 - Email your completed calculator to COVID19@fnha.ca

Or, call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, and then 1 for enrolment). The number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays. If you are unable to open the funding calculator, email COVID19needs@fnha.ca

If my community asks me to self-isolate, but I am not required to self-isolate by a health care provider, am I still eligible for meal support?

- Meal support is available to status First Nations who have been advised to self-isolate by a health care provider due to being positive for COVID-19 or identified as a close contact of someone who has tested positive for COVID-19
- The FNHA is unable to support requests where self-isolation has not been advised by a health care provider

I am not able to safely isolate at home. Are there other supports available to me?

- If you are unable to safely isolate at home, please contact the Health Benefits medical transportation team for assistance with alternative accommodation, meals and transportation. Call Health Benefits at 1-888-305-1505 (press 2 for the 'other' option, then 3 for patient travel, and 3 for benefit exceptions). This number is supported Monday to Friday from 8:30 a.m. - 4:30 p.m. and from 12:00 p.m. - 4:00 p.m. on weekends and statutory holidays

More information on self-isolation:

[A Guide to COVID-19: Caring for Yourself and Loved Ones](#) (FNHA guide)

[How to isolate: For those who have COVID-19 or respiratory symptoms](#) (BCCDC fact sheet)

[Self-isolation after a COVID-19 test](#) (BC Centre for Disease fact sheet)

[Mental Health and Wellness Support](#) (FNHA web page)

**For more information on what items the FNHA is able to support,
please see the [COVID-19 Community Support Guide](#)**

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.

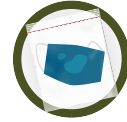


Choose a mask that's clean, dry and damage free.



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






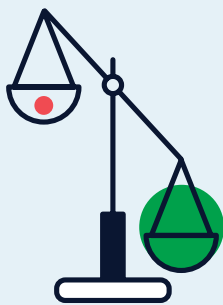


First Nations Health Authority
Health through wellness

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>





British Columbia Aboriginal Network on Disability Society (BCANDS)

Jordan's Principle Provincial Service Coordinator

Jordan's Principle was developed in memory of Jordan River Anderson from Norway House Cree Nation in Manitoba. Jordan's Principle is a child first initiative that ensures children in First Nations communities find products, services or support they need.

Some supports covered by Jordan's Principle are:

Health:

- Medical supplies & equipment
- Mobility Aids
- Therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)



Social:

- Social worker
- Land-based activities
- Respite care (individual or group)

Education:

- School Supplies
- Tutoring services
- Teaching assistants

The BCANDS Jordan's Principle Service Coordinator serves the entire province of British Columbia and is available to support First Nation children/youth and their families/caregivers in identifying and accessing services for their holistic needs. We encourage you to contact us should you have any questions, need assistance accessing health, social and education supports including Jordan's Principle funding, or have any other inquiries about the program.

For more information, please contact:

Raylene McCreath
Jordan's Principle Provincial Coordinator
Telephone: (250) 381 - 7303 Ext. 201
Cell: 250-208-3599 (**TEXT ONLY**)
Toll Free: 1-888-815-5511 Ext. 201
Fax: (250) 381 - 7312
Email: jordansprinciple@bcands.bc.ca
Twitter: @IDCCchildren
Website: www.bcands.bc.ca

B.C. Aboriginal Network on
Disability Society (BCANDS)
#6 - 1610 Island Highway
Victoria, British Columbia - Canada -
V9B 1H8

Jordan's Principle Call Centre: Available 24/7
1-855-572-4453



HEALTH & WELLNESS



First Nations Health Authority
Health through wellness

MENTAL HEALTH AND WELLNESS TOOLKIT FOR COVID-19

Managing Anxiety

LEARN ABOUT ANXIETY

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

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

THE ANXIETY PROFILE

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

■ MOODS

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

■ PHYSICAL REACTIONS

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

■ BEHAVIOURS

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

■ THOUGHTS

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





HEALTH & WELLNESS



First Nations Health Authority
Health through wellness

Mental Health and Wellness Supports



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

SUPPORT AVAILABLE 24 HOURS A DAY

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

OTHER CULTURALLY-SAFE SUPPORTS

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



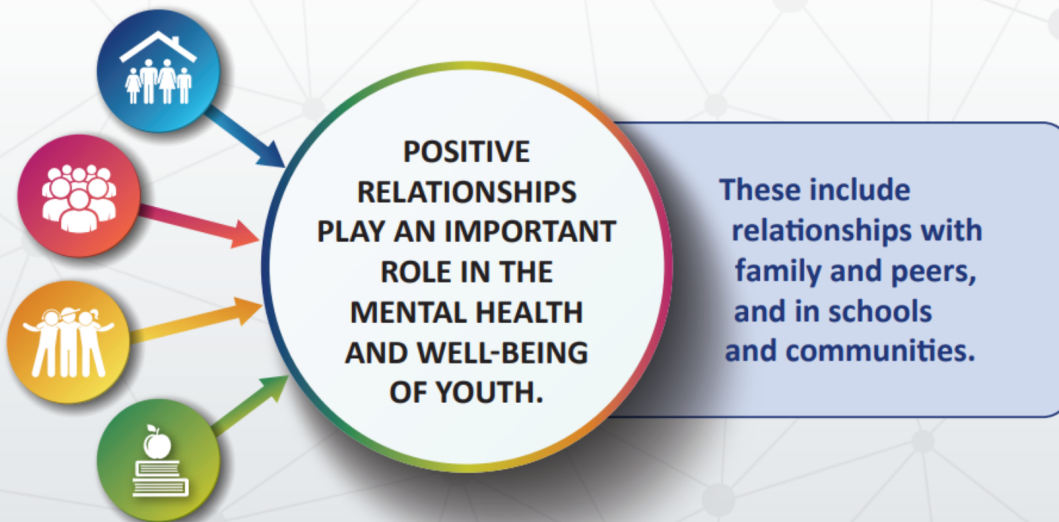


HEALTH & WELLNESS

SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

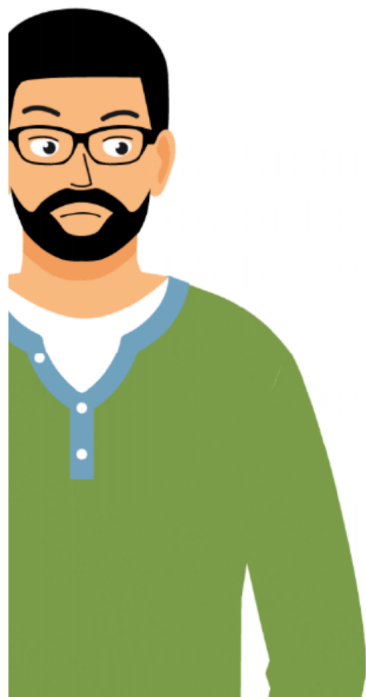
- **INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement,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

YOUTH MENTAL HEALTH



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





MAJOR HEART ATTACK

signs and symptoms in women and men



Chest pain or discomfort



Shortness of breath



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



Feeling nauseous, light-headed, or unusually tired



SNOW SHOVEL SAFETY

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

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

WHAT ARE THE SYMPTOMS OF HEART ATTACK?

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

FIND US ONLINE:



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[@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 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:



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CHEAM DUDES CLUB

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

What is Dudes Club?

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

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

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

DUDES CLUB CORE VALUES



Relationships

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



Sanctuary

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



Brotherhood

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



Journey

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



Two-Eyed Seeing

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

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



EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

To apply to any of the jobs listed below, please visit our website, apply on **[Indeed.ca](https://www.Indeed.ca)**, or drop off your resume at the Band Office.

- **Adult In-home Care Worker**
- **Custodian/Facility Maintenance Worker**
- **General Maintenance Worker**
- **Public Works Supervisor**
- **Reception/Office Support – On-Call/Casual**
We are looking for an On-Call/Casual office support person to act as the first point of contact representing Cheam First Nation. The position will be greeting, welcoming, and directing visitors appropriately; and managing telephone and mail systems. Interested candidates can send their resumes to **tasnja.buchanan@cheamband.com**.
- **Shelter Support Worker**
- **Tutor K-12**
- **Watchman**

FIND US ONLINE:



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GOVERNMENT JOB OPPORTUNITIES IN INDIGENOUS SERVICES

Regional Manager, Information Management Services, Indigenous Services Canada BC Region

Create a GC Jobs account, search for this job (by position title: Regional Manager, Information Management Services, or by Reference Number: DIS21J-021916-000072, or by Selection Process Number: 22-DIS-BC-CS-EA-413146); fill out the job application, and complete the related requirements.

Close date: February 18, 2022

Manager, Systemic Advocacy, First Nations, Metis, and Inuit Research

The Representative for Children and Youth, an independent officer of the B.C. Legislature, works to influence positive change to B.C.'s child-, youth- and young adult-serving system. The Representative's Office provides advocacy support to people dealing with the service system and advocates directly on behalf of children, youth and young adults, monitors and reviews government services to children and youth and reviews and sometimes investigates deaths and critical injuries of children and youth who are receiving services.

Close date: February 18, 2022

Indigenous Videographer & Documentary Production



Please be advised that the following Request for Proposals (RFP) regarding an Indigenous Videographer & Documentary Production is currently posted and can be found on the AFN Website.
Please see the below links to the RFP:

[Request for Proposals – Indigenous Videographer & Documentary Production](#)

The AFN is preparing for its upcoming delegation to Vatican City in support of Truth and Reconciliation Commission Call to Action #58, March 26-April 1, alongside Inuit Tapiriit Kanatami (ITK) and Métis National Council (MNC) and in collaboration with the Canadian Conference of Catholic Bishops (CCCB).

The AFN invites qualified Indigenous filmmakers (and/or companies) to submit proposals to produce a video documentary that captures the historical delegation in Vatican City.

The objective of this Request for Proposals (RFP) is to select a bidder to develop a high-level, professionally made 20-to-30-minute documentary that captures the delegation in Vatican City, while raising historical awareness of former Residential Schools and the Catholic Church of Canada.

Please note that the selected bidder must be a 100% Indigenous production company and crew.



WET'SUWET'EN
FIRST NATION

FINANCE OFFICER JOB POSTING

PRIMARY RESPONSIBILITIES: The Wet'suwet'en First Nation Finance Department is seeking a professional and highly skilled individual to undertake the administrative and financial reporting functions of the office on a fulltime basis. The Finance Officer will report to the General Manager and/or the Chief and Council.

PRIMARY RESPONSIBILITIES:

- Maintaining general ledger
- Prepare monthly financial statements/reconciliation of bank statements
- Prepare annual cash flow statements
- Prepare for year end audits
- Prepare the Annual Budget Package for approval and assist departments with their Budget formulations.
- Produce departmental financial reports
- Remittances to Receiver General and WCB
- Prepare Payroll, Accounts Receivable, Accounts Payable, Bank Deposits and T4's
- Produce financial reports for Chief and Council, as requested.
- Account Reconciliations monthly.

QUALIFICATIONS/REQUIREMENTS

- High School Diploma and College Degree or Financial Certification with a minimum of 5 years professional work experience
- Must treat confidentiality as a priority in the workplace and demonstrate good judgment
- Experience working in a First Nation setting
- Reliable, strong interpersonal and organizational skills
- Excellent communication skills, both written and oral
- Ability to learn and apply new skills in a quick and confident manner
- Knowledge of computer software applications, ability to create spreadsheets for reporting purposes
- Must be fully trained in Paydirt Payroll Software and Adagio Accounting Software
- Ability to work independently and understand financial accounting principles
- Experience with Fund Accounting
- Knowledge of Wet'suwet'en language and culture an asset
- Possess a valid BC Driver's License and have own transportation
- Must undergo a Criminal Record Check

APPLICATION DEADLINE:

Friday, February 25, 2022 at 12:00 pm (Noon)

Please submit a cover letter with an updated resume with (3) references pertaining to the Finance Officer to the address below.

Debbie West, General Manager
Wet'suwet'en First Nation
PO Box 760
Burns Lake BC V0J 1E0
Fax: 250-698-7480
Email: gm@wetsuweten.net

ONLY THOSE THAT ARE SUCCESSFUL APPLICANTS WILL BE NOTIFIED. NO TELEPHONE CALLS PLEASE

Wet'suwet'en First Nation

Box 760, Burns Lake,
British Columbia V0J 1E0

Phone: (250) 698-7307 | Fax: (250) 698-7480
Email: chief@wetsutweten.net





Indian Residential School Survivors Society

JOB POSTING

Indian Day School Coordinator (IDSC) (Term Position to July 31, 2022)

**5 - FULL TIME TERM POSITIONS (Northern (2), Interior (1), Fraser-Salish (1),
Vancouver Coastal (1))**

MUST BE DOUBLE VACCINATED

The Indian Day School Coordinator (IDSC) will assist clients through the claim process & is responsible for ensuring that IDS claimants, who are resolving their IDS Settlement Process can have access to an appropriate level of mental health counseling and emotional support services that would allow the claimant to safely address a broad spectrum of mental health issues related to the disclosure of Indian Day school abuses. In addition to ensuring the safety of IDS claimants, the IDSC will endeavor to build relationships with key stakeholders and communities in an effort to promote a greater understanding of IDS Settlement Process.

Duties:

- Assist with application process
- Provide frontline professional, emotional and psychological support to claimants during processes
- Liaise with various parties in order to identify claimants in need of support
- Facilitate and coordinate with other support services
- Network with Regional support services and provide regular activity reports
- Facilitate Healing/Wellness and other Mental Health workshops

Qualifications:

- Minimum 3 years counseling experience with Aboriginal clients
- Prefer BA in the Social Sciences from a recognized university or equivalent education and experience
- Extensive working knowledge of the history and impacts of the Indian Day School and effective methods for working with IDS survivors
- **Valid BC Driver's License and Must Own Vehicle and Ability to Travel**

Additional Requirements:

- Computer literacy, basic computer skills and knowledge of Microsoft Office and Internet
- Extensive travel will be required by air or vehicle to many communities in BC
- Occasionally, flexible work hours are required to accommodate evening and weekend clients.
- Knowledge of Aboriginal Culture is mandatory
- Demonstrate a wellness lifestyle and self-care plan
- Must undergo a Criminal Record Check
- Strong organizational, communication and team skills

Term: Full Time Term Positions - July 31, 2022 (may be extended pending funding)

Salary: Depending on education and experience

Deadline: February 15th at 5pm

Please send resume, cover letter and references to:

Preference may be given to qualified applicants of aboriginal ancestry as per s. 41 of the BC Human Rts Code

Angela White, Executive Director

413 West Esplanade, North Vancouver, BC V7M 1A6

Fax: **604.985.0023** Email: **resumes@irsss.ca**

No phone calls please. Only those applicants short-listed will be contacted.



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



UHS IN PARTNERSHIP WITH MICHELS!

UHS VALUES

We are BC's leader in occupational health and safety consulting, personnel, and customized industry training. We are known for providing personalized health and safety solutions that are done right the first time. Bringing a wealth of experience and industry knowledge, we go above and beyond to exceed WorkSafeBC requirements to enhance client production and saving, and provide peace of mind.

Our team of experienced instructors provide the highest quality occupational health and safety training in the most comfortable environment. We teach to the learning style of the student to ensure that they can apply the material to real-life situations.

MICHELS VALUES

Safety: Safety is the cornerstone of our culture.

Environment: We are committed to preserving and improving the environments where we live and work.

Integrity: Our actions are characterized by integrity, trust and respect.

Dedication & Teamwork: Our people are dedicated and share a passion for quality and innovation.

Social Responsibility: We are committed to being a responsible community partner and value the diversity of individuals and their contributions.

Sustainable Operations: We have sustainable operations driven by our ability to execute swift, strategic decisions.

COURSE OFFERED: TRAFFIC CONTROL PERSON (TCP/FLAGGER) CERTIFICATION

- OVER \$270 IN VALUE
- ACCOMODATIONS AND MEALS COVERED
- START WORKING AT A BASE RATE OF \$19.76/H

Times: 8:30AM - 4:30PM

Course Dates Burnaby: March 9-10 & 12-13

Course Dates Chilliwack: March 28-29 & 30-31

Burnaby Location: 4199 Lougheed Hwy. #201, Burnaby, BC V5C 3Y6

Chilliwack Location: 45920 First Ave, Chilliwack, BC V2P 7K1

Maximum class size: 14

REGISTER NOW AT: 604 900 9205
AND MENTION YOU HEARD ABOUT US FROM MICHELS

TRAINING OPPORTUNITIES

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

Basic Security Training

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in the SASET catchment area
- Is willing to commit to a 40-hour online training
- Access to internet
- Has interest in Basic Security employment opportunities
- Is willing to work outside for some placements

If so... We are presently accepting applications for this training opportunity. There are a limited number of seats so don't delay in scheduling an appointment with an employment counsellor today!

40 Hours Online Training Plus Exam

For more information, contact us:



604-858-3691 or 1-888-845-4455



www.saset.ca



www.facebook.com/SASET.EAS



info@saset.ca

Job Opportunities Available at:

- Construction Sites
- Shopping Malls
- Hospitals
- Post Secondary Institutes

FIND US ONLINE:



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To apply:

**BOOK AN
APPOINTMENT
WITH AN
EMPLOYMENT
COUNSELLOR
TODAY BY
CONTACTING US
AT 604-858-3691
OR EMAIL
INFO@SASET.CA**

**PLEASE VISIT WWW.SASET.CA
FOR EMPLOYMENT
ASSISTANCE SERVICE HOURS
AT OTHER LOCATIONS**

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

Wildlands Fire Fighting

Feb 22—Mar 9, 2022



LUNCH, AND TRANSPORTATION SUPPORTS PROVIDED!

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 3-week full-time program
- Has an interest in Forest Fire Fighting

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

**Training will take place on-site at
7201 Vedder Road, Chilliwack, BC
Feb 22—Mar 9, 2022
8:30am—4:30pm**

Canada



FIND US ONLINE:





Canada

Sto:lo Aboriginal Skills & Employment Training (SASET) is pleased to host the following program!

Spring Break PROGRAM

**ARE YOU AN INDIGENOUS YOUTH? IN HIGHSCHOOL?
INTERESTED IN THE CUSTOMER SERVICE FIELD?
WILLING TO COMMIT TO A ONE WEEK PROGRAM?**

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

Training Includes:

- SuperHost
- Emergency First Aid & CPR
- WHMIS
- FoodSafe
- WCB Awareness
- Effective Communication
- Workplace Ethics

When: March 21—25, 2022

Where: SASET EAS Bldg 5B-7201 Vedder Road, Chilliwack

Time: 9:00am-3:30pm

**Call us today at
604-858-3691
or find an Employment
Counsellor in your area by
visiting saset.ca**

MORNING SNACK AND LUNCHES PROVIDED

FIND US ONLINE:



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Sto:lo Youth Entrepreneurship Initiative

CONFERENCE Fall, 2022

The Seabird Island Band (SIB) has extended an invitation for 2 (Two) Indigenous Youth from our First Nations communities (within the Fraser Valley) to attend the Sto:lo Youth Entrepreneurship Initiative Conference, which will take place at the Seabird Island Band Multi-Purpose Room in Fall 2022.

This event is by invitation only and letters of invitation were sent to our communities located within the BC Lower Mainland Region. If you are interested in attending this event, please contact our event staff at the email listed below to see if space is available.

The intent of this gathering is to assist Indigenous youth in developing greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.

SYEI Activities 2021

Activity	Sto:lo Youth Entrepreneurship CONFERENCE (100+ Indigenous Youth from the BC Lower Mainland Region)
Location	Seabird Island Band Office – Multi-Purpose Room
Date	Fall (9:00 am to 4:30 pm)
Focus	Strategic areas of business, entrepreneurship, and finance, thus enabling them to contribute to the future of their community's socio-economic development and well-being. Develop greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable.

Sto:lo Youth Entrepreneurship Initiative Registration Form Fall 2022

Participant Name:	
Date of Birth:	
Gender:	
Address:	
Community:	
Cell Phone:	
Email Address:	
Allergies/Special Health Considerations:	
*Parent/Guardian Name:	
Parent/Guardian Address	
Parents/Guardian Home Telephone Number:	
Emergency Contact Telephone Number:	
Physician's Name/Contract Telephone Number:	

****Participants under the age of 19 must complete the shaded portion of the registration form that includes parent/guardian information and have the form signed by their parent/guardian.***

Conference - Full Access, Conference Materials, T-Shirt and Lunch.

Waiver:

By signing this registration form, I have read and agree to the following waiver of all claims, release from all liability, assumption of all risks, agreement not to sue, and other terms of this agreement as entered into by me (the Participant) with and for the benefit of the Seabird Island Band, (SIB) its leadership, staff, directors, representatives, officers, employees, volunteers, agents, contractors, volunteers, consultants and any/all Sto:lo Youth Entrepreneurship Conference facilitators and participants. I further agree to release the Seabird Island Band and all others listed (above) in this waiver from any liability for any personal injury, death, property damage, expense, and related loss, including loss of income that I may suffer as a result of my participation in this activity, due to any cause whatsoever, including negligence, breach of any statutory duty of care; and to hold harmless and indemnify Seabird Island Band and all others listed (above) within this waiver from all liability for any damage to property of, or personal injury to, any third party, resulting from my participation in this activity.

Photo Release:

By signing this registration, I grant my permission for the Seabird Island Band and the Sto:lo Youth Entrepreneurship Initiative Organizers to take photos of me (or of my child) and give permission to use these photos for the Sto:lo Youth Entrepreneurship Initiative, and that my photo may be provided as promotional material, as well as displayed on social media for this and future events.

Participant Signature:	
-------------------------------	--

*****Note: Youth under 19 years of age must have parent/guardian permission to attend this event.***

Parent/Guardian Signature:	
-----------------------------------	--

Completed forms can be sent to Attn: Darwin Biamonte at: darwin.biamonte@sqewqel.ca

Save THE Date

2nd Annual

IYÓQTHET

(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

Pre-Employment
Supports Program



*Butterfly Kiss
by Orla Mailhot*

**WATCH YOUR EMAIL FOR
REGISTRATION INFORMATION**

FIND US ONLINE:



Aboriginal Management Program

Ch'nook

Jenna Forbes
AMP Graduate 2016
Executive Director
Vancouver Aboriginal Transformative
Justice Service Society
Ts'mshlan/Gitksan/Haida

Program Overview

The AMP certificate program integrates leading-edge business knowledge and management training with Indigenous experience and contexts to create an integrated learning experience. Over the course of the program, students will participate in various business courses taught by UBC Sauder faculty and other business professionals. Participants will learn key business topics and develop a business capstone project, applicable to their entrepreneurial business idea, or that of their council, community or economic development corporation. Students will present their capstone project on the final day of class.

Who is the program for?

The program is designed for someone who demonstrates drive, ambition, and a clear sense of purpose including:

- Development corporation staff with managerial and leadership potential
- Band management staff
- Indigenous entrepreneurs

Core Curriculum Topics

- Introduction to Business
- Introduction to Economics
- Marketing Strategy
- Market Research
- Operations and Supply Chain Management
- Accounting and Finance
- Conflict Resolution
- Human Resource Management
- Introduction to Project Management
- Professional presentations

Time Commitment

Participants must commit to attending online and in-person classes. Travel for in-person classes is fully covered and tuition bursaries are available for students.

- March 3, Thursday (6:00 pm – 8:30 pm PT), delivered on Zoom
- March 7, Monday (6:00 - 8:30 pm PT), delivered on Zoom
- March 10, Monday (6:00 - 8:30 pm PT), delivered on Zoom
- March 22, Tuesday (6:00 - 8:30 pm PT), delivered on Zoom
- March 29, Tuesday (6:00 - 8:30 pm PT), delivered on Zoom
- April 5, Tuesday (6:00 - 8:30 pm PT), delivered on Zoom
- April 9, Saturday (9:00 am - 4:00 pm PT), delivered on Zoom

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[@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

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:





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)



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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:



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.

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<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:





CALL OUT

STS'AILES TELMEXW AWTEXW HEALING CENTRE

Trauma Informed Practice and Harmful Substance Use Training



Telmexw Awtexw will be hosting introduction to trauma informed practice, covering a scope of NNADAP history and Telmexw Healing Centre philosophy, substance use and harm reduction knowledge, and trauma-informed care knowledge for the intended audience of Elders.

FIND US ONLINE:





CALL OUT

Trauma Informed Practice and Harmful Substance Use Training

THIS TRAINING IS AN INTRODUCTION TO TRAUMA INFORMED PRACTICE, COVERING A SCOPE OF NNADAP HISTORY AND TELMEXW HEALING CENTRE PHILOSOPHY, SUBSTANCE USE AND HARM REDUCTION KNOWLEDGE, AND TRAUMA-INFORMED CARE KNOWLEDGE. THE INTENDED AUDIENCE IS FOR ELDERS WHO MAY WANT TO WORK AT THE UPCOMING HEALING CENTRE OR WITHIN THE HEALING FIELD. THIS TRAINING WOULD BETTER EQUIP THE ELDERS TO WORK WITHIN THE TWO-EYED SEEING PRACTICE OF COMBINING THE WESTERN-WORLD BEST PRACTICES IN SUBSTANCE USE TREATMENT ALONGSIDE TRADITIONAL CULTURE AND ANCESTRAL WISE PRACTICES. UPON SUCCESSFUL COMPLETION OF ATTENDING ALL SESSIONS YOU WILL BE AWARDED CERTIFICATION OF COMPLETION. THIS TRAINING WILL BE MADE AVAILABLE THROUGHOUT THE FRASER SALISH REGION.

Tentative Schedule

Session One:	Feb 22 2022	9:00am-12:00pm - In person
Session Two:	May 2022	9:00am-12:00pm - In person
Session Three:	Sept 2022	9:00am-12:00pm - In person
Session Four:	Nov 2022	9:00am-12:00pm - In person
Session Five:	Feb 2023	9:00am-12:00pm - In person
Session Six:	May 2023	9:00am-12:00pm - In person

Registration

If you are interested in taking part of this trauma informed practice, please contact Tamara Andrew via email (tamara.andrew@stsailles.com) or by phone (604-819-2543). We will be doing first come first serve basis up to 15 participants. Deadline to apply is February 4, 2022.

FIND US ONLINE:





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](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**. 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>

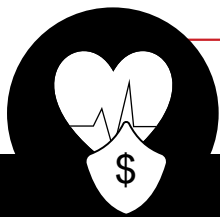
1-866-274-6627

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)**



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- 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

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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

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<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)
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FNHA CLIENTS:



MAIL YOUR APPLICATION

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



FAX

1 888 299-9222



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

