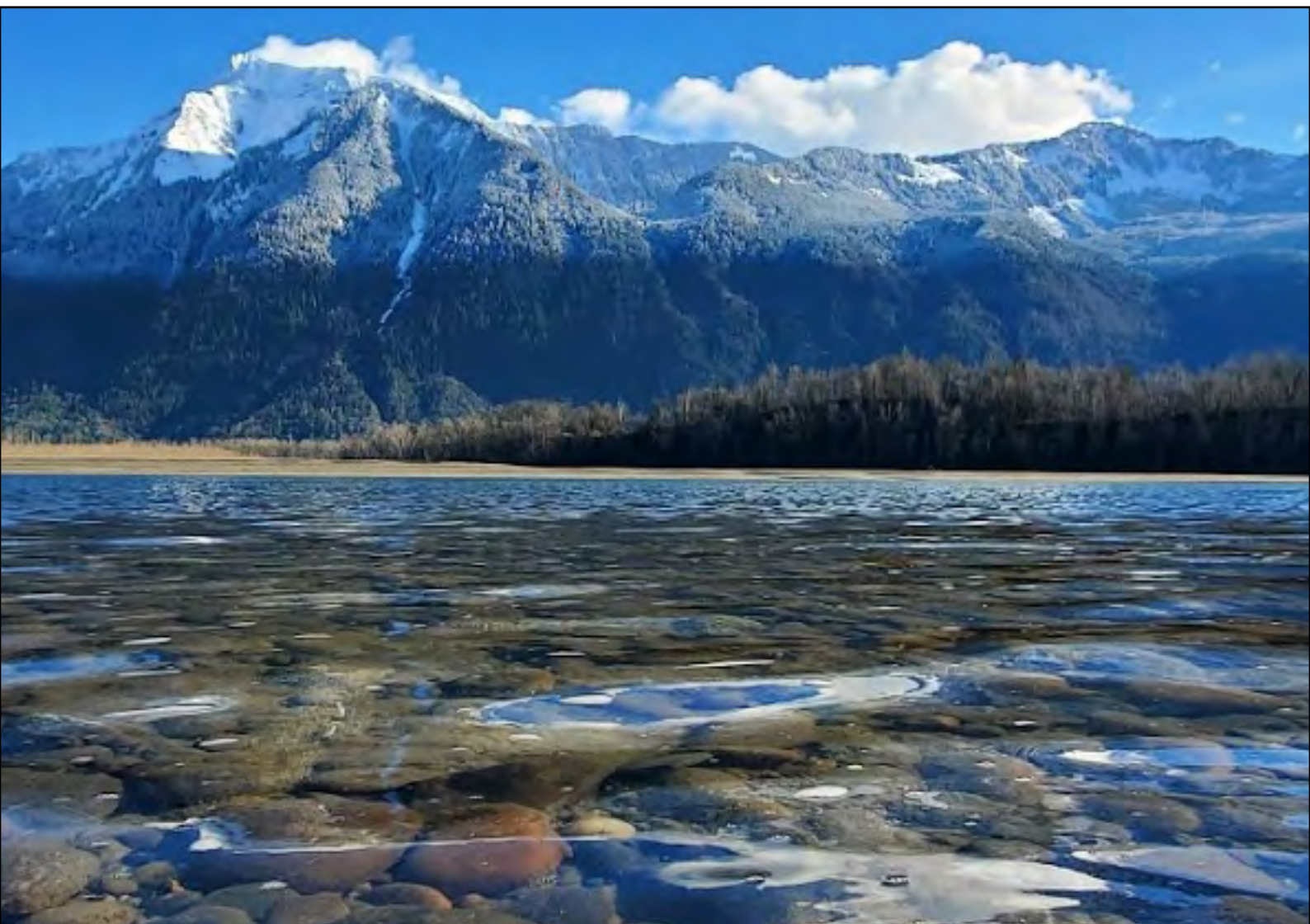




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: May 20, 2022



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XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'l yom qesu texw eweta o kw'e tl' e met Te ewpi: I qaste qel sqoqe;

Temtames mami:yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf iyolem kw'e o'hletem xwela Ye'mi cha

Temtames lis cha mekw yoyes ye alyem eweta Shxwlistexwes Te xwelitemelh Temtames chasu qexs a: li lalalem xwela kw'e mekw wates

Qas temtames cha xwe'eyems Te temexws qasu ey xwela ye xwechiyom

CHEAM VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual's diversity and promote a healthy, self-sufficient lifestyle. We need one another and value one another's views. In appreciation of our uniqueness, we foster mental, physical, emotional and spiritual wellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.

FIND US ONLINE:



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SAFETY DURING COVID-19

Only by working together can we keep our community safe!

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

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

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

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

Safety recommendations:

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

Current Provincial Covid-19 Restrictions March 10, 2022

Starting March 11, 2022 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, 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.

PROVINCIAL UPDATE SITE

NEWSLETTER DELIVERY TO RESUME!

We've heard your feedback and are happy to announce that starting on the next newsletter (June 3/4) we will be utilizing community members/youth to deliver door to door on all 3 Cheam reservation neighborhoods. The first home delivery will include a survey sheet for you to fill out letting us know how you prefer you newsletter delivered (by hand or by email). Every survey returned will be entered into a draw to win gift cards. We want to ensure that everyone has equal access to Cheam news, programs and offers regardless of owning a computer or a cell phone.



WE NEED YOUR UPDATED CONTACT INFO

There are many important things coming up this year for Cheam and we want to make sure that everyone is included. Please email catana.tommy@cheamband.com with your current phone numbers, email and family members who can be reached at this info.



Thank You!

SAVE THE DATE - UPCOMING EVENTS!



JUNE 9, 2022 AT 3-6pm Pelólxw Fishers Gathering - [Event Page](#)

Join us for night of sharing our fishing knowledge, and charting our sites on a map in order to help share trends and protect our fishing grounds. We will have information on Aquatic Habitat Restoration & representation from the Lower Fraser River Fishing Alliance. Enjoy a salmon dinner, and win prizes.

For more information please contact Ernie Victor at ernie.victor@cheamenterprises.ca



June 12, 2022 2-8pm Cheam Enterprises Open House & Honoring Ceremony/Fire

This multipart event starts in the gym with tables showcasing our important projects such as Land Reclamation, Environmental/Animal Protection, Gondola project etc. with opportunities to provide feedback, ask questions and win prizes. We will then enjoy a salmon BBQ and a community fire with a special ceremony and a chance to honor our elders.

For more information please contact harmony.poisson@cheamband.com

June 16, 2022 Cheam Annual Education Awards

Let's come together to acknowledge and celebrate the hard work and determination of the students from our Community in what was an especially challenging school year.

For more information please contact sarah.aleck@cheamband.com

June 23, 2022 3-6pm Cheam Gondola Gathering

An invitation for the Cheam Community to learn about all the different components of the Cascade Skyline Gondola Project broken down into different tables and activities. Give your feedback, ask questions, enjoy a salmon dinner, and win prizes for your participation.

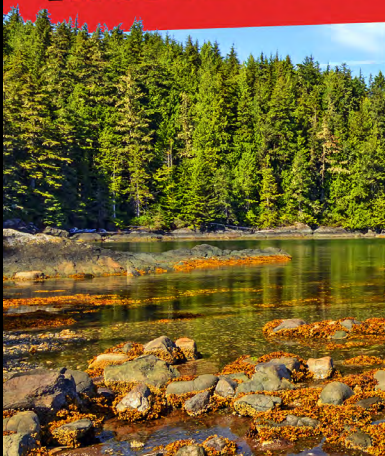
For more information please contact harmony.poisson@cheamband.com



IZWTAG

INDIGENOUS ZERO WASTE
TECHNICAL ADVISORY GROUP

Interested in zero waste?



The lands and waters urgently need protection

each of us can make a
difference by reducing waste.

Zero Waste is about eliminating waste,
through the 3Rs and systemic changes to
re-circulate all materials.

IZWTAG is an indigenous-run, non-profit
society. We support communities to take
effective zero waste action.

HELP US select the most beneficial zero waste
projects and actions to work on in the short survey.

Early-bird draw on May 26, 2022

Respond by June 2, 2022 for the grand prize draw.

ENTER SURVEY: <https://forms.gle/WNoCpgdGpzv6iKEM6>

Questions? E-mail: events@hupacasath.ca



For more information on IZWTAG, please visit www.izwtag.com

HELP US PUT ZERO WASTE INTO ACTION!

June 16, 2022 Education Awards Dinner Bid

This is open for Cheam Members & Community members

Name of Bidder: _____

Phone number: _____

Is your catering business licensed? Yes___ No___

Do you and have a valid food safe certificate? Yes___ No___

Is your food safe certificate attached? Yes___ No___

Does your support kitchen crew have food safe certificate? Yes___ No___

Is their food safe certificate attached? Yes___ No___

Do you have your own transportation? Yes___ No___

Do you need to use the Gym kitchen? Yes___ No___

Did you attach a menu for 200 people? Yes___ No___

Did you attach the costs for?

Food Yes___ No___

Desserts Yes___ No___

Condiments Yes___ No___

Plates, cutlery, cups Yes___ No___

Coffee, tea, juice Yes___ No___

Do your costs include clean-up of the Gym and kitchen? Yes___ No___

Other catering ideas that you will include in your bid: _____

(If you need more room, please submit additional separate sheet of paper

Total catering cost is: _____

Signature of bidder: _____

Please include a copy of all supporting documents, including break down of per plate costs, any food safe certificates, and business license. Please also refer to the attached menu.

Blank forms available from Daphne at the Band Office.

Please have all Documents Including bid sheet Into Sarah Aleck (Education and Social Development Clerk) by Friday May 25, 2022.

Menu for 2022 Education Awards For Cheam First Nation

- One beef Item (Spaghetti and Chili)
- Salmon (to be provided by Cheam First Nation Health and Wellness Department)
- One side of hot vegetable (zucchini, carrots, cauliflower, broccoli)
- One salad (spring mix, with berries)
- Rice, Potato (Scalloped)
- Bread (buns home made)
- Veggie platter, Fruit Salad
- Juice (boxes), Coffee, Tea
- Cupcakes to either have Cheam First Nation logo, or have red and black icing?



CALL FOR CULTURAL WORKS:

Cheam First Nation is looking for artists, craftsmen/craftswomen, singers, cultural and contemporary dancers, comedians and other performers for our June 18th Aboriginal Peoples Day celebration.



Arts & crafts tables will be sold for \$20, performers will be commissioned.

Please send a description of your work, availability on the date, and estimate for commission to Corinne.Stone@cheamband.com.

JUNE 18TH

CELEBRATIONS: 10AM-3PM

MARKET TABLES: 12PM-3PM

FIND US ONLINE:

CALL TO COMMUNITY:

We are seeking Elders and knowledge keepers to share cultural teachings and history at Cheam's Indigenous People's Day celebrations on June 18th.

We would love if the community could assist with the following:

- Skills such as preparing fish or cedar braiding
- Teachings of medicine's or other items important to Cheam
- Teachings of current and past Elders and their importance to the community

Please contact Corinne.Stone@CheamBand.com if you would like to support this work.

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CHEAM ELDERS CORNER

Survey for Maintenance Services for Elders On-Reserve

What age is an Elder? (Circle one)

- 55 years old
- 60 years old
- 65+ years old

Are you aware of the services from Better at Home services which is available to the surrounding FN communities in Sto: lo Territory? (Circle One)

- Yes
- No

If you are familiar with the program, what types of services have you utilize from Better at Home services provided by Seabird Island crew: (circle the ones you use)?

- Yard work
- Transportation for daily activities
- Light housekeeping
- Minor home repairs
- Snow shovelling

If you were denied services but require maintenance help, what type of service would you require? (circle any)

- Yard work i.e., cutting grass, raking grass, light pruning of brush around the house
- Minor home repairs i.e., gutters cleaning, furnace filters replacement, dryer lint removal
- Snow shovelling and de-icing walkway

CHEAM ELDERS PLEASE RETURN THE SURVEY BY June 17, 2022 FOR A CHANCE TO WIN A PRIZE

(paper copies can be picked up at Band Office or answers can be emailed to lydia.archie@cheambandcom)

Tem'elile May 20 - June 17
Salmonberry time

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.

- June 28, 2022
- July 19, 2022
- August 16, 2022
- September 20, 2022
- October 18, 2022
- November 15, 2022
- December 13, 2022



Upcoming Birthdays Birthdate

Kelly Casimir	May 23
Judith Louise Douglas	May 20
Theresa Nora Douglas	May 25
Rose Wendla Hudson	May 29
Philomena Fraser	May 30
James A. Desmul	June 1

FIND US ONLINE:

HEALTH & WELLNESS NOTICES/UPDATES



Health and Wellness Service Matrix

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30am – 3:30pm PESP Program East Drop-In Room</p>	<p>9:00am – 4:00pm Xyolhemeylh Health Wing East Drop-In Room</p> <p>9:00am – 2:00pm Parents & Tots Room 104 (CHR)</p> <p>10:00am – 3:00pm Cheam Nutrition Band Office Kitchen</p>	<p>9:00am – 4:00pm Xyolhemeylh Health Wing East Drop-In Room</p> <p>11:00am - TBD PCRS Shelter</p> <p>11:00pm – 1:30pm Women's Support Group Room 104 (CHR)</p>	<p>8:30am – 11:00am Clinic Hours Dr. Fox's Office</p> <p>9:00am – 2:00pm Parents & Tots Room 104 (CHR)</p> <p>9:00am – 3:00pm SASET East Drop-In Room</p> <p>11:00am – 1:00pm Outreach Nurse Nurse's Office/Shelter</p> <p>11:30am – 1:30pm RAAC Mobile Meeting Space</p> <p>1:00pm – 4:00pm Clinical Counselor West Drop-In Room</p>	

PESP = Pre-employment Supports Program

Xyolhemeylh = Fraser Valley Aboriginal Children and Family Services

PCRS = Pacific Community Resources Society

SASET = Sto:lo Aboriginal Skills and Employment Training

RAA = Rapid Access to Addiction Care

For appointments with any of these programs please contact Cheam Health Reception

CHEAM HEADSTART PARENTS AND TOTS 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 started again on April 19th, 2022.

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

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CHILLIWACK ADDICTIONS AND
PREVENTION SERVICES

OUTDOOR EVENT, WEATHER PERMITTING

INDIGENOUS WELLNESS RECONNECTION EVENT

Chilliwack Community

JOIN US & RECONNECT WITH LOCAL
SERVICES IN OUR COMMUNITY.

COVID RESTRICTIONS WERE TOUGH ON
EVERYONE, BUT WITH RESTRICTIONS
LIFTING, CHILLIWACK'S SERVICES ARE BACK
ON TRACK AND READY TO PROVIDE ON-
HAND SUPPORT TO OUR COMMUNITY.

JUNE 17TH 2022
CHILLIWACK CENTRAL PARK
11AM - 3PM

MORE INFORMATION AT: INDIGENOUS WELLNESS PROGRAM
SEAN (236) 522-1434 OR
CASEY (604) 316-0024



PCRS
Thriving, healthy communities

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**hear life's
important
moments!**

**Quality
Assured**

1 Day FREE Hearing Screening Clinic

Free Hearing Aids Cleaning and Maintenance

Sign up at CheamHealth
Limited Appointments
(Ages -18 and uP)

Date: _____ June 1, 2022 _____

Day and Time: _____ 11am - 3pm _____

Clinic Location: CheamBandOffice _____

CARTER Hearing



Call today 604-392-9211

CHILLIWACK • HOPE • PRINCETON

TF: 844-234-6665 | PH: 604-392-9211 | carterhearing.ca

Laura Carter, RHIP.
Registered Hearing Instrument Practitioner
Owner



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

Providing Healthy Drinks

Children drink what you provide, so always check what's inside!

6



Juice Box (200 ml) has 6 Teaspoons of Sugar



10

Orange Juice (414 ml) has 10 Teaspoons of Sugar

9



1 Soft Drink Can (355 ml) has 9 Teaspoons of Sugar



9

Chocolate Milk (350 ml) has 9 Teaspoons of Sugar

13



Bottled Ice Tea (473 ml) has 13 Teaspoons of Sugar



17

Energy Drink (710 ml) has 17 Teaspoons of Sugar



Soft Drink (1.8 L) has 54 Teaspoons of Sugar

Sweet drinks are **NOT** meant for sippy cups and bottles.





CHEAM
FIRST NATION

SPORTS NIGHTS

Join Us on Monday Nights from 5pm-8pm
for sports and games!

CHEAM FIRST NATION BAND OFFICE
52161 VICTOR DRIVE, ROSEDALE

Starting May 16th 2022!

If you have any questions contact Wayne at
wayne.douglas@cheamband.com

FIND US ONLINE:

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Free Food Programs in Chilliwack

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

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

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



QWÍ:QWELSTÓM DAY TREATMENT PROGRAM

May 3rd - July 12th 2022

**Time: 10:00 - 11:00 am
Tuesdays**

Register: Darren Charlie 604-824-3200

JOIN US ON



zoom

FIND US ONLINE:



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

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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.

This group meets every Wednesday from 11am-1:30pm in person in the Community Health Room (There will be an option to Zoom in for those unable to

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, May 4th, 2022 from 11:00 am to 1:30 pm, in person at the Band office in the Community Health room (by Health reception).

Please call 604-794-7927 or email corinne.stone@cheamband.com to sign up.

FIND US ONLINE:



QWÍ:QWÉLSTOM

MEN'S RESPECTFUL RELATIONSHIPS

TUESDAYS

MAY 3RD-JULY 5TH 2022

TIME: 1:30PM-3:00PM

Respectful Relationships is a 10 week Men's program. It offers information on how behavior affects our relationships.

**JOIN US
ON**



zoom

**TO REGISTER CALL:
DARREN CHARLIE**

(604) 824-3200

Gain skills to
communicate as
our Elders would
say "In a good way"

- **Respect**
- **Honour**
- **Connection**

FIND US ONLINE:



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FRASER SALISH REGION

First Nations Health Authority

Wellness Supports

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

Access health benefits such as: pharmacy, pregnancy and infant care, medical supplies and medical transportation. Can also put individuals in touch with mental health providers for counselling.

HEALTH AND WELLNESS

Shares teachings about respecting tobacco and use through a traditional lens. Tools and support to help individuals on their road to being vape and smoke free.

Terrence Pierre: Tobacco Cessation and Reduction

Terrence.Pierre@fnha.ca

Administrative support for response and action to combat the COVID-19 Pandemic within communities. Tracks data on positive cases and supports vaccine clinics.

Jacob Kortenbach: Pandemic Response Coordinator

Jacob.Kortenbach@fnha.ca

MENTAL HEALTH AND WELLNESS

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

Sierra Kortenbach: Regional Mental Health and Wellness Liaison

Sierra.Kortenbach@fnha.ca

Tracey Jirak: Harm Reduction Educator

Tracey.Jirak@fnha.ca

Mehrdad Ghafouri: Harm Reduction Educator

Mehrdad.Ghafouri@fnha.ca

Leah Brody: Regional Addictions Specialist

Leah.Brody@fnha.ca

COMMUNITY WELLNESS INITIATIVES FACILITATORS

Healthy living activities to support the health and wellness of individuals, families and communities.

Nadine Mross:

Nadine.Mross@fnha.ca

Jennifer Heaven:

Jennifer.Heaven@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:

Marilyn.Dalton@fnha.ca

Nardia Brown:

Nardia.Brown@fnha.ca

Jennifer Kazun (Charchun): Children, Youth and Families

Jennifer.Charchun@fnha.ca

Kegan Madeira:

Kegan.Madeira@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:

Deanna.Rabeneck@fnha.ca

FNHA SYSTEM SUPPORT LINE

systems.support@fnha.ca

604-743-0635

MENTAL HEALTH AND CRISIS SUPPORT LINES

Indian Residential School Survivors Society:

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

KUU-US Crisis Line Society: 1-800-588-8717 Indigenous crisis line in BC. Available 24 hours a day

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

For counselling and cultural support

Indigenous Text Line

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

68 68 68 (youth) or;

741 741 (adults)

Hope for Wellness Line

1-855-242-3310 or;

online chat at:

chat.fn-i-hopeforwellness.ca

Suicide Prevention Center

1-800-SUICIDE

Mental Health Support Line

310-6789 (no area code)

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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
for more info and to register for program.



CHEAM YOUTH MATTRESS DISTRIBUTION

We have a mattress distribution coming up for Cheam Youth up to age 18. Please note this is an on-reserve targeted fund, for those who are out of town, please register for follow-up after the community distribution so that we can connect with you to assist with a purchase at a local provider near you.

Limited quantity - Please contact Cori Victor for more information cori.victor@cheamband.com 604-378-4692 and to sign up before May 30th at 3:00pm.



THE UNIVERSITY
OF BRITISH COLUMBIA

Centre for Excellence in
Indigenous Health



UBC Summer Science is back!

Open to Indigenous students entering grades 9 to 12.

Join us for one week to explore health, culture, science, technology, engineering, and mathematics (STEM) programs.

Submit your application by Tuesday,
May 31st at 11:59PM PST

SCAN ME




Don't miss out this awesome opportunity!

Learn more at: bit.ly/UBCSPVISE

FIND US ONLINE:





2022 High School Grads: this contest is for you!

We want to give away something special to honor the 2022 graduates, so here's your chance to win one of 3 \$150 gift cards to Victoria Scott photography to capture photos of your special day or any other special moment in your life.

Read something great lately? Have a favourite author or genre everyone should know about? We want to hear about it! Write us approx. 250 words and be sure to include your name, number, email and home library.

Prize consists of 1 of 3 gift certificates for Victoria Scott photography <https://www.victoriascott.photography/portfolio>. Contest runs from Tuesday, May 17, 2022 to Wednesday, June 15, 2022. Open to any grade 12 graduate residing within the Chilliwack area excluding FVRL employees or directors. Chances of winning depend on number of entries received. Winners will randomly be selected on Thursday, June 16, 2022 and will be contacted by phone, and can pick up their prize from the Chilliwack, Sardis or Yarrow library. Winners forfeits unclaimed prize after 1 month. Prize is non-transferable. Limit of 1 entry per person, no purchase necessary.

**CHILLIWACK'S
BRAND NEW
SOCCER CLUB
LOCATED ON
TZEACHTEN**



PROGRAMS

FOR 2019-2006 BORN

*SIDE KICK
HAPPY FEET
FUNDAMENTALS
TEAM UP
RECREATION
DEVELOPMENT*

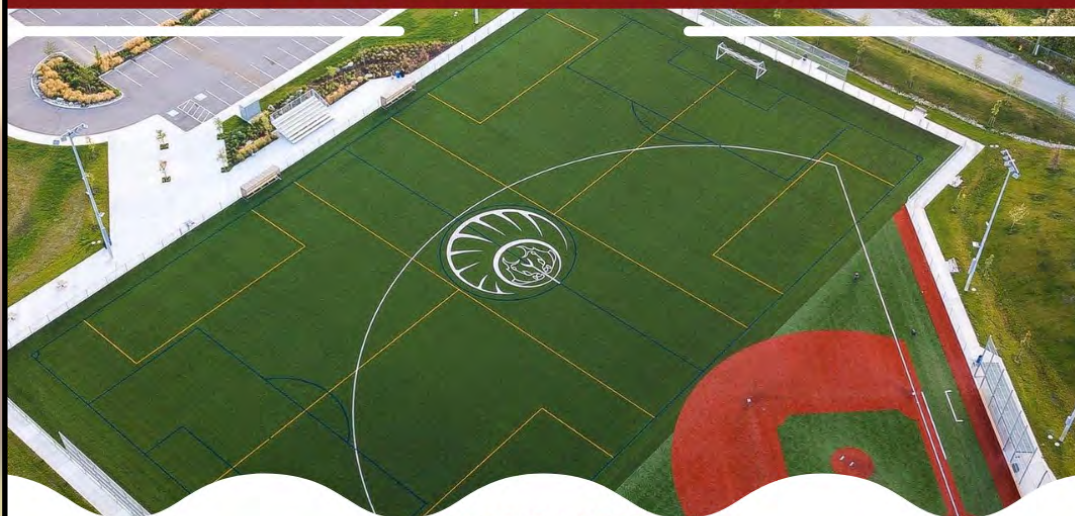
**COORDINATION
WITH BAND OFFICES AND
FINANCIAL ASSISTANCE
AVAILABLE**



**REGISTRATION
IS OPEN**
WWW.TZEACHTENFC.CA



CH'YAQTEL YOUTH SOCCER TOURNAMENT



**MAY 28-29 2022
TZEACHTEN SPORTS FIELD**

U5- \$100.00	U13- \$200.00
U7- \$100.00	U16- \$250.00
U10- \$200.00	U21- \$250.00

Contact Jennifer

jennifer@tzeachten.ca

All Indigenous Youth soccer players welcome





Ch'iyaqtel



Tournament



Ch'iyaqtel is seeking Youth to fill our teams for U5, U7, U11, U13, U16, and U21.

Contact Gina Malloway if you are interested to play some soccer.

Open to all Youth

Email - Georgina@tzeachten.ca

Phone – 604-858-3888

May28-29

2022

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

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

- Youth accessing Foundry Virtual BC services.

Foundry Virtual BC

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

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

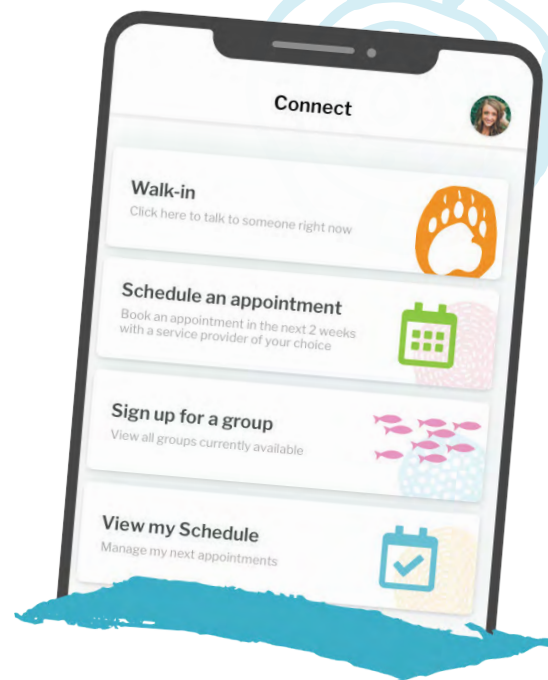
Drop-in services: Access same-day counselling and peer support.

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

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

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

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



Download the App or
use in a browser

Hours: 7 days/week
1:00pm–9:00pm

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



FIND US ONLINE:

CAREER FAIR

May 26, 2022

9am - 2:30pm

Lunch provided

Hope & Area
Recreation Centre

GR.
5-12

Adults welcome!

📍 1005 6th Ave., Hope, BC

Sponsors:

Boston Bar First Nation, Spuzzum First Nation, SD78 Careers
& Transitions, Indigenous Education Committee



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ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

BASKETBALL FUNDAMENTALS CAMP

LEARN AND DEVELOP BASKETBALL SKILLS FOR ALL AGES

GRADES 1-3, 4-6, 7-9, 10-12

INCLUDES TICKETS TO
FRASER VALLEY BANDITS GAME (JUNE 18)

SCAN TO REGISTER



REGISTRATION REQUIRED (FREE)









ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

BC JUNIOR 3x3 CHAMPIONSHIP

TEAM BC COMBINE

TICKETS TO FRASER VALLEY BANDITS GAME (JUNE 18)

NAIG IDENTIFICATION FOR BOYS & GIRLS

3X3 TOURNAMENT FOR U13, U15, U18

SCAN TO REGISTER



REGISTRATION REQUIRED (FREE)






The voice of youth is the voice of change.

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

Join the

Fraser Salish Youth Council



FRASER SALISH REGION
First Nations Health Authority

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

Contact Katelyn.Moon@fnha.ca

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

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://wwwIndeed.ca), or drop off your resume at the Band Office.

- [Adult In-home Care Worker](#)
- [Social Development & Education Coordinator](#)
- [Wellness Advocate](#)

Benefits:

- Disability & Life insurance
- Extended health care, Dental care & Vision care
- Cultural and Personal Development Training Opportunities
- On-site parking

**FNESS is currently inviting applicants for the position:
CULTURAL AND PRESCRIBED FIRE SPECIALIST**



**First Nations'
Emergency Services Society**
OF BRITISH COLUMBIA

FNESS is expanding on both current and new initiatives in the Mitigation Department. Our team is looking for talented individuals who are passionate about making a difference for First Nation communities and empowering others across the province.

POSITION SUMMARY

Reporting to the Mitigation Manager, this is a technical position based in British Columbia. The position involves travel, extensive at times, along with a hands-on approach with duties within the office. The positions also play a crucial role in advising the management team, through the Mitigation Manager. The Cultural and Prescribed Fire Specialist, in accordance with the Mission Statement and Guiding Strategic principles of FNESS, are responsible for providing guidance, support and technical expertise for the operational needs of the Mitigation Department

TERM: Full Time Employment Agreement

LOCATION: Remote Work

HOURS OF WORK: Monday to Friday 8:00 a.m. – 4:00 p.m.

[**Apply Now**](#)

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SASET Employment Services At Cheam

Every Thursday from 9:00am-3:00pm

Are you looking for employment or training? Do you need assistance with your resume/cover letter, job search or are you just not sure where to start? We can help you! A SASET Employment Counsellor is here to assist you in taking the steps you need to gain skills to employment.

Sto: lo Aboriginal Skills & Employment Training (SASET) through Service Canada ISET funding provides employment services to under/un-employed Indigenous people who are status, non-status, on/off reserve and who reside in our catchment area which extends from Katzie/Langley to Boston Bar and the three communities of Samahquam, Skatin and Xa'xtsa, part of the Lower Stl'atl'imx Tribal Council, regardless of origin in Canada. Within SASET's catchment area there are 31 First Nations. Indigenous individuals can access services from any employment services location in the catchment area.

If you would like to book an appointment, please call 604-858-3691 or

Email: info@saset.ca. Or drop in on a Thursday to get started on your career goals today!

SASET Employment Counsellor can assist with the following and more!

Employment And Career Counselling	Career Research & Exploration	Education And Training Information
Interview Skills	Short & Long-Term Training Applications	Career Planning
Job Search Assistance	Labour Market Information	Job Postings
Resume/Cover Letter	Scholarships, Grants & Bursary Information	Basic Computer Skills

Canada

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TRANSMOUNTAIN CAREERS

Mechanical Maintenance Technician - Abbotsford

As a Mechanical Maintenance Technician with Trans Mountain, you'll have the opportunity to work with a progressive and fast-paced group of experts.

The Mechanical Maintenance Technician is responsible for ensuring maximum up-time availability of the pipeline pumping equipment and components and the day-to-day safe remote Operations of the pipeline.

Administrative Assistant - Burnaby

As an Administrative Assistant with Trans Mountain, you'll have the opportunity to work with a progressive and fast-paced group of professionals in the Burnaby office, reporting to the Director, Burnaby & Westridge Terminal. This position is based in our Burnaby Regional office.

The successful candidate will be responsible for providing administrative and clerical services to ensure effective and efficient operation of the office and support the work of management and other staff.

Coordinator, Indigenous Relations, Expansion Project (term role) - Burnaby

As a Coordinator, Indigenous Relations (IR) with Trans Mountain, you'll have the opportunity to work with a progressive and fast-paced group of Indigenous Relations professionals. This position may be based in either our Calgary or Burnaby office locations. The Coordinator will be responsible for providing the coordination of logistics, planning, records maintenance and documentation of Indigenous consultation and engagement activities in support of Trans Mountain's permit consultation and engagement in BC and Alberta. This position will coordinate correspondence and consultation/engagement related interactions between members of the Indigenous Relations Team (IRT) and other departments, including both the Trans Mountain Expansion Project (TMEP) and Operations.

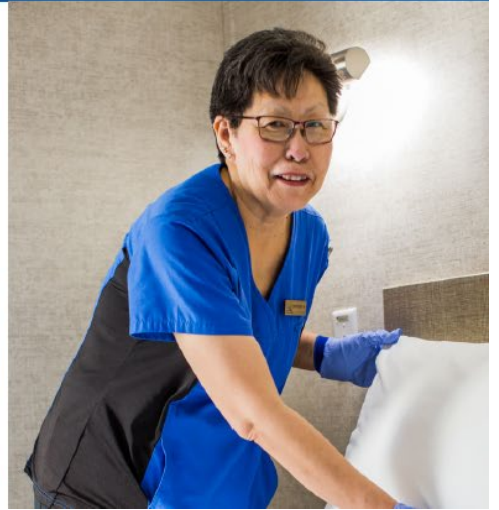
Stakeholder Engagement and Communications Specialist, Marine, Expansion Project (term role) - Burnaby

The SE&C Specialist contributes to all engagement and communications specific to the marine aspects of Trans Mountain, with a focus on Westridge Marine Terminal and engagement within the Port of Vancouver communities. The SE&C Specialist will coordinate and support on marine regulatory filings and compliance, as well support engagement with marine stakeholders, including marine industry, applicable regulatory bodies, coastal local government, residents, interest groups, and the public; provides information and insights to the Project team in consideration of stakeholders' interest in Project plans; and completes the necessary reporting requirements related to Project marine conditions and commitments.

View all jobs and sign up for alerts [here](#).



NOW HIRING CAMP POSITIONS



We're seeking motivated individuals for a variety of camp positions available in Valemount, Clearwater and Blue River, BC.

- General Helper
- Bakers Helper
- 3rd (Breakfast) Cook
- Salad/Sandwich Maker
- Janitor

Positions are 20/10 OR 5/5 off rotations.
Full Time Positions

APPLY TODAY!

Email - FrontecRecruitment@atco.com

ATCO

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

First Aid

Level 3!

Canada



If you are an Indigenous individual who:

- Is un or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-week full-time program

If so... we are presently accepting applications for this
training opportunity!

There are a limited number of seats, so don't
delay in scheduling an appointment with a
SASET Employment Counsellor today!

PROGRAM START DATE: June 6, 2022

PROGRAM END DATE: June 17, 2022

CLASS TIME: 8:00 AM TO 4:00 PM Monday to Friday

Program will take place on-site at:

TBD, Chilliwack, BC

LUNCH AND TRANSPORTATION
SUPPORTS PROVIDED!



SASET—Chilliwack Office

5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET FULLTIME EAS OFFICES:

SASET—Sts'ailes Office

4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office

2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

Please visit www.SASET.ca for our Employment Assistance Service hours and locations

FIND US ONLINE:

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Sto:lo Aboriginal Skills & Employment Training
is pleased to host the following program:

Warehouse Training



If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-week full-time program
- Enjoys indoor and outdoor work in all types of weather

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

Training will take place at

2D—7201 Vedder Road, Chilliwack, BC

June 6—17, 2022

TO APPLY PLEASE CONTACT SASET:



1-888-845-4455



www.saset.ca



info@saset.ca



www.facebook.com/SASET.EAS



Program includes:

- First Aid
- WHMIS
- Scissor Lift
- Genie Boom Lift
- Forklift Training
- Power Pallet Jack
- Confined Space
- Fall Protection
- Scaffold & Ladder Safety
- Respiratory Protection
- Resume Writing
- And More!!!

**LUNCH, TRANSPORTATION SUPPORT
AND SAFETY GEAR PROVIDED!**

Please visit
www.SASET.ca for
Employment
Assistance Service
hours & contact
information

Canada

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**Carve your
own path.**

First Nations Fine Arts

Advanced Diploma • Diploma • Certificate

Freda Diesing School of Northwest Coast Art is the only school of its kind in Canada. Focusing on traditional Indigenous Northwest Coast art and instructed and mentored by world-renowned artists.

Northwest Community College is now Coast Mountain College.

FREDA  DIESING
SCHOOL OF NORTHWEST COAST ART

coast
mountain
college



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DO YOU HAVE WHAT IT TAKES?

POPKUM FIRE DEPT. CADET EVENT

Friday, June 3 - 1700 - 2100hrs

Saturday, June 4 - 0700 - 1530hrs

COME EXPERIENCE WHAT FIREFIGHTING IS ALL ABOUT

SCENARIOS

Auto Extrication

Structure Fire

Medical Aid/BCEHS Assist

**Fire Department PPE &
Firefighting Turnout Gear
will be Provided**

REQUIREMENTS

Between 16-19 years of age

Live in Popkum or in the surrounding area

Sign up before

May 28, 2022

Email PTraining@FVRD.ca

to receive the application form

REFRESHMENTS

Water & Light Snacks

JUNE 4

Breakfast at 0700

Lunch at 1200

PTraining@FVRD.ca

10570 Popkum Rd, Popkum BC



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





INDIGENOUS STUDENT RECRUITMENT INITIATIVE



facebook.com/CanadianAgriculture
twitter.com/AAFC_Canada
youtube.com/AgricultureCanadaEng
instagram.com/cdn_agriculture

The Indigenous Student Recruitment Initiative at Agriculture and Agri-Food Canada (AAFC) offers meaningful and rewarding employment to Indigenous university, college and high school students.



STUDENT EMPLOYMENT OPPORTUNITIES

Students can apply through:

- Federal Student Work Experience Program (FSWEP)
bit.ly/ISRI-FSWEP
- Co-operative Education and Internship Program
bit.ly/AAFC_RECRUITMENT
- Research Affiliate Program
bit.ly/PSC-RECRUITMENT



GRADUATE EMPLOYMENT OPPORTUNITIES

If you have completed a diploma, degree, graduate diploma, Master's degree or a PhD from a post-secondary institution, consider:

- Post-Secondary Recruitment
bit.ly/PS_RECRUITMENT
- Recruitment of Policy Leaders
bit.ly/POLICY_LEADERS

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT ISRI

aafc.isri-irea.aac@agr.gc.ca



BENEFITS OF WORKING AT AAFC

NETWORKING WITH PEERS

Students stay connected with each other through a monthly newsletter that includes:

- Important Indigenous dates and milestones
- AAFC employment opportunities
- Student surveys
- Stories from the Indigenous Network Circle employee community

STUDENT SUPPORT PROGRAM

In the work environment, student support is provided through:

- Training
- Indigenous Mentorship program
- Knowledge sharing activities

KEY STUDENT RESOURCES INCLUDE

- One-on-one and group coaching
- Access to Elder services
- Indigenous student advisors
- Advice and guidance
- Cultural awareness activities

CULTURE OF DIVERSITY, EQUITY AND INCLUSION

AAFC is committed to developing, supporting, and retaining a diverse, innovative and high-performing workforce. Students can support diversity, equity and inclusion through AAFC's various networks, including the Indigenous Network Circle.

© Her Majesty the Queen in Right of Canada, represented by the Minister of Agriculture and Agri-Food, (2022)
AAFC No. 13098B

Canada

Indigenous Tourism BC: CALL FOR KNOWLEDGE KEEPERS

ITBC is looking to build a list of Indigenous Knowledge Keepers to share with partners.

If your business works with an Elder, language speaker, storyteller, dancer, singer, drummer, land tour guide, artist, or plant medicine enthusiast, we invite you to add them to a list of reliable sources in our Stakeholder community for participation in a variety of upcoming projects.

The main benefit of your involvement in these stories and projects is increased global exposure for your Indigenous tourism operation. ITBC will also provide an honorarium based on the type of involvement.

[Sign up here](#)



INDIGENOUS TOURISM BC



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CALL FOR APPLICATIONS

Indigenous Screenwriting Workshop

Selected participants will have the opportunity to delve into story development and screenwriting in an online workshop setting, crafting their stories for the screen while also having the opportunity to network with fellow Indigenous creatives.



Eligibility Criteria:

- Identify as **Paʔki-s*** (Indigenous Woman, Indigiqueer, Two-Spirit)
- Have a short or feature-length film idea that you would like to write
- Have access to a computer and internet
- Be available to participate in the program according to the dates outlined above

Online Session Dates:

Part 1: Starting the week of May 24th
for 6 weeks

Part 2: Starting the week of September 19th
for 6 weeks

Deadline to Apply:

EXTENDED TO MAY 20TH, 2022

***Paʔki-s** is from the Ktunaxa language, the traditional language of our program founder, Doreen Manuel.

VISIT **WWW.WOMENINFILM.CA** FOR MORE INFORMATION TO APPLY



INDIGENOUS
SCREEN
OFFICE



WOMEN IN FILM
AND TELEVISION
VANCOUVER

FIND US ONLINE:

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SERVICE CANADA

READY TO HELP



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



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

CANADA RECOVERY BENEFIT (CRB)

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

<https://bit.ly/2I0Ub5d>

1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

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

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

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

1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

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

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

1-833-966-2099

SOCIAL INSURANCE NUMBER

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

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

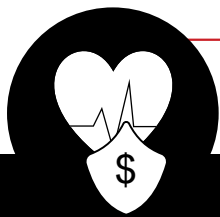
1-866-274-6627

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

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

SERVICE CANADA

READY TO HELP — SENIORS



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



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

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

 1-800-206-7218

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

UNITED WAY


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

 unitedway.ca/how-we-help/find-your-uwc/

SOCIAL INSURANCE NUMBER

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

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

 1-866-274-6627

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SERVICE CANADA

READY TO HELP — YOUTH



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



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- Canada Recovery Caregiving Benefit (CRCB)

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

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

MENTAL HEALTH SUPPORT

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

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

JOBS AND OPPORTUNITIES

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

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

SOCIAL INSURANCE NUMBER

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

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

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

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

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

CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

ENROLLMENT APPLICATION FOR GROUP BENEFITS



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

PLAN ADMINISTRATORS — Please complete Part 1 of this application.

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

☐ New Client ☐ Reinstatement

PART 1 — PLAN ADMINISTRATOR

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

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

PART 2 — CLIENT/DEPENDENT INFORMATION

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

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

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

PART 3 — CO-ORDINATION OF BENEFITS

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

Name of Insurance company	Group Policy Number	ID or certificate number
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PART 4 — CLIENT SIGNATURE

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

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

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

The privacy policy is available online at pac.bluecross.ca or by calling Pacific Blue Cross at 604 419-2000.

Client's signature X	Date (mm-dd-yyyy)
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FNHA CLIENTS:



MAIL YOUR APPLICATION

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



FAX

1 888 299-9222



Social Assistance Cheque Schedule 2022

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

