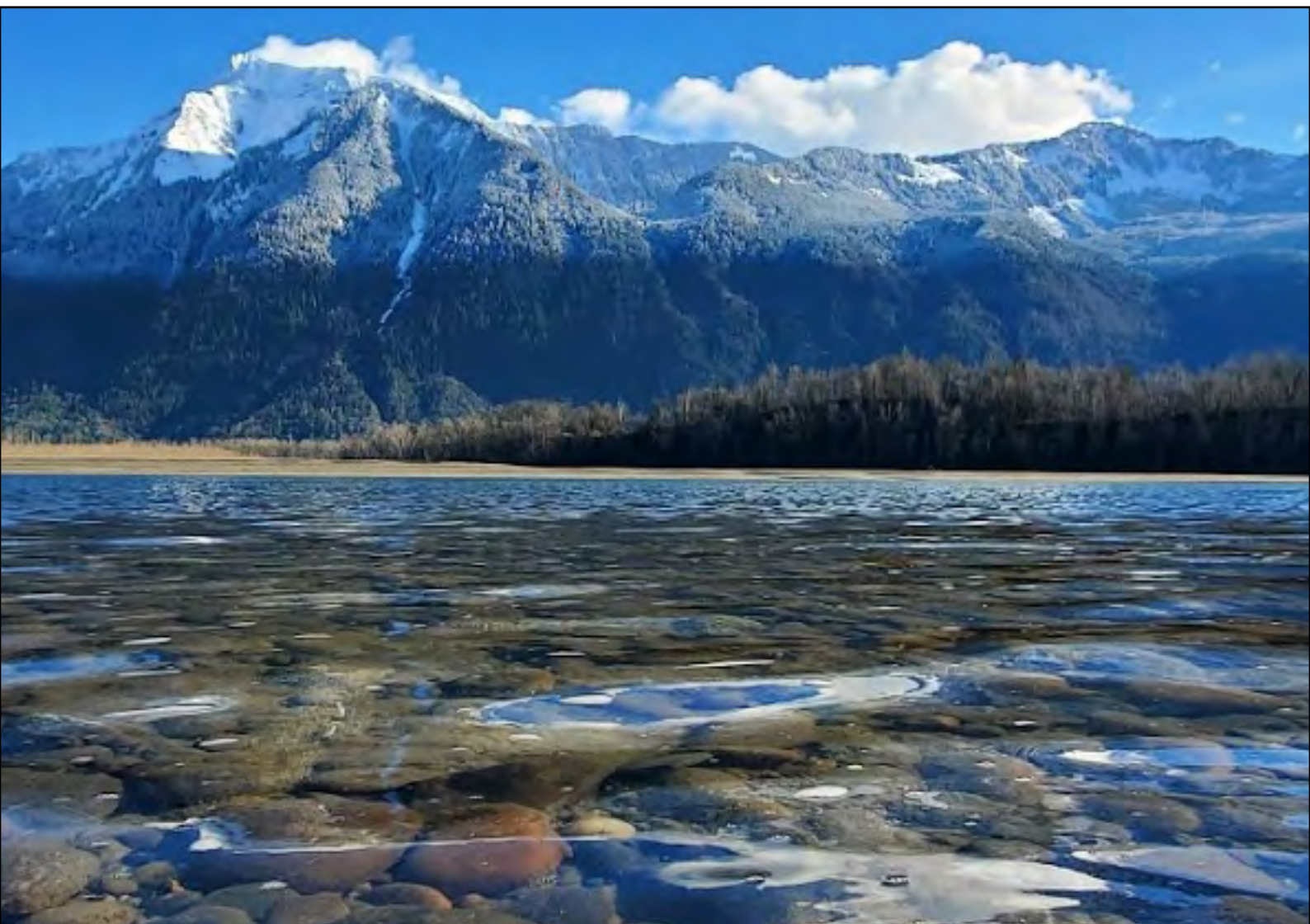




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: June 17, 2022



NEWSLETTER SECTIONS

Administration Notices/Updates	2-7
Cheam Elder's Corner	8
Health & Wellness Updates	9-15
Youth Programs/Opportunities	16-20
Job Opportunitiess	21- 25
Education/Training Opportunities	26-31
Service Canada Resources	32-34
Cheam First Nation Forms	35-37

XWECHİYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

FIND US ONLINE:



CHEAM.CA



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



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



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

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](#)

PROVINCIAL UPDATE SITE

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

PUBLIC NOTICE



Natural Gas Pipeline Work Underway in Your Area

Westcoast Energy Inc., an Enbridge Company, will be conducting controlled natural gas venting in June and July (2022) at Compressor Station 9, within Cheam First Nation lands.

The approximate dates for this work are as follows: June 06th, 07th, 08th, 09th, 10th, 13th, 15th, 17th, and July 5th, 09th, 28th. We expect that the venting will occur once or twice per day and will vary in duration. This is a standard procedure necessary to conduct operations and maintenance work at our compressor station.

You may hear noise as a result of this work or smell a gas odor. However, there is no health or safety risk to the public.

Enbridge apologizes for any inconvenience this may cause.

For more information, please contact:

Paul Summers
Land and Community Advisor
paul.summers@enbridge.com
(604) 997-5416



NOTICE TO COMMUNITY OF A CHANGE TO THE CHEAM COUNCIL MEETING DATES IN 2022

The Cheam First Nation Chief and Council approve to amend the Cheam First Nation Chief and Council 2022 Meeting Schedule to the following dates:



- June 28
- July 26
- August 23
- September 13 & September 27
- October 11 & October 25
- November 8 & November 22
- December 13



SAVE THE DATE - UPCOMING EVENTS!



June 21, 2022 Band Office Closed for Indigenous Peoples Day

Canada's National Indigenous Peoples Day gives us a chance to recognize the many achievements of the country's Indigenous peoples. The day also celebrates the distinct cultures and unique traditions of these Indigenous communities.



June 23, 2022 Cheam Gondola Gathering 3-6pm

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 catered dinner, and win prizes for your participation. For more information see the [*event page*](#).



June 25, 2022 Cheam's Indigenous Peoples Day Celebration 11am-3pm

Stick games, face painting, bouncy castle, arts & crafts. Outside the Cheam Multiplex.
Lunch at 12:00pm





XWCHÍYÒ:M

CHEAM FIRST NATION

Cheam's participation in the First Nations Drinking Water Class Action Lawsuit Settlement

This Class Action Lawsuit is pertaining to Canada's failure to ensure clean, safe drinking water within First Nation Communities. Fifty (50) First Nations across Canada participated in a National Class Action Lawsuit and won support from the Courts directing Canada to pay compensation to those who suffered from a lack of access to clean drinking water.

Cheam First Nation joined the Class Action in June 2021 as we were subject to long-term boil water advisories from October 2011 to October 2012 and November 2013 to November 2014. Members and non-members (with Status Cards) living in the Community during the boil water advisories can and will be included in the Class Action.

Council has directed staff to compile and submit a list of Members and non-members (with Status Cards) that lived in the Community during the years of the boil water advisories. **To confirm that you have been included in the Class Action Lawsuit and/or to update your contact information, please connect Rachel Wille at 604-794-7924 or via email at rachel.wille@cheamband.com by June 30, 2022.**

Once the list has been submitted, the First Nations Drinking Water Administrator will contact you directly to collect additional information such as banking information, Status Card Number, current address, etc. All individual financial compensation awarded will be sent to you, directly.

If you suffered specific injuries due to the boil water advisory, you may also submit a specific claim for compensation. To submit the Specific Claim, please log onto <https://firstnationsdrinkingwater.ca/> and click on claims. All Specific Claims must be filed and received by the First Nations Drinking Water Administrator by March 7, 2023.

For any additional information on the Class Action Lawsuit, please log onto <https://firstnationsdrinkingwater.ca/> or call 1-833-252-4220.



**First Nations
Drinking Water
SETTLEMENT**

Call 1-833-265-7589 or visit
firstnationsdrinkingwater.ca for more information.



Cheam Indigenous Peoples Day

June 25th, 2022 11am–3pm
Everyone Welcome!

Stick games, face painting, bouncy castle, arts & crafts

**Outside Cheam Multiplex
Lunch at 12:00pm**



HALQ'EMEYLEM LANGUAGE TEACHINGS

Friday, June 24th 12–1pm
Virtual Meeting: Zoom

Session will include: Halq'emeylem
Language history, volume chart (alphabet),
resources, greetings.

Guest speaker:
Eddy Gardner, Sqwa (Skwah)
First Nations and Gracie Kelly



EDDY GARDNER

FOR MORE INFORMATION CONTACT:
GRACIE KELLY, INDIGENOUS RELATIONS MANAGER GKELLY@CHILLIWACKDIVISION.CA

HOPE & AREA RECREATION CENTRE

MOVIE NIGHT

★ *Now Showing* ★



SATURDAY
25 JUNE

6:30
PM

Join us on the Arena Dry Floor
for a family-friendly movie
experience on a big screen
presented by Fresh Air Cinema.



FREE

FIND US ONLINE:

06

 CHEAM.CA

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

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

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

CHEAM ELDERS CORNER

Residential School Memorial Grant

On Wednesday, May 25th the Elders met and formed their first working group pertaining to the Residential School Memorial grant. This funding is to support a memorial and healing are within the Community. A few of the suggestions that were brought forward from the Elders that attended the working group were for:

- A Pit House and Healing Garden;
- Art installations;
- A House Post; or
- A Memorial Bench

As there is not enough funding to support all of the suggestions, the Elders have requested your assistance on how to use this funding and hope that you would please take a moment to provide comments to the following questions?

1. Do you feel that the Residential School Memorial Grant funding should be expanded to incorporate all those that we have lost due to Addiction, the 60's Scoop, Missing and Murdered Indigenous Women and Girls, and Children in Care?
2. If you were to select one, which would be a priority for you:
 - A Memorial Bench;
 - Art Installations;
 - A House Post; or
 - A Pit House Surrounded by a Healing Garden.
3. Do you have any other suggestions on what the funds could be used for?
4. Would you be interested in submitting artwork or a conceptual drawing?
5. If there were to be a Healing Garden, House Post, Art Installation, or Memorial Bench where would you like to see it placed in the Community?



Please drop off your comments to Daphne or email them to rachel.wille@cheamband.com
On behalf of the Elder's, we appreciate all of your comments and suggestions.

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

EUGENE MURPHY	JUNE 17
JUNE QUIPP	JUNE 17
ERNEST WALTER CREY	JUNE 21
MARY AGNES VAN IEPEREN	JUNE 22
VINCENT P. DOUGLAS	JUNE 24

FIND US ONLINE:



CHEAM.CA



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



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



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

07

FREE SOMATIC TRAUMA THERAPY FOR CHEAM MEMBERS

All Cheam Community Members are welcome to register for this free Trauma Therapy. Initial intake sessions are one on one with Winchester Victor. They can be booked with Diana Giroux in the Health Department. For questions specific to the program please contact Winchester at winchester.victor39@gmail.com

SOMATIC TRAUMA THERAPY

To be traumatized is to have parts of ourselves stuck in a stage of reacting to something that made our body feel threatened. The process is instinctive, but the experience is very personal and sensitive. Being traumatized affects all parts of us: spirit, body, emotions, and mind. Our body can help get us to the end of the process.

To distinguish between “trauma” and “being traumatized”:


- Trauma is an event or situation that triggers our short-term survival instincts.
- Being traumatized is a stage in the process of responding to the trauma. Our body knows how to process threats to survival. This is an instinctive process. Similar to digestion. With digestion, our body just processes on its own. We can't put the brakes on digestion by choosing to mentally. But with processing being traumatized, we can
- mentally choose to put the brakes on the process. Most of us have learned to do
- exactly that.

The way to complete the process is to choose to allow uncomfortable physical sensations and emotions to do what they want. When we can give control of our body to our body, our body will guide us to the end of the stuck stage.

Completing the process of being traumatized brings up feelings of fear, anger, and grief. When we stay with those feelings, they will get processed just by being given the space. All we have to do is stick with them. This is easier said than done.

Somatic trauma therapy will be run in groups of 4 people, meeting weekly, for 12 weeks. Consider how committing to this program would affect other parts of life.

In small groups, we support each other through an adapted talking circle and a somatic trauma therapy session.

- 
- Each meeting includes a grounding tool, something to help us reconnect to our
 - physical and emotional state.
 - Then we learn about trauma and emotions through teachings, from both western and Indigenous cultures.
 - We learn to compassionately witness each other and to be witnessed.
 - The last portion of the meeting is somatic trauma therapy. Together in our small group, I guide people one at a time through the process of giving control of their bodies over to their bodies. There is often some shaking, crying, or other involuntary movement or sounds. This is part of the body's instinctive process of resolving being traumatized.



"Two-Spirit people exist in the realm outside of the binary. We are weaving together medicines to protect our Nations."



Medicine Bundles for Indigenous Peoples 18+

We appreciate your support with this initiative and spreading the word as we aim to make accessible this resource to our many Indigenous and Two-Spirit kin in your area.

It is all about distributing "Medicine Bundles" to Indigenous adults in BC! The Medicine Bundle is hand-sewn and filled with items chosen by Two-Spirit and Indigenous people. It contains HIV Self Test kits/Dried Blood Spot Tests, and you can customize it with White Sage, Tobacco Ties, Cedar, Smudge Bowls, Bear Grease, Labrador Tea, and more!

The "priority" people the project aims to reach would identify as Two-spirit but it is available to any and all indigenous people in BC age 18 and up.

This Bundle encourages safety in sexual health and combines it with culture and community through the choice and pairing of traditional medicines - ultimately strengthening and nurturing our indigenous identity as ceremonial gifts.

Here is the link to the Medicine Bundle initial survey, where folks can create and request their own Bundles:

<https://www.cbrc.net/medicinebundle>



FIND US ONLINE:



FREE FOOD PROGRAMS IN CHILLIWACK

Free Food Programs in Chilliwack

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

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

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



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



FIND US ONLINE:

 CHEAM.CA

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

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

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

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:



CHEAM.CA



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



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



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

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:



CHEAM.CA



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



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



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



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



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:





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)

FIND US ONLINE:



CHEAM.CA



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



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



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



FIRST PEOPLES'
CULTURAL COUNCIL

Language Program

Youth Empowered Speakers (YES!) Program



Deadline: July 11, 2022

Funding amounts up to: \$29,550

The YES program is for B.C. First Nations students age 18-30 who are working towards a career as a language immersion teacher or early childhood immersion educator.

This program includes:

- Tuition
- Living allowance
- Mentor-apprentice language learning
- Paid internship

The goal of the program is for youth to learn their language while preparing for a career in language revitalization in one of two streams:

1. Early Childhood Immersion Educator Stream for ECE students
2. Language Immersion Teacher Stream for BEd. students



Program Contact

Hannah Green, Language Programs Coordinator, yes@fpcc.ca

For more information and guidelines, visit: fpcc.ca/grants

DMA 2022 UBC In-person Summer Tech Camps **Indigenous Scholarships!**



More than 40 + camp courses in Seven Career Pathways

- Computer Science + AI
- Business + Entrepreneurship
- Music Production
- Creative Design
- Game Development
- Digital Storytelling
- Robotics + Engineering

July 4th - 29th

Age 9-18

Small classes

One week camp

ISTE Curriculum Gold Standard

Learn cutting-edge digital
technologies

8 levels after-camp classes,
university portfolio ready

Black-chain tech digital
credential

World-class campus experiences

Friday showcase



Scan for more info. or APPLY



SCAN ME



Digital Media Academy

info@digitalmediaacademy.org

+1 (866) - 526 - 6854

<https://halfmoonedu.com/ubc>

FREE

PUBLIC SAFETY

INDIGENOUS YOUTH CAREER CAMP

*Building Bridges,
Breaking Barriers,
Encouraging Connections*

Justice Institute of British Columbia
New Westminster & Maple Ridge Campuses
July 18 - 22, 2022

A weeklong day camp for Indigenous youth ages 15-20. Explore exciting careers in justice, public safety and health through applied education, cultural experiences, and connections. Join us to reflect on your gifts and how they might be applied to exciting and impactful careers.

Apply Online by July 8, 2022

For more information contact:
Indigenization@jibc.ca or call 604-528-5621



**JUSTICE
INSTITUTE**
of BRITISH COLUMBIA



OFFICE OF
INDIGENIZATION

[Watch the Video](#)

[Visit Website](#)

Learn more
and register
jibc.ca/IYCC



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.

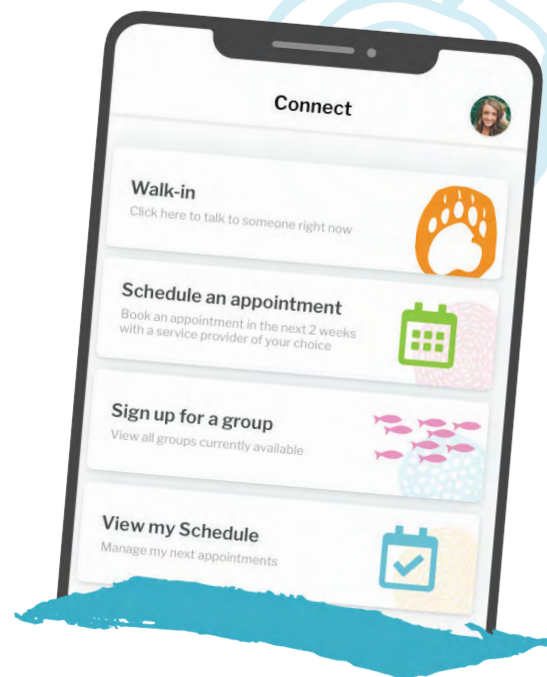
Drop-in services: Access same-day counselling and peer support.

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:



The voice of youth is the voice of change.

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

Join the

Fraser Salish Youth Council



FRASER SALISH REGION
First Nations Health Authority

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

Contact Katelyn.Moon@fnha.ca

FIND US ONLINE:

EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

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

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

Benefits:

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

BE BEAR AWARE IN OUR COMMUNITY AND IN THE WILD!

If you encounter a bear:

- **Stay calm**

If the bear sees you, talk in a low, calm voice and then regardless if it has seen you or not.

- **Back up slowly**

Never turn your back on a bear, or run. Running could trigger an attack.

- **Do not stare**

The bear will see a direct stare as a challenge.

- **Give it space**

Make sure it has a way to get away, and that you are not blocking access to a bear's cubs or its food.

If a bear approaches you or charges:

- **Do not run!** Use your bear spray as it approaches



Call BC Conservation 1-877-952-7277



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

FIND US ONLINE:

22



CHEAM.CA



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



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



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



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](#).



Position: Ground Crew (Linear Debris Field Technician)

Location: Hope & Merritt (HQ) / Hope & Coquihalla River (OPS), British Columbia

Date: ASAP to June 30th, 2022 - Freshet dependent

Job Overview

The Ocean Legacy Foundation is bringing together a passionate and hard-working crew to collect debris caused by flooding. You will be joining a diligent and determined crew who prioritize teamwork, safety, and communication.

Crews will be transported daily to worksites alongside river systems to clean up debris. Activities consist of collecting and loading debris into designated super sacks. Materials will be removed by helicopter operators and moved to a staging area. There is potential for transportation by helicopter into field work sites. Disassembling challenging debris materials and some hazardous debris materials may be encountered on location.

Job Responsibilities and Duties

- Arrive on time ready to work fully equipped with appropriate PPE, radios charged, lunch packed, etc.
- Organize, sort, and categorize material removed, if required
- Collect assorted debris items from riverbanks and place them in designated super sacks
- Ensure all personal gear and required field gear is present each day
- Report any issues with equipment or unnoticed hazards to the Team Lead right away
- The ability to lift up to 30lbs regularly
- The ability to move safely on uneven terrains and stand for long periods
- Able to work for extended periods outdoors in various weather
- The ability to wear personal protective gear correctly all day
- Work in a safe and efficient manner
- Ability to receive and follow detailed instructions
- Independent thinking and problem-solving skills required

Ideal Candidate

- Can follow direction with good attention to detail
- Punctual, reliable, and well organized
- Work cohesively as part of a team
- Strong interpersonal and verbal communication skills
- Enthusiastic and positive attitude even in challenging work conditions
- Ensure Daily Check In Form (COVID-19 Daily Health Check Questionnaire) and Check Out Form is completed - QR codes provided in designated areas

Required Certificates & Qualifications;

- Previous outdoor work experience such as tree planting, field research, landscaping, shoreline clean-up, wildland firefighting, search and rescue, etc.
- Must be comfortable working outdoors in challenging work environments for prolonged work periods
- Familiarity with Incident Command System
- Experience operating radios
- Valid Occupational First Aid Level 1 - 3 Certifications provided and paid by OLF to complete prior to fieldwork
- Swiftwater Awareness (online or in-person)
- Accidental Release Measures and Spill Cleanup Procedures (online)
- Wild Safe Awareness (online)

If applying with OLF, please send all completed certifications to careers@oceanlegacy.ca with your name and certification in the subject line.

FNESS PROVINCIAL FIRESMART COORDINATOR Competition 22-11

FNESS is currently inviting applicants for the position: FNESS Provincial FireSmart Coordinator

The First Nations' Emergency Services Society of British Columbia (FNESS) is a not-for-profit organization, as well as a registered charity, under the governance of a First Nation Board of Directors. FNESS assists BC First Nations in developing and sustaining safer, healthier and thriving communities. Our programs focus on Awareness, Preparedness, Mitigation and Recovery.

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.

Do you have a mitigation background?

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 position also plays a crucial role in advising the management team, through the Mitigation Manager.

FireSmart™ is a national program that provides the tools and resources necessary for communities to increase their wildfire resiliency. The FNESS Provincial FireSmart Coordinator will be part of the [FireSmart BC team](#) and work alongside the Provincial Home Partners Program Coordinator with the Fire Chiefs Association of BC. The Home Partners Program (HPP) was designed to engage homeowners in voluntary wildfire mitigation activities by offering a professional home assessment with property-specific recommendations.

Duties and Responsibilities (include but are not limited to):

- Act as the single point of contact for the Home Partners Program provincially for all First Nations and Indigenous communities.
- Act as the single point of contact for all First Nations FireSmart Coordinators.
- Support the duties of the FireSmart Rapid Mitigation teams for First Nations in varying capacities.
- Liaise on HPP wildfire resiliency projects internally and externally with stakeholders and partners.
- Recruit, coordinate and provide training for HPP Wildfire Mitigation Specialists and Facilitators.
- Work closely with FireSmart BC and the BC FireSmart Committee to ensure FNESS FireSmart activities align with provincial and national FireSmart objectives.
- Provide leadership, support and direction to the Mitigation staff in meeting the goals, objectives and deliverables of the Mitigation Department.

102 – 70 Orwell Street, North Vancouver, BC V7J 3R5

Tel 604.669.7305 | Fax 604.669.9832 | Toll Free 1.888.388.4431 | Email info@fness.bc.ca | Web www.fness.bc.ca

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





Indigenous Digital Filmmaking Program



604-990-7904
film@capilanou.ca
www.capilanou.ca/idf

Now Accepting Applications for Fall 2022

Learn all aspect of filmmaking in a state of the art facility at Capilano University Bosa Centre for Film & Animation.

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM_FN



Stó:ló Aboriginal Skills & Employment Training is pleased to offer the:

Culinary Arts

Pre-Trade Program

Next classes start: September 6, 2022



Are you an Indigenous or Metis individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET employment counsellor to book an appointment and complete the application package.

CONTACT US TODAY!

604-858-3691 Fax: 604-858-3528

Toll Free (BC): 1-888-845-4455



www.saset.ca



<https://www.facebook.com/SASET.EAS>



5579 Tyson Rd, Chilliwack,
BC V2R 0H9

Program Includes:

- ◇ Certificates: FoodSafe, First Aid level 1, WHMIS, WCB Awareness
- ◇ Occupational Skills
- ◇ Stocks, soups and sauces
- ◇ Vegetables and fruits
- ◇ Starches
- ◇ Meats
- ◇ Poultry
- ◇ Seafood
- ◇ Garde-mange
- ◇ Eggs, breakfast cookery and dairy
- ◇ Baked good, desserts and beverages
- ◇ Basic kitchen management
- ◇ Two week practicum placement



Canada

FIND US ONLINE:



**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



FIND US ONLINE:



CHEAM.CA



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



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



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

WITH YOU WITH ME

Get a Job in Tech

FREE Tech Training for Indigenous People

[Start Your Journey Today](#)



We believe in potential over experience. If you are committed to your personal growth we will train you!

No experience in tech? That's no problem! You will obtain all the skills necessary to gain meaningful employment in the tech space while working at your own pace.

Join Our Community

We have a diverse community at WYWM all positive like-minded people always extending our hand to assist with your journey. Our community is like no other! We do not have all the answers, but we are curious and want to learn together.

Indigenous Action Plan

We have a team of Indigenous Canadians, Aboriginal Australians, and allies who are creating a reconciliation action plan. This plan will be used as the strategic framework for our Indigenous program.

<https://growth.wywm.io/seeker/free-tech-training-for-indigenous-people>



INDIGENOUS STUDENT RECRUITMENT INITIATIVE

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



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.



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

**IF YOU HAVE ANY QUESTIONS,
PLEASE CONTACT ISRI**

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

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



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



SERVICE CANADA

READY TO HELP



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



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

CANADA RECOVERY BENEFIT (CRB)

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

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

1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

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

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

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

1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

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

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

1-833-966-2099

SOCIAL INSURANCE NUMBER

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

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

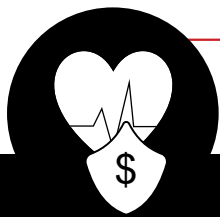
1-866-274-6627

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

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

SERVICE CANADA

READY TO HELP — SENIORS



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



Canada COVID-19 App

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


EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work.

If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

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

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

 1-800-206-7218

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

UNITED WAY


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

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

SOCIAL INSURANCE NUMBER

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

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

 1-866-274-6627

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

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

SERVICE CANADA

READY TO HELP — YOUTH



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



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

We made temporary changes to the Employment Insurance (EI) program to better support Canadians looking for work.

If you are eligible for EI benefits, you will receive a minimum taxable benefit at a rate of \$500 per week, or \$300 per week for extended parental benefits. If you are not eligible for EI, you may be eligible for the proposed new benefits:

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

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

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

MENTAL HEALTH SUPPORT

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

Kidshelpphone.ca 1-800-668-6868

JOBS AND OPPORTUNITIES

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

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

SOCIAL INSURANCE NUMBER

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

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

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

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

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

CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

ENROLLMENT APPLICATION FOR GROUP BENEFITS



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

PLAN ADMINISTRATORS — Please complete Part 1 of this application.

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

☐ New Client ☐ Reinstatement

PART 1 — PLAN ADMINISTRATOR

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

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

PART 2 — CLIENT/DEPENDENT INFORMATION

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

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

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

PART 3 — CO-ORDINATION OF BENEFITS

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

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

PART 4 — CLIENT SIGNATURE

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

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

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

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

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

FNHA CLIENTS:



MAIL YOUR APPLICATION

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



FAX

1 888 299-9222



CHEAM COMMUNICATION SURVEY 2022

Every survey returned to the band office gets you in a draw to win gift cards

(1 per address)

Home Address: _____

Phone: _____

Email: _____

Names in Household: _____

I would like the Cheam newsletter & notices:

_____ delivered to my home (on reservation)

_____ emailed to me (allows you to zoom in for readability, click links, save paper)

Do you follow Cheam Social Media? If so which ones:

_____ Facebook

_____ Instagram

_____ LinkedIn

_____ YouTube



