



# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: March 11, 2022



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### XWECHÍYOM 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

## 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** **March 10, 2022**

**Starting March 11, 2022 at 12:01 am, these activities can return to normal:**

- Masks no longer required in public indoor settings under a public health order
- Masks are encouraged on public transit and BC Ferries, but not required
- Individual businesses and event organizers can choose to continue requiring masks on their premises
- Masks are still required for federally regulated travel, like air travel
- No restrictions on worship service capacity
- Overnight camps for children and youth allowed

**Starting March 18, 2022, at 12:01 am, there are no visitor limits at long-term care and seniors' assisted living facilities.**

**When K to 12 schools return from spring break, masks will no longer be required for students, staff, and visitors.**

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#changes>



British Columbia  
Assembly of First Nations

## **Virtual Water Dialogue Series** **Elders, Youth and the** **Canada Water Agency**

**March 15, 2022 from 1:00 PM to 4:00 PM**

**[REGISTER HERE!](#)**

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# 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](mailto: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

**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



# SCHOOL DISTRICT 78 FRASER-CASCADE

EVERYONE PULLING TOGETHER

March 2, 2022

Dear Fraser-Cascade Families and Staff Members,

## **Re: Tragedy in Ukraine**

The current tragedy in Ukraine will be in the hearts and minds of many of our students, families and staff. It will also be very sensitive for everyone who have relatives in this part of the world. When critical events occur in our world, we have a moral responsibility to be aware of the events and recognize how these may impact everyone's emotional health.

Having conversations with youth about tragic global events can be challenging to navigate appropriately. Still, our children depend on the adults in their lives to make sense of these events to feel safe. Here are some suggestions for your consideration (shared from School District 39, Vancouver):

- Acknowledging any feelings and concerns that arise and reassure your child is in a safe place.
- This type of global issue may trigger an emotional response in you as well as your child. Recognizing your feelings enables us to be more supportive and gives children a model to express their feelings.
- Give children the opportunity to express their concerns and ask questions, listen carefully to what they are saying and respond in as objective away as possible. If you don't know an answer, don't be afraid to say so. Children need to know that adults are taking their concerns and questions seriously.
- Be aware of the potential impact of "media overload" from traditional media and the internet. Talk to your children about the importance of limiting their exposure to this coverage, especially for secondary students.

Staff may access the following article for direction on how to support students during this challenging time: <https://www.edweek.org/teaching-learning/how-to-talk-with-students-about-the-russia-ukraine-war-5-teaching-tips/2022/02>.

The emotional safety of our students is our utmost concern. Fraser-Cascade has the following individuals you can reach out to for assistance:

- Dr. Bernard Klop- District Counsellor [bernard.klop@sd78.bc.ca](mailto:bernard.klop@sd78.bc.ca)
- Joanne Kovanchak- District Counsellor [joanne.kovanchak@sd78.bc.ca](mailto:joanne.kovanchak@sd78.bc.ca)

Our Secondary schools have Counselling Staff at Agassiz Elementary Secondary and Hope Secondary School. You may also reach out to your child's teacher or Principal for help so we can direct you to further supports.

Our hearts go out to everyone who are directly or indirectly impacted by this tragedy.

Sincerely yours,

Balan Moorthy  
Superintendent of Schools

650 KAWKAWA LK RD, HOPE, BC V0X 1L4 · WWW.SD78.BC.CA



# 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](mailto:Randi.Charlie@seabirdisland.ca)

## CHEAM AFTER SCHOOL PROGRAM! *(CHANGES IN NEXT NEWSLETTER)*

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](mailto:deborah.tuck@cheamband.com)).

FIND US ONLINE:



## NEW GRAD REQUIREMENT ENSURES STUDENTS EXPAND THEIR KNOWLEDGE ABOUT INDIGENOUS PERSPECTIVES, HISTORIES, CULTURES

The Ministry of Education, in collaboration with the First Nations Education Steering Committee (FNESC), is implementing a new graduation requirement.

Expected to take effect in the 2023-24 school year, this requirement will ensure all secondary students complete Indigenous-focused coursework before they graduate from B.C.'s K-12 education system.

"We are deeply committed to lasting and meaningful reconciliation in B.C. – guided by the United Nations Declaration on the Rights of Indigenous Peoples while working co-operatively with Indigenous Peoples across the province to address the knowledge gaps in our K-12 curriculum," said Jennifer Whiteside, Minister of Education. "This new requirement will deepen students' understanding of the experiences, cultures, histories and knowledges of Indigenous Peoples. This will help us to understand the truths of our shared history, while also building knowledge so all students feel a sense of responsibility for our collective future."

Tyrone McNeil, president, FNESC, said: "For many years, FNESC, First Nations and our partners in the public education system have advocated for this important change to the B.C. graduation program. Building awareness and understanding of First Peoples' perspectives, cultures and histories among all B.C. students will serve as an important step toward reconciliation and an effective strategy to combat racism within the province to the benefit of all British Columbians."

On March 7, the Ministry of Education will launch an online public engagement to gain feedback on the proposed approach to implementing the new graduation requirement, including what related information and resources students, parents and schools may need. The ministry will also consult with Indigenous communities and K-12 partners throughout the spring. FNESC will facilitate information sharing with First Nations. The proposed model would allow students to meet the new requirement through a variety of existing and new course options.

Under the proposed model, students who are currently in Grade 10 would be the first group to complete this new requirement, starting in September 2023. The new requirement will apply to all students in B.C. public, independent and offshore schools. B.C. is the first Canadian province/jurisdiction to implement this type of requirement.

The new Indigenous-focused course requirement is one of the actions identified in B.C.'s Declaration on the Rights of Indigenous Peoples Act Draft Action Plan, as part of a broader Indigenous-specific anti-racism and discrimination strategy for the K-12 system, on which First Nations were consulted in 2021.

### Quick Facts:

- The Truth and Reconciliation Commission's Call to Action #62 includes a call to make age-appropriate curriculum on residential schools, Treaties and Aboriginal peoples' historical and contemporary contributions to Canada a mandatory education requirement for kindergarten to Grade 12 students.
- In November 2019, B.C. became the first jurisdiction in Canada to formally adopt the internationally recognized standards of the United Nations Declaration on the Rights of Indigenous Peoples through legislation with the passing of the B.C. Declaration on the Rights of Indigenous Peoples Act.
- B.C.'s redesigned K-12 curriculum was fully implemented in 2019, and explores Indigenous worldviews, perspectives, cultures and histories across multiple grade levels and a range of subject areas.
- While more than 90% of B.C. students graduate with more than the required number of credits (80) for a B.C. Dogwood Diploma, only about 5% have completed any of the provincial Indigenous or First Peoples grades 10-12 courses.

### Learn More:

- [The online engagement website](#)
- [Read B.C.'s Ministry of Education website on Indigenous Education](#)
- [Learn about the Indigenous Knowledge and Perspectives in K-12 Curriculum](#)
- [See the FNESC Learning First Peoples Classroom Resources](#)



# SAVE THE DATE FOR THE CHEAM PLAYGROUND OPENING CELEBRATION MARCH 26<sup>TH</sup>



- ◇ Smudging Ceremony
- ◇ Playground Open For Use
- ◇ A Food Truck & More...



*More information to come on social media, and in the next newsletter as plans are finalized.*

Seabird Health

## Indigenous run-walk-hike program

Until the end of April 2022, we challenge you to participate in our online program.

Join us on Facebook at [Seabird indigenous run/walk page](#) and post every time you go for a walk, run or hike, please use a tracker or fit bit – Nike run club is a great option available for download. Prizes will be done at the end of April in the following categories:

- Prenatal
- Elders
- youth
- staff and
- community members

10 km training guides are available and optional. For more info contact [val@seabirdisland.ca](mailto:val@seabirdisland.ca)



## **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.



# COUNCIL ADVISORY COMMITTEE PARTICIPATION STILL NEEDED

We are still in need of Member participation (living on or off Reserve) in each of the following:

- **Housing, Public Works and Capital Project's Committee (1 seat)**
- **Health, Social Development and Education (Family Representation)**

The Committees serve as a Standing Advisory Committee to Chief and Council. We are looking for Members of all ages (19+) to participate in these Committees, and from the Minutes of the meetings, recommendations are provided to Council on your vision and direction for the Nation.

The Committees will be made up of a mix of Community members, staff, and one member of Council, in an ex-officio capacity. Meetings will be held monthly and arranged to accommodate the schedules of Committee members. Thanks to advances in technology, meetings can be in person, virtual, or a combination of the two.

Please submit your name, why you are interested in sitting on the committee, which one, and past work/volunteer experience to either [Committee@cheamband.com](mailto:Committee@cheamband.com) or in person to Daphne.



Our annual Cheam Community Spring Clean will be March 23-31st. Bins will be placed on the following streets:

- Alexis Crescent
- Yalamote Crescent
- Cheam Crescent
- Squahiti Cresnet
- Mammam Crescent
- Mathela Crescent
- Edwards Road
- Frontage Road
- Douglas Place



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# Get your status card renewed



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

An ISC mobile status team will issue a paper-laminated Certificate of Indian Status (CIS).

**April 4** 1:00 pm to 4:00 pm

**April 5 to 7** 9:00 am to 12:00 pm & 1:00 pm to 4:00 pm

\* Arrival before 2:00 pm is strongly recommended

## Coast Chilliwack Hotel – Fraser Room

45920 First Avenue, Chilliwack

- › Masks are required.
- › A Temporary Confirmation of Registration Document (TCRD) is available for those who cannot attend in person. Write to [infopubs@sac-isc.gc.ca](mailto:infopubs@sac-isc.gc.ca) with "TCRD Request" as the subject and include your full name and phone number. The document will be mailed once your identity has been verified over the phone.
- › The Secure Certificate of Indian Status (SCIS) is available by mail. For more information, scan the QR code or visit [canada.ca/indian-status-card](https://canada.ca/indian-status-card).
- › The BC Region office in Vancouver accepts appointments for registration and the SCIS. To make an appointment, call (236) 330-9961.



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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 - An Interview with Meanie

**Full name:** Philomena Fraser (Douglas) nicknamed "Meanie"

**Age:** 83

**Resides:** in Alberta but has lived in many towns/provinces even Germany due to her husband Bruce being in the service.

**Special skills/hobbies:**

- Enjoys sewing which she first learned in home economics class, but went on to sew skating costumes, wedding attire, native wedding attire, and more.
- Philomena was one of the first Indigenous teachers in BC.

**Education:**

- Graduated from St. Mary's Residential School in Mission
- Went to Notre Dame College
- She got her Bachelor of Education from UBC (she was one of only 100 indigenous students across Canada at that time)

**Family:**

- She is Eleanor Stephenson's sister
- She is the oldest of 20 siblings (17 of whom survived past early years). Most still live in Cheam or the surrounding areas. She and her remaining siblings are very healthy with very little illness amongst them other than she did suffer heart attacks in '96 requiring a stent.
- She has 3 daughters (all with successful government jobs):
  - \* Carla
  - \* Rae-Ann (born in Germany, a dual citizen till her 18th b-day)
  - \* Shara (born 10 years after the 2nd daughter during the "year of the child")
- She has 2 grandkids and 1 great-granddaughter
- Philomena is the daughter of Albert & Edna. Her father was a Cheam Chief for many years and at his wife's request built the community hall as his final task/gift to the community. He also built the church (on an angle so you could see the mountain).

**Other facts about Philomena:**

- She spent over 27 years as a "Skate Mom" (the last years as manager of her daughter's Syncro Team) sewing costumes, supporting, traveling with the team, making hairpieces etc.
- She spent time volunteering with the Surrey Memorial Cardiac Rehab department 2009-2019. The Cardiologist said she was "her own best advocate".
- In her 20's Philomena & her best friend Marie (met in College) traveled throughout Europe for 11 months, visiting 13 countries. They worked along the way in a German Hotel as chambermaids, and with the U.S Army Service Police in Karlsruhe, Germany. They even got to have an audience with Pope Paul VI.

**Projects of note:**

- She and 3 of her sisters (June, Genevieve & Eleanor) created the Cheam Roots and Ties program for youth in care. They had monthly lunches/birthday cakes with native crafts, ceremonies, and drummers. The children had something to take home with them with each visit. Social workers and Foster Parents were welcome and encouraged to join them. Philomena took on the role of secretary, treasurer, and more to ensure the program succeeded.
- She was the person that interviewed all the participants for the 1st edition of the book "[Amongst Gods Own](#)" the story of St. Mary's Residential School. A 2nd edition is in the works to correct some names, and improve on the first version.

**When asked about today's youth:** She is very impressed with how many of our youth are graduating & also how many of those are moving on to post-secondary education. She was also very pleased with the recent announcement on the mandatory Indigenous-focused coursework in order to graduate Grade 12 in BC. [Press Release here.](#)

**Parting message for the Community:**

*"I pray every day for those suffering from addiction within our Cheam Community"*



## 2022 CHEAM ELDERS MEETINGS

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

- March 22, 2022
- April 19, 2022
- May 17, 2022
- June 28, 2022
- July 19, 2022
- August 16, 2022
- September 20, 2022
- October 18, 2022
- November 15, 2022
- December 13, 2022



### Upcoming Birthdays

### Birthdate

Judith Ellen Douglas	March 19
Nora Jean Dodgson	March 27
Wayne Robert Douglas	March 29
Charles Kirklan Douglas	April 1
Dewey Jr. Hudson	April 16
Lyla Jane Victor	April 16
Ola Diane Smith	April 26
Diane Lynne Hudson	April 28







# 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](mailto:STEPHANIECHARLIE@IRSSS.CA)

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



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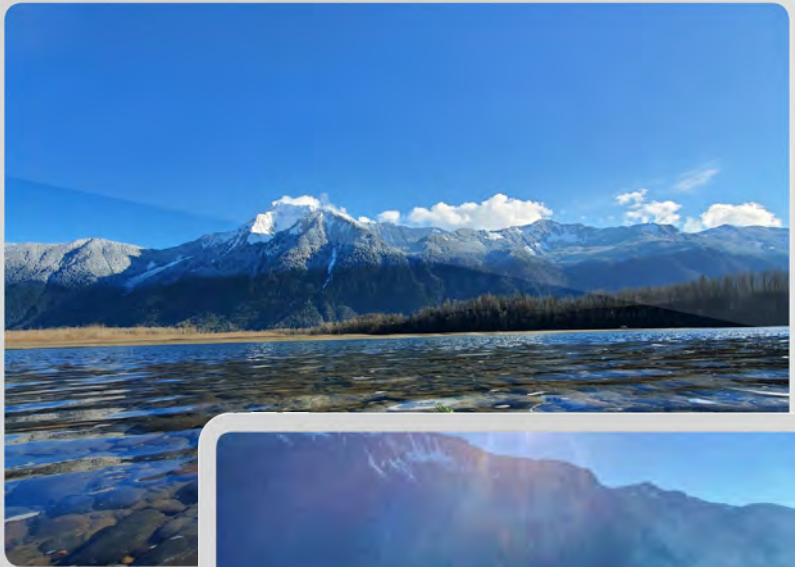


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We are excited to announce that the  
**Cheam Fishing Village and Campground**  
will open on **March 15, 2022**

Please help us in welcoming back Campground Managers Jamie and Lennie Chartrand, Grounds Supervisor Dacian Victor, and our newest team member Wesley Edwards (grounds/maintenance), as we prepare for another very busy season.

We welcome you to stop by for a visit, spend the day, and enjoy the Campground with your family and friends.

**For any questions or to book space please contact us at:**

**e:** [bookings@cheamfishingvillage.ca](mailto:bookings@cheamfishingvillage.ca) **p:** 604-997-5533 **w:** [cheamfishingvillage.com](http://cheamfishingvillage.com)

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## Our Next Online Facebook March 21!

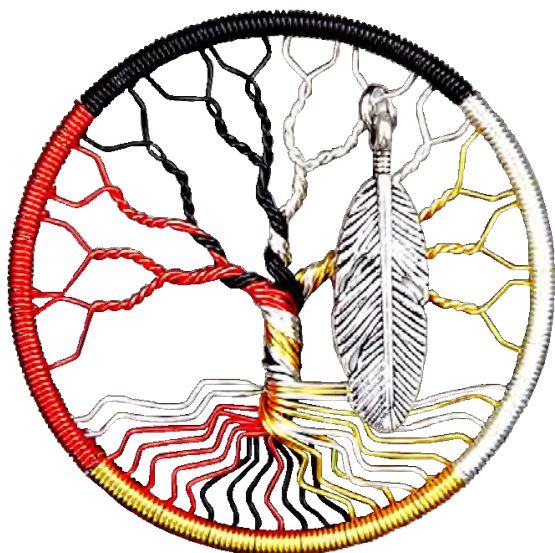


As we are all feeling the need for some fun a few of our staff/community members are hosting 6 bingo games on a private Facebook page from 6-7pm every second Monday. Register to [communications@cheamband.com](mailto:communications@cheamband.com) if you would like to be invited, you can then pick up your game card & dabbers at the Band Office. Prize items have been purchased and will be given for 6 games:

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

## MEDICINE WHEEL IS COMING TO CHEAM

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



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

Come to the Band Office (health side) and sign up if you wish to participate in the making of our Medicine Wheel.

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





# CHEAM COMMUNITY YOGA SERIES

Register  
Now



**Candice Baldwin (she/her/hers)**  
**500 RYT and C-IAYT**  
**Vidya Therapeutic Yoga**  
**[www.vidyatherapeuticyoga.ca](http://www.vidyatherapeuticyoga.ca)**

**Register by emailing**  
**[ashley.douglas@cheamenterprises.ca](mailto:ashley.douglas@cheamenterprises.ca)**

**Join us for a yoga series starting March 22,**  
**2022 from 6:00-7:00pm.**  
**Series will run virtually until April 12, 2022.**



# COVID Vaccine Clinic

Tuesday March 22nd | 10 a.m. - 3 p.m.  
at the Seabird Island Gym

## CHECK YOUR ELIGIBILITY!

### Age 0-4

Not currently eligible

### Age 5-11

1<sup>st</sup> Dose – Anytime

2<sup>nd</sup> Dose – 8 weeks after 1<sup>st</sup> dose

Booster – Not currently eligible

### Age 12-64

1<sup>st</sup> Dose – Anytime

2<sup>nd</sup> Dose – 8 weeks after 1<sup>st</sup> dose

Booster – 6 months after 2<sup>nd</sup> dose

### Age 65+/Immunocompromised

1<sup>st</sup> Dose – Anytime

2<sup>nd</sup> Dose – 8 weeks after 1<sup>st</sup> dose

3<sup>rd</sup> Dose – 6 months after 2<sup>nd</sup> dose

Please contact Emma Leon, CHR, via text/phone for appointments  
604-798-6144



Seabird Island



Cheam



Leqamel



Skwah



Squiala



Chawthil



Kwaw Lwaw Apilt



Shxw'ow'hamel



Scowlitz



Union Bar

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FRASER SALISH REGION

First Nations Health Authority

# Wellness Supports

## FNHA SYSTEM SUPPORT LINE

[system.support@fnha.ca](mailto: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](http://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](mailto:Sierra.Kortenbach@fnha.ca)

**Tracey Jirak:** Harm Reduction Coordinator

Mobile: (604) 319-3979

[Tracey.Jirak@fnha.ca](mailto:Tracey.Jirak@fnha.ca)

**Mehrdad Ghafouri:** Harm Reduction Coordinator

Mobile: (778) 554-9140

[Mehrdad.Ghafouri@fnha.ca](mailto: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](mailto:Marilyn.Dalton@fnha.ca)

**Nardia Brown:**

604-831-2651

[Nardia.Brown@fnha.ca](mailto:Nardia.Brown@fnha.ca)

**Jennifer Kazun (Charchun):**

*Children, Youth and Families*

778-347-3538

[Jennifer.Charchun@fnha.ca](mailto: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](mailto: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 25<sup>th</sup>, 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 "School Snacks" on March 31, 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 <a href="mailto:chilliwackcommunitycupboard@gmail.com">chilliwackcommunitycupboard@gmail.com</a> or 604-845-3367
	Community Dinner	Dinner Take Out	Ruth and Naomi's Mission	Anyone	Open once a week: 9:30-11:30 Thursdays Walk in only 46129 Princess Ave 7 days/week 6-7pm
Delivery	Soup Kitchen	Lunch Take Out	Chilliwack Salvation Army	Adults only	Walk in only 45746 Yale Road M-F 12-1
	Feed the Children	Hot, nutritious lunch delivered to schools	Chilliwack Bowls of Hope Society	School aged (elementary and high school) students in need in Chilliwack Public School District	Speak to staff at your school so they can email Ted ted.kim@chilliwackbowlssofhope.com
	Cyrus Centre Youth Meals	Packaged meals (lunch, snacks and dinner; breakfast Tues & Thurs)	Chilliwack Cyrus Centre	Youth 24 years old and under	Walk in only 45845 Wellington Ave 7 days/week
	Seniors Grocery Program	Free groceries weekly to low-income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral Email Kelly director@cdsrs.ca
	Wilma's Transition Society	Hampers and meals (fresh and frozen options), other needs met	Wilma's Transition Society	anyone	Agency or self referral Call 604-824-0939 Ask for Erin

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

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



**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](mailto: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](mailto: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](mailto: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](mailto: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](#)




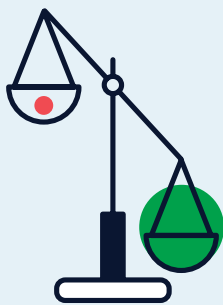




First Nations Health Authority  
Health through wellness

# 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 <a href="https://gov.bc.ca/getvaccinated.html">gov.bc.ca/getvaccinated.html</a></p>		<p>For more information, visit <a href="https://fnha.ca/vaccine">fnha.ca/vaccine</a></p>

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

### OTHER CULTURALLY-SAFE SUPPORTS

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

FIND US ONLINE:



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# HEALTH & WELLNESS

## SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

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

## YOUTH MENTAL HEALTH



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





FRASER EAST RAPID ACCESS TO  
ADDICTIONS CARE

# 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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# 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



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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](https://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](https://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](mailto:Sierra.Kortenbach@fnha.ca)

### **Leah Brody**

Addictions Specialist, FNHA Fraser  
Salish Region  
[Leah.Brody@fnha.ca](mailto:Leah.Brody@fnha.ca)



# Virtual Workshop Series on Maternal Cannabis, Tobacco, and Wellness Programming in Indigenous Communities

March 22, 2022 9am – 12pm PT

The goal of this workshop series is to bring together community health representatives, maternal child health staff, nurses, and leaders, and substance use and wellness workers who currently work with pregnant women to offer culture-led and community-driven substance use, maternal health, or wellness programming.

In this workshop, we will focus on what materials may be useful to you and how we can creatively support maternal tobacco and cannabis cessation and wellness programs to move forward.

Discussion topics will include:

- What cultural activities are available in your community?
- What opportunities are there to address cannabis and commercial tobacco in culturally appropriate ways with women during pregnancy?
- How are ceremony, culture, language, and the land integrated into women's wellness strategies?
- What tools and resources are currently available to pregnant women who use commercial tobacco and cannabis?
- How can we support program providers in creating or implementing community- and culture-led programming?



SHARING WHAT WE KNOW

centre of excellence  
for women's health

First Nations Health Authority  
Health through wellness

Cannabis and  
Women's Health



## Indigenous Women Rise

Lifting up Indigenous Women and Families

### POW WOW ZUMBA with Fitness Instructor Madelaine McCullum

It's time to get in shape for spring! Join our live online dance based fitness class. It's a great fusion of traditional Pow Wow, Latin and Reggae dance styles.



Register online:  
[www.tiny.cc/PowWow\\_Zumba](http://www.tiny.cc/PowWow_Zumba)

**Saturday Mornings**  
Free | Online | on Zoom  
10:00 AM - 11:15 AM  
Feb 26 - April 2nd, 2022  
(6 weeks)

Questions? Email:  
[PAFNWworkshops@gmail.com](mailto:PAFNWworkshops@gmail.com)  
Ph: 604-872-1849



Thanks to our funder!

#PAFNW



# CHEAM FIRST NATION Women's Wellness Support Group



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

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

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

Some of the areas we will explore are:

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

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

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

FIND US ONLINE:







## CHEAM DUDES CLUB

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

### What is Dudes Club?

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

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

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

## DUDES CLUB CORE VALUES



### Relationships

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



### Journey

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



### Sanctuary

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



### Brotherhood

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

### Two-Eyed Seeing

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

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







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](http://saset.ca)**

**MORNING SNACK AND LUNCHES PROVIDED**



# NATIONS SKATE YOUTH CLINIC

*Cheam First Nation*

**JOIN US FOR A COMMUNITY  
SKATEBOARDING CLINIC!**

## **\*BOARDS PROVIDED**

**Ages 5-11 @10:00am-12:00 noon**

**LUNCH SERVED FROM 12:00-1:00pm (ALL AGES)**

**Ages 12-17 @1:00pm-3:00pm**

## **REGISTRATION AND INFORMATION**

Email

[ashley.douglas@cheamenterprises.ca](mailto:ashley.douglas@cheamenterprises.ca)  
for more info and to register for program  
by March 25, 2022 at 4pm.





# VIRTUAL CAREER AND POST-SECONDARY EDUCATION EVENT

EASILY ACCESSED FROM THE COMFORT OF YOUR OWN HOME!

GET INSPIRED, OBTAIN NEW SKILLS, BUILD YOUR CAREER  
ALSO EXPLORE MANY OPPORTUNITIES FOR POST-SECONDARY EDUCATION

GOVERNMENT > TRADES > MEDICAL > TECHNICIAN > HOSPITALITY  
RETAIL > WAREHOUSE > TRANSPORTATION > CONSTRUCTION  
SECURITY > SOCIAL SERVICES > FINANCIAL SERVICES > ADMINISTRATION  
SALES > ACCOUNTING > HOUSEKEEPING > MANAGEMENT > TRUCKING

IN PARTNERSHIP WITH



## BC Corrections

*Actively Hiring Now! Visit BC Corrections website.*

Register for webinars at [events.blackpress.ca](https://events.blackpress.ca)

 Black Press Events

 LocalWork.ca

 @BLACKPRESSCAREERFAIR

**APRIL 5<sup>th</sup> - 8<sup>th</sup>, 2022**

Featuring BC's top employers  
and educational institutes!



# 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.teambcnahe.com](http://www.teambcnahe.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](#)**

FIND US ONLINE:



# **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



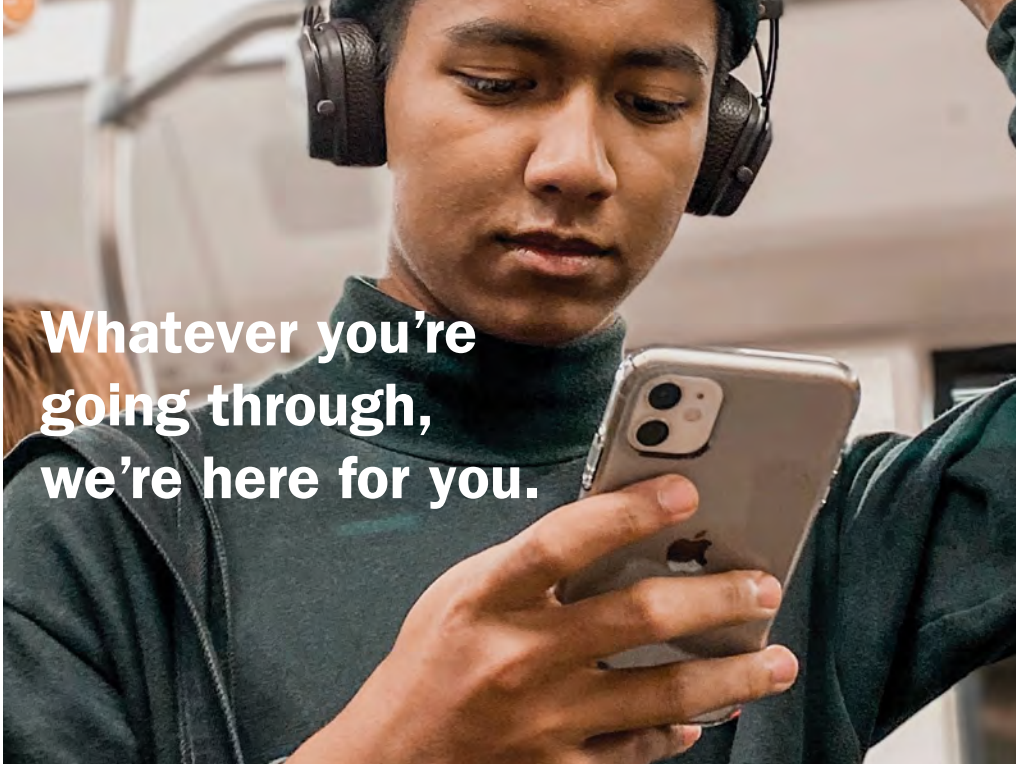
Mikhaila Tobin - Conference Contact  
Email: [m.tobin@sotcs.ca](mailto:m.tobin@sotcs.ca) - Register by April 8th

**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.

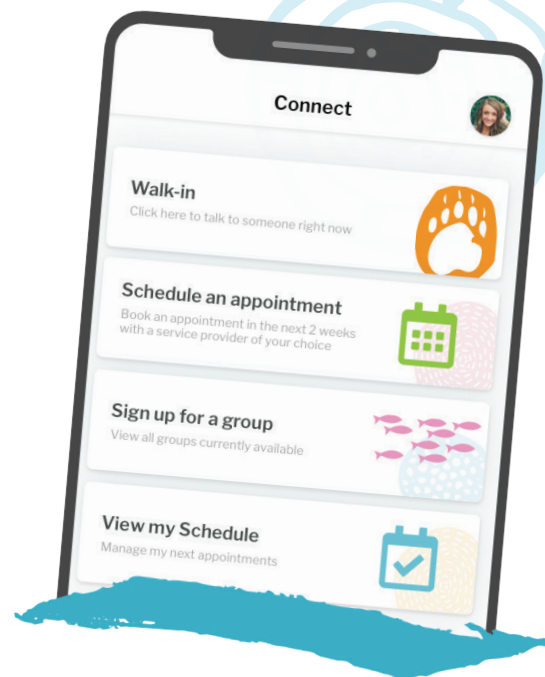
**Drop-in services:** Access same-day counselling and peer support.

**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](https://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](mailto: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.

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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](mailto: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  
British Columbia Assembly of First Nations  
**YOUTH**  
**FORUM**

**MARCH 19**  
**5PM - 8PM**

Join us for live  
entertainment and  
icebreaker games  
including musical  
guest

**Saltwater Hank**



**and more!**

**MARCH 20**  
**10AM - 4PM**

Featuring keynote  
speakers including

**Andre Bear**



**&**



**Kendra Jessie**

HONORARIA &  
DOOR PRIZES  
AVAILABLE!

To Register:

**youth.bcafn.ca**

**OPEN TO FIRST NATIONS YOUTH IN BC AGES 15-29**

FIND US ONLINE:



# The voice of youth is the voice of change.

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

Join the

## Fraser Salish Youth Council



FRASER SALISH REGION  
First Nations Health Authority

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

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

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## Sto:lo Youth Entrepreneurship Initiative

# CONFERENCE Fall, 2022

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

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

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

## SYEI Activities 2021

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





# Sto:lo Youth Entrepreneurship Initiative Registration Form Fall 2022

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

**\*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](mailto: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](mailto:tasnia.buchanan@cheamband.com).
- **Watchman**



# CAREER OPPORTUNITIES AT THE B.C. ASSEMBLY OF FIRST NATIONS



## 1. POSITION TITLE: Policy Analyst – two (2) positions

**REPORTS TO:** Senior Policy Director and Chief of Staff

**LOCATION:** BCAFN Vancouver Office – 1020-1200 West 73rd Avenue

(Will work remotely due to COVID-19 restrictions for indeterminate period of time)

**HOURS OF WORK:** Monday to Friday 9:00 a.m. to 4:30 p.m.

**DEADLINE:** March 18th, 2022 at 4:30 p.m.

Key Job Functions include: Assisting the Regional Chief, Senior Policy Director, Chief of Staff and other BCAFN staff in carrying out the BCAFN's mission statement in accordance with direction provided by BCAFN members and the BCAFN Board of Directors.

## 2. POSITION TITLE: FNLC Cannabis Policy Analyst

**REPORTS TO:** Chief of Staff and Senior Policy Director

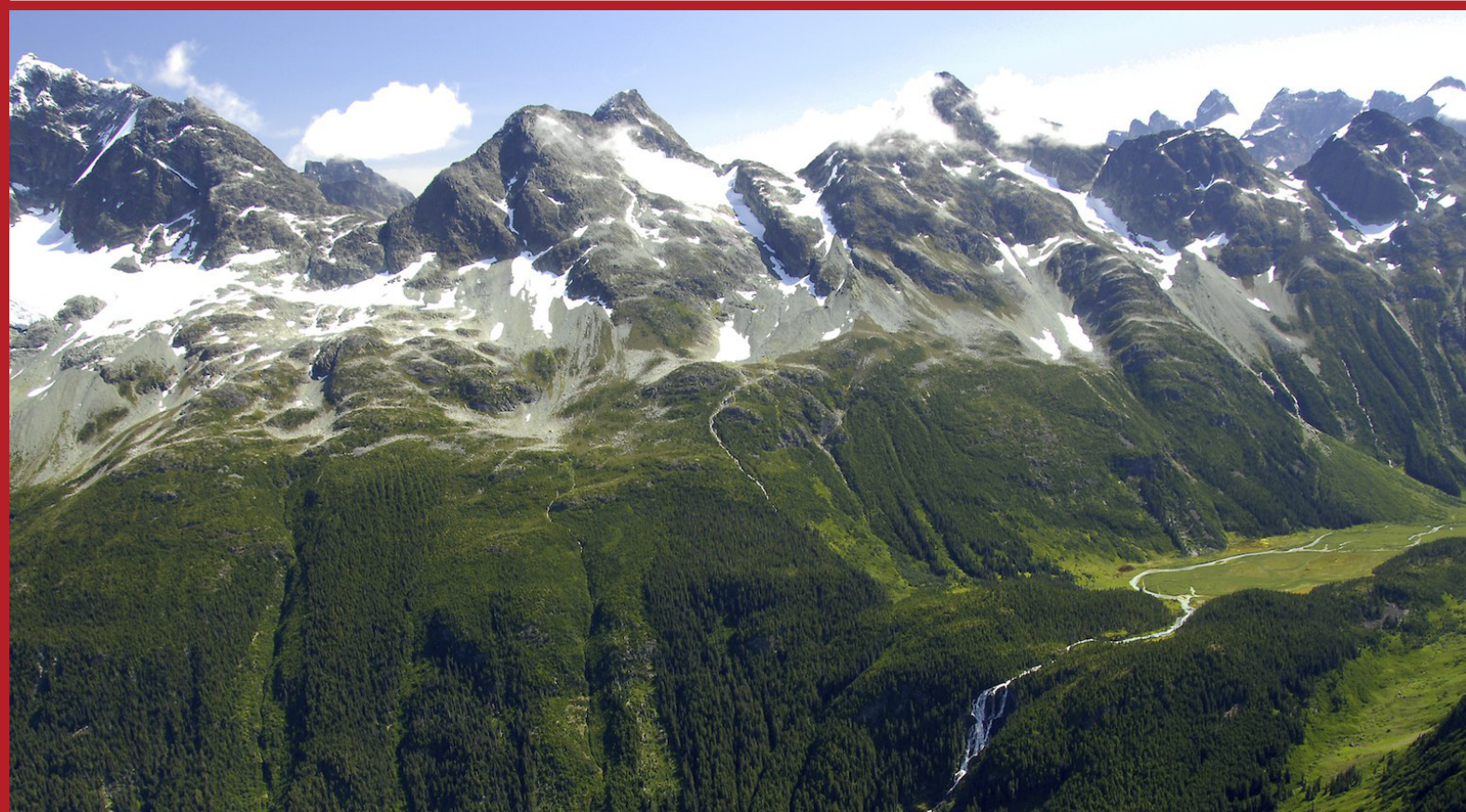
**LOCATION:** BCAFN Vancouver Office – 1020-1200 West 73rd Avenue

(Will work remotely due to COVID-19 restrictions for indeterminate period of time)

**HOURS OF WORK:** Monday to Friday 9:00 a.m. to 4:30 p.m.

**DEADLINE:** March 18th, 2022 at 4:30 p.m.

The BC Assembly of First Nations (BCAFN) is seeking a skilled, motivated, and passionate Cannabis Policy Analyst to work with the First Nations Leadership Council (BCAFN, First Nations Summit and the Union of BC Indian Chiefs) on the coordinated Cannabis portfolio.



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DOWNIE WENJACK LEGACY SPACE

# BEADWORK ARTISTS OPEN CALL

***SUBMISSION DEADLINE APRIL 1, 2022***



**Beadwork Artist Open Call** ~ The Abbotsford Arts Council is currently looking for Indigenous beadwork artists. Artworks will be part of a quarterly exhibition hosted in the Downie Wenjack Legacy space at the Kariton Gallery.

Submission deadline is April 1, 2022.

An honorarium will be provided to the selected artist.

[MORE INFORMATION](#)

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# **First Nations' Emergency Services Society**

O F B R I T I S H C O L U M B I A

## **SIX EXCITING JOB OPPORTUNITIES WITH THE FIRST NATIONS EMERGENCY SERVICES SOCIETY B.C.**

### **FNESS Corporate Services Administrative Coordinator**

The Corporate Services Administrative Coordinator is responsible for supporting the Corporate Services Manager in the development, coordination, promotion and administration of the FNESS Corporate Services to First Nation Communities. This is an intermediate position requiring excellent communication, organizational and management skills and experience.

### **FNESS Training Officer**

FNESS is looking for qualified individuals to work as Training Officers with Emergency Management programs and other assigned training subjects. This role reports to the Training Manager.

### **FNESS Preparedness & Response Specialists**

FNESS is looking for qualified energetic individuals to work with our Emergency Preparedness and Response Division.

### **FNESS Emergency Services Officer - Casual On Call**

The Emergency Services Officer is responsible for supporting Emergency Management (Preparedness and Response, Recovery and Emergency Support Services) and Fire Services Managers in the development, coordination, promotion, administration and delivery of FNESS programs to First Nation Communities.

### **FNESS Human Resources Coordinator**

FNESS is looking for qualified individual to work with our Corporate Services Division as our Human Resources Coordinator.

### **FNESS Fire Services Officer**

Reporting to the Fire Services Manager, the Fire Services Officer is responsible for the coordination and administration of all Fire Services programs. The Fire Services programs include Firefighter Training, Fire Prevention Education and Fire Officer Development. Follow-up with the Fire Services Manager and other Fire Services Instructors/Officers with deliverables and planning of training subjects and programs. Assist with the co-ordination, collection and administration of Fire Incident Reports from First Nation Communities.

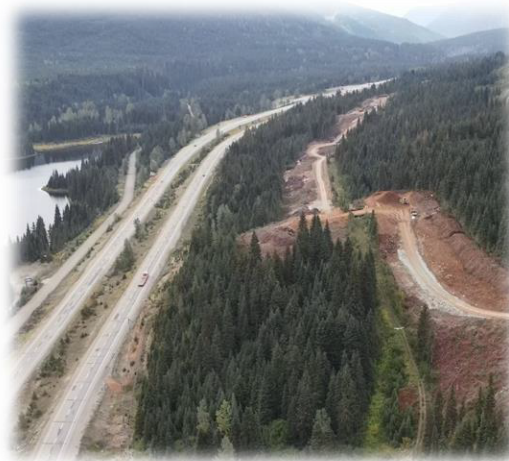
**[WWW.FNESS.BC.CA/CAREERS](http://WWW.FNESS.BC.CA/CAREERS)**





## 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](mailto: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



## Certificate in Ecological Restoration

Course dates:  
March 14<sup>th</sup> – July 15<sup>th</sup> 2022

**Ecological Restoration is the practice of restoring ecosystems that have been damaged by industrial activities, urban sprawl, climate change, and other factors.**

The Certificate in Ecological Restoration is a practical training program to provide individuals with ecological restoration techniques to restore damaged ecosystem functions to the highest degree possible.

Over 90%  
face-to-  
face  
instruction

Hands on  
field  
experience

Local  
restoration  
(Seabird  
Island)

15  
undergrad  
course  
credits

Additional  
training  
workshops

The program is sponsored for Indigenous students. Raingear will be provided, and lunches for field days. Transportation will be offered where needed and possible.

To register, or for more information, please contact:

Elaine Malloway  
Registrar  
Seabird College  
[elaine@seabirdisland.ca](mailto:elaine@seabirdisland.ca)  
(604) 796-6912

Tim Brigham  
Professional & Continuing Studies  
Royal Roads University  
[tim.brigham@royalroads.ca](mailto:tim.brigham@royalroads.ca)



# WORKFORCE ACCOMMODATION

& CULINARY TRAINING PROGRAM

MARCH 28th - APRIL 8th | 9:30 am - 3:00 pm



This two week program provides participants with an introduction to what it's like to work and live in a remote workforce camp.



All participants  
receive a certificate  
of completion!



- An introduction to Workforce Hospitality
- Required certification and training
- Camp specific policies
- Professionalism in the camp environment
- Introduction to Occupational Health and Safety
- Workforce Hospitality roles and responsibilities
- Nutrition and Special Dietary Requirements
- Cooking methods and kitchen equipment
- Kitchen safety
- Job placement and professional development
- How to prepare for work in a workforce camp
- Job shadowing as a prep cook and housekeeper

At the end of the program, the students will be encouraged to apply to work in catering and housekeeping roles with Landsea Camp Services at the Sqemél Lálém camp located just outside of Hope.

Registration: 604-815-4500



SQÉMÉL LÁ:LÉM  
- PITHOUSE LODGE -



Bungalow 968  
Consulting Group





### 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](http://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](http://www.accessfutures.com)

FIND US ONLINE:





# Indigenous Community Planning

A MASTERS CONCENTRATION AT UBC'S  
SCHOOL OF COMMUNITY AND REGIONAL PLANNING

Use of photo approved by Musqueam Indian Band (Courtesy of Lara Therrien Boulos)

Applications are open  
November 01 – January 15!

*DESIGNED AND DELIVERED IN PARTNERSHIP WITH  
MUSQUEAM INDIAN BAND.*

## WHAT IS INDIGENOUS COMMUNITY PLANNING?

Indigenous Community Planning (ICP) is a concentration in SCARP's 2-year Masters of Community and Regional Planning (MCRP) program, which is accredited by planning institutions in both Canada and the USA.

ICP has been designated a Noteworthy Practice by the Planning Accreditation Board.

## WHY ICP IS IMPORTANT

Planners specialize in identifying, assessing, and implementing solutions to today's community problems. Indigenous Community Planning trains a new generation of planners to break with the colonial legacy and culture of planning, to work in respectful partnership with Indigenous communities, centered on their priorities.

ICP attracts Indigenous and non-Indigenous students from a range of academic and professional backgrounds. We accept 10 students each year.

## HOW ICP WORKS

The ICP Concentration:

- ✓ Teaches a blend of Indigenous Knowledge and Indigenous Planning with contemporary planning methods
- ✓ Offers education grounded in on-reserve learning, community experience, and knowledge sharing
- ✓ Immerses students in an 8-month practicum in a host First Nations community, supporting their own comprehensive community planning process.

## JOIN US IF YOU SUPPORT THIS VISION!

The path to reconciliation starts with a people's right to plan their own future and live according to their values. Communities with ICP-supported plans are clear on their priorities and are prepared to move forward with partners towards common ground.

If this vision calls to you,  
join the next generation of Indigenous Community Planners!

For more information:

- VISIT [SCARP.UBC.CA/ICP](https://scarp.ubc.ca/icp)
- CONTACT [MAGGIE.LOW@UBC.CA](mailto:MAGGIE.LOW@UBC.CA)



# 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

**FIND US ONLINE :**



**CHEAM.CA**



**/CHEAM.FN1**



**@CHEAM.FN1**



**@CHEAM\_FN**



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

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



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

Returning and New Students Welcome!

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

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

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

WEX 12 A: February 7 – April 1, 2022

WEX 12 B: April 4 – May 27, 2022

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

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

Very limited seating available.





# 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](https://Canada.ca/service-canada-e-service)**. An agent will contact you within two business days to assist you or to schedule an appointment.

### CANADA RECOVERY BENEFIT (CRB)

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

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

1-833-966-2099

### CANADA RECOVERY SICKNESS BENEFIT (CRSB)

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

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

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

1-833-966-2099

### CANADA RECOVERY CAREGIVING BENEFIT

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

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

1-833-966-2099

### SOCIAL INSURANCE NUMBER

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

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

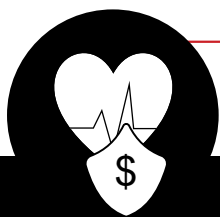
1-866-274-6627

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

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

# SERVICE CANADA

## READY TO HELP — SENIORS



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



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

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

 1-800-206-7218

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

### UNITED WAY


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

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

### SOCIAL INSURANCE NUMBER

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

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

 1-866-274-6627

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



# SERVICE CANADA

## READY TO HELP — YOUTH



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



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

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

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

### MENTAL HEALTH SUPPORT

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

[Kidshelpphone.ca](https://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

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

# CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

## ENROLLMENT APPLICATION FOR GROUP BENEFITS



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

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

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

☐ New Client ☐ Reinstatement

### PART 1 — PLAN ADMINISTRATOR

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

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

### PART 2 — CLIENT/DEPENDENT INFORMATION

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

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

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

### PART 3 — CO-ORDINATION OF BENEFITS

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

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

### PART 4 — CLIENT SIGNATURE

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

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

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

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

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

#### FNHA CLIENTS:



#### MAIL YOUR APPLICATION

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



#### FAX

1 888 299-9222





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

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

## Social Assistance Cheque Schedule 2022

<b>Cheque</b>	<b>Renewals Due By:</b>	<b>Ck. Release Date</b>	<b>Mid-Month 2</b>
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



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