



# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: August 12, 2022



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### XWECHİYOM XWEXWILMEXW SXWE EYELH

Kwetskwtmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

### CHEAM VISION STATEMENT

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

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# ADMINISTRATION NOTICES/UPDATES

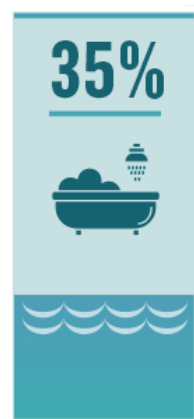
## UPOMING CHEAM EVENTS:

August 16,	Cheam Elders Meeting
August 17	<u><a href="#">Cheam Days / Back to School Event</a></u>
August 24, 31	<u><a href="#">Cheam Enterprises Coffee Shop 12-1</a></u>
August 24, 31	<u><a href="#">Cheam Women's Wellness Group</a></u>
August 23	Cheam First Nation Council Meeting
September 5	Stat Holiday Band Office Closed
Sept. 7, 14, 21, 28	<u><a href="#">Cheam Women's Wellness Group</a></u>
September 13/27	Cheam First Nation Council Meeting
October 5	Joint Cheam/CEI Fall Open House
October 11 & 25	Cheam First Nation Council Meeting
October 28	<u><a href="#">Cheam Halloween Dance</a></u>
November 12/13	<u><a href="#">Cheam Holiday Market</a></u>

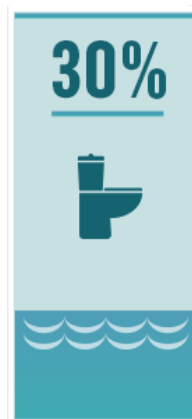
**Let's all do our part to limit water waste!**

Please report all water problems, leaks & damaged plumbing/parts to the Cheam Public Works or Housing departments.

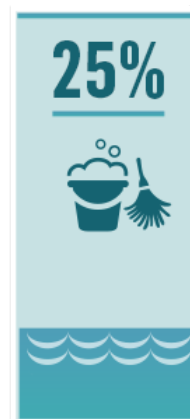
## WHERE DOES YOUR WATER GO?



Shower and bath



Toilet



Cleaning and  
laundry



Drinking and  
preparing meals

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## CHEAM FIRST NATION 2022 HOUSING INFO PACKAGE FOR HEAT PUMPS

The Cheam Housing Department will be canvassing all the homes to gather what heat source is being used. For example, natural gas, electric, propane, or woodstove. Once gathered it can help in determining what homes will require a heat pump.

### CleanBC Indigenous Community Energy Coach Program

- Discuss funding opportunities available to support fuel-switching and energy efficiency projects, with a focus on the CleanBC Indigenous Community Heat Pump Incentive;
- Work together to identify, assess and prioritize potential space and water heating fuel-switching and energy efficiency projects within Indigenous communities;
- Assist with heat pump installation planning;
- Provide CleanBC funding program application support; and
- Identify additional incentives available for other retrofit upgrades.



### CleanBC Indigenous Community Heat Pump Incentive

#### RESIDENTIAL BUILDINGS:

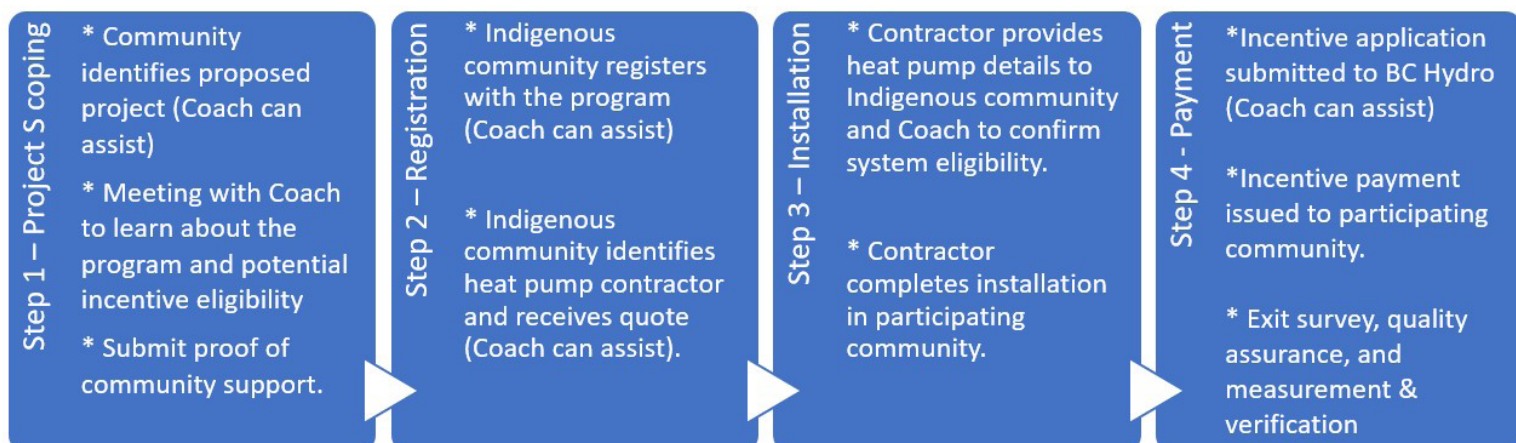
- Up to 80% of the cost of new heat pump installation(s), up to a maximum of \$12,000 per residential heat pump.
- For homes switching from woodstove primary to electric heat pumps:
- \$3,500 for a mini-split heat pump
- \$6,500 for a central heat pump system

#### COMMUNITY BUILDINGS:

Up to 80% of the cost of new heat pump installation(s), up to a max. of \$200,000 total per community building heat pump.

***A total maximum incentive of \$200,000\* is available for each Indigenous community program application.***

### The Process





**XWCHÍYÒ:M**  
CHEAM FIRST NATION

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

July 29, 2022

Dear Income assistance client

The next income assistance cheque issue date is August 31, 2022. To avoid your cheque being held the documentation and information must be up to date in your file prior to the next cheque issue.

The following is required:

- ✓ Rental Agreement or Housing Agreement
- ✓ Identification
- ✓ Completed Monthly Declaration
- ✓ 2022-2023 Application  
*Indigenous Service Canada Policy states a yearly application is required.*
- ✓ Signed B&Ds from the Previous Year and Are Up to Date

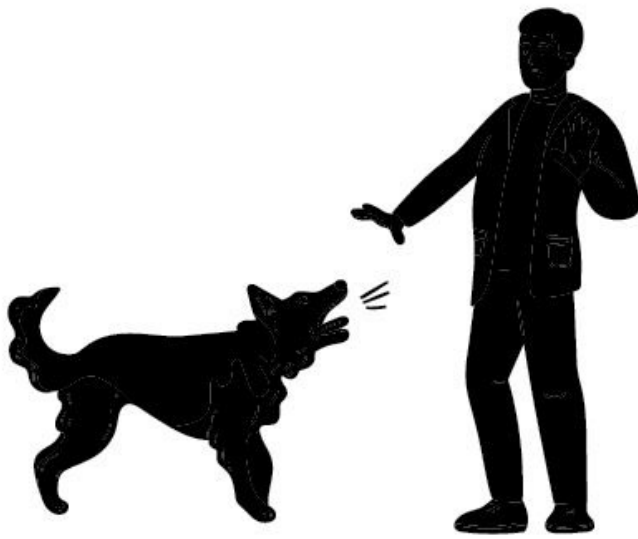
Please contact Amanda or Sarah at Cheam First Nation immediately to update your file and avoid any holds.

Sincerely,

Social Development Team

Amanda.aubichon@cheamband.com | sarah.aleck@cheamband.com  
604-745-8026





# ATTENTION DOG OWNERS

In the past week we have been receiving calls regarding DOGS running loose. Some dog owners are simply not tying up their pet that cause this issue. It can get dangerous for the community members to walk around for fear of being attacked by dog(s). We fear for the children and elder's safety.



NOTICE TO  
ALL DOG  
OWNERS

TIE UP  
YOUR  
DOG(S)

FOR THE SAFETY  
OF OUR  
CHILDREN AND  
ELDERS

CHEAM FIRST NATION

52161 Victor Dr  
Rosedale BC V0X1X1  
604-794-7924

If a dog has bitten, attacked and the life and safety is at significant risk of injury or death, call 911 immediately to report it & GET A FILE NUMBER.

If there is no significant threat of serious injury or death, can wait for a follow up with an officer, or If there is a minor nip (minor bruising, small lesions not requiring immediate emergency attention), and can be soothed at a walk in clinic call/at home call RCMP non-emergency 604-796-2211 or our rep. Melanie Zonderland at 604-798-6073 & GET A FILE NUMBER.

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## Student Information & Waiver Form 2022-2023

Please ensure all student's information is up-to-date and accurate. All waiver forms are to be returned as soon as possible to either Sarah or Amanda in the education department.

Please ensure all students' information is up-to-date and accurate. All waiver forms are to be returned to jenna.sepass@cheamband.com who is supporting the education department.



**XWCHÍYÒ:M**  
CHEAM FIRST NATION

52161 Victor Drive  
Rosedale, BC V0X 1X1  
604-794-7924  
www.cheam.ca

### Student Information & Waiver Form 2022-2023

Name	
Address	
Phone #	
Email Address	
Current Grade	
Date of Birth & Current Age	
Band Name & Status #	
Family Phone # & Email Address	
Emergency Contact Name & Phone #	
Allergies & any additional info.	

Elementary/Middle/Secondary:	
School/Institute:	
School Contact Info:	
Last School Attended:	

I hereby authorize the school to release information concerning:

- Change of address
- Attendance
- Progress and Report
- Admission and Transcripts information

X \_\_\_\_\_  
Parent/Guardian Name - Print

X \_\_\_\_\_  
Signature

# CHEAM ELDERS CORNER

## Culture & Tradition Rights & Title Committee

The Culture & Tradition Rights & Title Committee members are: Patricia Victor, Muriel Victor, Carrielynn Victor, Wayne Douglas and Sidney Douglas.

As part of our work, we are working on a culture calendar. We value community input to this document. In addition to the calendar, our hope is that community members will plan and host cultural events which are open to Cheam members.

For any questions or to submit your suggestions to add to the calendar or host a cultural event, please email: [committee@cheamband.com](mailto:committee@cheamband.com) OR drop off your written suggestions to reception, attention to Culture Committee. A committee member will contact you to finalize details.

A culture calendar outline is included on the next page.

***We are looking for input to create a Cheam culture calendar.  
Consider hosting a cultural event.***



## 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.



- August 16, 2022
- September 20, 2022
- October 18, 2022
- November 15, 2022
- December 13, 2022



### Upcoming Birthdays      Birthdate

Anna Iona Aleck	Aug. 16
Marie Giroux	Aug. 18
Lincoln John Douglas	Aug. 20
Dean Joseph Douglas	Aug. 28
Eleanor Louis Stephenson	Aug. 30
Edna Denise Douglas	Sept. 1
Julie Anne Giroux	Sept. 3
Felix Jr. Victor	Sept. 3
Paul Edwin Giroux	Sept. 6



# CULTURE CALENDAR



**Tempo:kw'** October 26 - November 24  
Time for Chehalis Spring Salmon, Smoking fish



**Xets'o:westel** November 25 - December 24  
Time to store away paddles for the winter, rose hips, teas, hunting

**Meqo:s** December 25 - January 22  
Fallen snow season, hunting, babies first snow bath, Longhouse, namings memorials, initiations



**Peloqes** January 23 - February 20  
Torch Season, hunting, cottonwood buds, Longhouse, namings memorials, initiations

**Temt'elemches** February 21 - March 22  
Time one's hands stick to things (from cold), Longhouse, Closing, Seasonal Burning, wake up and launch canoes

**Welek'es** March 23 - April 20  
Little Frog Season, nettles, fresh shoots and bulbs, Spring salmon fishing  
First Salmon Ceremony, burials delayed due to cold, Eulachon harvest, soccer tournaments



**Temkwikwexel** April 21 - May 19  
Time for baby sockeye salmon, spring fishing, cedar bark  
Puberty ceremonies

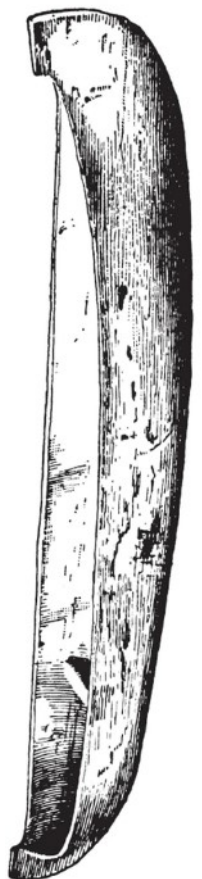
**Tem'elile** May 20 - June 17  
Salmonberry time, strawberries, Canoe races

**Temqoqo** June 18 - July 17  
High water time, berries, fishing, goat wool, Canoe races,

**Temqwa:l** July 18 - August 15  
Mosquito Time, fishing, Canoe races, pow wow

**Temtheqi** August 16 - September 14  
Sockeye salmon time, alpine harvesting

**Temkw'o:lexw** September 15 - October 25  
Dog Salmon time, tea harvest, mushrooms



FIND US ONLINE:

## FREE SOMATIC TRAUMA THERAPY FOR CHEAM MEMBERS



People's stories are important, but for somatic trauma therapy, no story is required. Our body has its own way of processing traumatizing moments.

A *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.

The way to complete the process is to give control of our body to our body.

**Safety is key to this process.**

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 learn to focus on the experience of the body using:**

- **Grounding tools**
- **Learning**
- **Present moment awareness with listening**
- **The last portion of the meeting is somatic trauma therapy.** People are guided through the process of giving control of their body over to their body. There is often some shaking, or crying, or other involuntary movement or sounds. This is part of the body's instinctive process of resolving being traumatized.



**Initial intake sessions are one on one with Winchester Victor. To book call 604-794-7924 or for questions specific to the program please contact Winchester: [winchester.victor39@gmail.com](mailto:winchester.victor39@gmail.com)**



# HEAT SAFETY

A heat wave is when temperatures reach 32 °C (89.6 °F) or higher for 3 or more days. This is a time where everyone, including pets, is at risk for heat-related illness.

Symptoms of heat-related illness include: dizziness, faintness, nausea, vomiting, headache, rapid breathing/heartbeat, dry mouth/sticky saliva.

**Consider the tips below to care for yourself and others during a heat wave:**



**Drink water BEFORE you feel thirsty** and avoid drinks that could dehydrate you (like sugary drinks or coffee)



**Slow down and avoid activity** during the hottest part of the day. If you must go outdoors **protect yourself by wearing sunscreen (SPF 15 or higher), loose-fitting, light-coloured clothing, and a wide-brimmed hat.**



**Close blinds and windows.** You can even **cover windows with tin foil or cardboard** to block the sun. Stay in the coolest room in your house. If you have air conditioning, use it to keep at least one room cool, or you can **place a tray of ice water in front of a fan** to create a cool breeze. **Prepare meals that don't need to be cooked in your oven.**



**Make water fun for kids!** You can add fruit juice, or provide fruits and vegetables that have a high water content (such as watermelon or cucumber). Pay close attention to their behavior, as **symptoms of heat illness in children can include changes such as sleepiness or temper tantrums.**



**Ensure your pets have access to shade and water** and avoid walking your dogs during the hottest time of day. **DO NOT leave a pet in your car for any amount of time.**



**Check in on your friends, family, and elders.** Are they comfortable, and drinking enough water? **If you can, visit safely following COVID-19 protocols** in order to watch for signs of heat illness you might miss over the phone. **Some medications or illnesses may require special attention during heat waves.** Talk to a doctor if you think extra caution might be required.

**Anyone showing signs of heat illness** should immediately move to a cooler place and drink water. Call 8-1-1 for free health information

**If someone is unconscious, confused, or has stopped sweating, call 9-1-1**



**For more information on tips and tricks to stay safe during a heat wave check out resources provided at: <https://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness>**





## Free Food Programs in Chilliwack

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

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

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

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](mailto:corinne.stone@cheamband.com) to sign up.

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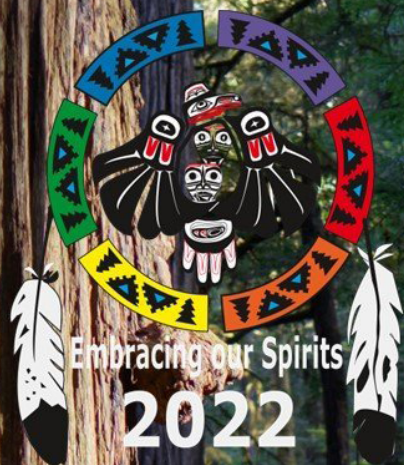


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# BC Two Spirit Gathering

## We All Belong in the Circle

for Indigenous Two Spirits/LGBTIQA Living in BC

### Cheakamus, Squamish

Cultural Activities      Shared Cabins      Workshops  
Community Discussions      Drumming Circles      Outdoor Activities  
Ceremonies      Access to Lakes      Canoeing

**Aug 17 to Aug 21, 2022**

To register go to:

**[www.2SpiritsBC.com](http://www.2SpiritsBC.com)**

**Meals and Cabins Provided**  
**Substance Free Event**  
**Smoking Free**

**Participant must willing to attend group discussions and be over 18 year old**



**Presented by Four Feathers Society**

**Email: [admin@fourfeathers.net](mailto:admin@fourfeathers.net)**

**FFS Society Website: [fourfeathers.net](http://fourfeathers.net)**

**Funded by Women & Gender Equality, First Nation Health Authority,  
Civil Forfeiture , and Catherine White Holman Wellness Centre**



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

**Tracey Jirak:** Harm Reduction Educator

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

**Mehrdad Ghafouri:** Harm Reduction Educator

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

**Leah Brody:** Regional Addictions Specialist

[Leah.Brody@fnha.ca](mailto: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](mailto:Nadine.Mross@fnha.ca)

**Jennifer Heaven:**

[Jennifer.Heaven@fnha.ca](mailto: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](mailto:Marilyn.Dalton@fnha.ca)

**Nardia Brown:**

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

**Jennifer Kazun (Charchun):** Children, Youth and Families

[Jennifer.Charchun@fnha.ca](mailto:Jennifer.Charchun@fnha.ca)

**Kegan Madeira:**

[Kegan.Madeira@fnha.ca](mailto: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](mailto:Deanna.Rabeneck@fnha.ca)

## FNHA SYSTEM SUPPORT LINE

[systems.support@fnha.ca](mailto: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](http://chat.fn-i-hopeforwellness.ca)

**Suicide Prevention Center**

1-800-SUICIDE

**Mental Health Support Line**

310-6789 (no area code)

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## CHEAM SUMMER CAMP SCHEDULE

### Monday to Friday 12:00pm – 6:00pm

### Activity Calendar

#### Week 1 July 11-15

Summer safety visit & get to know Constable Melanie.  
Skateboarding with the Youth Anti-Crime program.

#### Week 2 July 18-22

Water week = kid pool water balloon water guns slip & slide

#### Week 3 July 25 – 30

Water week extended due to extreme heat. Along with Spa Week. Corrine and Tyronne will be doing self-esteem workshop with a hot rocks massage, eyelashes, nails, skin care mask, makeup remover making, soaps & scrubs.

#### Week 4 August 1-5

Park theme possible lake, swimming. Pool and picnic

#### Week 5 August 8-12

Sports Week - relay races -toss the water balloon

#### Week 6 August 15-19

Spirit week PJ -different themes each day.

#### Week 7 August 22 - 26

RCMP Back to School safety  
Reading week and Gym week  
Winding down week.

#### Week 8 August 29-31

Camp is closed for cleaning and organizing.



Other activities that are part of the program:

- RCMP community outreach
- Youth Anti-Crime Program
- Others as they arise

Every Thursday the Youth Anti-Crime program with Seabird Island will be doing an event with the kids. Each week is flexible due to program expansions.





# Youth Summer Adventures

## Hope Schedule

July 7 Kayaking at Kawkawa Lake  
July 14 Bouldering and Photography  
July 21 Bridal Falls Water Slides  
July 28 Lightning Lakes Hike & Canoe  
August 11 Kayaking at Kawkawa Lake  
August 18 Harrison Water Park  
August 25 Golf & Hot Dogs  
Leave HATS at 10am  
Everyone ages 13-18 welcome  
Lunch is provided

For more information contact  
Natalie 604-860-5441 or Bonnie 604-869-6442

*so the adventure begins*



# SACRED JOURNEY

## Travelling Exhibition

JULY 15, 2022 – FEBRUARY 20, 2023



Science World is honoured to host Sacred Journey, to share a powerful story of canoe resurgence as told by its leaders, and to uphold narratives of Indigenous Peoples as knowledge keepers.

**To celebrate, we're offering free general admission for Indigenous Peoples from July 15–Feb 20, 2023.**

You are welcome to walk up in-person for a free visit. Please let the Admissions staff know you are using the coupon code "SACREDJOURNEYSW" or that you self-identify as Indigenous. You can also purchase a ticket on our website with the same code.

If you have any questions, please contact [info@scienceworld.ca](mailto:info@scienceworld.ca) and our team will gladly assist you.

EXHIBITION PARTNERS

PRESENTING PARTNER

**Vancity**

SUPPORTING PARTNER

**amazon**



HEILTSUK  
TRIBAL  
COUNCIL

**SCIENCE  
WORLD**



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

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

- Youth accessing Foundry Virtual BC services.

## Foundry Virtual BC

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

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

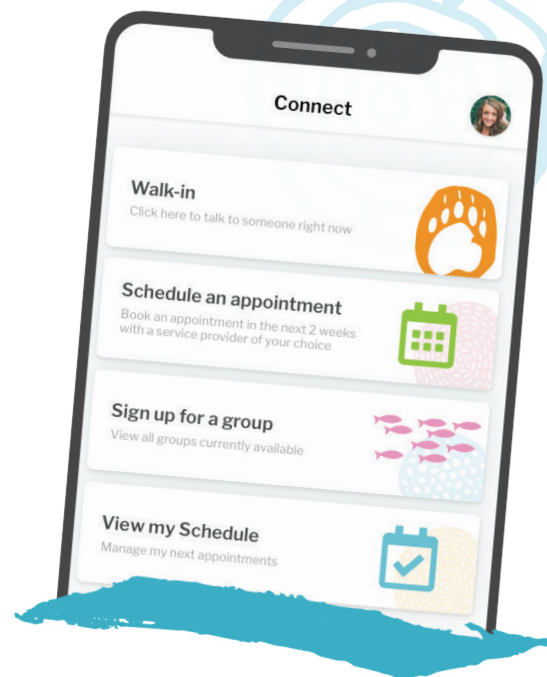
**Drop-in services:** Access same-day counselling and peer support.

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

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

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

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



Download the App or  
use in a browser

Hours: 7 days/week  
1:00pm–9:00pm

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



FIND US ONLINE:





# 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

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



FRASER SALISH REGION  
First Nations Health Authority

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

- [Accounting Assistant](#)
- [Administrative Assistant](#)
- [Adult In-home Care Worker](#)
- [General Maintenance \(SASET\)](#)
- [Health & Wellness Manager](#)
- [Shelter Support Worker](#)
- [Social Development & Education Coordinator](#)
- [Strong Families Recreation Leader](#)

### Recruitment for the CEI Director of Operations



We are recruiting an individual with business intelligence and foresight. This individual will work with the CEO's Leadership Team and ensure the alignment of our day-to-day operations, quarterly reports, and annual work plans to our strategic priorities. If you feel you are that new team member who can also inspire excellence within our team in achieving a heightened level of operational achievement, apply now!

Reporting directly to the Chief Executive Officer, the Director of Operations will be the team lead for the efficient business operations of Cheam Enterprises Inc. (CEI). The Director of Operations will be part of a "Leadership Team" who will advise the CEO on business development and operational issues and improvements.

[Full Job Description & Details](#)



# FREE POP-UP CONSTRUCTION CLOTHING EVENT

- HI-VIS CLOTHING
- FOOTWEAR

AUGUST 19 10AM-2PM

EVERYONE WELCOME!

LOCATION: 1640 RIVERSIDE RD, ABBOTSFORD, BC



**WORKING  
GEAR**



FOOD FOR THE SOUL  
— PROJECT  
SOCIETY —



**Lookout**  
Housing + Health Society

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# Securiguard

We Are  
**Hiring**

## PIPELINE REMOTE CAMP SECURITY GUARD

Securiguard is looking for Security Guards for an industrial project in Kitimat, Burns Lake, Fraser Lake and Houston BC. This is a great opportunity for those looking for well-paid work to those who are open to travel to the beautiful North Coast.

**\$283/day**  
**BC, Canada**

Meals, accommodation,  
& travel allowance  
included!

### Requirements:

- Ability to obtain a Valid BC Security License (BST sponsorship provided)
- Previous security experience is an asset
- Class 5 Driver's License with a clean driving abstract and claims history
- Strong verbal and written communication skills
- Comfort working in a wilderness setting
- Shifts rotations are 14 days on 14 days off.



[Taylor.Walters@securiguard.com](mailto:Taylor.Walters@securiguard.com)  
Indigenous Employment & Training Coordinator



[www.securiguard.prevueaps.com/jobs](http://www.securiguard.prevueaps.com/jobs)

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## Pre-Employment Supports Program

### What is Pre-Employment Support Program?

The Pre-employment Support Program (PESP) is an income assistance initiative for individuals that are 19-64 years of age receiving on-reserve Income Assistance.

PESP utilizes a proactive approach that focuses on identifying individuals' employment readiness, including the work and life skills training they require, to find and maintain a job.

In addition, the PESP provides personalized pre-employment training, equipment & other monetary needs and helps them connect with sources of employment.



## SEABIRD ISLAND COMMUNITY DEVELOPMENT

2895 CHOWAT ROAD  
PO Box 650  
AGASSIZ, BC V0M 1A2  
PHONE: 604-796-6865  
FAX: 604-796-3729  
TOLL FREE: 1-800-788-0322



### PARTNER COMMUNITIES



## Pre-Employment Supports Program



## SEABIRD ISLAND BAND COMMUNITY DEVELOPMENT

### Who can apply

This opportunity is available if you are aged 19-64, currently on Income Assistance and living in one of the following communities:

- Chawathil First Nation
- Cheam First Nation
- Union Bar First Nation
- Scowlitz First Nation
- Seabird Island Band
- Shxw'ow'hamel First Nation
- Squiala First Nation

"Jessica secured employment with a local construction company...and has advanced to the Associate Construction Safety Officer position"

"... Program provided the funding that made it possible for Conrad to overcome multiple barriers to employment and secure a full-time job as an Environmental Officer"

"...The case worker identified barriers to employment, such as cost of transportation, required work gear and ability for employers to contact..."

### What do we offer?

Pre-Employment supports assisting individuals toward self-sufficiency

- Counselling removes barriers to employment: addictions, trauma & grief, psych-vocational assessment
- Coaching, Mentoring
- Child Care and Accommodation costs
- Introduction to industry and jobs, referral to CLBC
- Pre-Employment training (such as life skills)
- Limited training incentives
- Transportation and equipment costs



This initiative is funded by  
Department of Indigenous  
Services of Canada (DISC)

### Who provides

Seabird Island Band  
Community Development  
is excited to offer the  
**Pre-Employment  
Supports Program (PESP)**

Program team as follows:

#### Supervisor

Brian Govereau  
Office: 604-796-6865

#### Caseworkers

Annette Herbert  
Office: 604-796-6865  
Mobile: 604-997-6794

Cherie Lynn Wagar  
Office: 604-796-6865  
Mobile: 604-997-4345

Jacqueline Spathelfer  
Office: 604-796-6865  
Mobile: 604-819-4885

Sandra Garbitt  
Office: 604-796-6865  
Mobile: 604-997-4345

Seabird Band Office: 604-796-2177  
Toll Free: 1-800-788-0322

## SASQUATCH INN JOB OPPORTUNITIES

A small country inn located in Harrison Mills, British Columbia, Canada.  
Our facilities include 12 guest rooms, pub, and liquor store.



- [Housekeeper](#)
- [Liquor Store Clerk](#)
- [Server / Bartender](#)
- [Line Cook/prep Cook](#)

<http://sasquatchinn.ca>



## CHILLIWACK SOCIETY FOR COMMUNITY LIVING CAREERS

- Community Support Worker
- Maintenance Personnel
- Vocational Counsellor



<https://careers.cscl.org>



**First Nations'**  
**Emergency Services Society**  
O F B R I T I S H C O L U M B I A

### **FNESS Current Job Opportunities:**

- [Human Resources Coordinator](#)
- [Training Officer](#)
- [Emergency Services Officer](#)
- [Fire Services Officer](#)
- [FNESS Provincial FireSmart Coordinator](#)
- [Community Outreach Strike Teams](#)
- [FNESS -TEAMS Program](#)
- [Regional Preparedness & Response Specialist](#)



<https://fness.bamboohr.com/jobs/>





## 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](mailto: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:



# TRAINING OPPORTUNITIES



## Indigenous Digital Filmmaking Program



604-990-7904  
[film@capilanou.ca](mailto:film@capilanou.ca)  
[www.capilanou.ca/idf](http://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.

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# UPCOMING SASET PROGRAMS!!!



Canada

FOR MORE INFORMATION:

call 604-858-3691

OR

email info@saset.ca

## **Food Safe**

August 22, 2022

## **First Aid Level 1**

August 23, 2022

## **Traffic Control Training**

September 8 & 9, 2022

## **Warehouse Training**

September 19—29, 2022

## **Employment Prep Training**

October 17—27, 2022

PLEASE VISIT WWW.SASET.CA FOR EMPLOYMENT  
ASSISTANCE SERVICES AND MORE INFORMATION

### SASET FULLTIME EAS OFFICES:

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

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

# Sto:lo Aboriginal Skills & Employment Training



## Emergency First Aid Level 1

Are you an Indigenous Individual Status/Non status, on/off reserve, Unemployed or under employed and live in our catchment area?

We are accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with an Employment Counselor!

**August 23, 2022**

**8:30 -4:30**

**7201 Vedder Rd  
Bldg 5B, 7201  
Vedder Road**

**Call today at  
604-858-3691**

**Or send us an email  
info@saset.ca**



### SASET FULLTIME EAS OFFICES:

#### SASET—Chilliwack Office

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

#### SASET— Sts'alles Office

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

#### SASET—Seabird Office

2895 Chowat Road  
Agassiz, BC  
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# Sto:lo Aboriginal Skills & Employment Training



## FOOD SAFE TRAINING

**Are you Indigenous Individual Status/Non status, on/off reserve, Unemployed or under employed and live in our catchment area?**

**We are accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with an Employment Counselor!**

**Date: August 23, 2022**

**Building 5B – 7201 Vedder Rd**

**Call now to sign up**

**604-858-3691**



### SASET FULLTIME EAS OFFICES:

#### SASET—Chilliwack Office

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

#### 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

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## LOOKING FOR A CAREER IN THE CONSTRUCTION INDUSTRY?

RCABC Training Centre will deliver, in partnership with SkillSource, a **FREE 5-week Introduction to Roofing & Architectural Sheet Metal Trades Program**, running **August 15 - September 16, 2022** in Langley, BC.



**Job Placements will be offered to Successful Participants.**



**This program will target youth and underrepresented groups interested in the trades (see reverse for additional details).**

**For more information or to register for the program, please contact Karen McLean by email at [kmclean@skillsourcebc.ca](mailto:kmclean@skillsourcebc.ca) or by phone at 604-455-0075 ext 1**



ROOFING CONTRACTORS ASSOCIATION OF BRITISH COLUMBIA



# Trans Mountain Technician Trainee Program



Trans Mountain is excited to announce the Technician Trainee Program.

Our Technician Trainee Program has been designed to help you obtain the necessary skills for our Technician roles and does not require any direct job-related experience.

The Technician Trainee Program will provide individuals with the opportunity to be hired and trained by Trans Mountain in a full-time permanent operational role at our Burnaby & Westridge Terminal locations.



Trans Mountain's goal is to fill up to five Operator Technician Trainee roles and one Emergency Response Technician Trainee role with members from local, neighboring and impacted Indigenous communities by November 2022. Trans Mountain will work with your community's local Employment Coordinators to initiate these recruitments.



**Operator Technician:** Supports operation of the pipeline system, including petroleum liquid transfers to and from marine vessels. Carries out inspection, local operation, and routine maintenance of facility equipment.



**Emergency Response Technician:** Ensures a high level of planning and readiness to deal with all emergencies at our facilities. Ensures ongoing safe work practices are being followed at job sites. Works with internal and external emergency responders during emergency response situations. Duties also include day-to-day operational and maintenance responsibilities.

## CONTACT US: Trans Mountain

✉ talent@transmountain.com  
☎ 1.866.514.6700  
💻 transmountain.com



@TransMtn



youtube.com/transmtn



PO Box 81018  
Burnaby, BC V5H 3B0



TRANSMOUNTAIN

## FIND US ONLINE:



# Trans Mountain Technician Trainee Program



Trans Mountain is looking for individuals for the Technician Trainee Program with the following attributes:

Positive attitude

Shows initiative

Desire to learn

Demonstrated teamwork

Some computer literacy

A safety mindset

If you would like further information on this Technician Trainee Program or if you are interested in this exciting opportunity, please send your inquiries to: [talent@transmountain.com](mailto:talent@transmountain.com)

To submit your application, please go to:

<https://careers.transmountain.com/go/View-All-Jobs/8656147/>



In keeping with Trans Mountain's commitment to maximize benefits for communities, **priority will be given to qualified candidates from Indigenous, local and regional communities along or impacted by the Trans Mountain existing, and/or expansion, pipeline corridor.**

In Alberta, the existing pipeline system spans the traditional territories of Treaty 6, 7 and 8, and the Métis Nation of Alberta (Zone 4).

In British Columbia, the pipelines cross the traditional territories of numerous First Nations that are affiliated with the Secwepemc, Dakelh (Carrier), Nlaka'pamux, Syilx/Okanagan, Interior and Coast Salish, Stó:lo, as well as the Métis.

Trans Mountain also operates through 15 First Nation Reserves located within the region spanning the BC interior through Fraser Valley.

FIND US ONLINE:







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](http://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

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

# TRAFFIC CONTROL PERSON TRAINING

Are you interested in pursuing a career as a flagger or traffic control person?

Are you an Indigenous person residing in the SASET catchment area?

Are you unemployed or underemployed?

Are you willing to commit to two days of training?

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



**September 8 & 9, 2022**

**8:00 am to 5:00 pm**

**Training will take place on-site at:**

**5B—7201 Vedder Rd, Chilliwack BC V2R 4G5**

SASET - Chilliwack Office

5B-7201 Vedder Road

Chilliwack, BC

Phone: 604-858-3691

Sts'ailes Employment Centre

4690 Salish Way

Agassiz, BC

Phone: 604-796-5536

Seabird Employment Centre

2895 Chowat Road

Agassiz, BC

Phone: 604-796-6865

**For more information, contact us:**



**604-858-3691**



**www.saset.ca**



**info@saset.ca**



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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

September **19—29, 2022**

### SASET FULLTIME EAS OFFICES:

#### SASET—Chilliwack Office

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

#### 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

TO APPLY PLEASE CONTACT SASET:



1-888-845-4455



[www.saset.ca](http://www.saset.ca)



[info@saset.ca](mailto:info@saset.ca)



[www.facebook.com/SASET.EAS](https://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](http://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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# An IT Career - is IT for you?

**CALL TODAY!** Tel. 604-251-7955  
[www.accessfutures.com](http://www.accessfutures.com)

## INFORMATION TECHNOLOGY (IT) TRAINING PROGRAM

Learn to install, configure, optimize, troubleshoot, repair, upgrade and perform preventive maintenance on digital devices

8 weeks of Essential Skills, followed by 24-weeks of IT technical training

Fully funded for Indigenous Peoples - Status, Non-status, Métis or Inuit

**Required:** Grade 10 Math and English plus mechanical aptitude and problem-solving ability

**Start Date:** September 6, 2022

**Training at:** New Westminster (Full time in-class training)

Canada

**TOTAL**  
SUPPORT SOLUTIONS



## ECEA (EARLY CHILDHOOD EDUCATION ASSISTANT) TRAINING

8 weeks of Essential Skills and ECEA courses (Guiding and Caring)

Program for Indigenous people - Status, Non-Status, Métis, or Inuit

Fully funded course fees, supplies, and more

**Required:** English 12, or Communications 12, or completion of an English language test with BCCE

**In-Person Program Runs:** Sept 12, 2022 to Nov 4, 2022

Monday-Friday 9:00am - 3:30pm

**Training at:** 681 Columbia St Unit 201, New Westminster, BC

# Be the future of Early Childhood Education!

Canada

**CALL TODAY!** Tel. 604-251-7955  
[www.accessfutures.com](http://www.accessfutures.com)





**ICEDAR**

**APPLY  
NOW**

**ACCEPTING APPLICATIONS FOR  
FALL 2022**

**FULLY FUNDED ONLINE  
TOURISM AND HOSPITALITY PROGRAM  
FOR INDIGENOUS  
ARTISTS | CARVERS | CREATORS  
PERFORMERS | STORYTELLERS  
ENTREPRENEURS**

PLEASE VISIT

**[WWW.ICEDAR.CA](http://WWW.ICEDAR.CA)**

FOR INFORMATION AND TO APPLY

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# Indigenous Community Planning

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

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

Applications are open  
November 01 – January 15!

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

## WHAT IS INDIGENOUS COMMUNITY PLANNING?

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

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

## WHY ICP IS IMPORTANT

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

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

## HOW ICP WORKS

The ICP Concentration:

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

## JOIN US IF YOU SUPPORT THIS VISION!

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

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

For more information:

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



# SERVICE CANADA

## READY TO HELP



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



### Canada COVID-19 App

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

### EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

### CANADA RECOVERY BENEFIT (CRB)

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

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

1-833-966-2099

### CANADA RECOVERY SICKNESS BENEFIT (CRSB)

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

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

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

1-833-966-2099

### CANADA RECOVERY CAREGIVING BENEFIT

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

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

1-833-966-2099

### SOCIAL INSURANCE NUMBER

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

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

1-866-274-6627

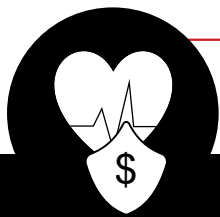
Not sure if you need to repay the **Canada Emergency Response Benefit**? Go to **[Canada.ca/repay-cerb](https://Canada.ca/repay-cerb)** or call 1-833-966-2099.

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



# SERVICE CANADA

## READY TO HELP — SENIORS



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



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

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

 1-800-206-7218

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

#### UNITED WAY


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

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

#### SOCIAL INSURANCE NUMBER

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

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

 1-866-274-6627

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

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

# SERVICE CANADA

## READY TO HELP — YOUTH



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



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

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

### MENTAL HEALTH SUPPORT

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

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

### JOBS AND OPPORTUNITIES

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

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

### SOCIAL INSURANCE NUMBER

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

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

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

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



# 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](http://pac.bluecross.ca) or by calling Pacific Blue Cross at 604 419-2000.

Client's signature <b>X</b>	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

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









## 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

