



XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: FEBRUARY 25, 2022



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XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwtmet 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.

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ADMINISTRATION NOTICES/UPDATES

CHEAM BAND OFFICE RE-OPENING

With the relaxation of the Provincial Health Orders, this week will be our last with the Band Office being closed to the public. We are transitioning staff back to the office full-time and getting facilities ready for in-person services.

We will fully reopen the Band Office to the public on Wednesday, March 2nd, with full staff Monday to Friday 8:30 am – 4:30 pm.

**All Covid/safety protocols will be strictly enforced
and must be followed at all times.**

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: February 17, 2022

RESTRICTIONS AND SAFETY MEASURES THAT AREN'T CHANGING

- * Masks required in all indoor public settings
- * Showing proof of vaccination to access many businesses, events, and services
- * Businesses must have a COVID-19 safety plan
- * Restrictions on visitors to long-term care and assisted living facilities
- * Restrictions on worship services
- * Restrictions on child and youth overnight camps
- * K to 12 and child care safety guidelines

RESTRICTIONS THAT ARE CHANGING

Starting February 16 at 11:59 pm, many restrictions will be eased. With proof of vaccination and masks, these activities can return to normal.

NO RESTRICTIONS ON INDOOR AND OUTDOOR PERSONAL GATHERINGS.

Full capacity allowed for:

- * Indoor and outdoor organized events
- * Indoor events at venues
- * Exercise and fitness, adult sports activities, tournaments, and swimming pools

Full capacity and fewer restrictions in restaurants, bars, pubs and nightclubs:

- * No limits on table size
- * Normal liquor service hours
- * Customers don't have to remain seated
- * Dancing is allowed when wearing a mask indoors

AFN Delegation to the Vatican

March 28-April 1, 2022



Attention Cheam Members and Community;

The National Assembly of First Nations has been planning a delegate visit to the Vatican City since the summer of 2021, and I will be attending the Vatican trip at the end of March.

I am reaching out to my community for your message that you wish to send to the Pope at the Vatican at this time.

- ~What are the expectations that you would like to see from this trip?
- ~How do you see the reconciliation process happen with the Vatican and the Government of Canada?
- ~What is your definition of Reconciliation and what does that look like and mean to you?
- ~As Residential School Survivors, FN Veterans, and 60s Scoops survivors, what do you hope will be the main goal of this visit?

I am expecting that I may not have a chance to speak, however, if I get that chance, I wanted to reach out to you to get my direction on this visit to the Vatican. I want my words to be reflective of your voices. I want to share your message with Pope Francis and articulate it to him so that it will have the greatest impact. I want to be the voice of Cheam as a delegate to bring this message forward. I cannot do so without your input.

Please email your responses to Annie.Silver@cheamband.com or you may write down your stories and ask Daphne for a sealed envelope to pass on to me if you wish it to remain confidential. If you need help to articulate, I can sit down with you and write these down at the office, Daphne can help you connect with me to arrange a time to sit down.

Thank you with all my heart for your bravery, strength, and wisdom, it will guide me in moving forward in my role as Council for my community!

Respectfully,

Annie Silver
Councilor, Cheam First Nation

This delegation is in support of Truth and Reconciliation Commission Call to Action #58, which states: "We call upon the Pope to issue an apology to Survivors, their families, and communities for the Roman Catholic Church's role in the spiritual, cultural, emotional, physical, and sexual abuse of First Nations, Inuit, and Métis children in Catholic-run Residential Schools. We call for that apology to be similar to the 2010 apology issued to Irish victims of abuse and to occur within one year of the issuing of this Report and to be delivered by the Pope in Canada.

<https://www.afn.ca/vatican> 03

CHEAM HEADSTART PARENTS AND TOTS PROGRAM



(Photo from Aboriginal Head Start Program)

Ey Swayel

I would like to start off by introducing myself, my name is Randi Charlie and I am the new Headstart coordinator for Cheam. We are happy to announce that we will be re-opening our Headstart Parents and Tots program starting March 28th.

We are asking any families that are interested in the program, and have children aged 0-6, to connect with me to fill out registration forms.

My cell phone number is 604-793-5843 or email is Randi.Charlie@seabirdisland.ca

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.

In order to provide services during this time, 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

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!

Education Tutor, Deborah Tuck (deborah.tuck@cheamband.com).



Tenancy Agreements 2022/2023

The Housing Department will require tenants to come in and renew their Housing agreement and sign a repayment agreement for any arrears owing. Please have *ALL* adults living in the home come in to sign the Housing agreement.

This will commence on March 21 and continue through March 25, 2022.

Kindly reach out to Daphne to schedule your 30 min appointment at (604) 794-7924.

Thank you and I look forward to meeting with you.

Lydia Archie
Housing Manager



Please note: Tenants who do not decide to do a tenancy agreement will by default consider their tenancy void. To avoid action, please make necessary arrangements.

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Annual Housing Inspection

The Housing Department will be doing the annual inspection on the remaining
RENTAL OR SOCIAL HOUSING UNITS:

- 1) 51888 Old Yale Rd
- 2) 52089 Old Yale Rd
- 3) 52152 Old Yale Rd
- 4) 52150 Old Yale Rd
- 5) 52186-B Mammam Cr
- 6) 52192 Alexis Cr
- 7) 10540 Edwards Rd

Wednesday, March 9, 2022
8 am to 5 pm

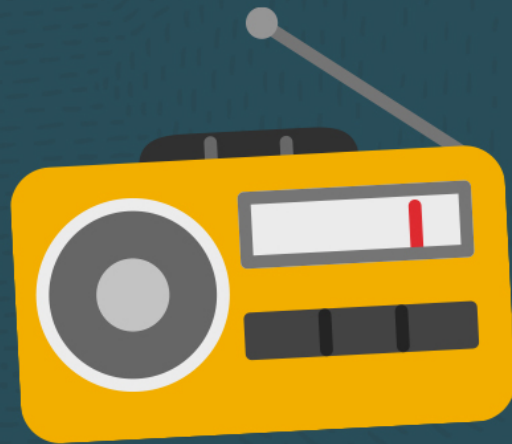
(One hour booked for each home with a half
hour lunch break at noon.)

If you require a specific time, please phone the Housing Dept to book by March 4, 2022, otherwise you will be assigned a time. Our inspector this year is Danny Tourville, La:lem Building Inspection and Consulting.

COVID 19 safety guidelines will be followed and will be distributed to the inspector and all tenants.

Thank you
Cheam Housing Department

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)
		Yakweakwioose	(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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FREE TAX PREPERATION & FILING



BY APPOINTMENT, DROP OFF, OR DROP IN
WE'LL PREPARE AND E-FILE YOUR TAXES FOR FREE.

FEBRUARY 26 TO MARCH 31

CHEAM FIRST NATION
52161 VICTOR DRIVE, ROSEDALE BC V0X 1X1
MASKS MANDATORY, Social Distance in Effect

Please bring your Government-Issued ID and All Tax Slips

You are NOT eligible for this program if you:

- Are filing a Pre/Post Bankruptcy Return
- Are filing a Deceased Return
- Are Self-Employed
- Have employment expenses
- Have income sources that include Capital Gains, Farming Income, Commission Income, Investment Income over \$1,000, Professional/Business Income, Rental Income
- Other complex returns

For further information please call 604-794-7924 ext 113

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CHEAM ELDERS CORNER

Stay tuned to this new section for bi-weekly Elder news, interviews, events and more!



Cheam Elders, please feel free to submit your photos to communications@cheamband.com for future newsletters/projects.

Temt'elemches ~ Time one's hands stick to things (from cold)

February 21 - March 22



Upcoming Birthdays

Birthdate

Genevieve Inez Douglas	Feb. 26
Lorraine Crey	Feb. 28
Judith Doris Douglas	March 1
Margaret Marie Lolkema	March 5
Norah Annie Newman	March 7
Judith Ellen Douglas	March 19

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.

- 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



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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



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. 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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FRASER SALISH REGION

First Nations Health Authority

Wellness Supports

FNHA SYSTEM SUPPORT LINE

system.support@fnha.ca

604-743-0635

HEALTH CARE

FNHA Virtual Doctor of the Day

1-855-344-3800

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

7 days a week from 8:30am – 4:30 pm

FNHA Health Benefits

1-855-550-5454

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

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

MENTAL HEALTH AND CRISIS SUPPORT LINES

Indian Residential School Survivors Society:

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

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

Indigenous crisis line in BC. Available 24 hours a day

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

For counselling and cultural support

Indigenous Text Line

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

68 68 68 (youth) or;

741 741 (adults)

Hope for Wellness Line

1-855-242-3310 or;

online chat at:

chat.fn-i-hopeforwellness.ca

Suicide Prevention Center

1-800-SUICIDE

Mental Health Support Line

310-6789 (no area code)

MENTAL HEALTH AND WELLNESS

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

Sierra Kortenbach: Regional Mental Health and Wellness Liaison

Mobile: 778-684-2289

Sierra.Kortenbach@fnha.ca

Tracey Jirak: Harm Reduction Coordinator

Mobile: (604) 319-3979

Tracey.Jirak@fnha.ca

Mehrdad Ghafouri: Harm Reduction Coordinator

Mobile: (778) 554-9140

Mehrdad.Ghafouri@fnha.ca

WELLNESS SYSTEMS NAVIGATORS

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

Marilyn Dalton:

778-684-1728

Marilyn.Dalton@fnha.ca

Nardia Brown:

604-831-2651

Nardia.Brown@fnha.ca

Jennifer Kazun (Charchun):

Children, Youth and Families

778-347-3538

Jennifer.Charchun@fnha.ca

WELLNESS SYSTEMS QUALITY CARE COORDINATOR

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

Deanna Rabeneck: 604-250-2385

Deanna.Rabeneck@fnha.ca

BRINGING CULTURALLY SAFE SERVICES TO YOU

Aboriginal Health Liaisons provide patients with positive health care experiences and culturally safe care. Liaisons support First Nations, Métis and Inuit patients to navigate the health care system, support safe transitions from hospital to home and connect with community services.

WHEN TO CALL:

- To refer First Nations, Métis and Inuit patients
- To ask questions regarding any aspect of the Aboriginal Health Services
- To help patients access services throughout the health care system

REFERRALS CAN BE MADE BY:

- Patients
- Family members
- Friends
- Health professionals

To contact an Aboriginal Health Liaison, call 1-866-766-6960

Hours of service: Monday – Friday from 8:30 am – 4:30 pm
(excluding holidays)

To contact a Wellness System Navigator from
First Nations Health Authority, call 604-743-0635

Seabird Island Optometry Clinic

Date:

April 20 & 21/ 2022

Time:

9:00am - 6:00pm

For an appointment please contact your Community Health Representative or Emma Leon at 604-798-6144 or Lena Paul at 604-798-3793.

- Adults eligible once every 2 years
- 0-18 eligible once a year, 65+ eligible once a year



Please follow Covid-19 restriction we have set in place.

- Clients arrive and park in the designated Optometry Clinic Parking Lot to the right of the Band Office.
- Clients will receive a text message regarding their appointment time. Pre-screens will happen via text or phone call, before clients may enter the building for their appointment.
- When the Eye Doctor is ready for them, they are requested to enter the side door of the building. The door is labelled **Optometry Clinic**. There, they will be screened for their temperature, permitted to enter and sanitize upon entry. Masks are mandatory at this time.

Thank you for your understanding and cooperation.

Ages 40-79

Mammogram Clinic

*"Early detection
SAVES lives!"*

When | May 25th, 2022

Where | Seabird Band office Parking Lot

**For more
information and
registration
forms, Please
contact the CHR
in your
community!**



FIND US ONLINE:

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 next food distribution event on March 10, 2022.



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

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.

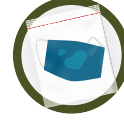


Choose a mask that's clean, dry and damage free.



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






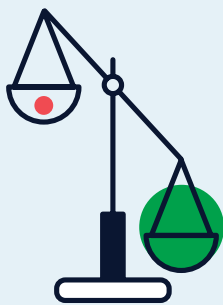


First Nations Health Authority
Health through wellness

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 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.



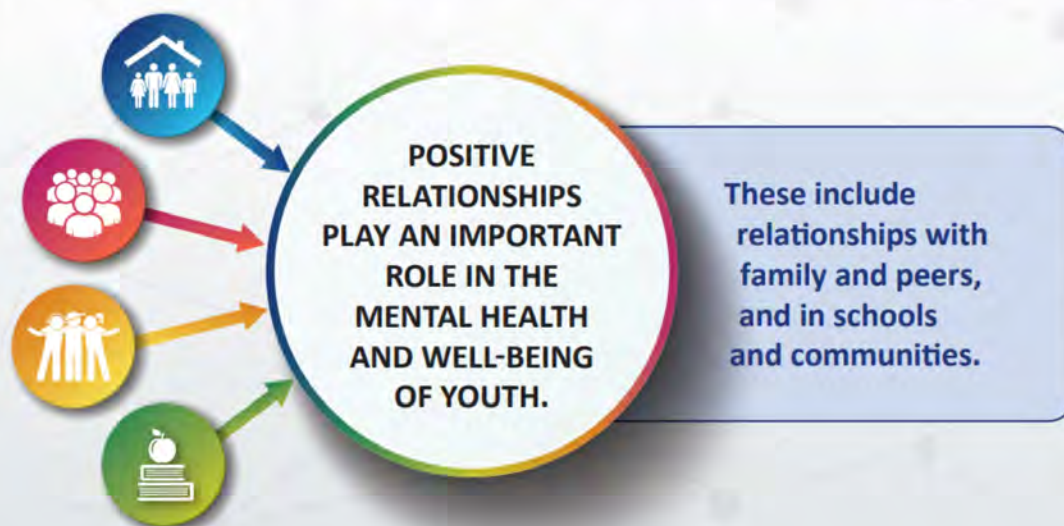


HEALTH & WELLNESS

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.



INDIGENOUS OUTREACH

Our team can provide a range of services to support you in your substance use journey.

- HARM REDUCTION SUPPLIES
- INDIVIDUAL & FAMILY COUNSELLING
- SUBSTANCE USE TREATMENT REFERRALS
- NALOXONE TRAINING
- GRIEF AND LOSS SUPPORT
- GROUP THERAPY
- RESOURCE NAVIGATION

Are you struggling with substance use? Or know someone that does? Are you wanting support but unsure how to reach out?



First Nations Health Authority
Health through wellness

Office Phone:
604-701-3660



fraserhealth

Better health. Best in health care

We recognize Fraser Health provides care on the unceded and traditional territories of the Coast Salish and Nlaka'pamux Nations

FIND US ONLINE:



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

Pathway to Treatment

You've chosen to seek treatment...now what? The steps below can be taken with the support of a medical professional or referral worker. If you're not sure who to work with, we can help with that too! Check out the back page for more resources.



FRASER SALISH REGION
First Nations Health Authority

1 Connect with a medical professional

This could be your family physician, counsellor, community health lead, or the FNHA Doctor of the Day. They will work with you to complete the following steps. Or, call Fraser Health's SUSAT service (1-866-624-6478) to connect to a clinician who can help you complete a referral application to treatment or detox.

2 Choose the avenue of treatment that is right for you

When you are looking for treatment, there are things to consider. Do you want treatment rooted in culture? is it important for you to remain in the Lower Mainland?

First Nations Treatment Centres

The foundation of these centres are built through a cultural lens which is embedded into the centre's programming. Cultural supports, such as an Elder, are on site whenever needed.

Fully funded by the FNHA

Can have longer waitlists

Located throughout BC

[FNHA Treatment Centres in BC](#)

Provincial/Public Funded Centres

These centres make efforts to incorporate cultural elements such as weekly smudging/brushing, but may not have culture embedded directly into the programming.

For funding options talk to your referral worker or medical professional

Various locations with options in the Lower Mainland
Provide specialized care for co-existing mental health conditions.

3 Complete and submit applications

Choose multiple centres and work with your referral worker/medical professional to submit applications to all of them. This will help with waitlists that you are likely to encounter.

4 Focus on wellness

Reach out to loved ones for support.

Connect with your community's mental health team, addictions worker, or traditional wellness worker/team.

Consider talking with a counsellor while you wait.

Build a safety plan: talk to a friend/family member about whether you can reach out to them during this process. You can also talk to a friend, neighbour, or health director/lead about going to them if you feel unsafe. Work with your referral worker/medical professional to choose some coping strategies.

Supports and Resources



FRASER SALISH REGION
First Nations Health Authority

If you're not sure how to connect with a referral worker, medical professional, or someone to help, start by calling:

FNHA Virtual Doctor of the Day

1-855-344-3800 (Toll free, 7 days a week 8:30am to 4:30pm)

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

FNHA Virtual Substance Use & Psychiatry Service

Provide virtual specialist support in addictions medicine and psychiatry.

FNHA Virtual Doctor of the Day, or your usual medical professional, and give you a referral for this service.

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

SUSAT

Fraser Health's SUSAT service can connect you to a substance use clinician who can work with you to complete a referral application to treatment, or detox.

1-866-624-MHSU (6478)

To support your mental health and wellbeing, you can reach out to:

Kuu-Us Crisis Line Society

24 Hour Crisis Line for Indigenous people across BC

Adults/Elders Line: 250-723-4050

Youth line: 250-723-2040

Toll free: 1-800-8717

Hope for Wellness Help Line

Immediate mental health counselling and crisis intervention

Call toll free 1-855-242-3310 or;

Start a confidential chat at

hopeforwellness.ca

Indian Residential School Crisis Line

National service for anyone experiencing pain or distress as a result of their residential school experience.

604-985-4464 or;

Toll free crisis support (24/7)

1-800-721-0066

Counselling

Various services are available through the FNHA Health Benefits

Before booking an appointment, call 1-855-550-5454 or visit

fnha.ca/benefits to ensure the service is eligible for coverage

For assistance navigating barriers, questions, or the Pathway to Treatment, contact:

Sierra Kortenbach

Regional Mental Health and Wellness
Liaison, FNHA Fraser Salish Region
Sierra.Kortenbach@fnha.ca

Leah Brody

Addictions Specialist, FNHA Fraser
Salish Region
Leah.Brody@fnha.ca

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_FN](https://twitter.com/CHEAM_FN)



CHEAM DUDES CLUB

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

What is Dudes Club?

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

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

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

DUDES CLUB CORE VALUES



Relationships

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



Journey

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



Sanctuary

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



Brotherhood

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

Two-Eyed Seeing

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

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





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

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**



SPIRIT OF THE CHILDREN SOCIETY
MOTIVATE INSPIRE LEAD EMPOWER SUCCEED
GOING M.I.L.E.S
Youth Conference

FOR INDIGENOUS YOUTH AGES 12 - 18 (INCLUDING FIRST NATIONS, MÉTIS & INUIT)

Featuring: Amazing Facilitators/Entertainers/Indigenous Youth Fashion Show



DAKOTA HOUSE
Actor/Facilitator



SCOTT WARD
Comedy Hypnotist/Facilitator

26

APRIL 2022

1:00PM - 8:00PM
GOING M.I.L.E.S
WORKSHOP

6:30PM
FASHION SHOW

27

APRIL 2022

1PM- 4PM - GOING M.I.L.E.S WORKSHOP

5PM - SUPPER BANQUET

7PM - COMEDY HYPNOSIS /MENTALIST

8:30PM - GOING MILES VIDEO DANCE PARTY

28

APRIL 2022

10:30AM - 2:00PM
GOING M.I.L.E.S
WORKSHOP

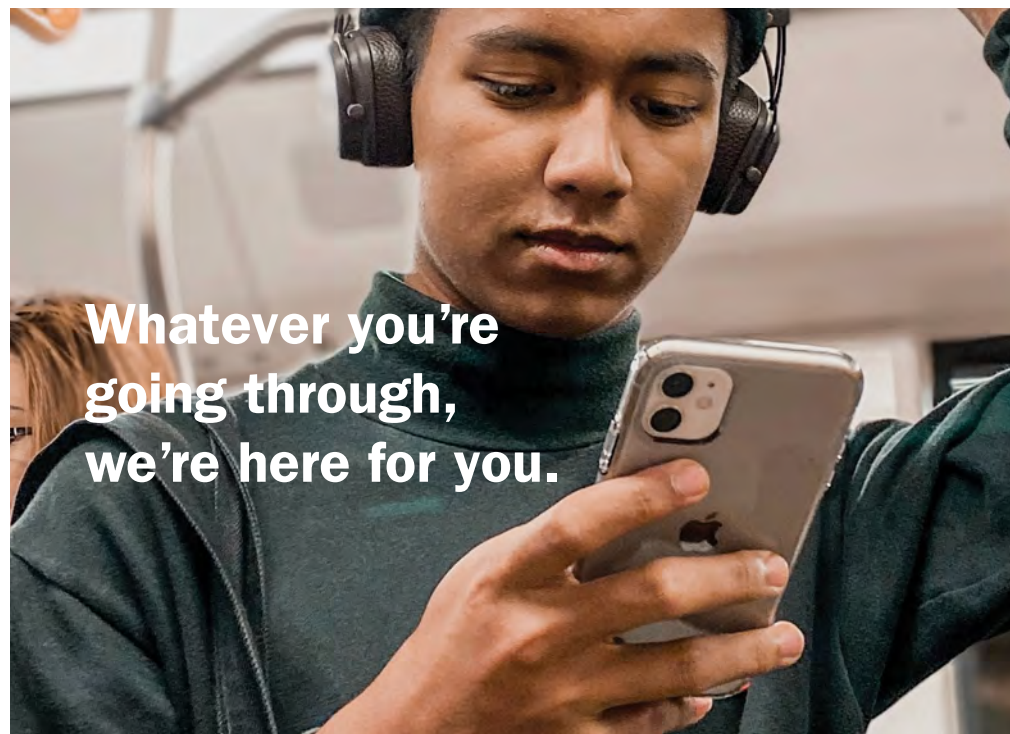


Mikhaila Tobin - Conference Contact
Email: m.tobin@sotcs.ca - Register by April 8th

Registration Fee (For 3 Days): \$100

Venue: The Giggle Dam Dinner Theatre
2616 Shaughnessy Street, Port Coquitlam





Whatever you're going through, we're here for you.

"I never realized how easy it was to access support through an app on my phone. I accessed Foundry's app from the comfort of my bedroom and spoke with a counsellor the same day. I left my session with resources and a follow-up appointment with a primary care provider. For the first time in a long time, I feel hopeful."

- Youth accessing Foundry Virtual BC services.

Foundry Virtual BC

We offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 across British Columbia.

All services are free and confidential, no referrals are needed. We offer video, audio and chat options.

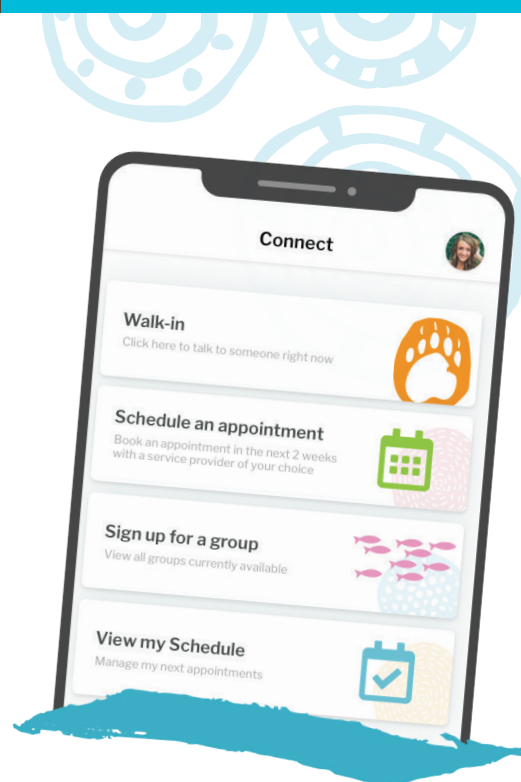
Drop-in services: Access same-day counselling and peer support.

Scheduled appointments: Book counselling or peer support appointments in advance.

Group sessions: Connect with peers, learn coping strategies and life skills.

Primary Care: Speak with a Nurse Practitioner about sexual health, medication, gender affirming care or other medical/health-related concerns.

Employment services: Explore employment opportunities, educational/certification programs or discuss other job or school-related options.



Download the App or use in a browser

Hours: 7 days/week
1:00pm–9:00pm

Visit foundrybc.ca/virtual to learn more. If you don't have internet access you can contact us at **1-833-308-6379** or email online@foundrybc.ca



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.

FIND US ONLINE:

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THE UNIVERSITY
OF BRITISH COLUMBIA

Centre for Excellence in
Indigenous Health

UBC Summer Science and the Virtual Indigenous Science Experience (VISE)

2022 applications open NOW!



What is UBC Summer Science Program?

UBC Summer Science is a one-week cultural, health and science program for Indigenous students in grades 8-11. The program promotes interest in health and science programs through firsthand experience at the University of British Columbia. The Summer Science Program is a great opportunity to meet new friends, eat great food, connect with Elders/role models while enjoying fun, laughter and learning.

Who: Students entering grades 9 - 12 in fall 2022

Where: UBC Vancouver campus

When: July 10th - 23rd

What is VISE?

The VISE 2022 is an online, interactive workshop program for Indigenous high school students. Students are introduced to the University of British Columbia and various science fields. They also learn Indigenous teachings from dedicated facilitators

Who: Students entering grades 9 - 12 in fall 2022

Where: Online

When: July 2022 (exact dates TBD)

Application deadline May 1st, 2022

For more information: <https://bit.ly/UBCSSPVICE>

Got Questions? Email: summer.science@ubc.ca

If COVID-19 restrictions do not allow us to gather in-person for UBC Summer Science from July 10th-23rd we will then offer VISE 2022. With respect to those that may not want to attend an in-person Summer Science this year, we are opening VISE 2022 applications to assess the demand for the program. Closer to April 2022, we will announce if one or both programs (UBC SSP & VISE 2022) will be running in July 2022.

SCAN ME



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VIRTUAL

BCAFN

British Columbia Assembly of First Nations



FORUM

MARCH 19th: 5pm - 8pm

MARCH 20th: 10am - 4pm

HONORARIA &
DOOR PRIZES
AVAILABLE!

To Register:

youth.bcafn.ca

OPEN TO FIRST NATIONS YOUTH IN BC AGES 15-29

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[@CHEAM.FN](https://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

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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	<p>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.</p> <p>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.</p>

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

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.

- **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 tasnia.buchanan@cheamband.com.
- **Shelter Support Worker**



FIRST NATIONS LEADERSHIP COUNCIL

CALL FOR EXPRESSIONS OF INTEREST: BC LOTTERY CORPORATION INDIGENOUS REPRESENTATIVE DIRECTOR

The First Nations Leadership Council and its delegated subcommittee the BC First Nations Gaming Commission are issuing a call to citizens and members of BC First Nations for expressions of interest in the role of an Indigenous Director to sit on the BC Lottery Corporation ("BCLC") board of directors (the "Board").

The representative Board position was established pursuant to the Long Term BC First Nations Gaming Revenue Sharing and Financial Agreement, which came into effect on September 16, 2020 (the "Revenue Sharing Agreement"). Pursuant to the agreement, each year for twenty-five years 7% of the net income of BCLC is paid to the BC First Nations Gaming Revenue Sharing Limited Partnership for distribution to all BC First Nations. The director will be seated at the next possible opportunity, anticipated in spring 2022, for a term of one year, with eligibility for re-appointment totaling six years of service. Orientation and onboarding will be provided by the First Nations Leadership Council and by BCLC. Full document on our website.

[BCLC Indigenous Director Call Out](#)

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.

FIND US ONLINE:





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**

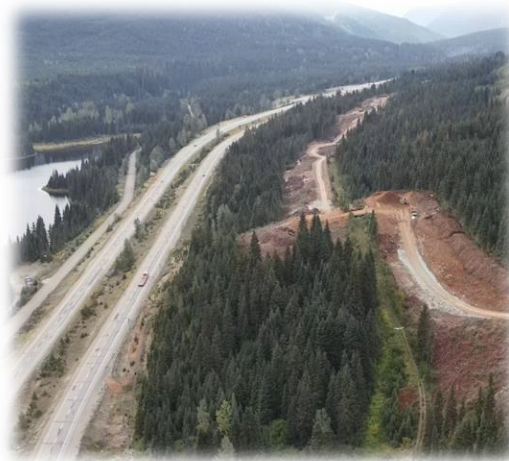
No phone calls please. Only those applicants short-listed will be contacted.





Team 5B Employment & Training Opportunities

- Team 5B includes Kiewit, Rundle Construction Inc. and Macro
- Coquihalla Summit to Bridal Veil Falls
- Conventional Pipeline Construction, including trenchless crossings
- Many employees stay at Ohamil camp
- Construction scheduled to December 2022
- Will be employment opportunities throughout Project Construction
- Positions may include:
 - Heavy equipment operators
 - Laborer
 - Traffic control personnel
 - Welders
 - Mechanic
 - Electrician
 - Side boom operator (steep slope)
 - Email resume to Robin.Farr@Kiewit.com



Kiewit

Location: Hope, BC

Schedule: 14/7 rotation with paid flights

Hours: 10- hour days, overtime may be required

Accommodation: Camp provided

Employment Opportunities:

- Skilled Laborers
- Heavy Equipment Operators
- Drillers
- Heavy Duty Mechanic

Bonatti

Location: Hope, BC

Schedule: 6/1

Hours: 10- hour days, overtime may be required

Accommodation: Camp provided

Employment Opportunities:

- Journeyman Welders
- Journeyman Pipefitters
- Heavy Equipment Operators
- Laborers
- Drivers (Class 1)

Macro

Location: Popkum Yard, Yale BC

Schedule: 6/1

Hours: 12-hour days

- 72 Hour work week, with OT after 40 hours
- 4 full days off every long weekend
- LOA

Employment Opportunities:

- Experienced Skilled Labour
- Heavy Equipment Operators

All employees:

- Must successfully complete Drug and Alcohol and 50lb Fit for Work test
- Must have steel-toed boots; all other Personal Protective Equipment (hard hat, gloves, safety glasses, high vis vest) is provided
- Receive comprehensive medical, dental, vision, RRSP and Pension Benefits through CLAC
- Have opportunity for advancement and in-the-field-training



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!

SASET
Sto:lo Aboriginal Skills
& Employment Training

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

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WELDING FOUNDATION PROGRAM

31-week technical training at BCIT

8-week Essential Skills training in New Westminster

Fully funded program

For Indigenous People - Status, Non-status, Métis or Inuit

Start Date: Monday, March 21, 2022

Become a Welder

Canada



CALL TODAY! 604-922-4077
www.accessfutures.com



PIPING FOUNDATION PROGRAM

26-week program at BCIT

7-week Essential Skills training at ACCESS ESAF

Fully funded program

For Indigenous People - Status, Non-status, Métis or Inuit

Start Date: April 4, 2022

Piping - A Fit For You!

Canada



CALL TODAY! 604-251-7955
www.accessfutures.com

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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

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Pre-Employment
Supports Program



Butterfly Kiss
by Orla Mailhot

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

FIND US ONLINE:



FOOD HUB WORK EXPERIENCE

YOUR MISSION TO SUCCESS STARTS HERE!

PAID Training

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

Who is Eligible?

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

What do you learn?

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

Certificates Include:

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

Food Hub Locations:

Victoria, Vancouver, Abbotsford & Salmon Arm



**Apply Online
& Get Paid!**

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

Other Amazing Benefits Include:



Build Connections



Employment Support



Paid Work Experience



Additional Paid Expenses

Canada

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

FIND US ONLINE:



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

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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.



SERVICE CANADA

READY TO HELP



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



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

If you require assistance accessing services, please complete an **e-Service request** form at **Canada.ca/service-canada-e-service**. 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>

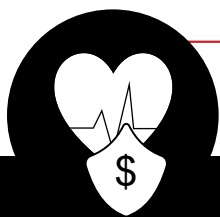
1-866-274-6627

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 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.

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<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
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PART 4 — CLIENT SIGNATURE

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

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

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

The privacy policy is available online at pac.bluecross.ca 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

