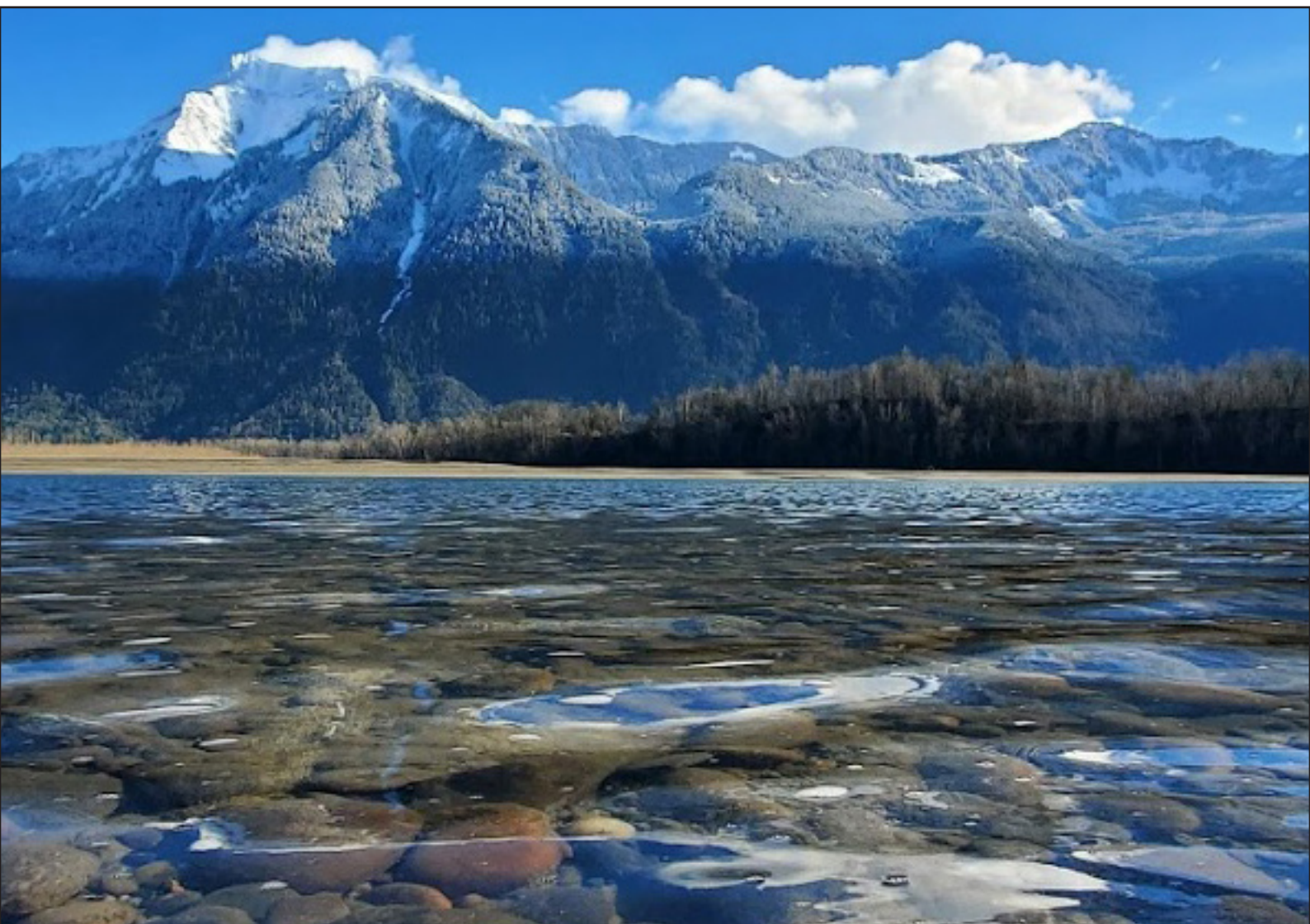




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: November 4, 2022



NEWSLETTER SECTIONS

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XWECHÍYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'í 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:

November 12 & 13

Cheam 2 Day Holiday Market

Vendor tables still available. We are also collecting donations for our rummage sale room;) Please drop off to Band Office Attn: Luana

December 10th

Cheam Kids Christmas Event & Community Christmas Dinner

December 22 - January 2

Cheam Band Office Closed

The **Cheam Parents & Tots** program is changing to Wednesdays and Fridays starting this week, still from 10am to 1pm in the room across from Health Reception in the Band Office.

IT'S BACK!

CHEAM SPORTS NIGHT ON TUESDAYS

STARTING AGAIN
OCTOBER 25, 2022

IN THE CHEAM GYMNASIUM
FROM 6PM - 8PM.

Update your Information



We are updating our Cheam membership list to make sure that we have your current info on file. This ensures you get equal access to distributions, invitations, class action suits, information sharing etc. Please email the below information to daphnee@cheamband.com or bring it into the Band Office as soon as possible:

- * phone number
- * email
- * names & status numbers of those in the home
- * home address

REMINDER - The Government of Canada and British Columbia set up funding programs for research into Residential Schools and seeking stories from those who attended Residential School.

The Stó:lō Tribal Council was successful in getting funds to interview those who attended St. Mary's in Mission.

We sent notices to the Communities and did interviews with radio and the press to let people know about our project.

We still need community members to come forward if they want to tell their story about their experience while at St. Mary's.

If you want to someone to interview you send an email to:

Kat.Pennier@stolotribalcouncil.ca
or Lori.Kelly@stolotribalcouncil.ca



FIND US ONLINE:



IMPORTANT NOTICE Christmas 2022

Santa would like volunteers from each of the Cheam Families to help with the children's Christmas gift party. Santa would like the names of children and their ages (Age from 0 to 18 yrs) if there is a change in these listed below;

Cheam administration needs the name of family volunteer and list submitted into the Cheam administration office by **November 15, 2022**

| | |
|------------------------------------|---------------------------|
| Aleck Family | Tommy Family |
| Albert Douglas Family – 3 shoppers | Crey Family |
| Amelia Douglas Family | Shaw Family |
| Edith Douglas Family | Giroux Family |
| Edwards Family | Victor Family- 2 Shoppers |

The Christmas party will be on December 10, 2022 this year at the Cheam Multiplex Gym.

2022 Christmas Dinner Tender Notice

Luncheon and a Christmas dinner will be held for Cheam members and community members **on Dec. 10, 2022**. We are seeking bids from Cheam members and community members who have the catering and skills for this year's Christmas dinner for 300 people.

Bidders must complete a bid form attached and a copy of their food safe must be attached along with bid also helpers must have copy of food safe. Each bidder must present their bids in a sealed envelope addressed to the Cheam Admin. Office by **November 15, 2022 at 12:00pm**. All envelopes must be date stamped by receptionist. The award winning will be notified by the week **of November 22, 2022**

All bidders must complete the attached form and copies of food safe must be attached of all your helpers.

“NO EXCEPTIONS”

Dec.10, 2022 Cheam Christmas Luncheon and Dinner Bid

This is open for Cheam Members & Community members

Name of Bidder: _____

Phone number: _____

Is your catering business licensed? Yes___ No___

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

Is your food safe certificate attached? Yes___ No___

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

Is their food safe certificate attached? Yes___ No___

Do you have your own transportation? Yes___ No___

Do you need to use the Gym kitchen? Yes___ No___

Did you attach a menu for 300 people?
(Luncheon and dinner) Yes___ No___

Did you attach the costs for?

Food Yes___ No___

Desserts Yes___ No___

Condiments Yes___ No___

Plates, cutlery, cups Yes___ No___

Coffee, tea, juice Yes___ No___

Goody bags Yes___ No___

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

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

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

Total catering cost is: _____

Signature of bidder: _____



STÓ:LŌ X̱A:Y̱ELEQ HÁ:KW'ELES SWÁYEL

STÓ:LŌ VETERANS REMEMBRANCE DAY

HÁKW'ELESTSET YE STÓ:MEXELH

"WE REMEMBER OUR PAST WARRIORS"

PLEASE JOIN US

FRIDAY NOVEMBER 11, 2022

Coqualeetza Longhouse

7201 Vedder Road

Chilliwack, BC

TIME

9:00 am Longhouse Doors Open

10:00 am Ceremony Begins

10:50 am Processional to Memorial Site

11:00 am Roll Call

11:11 am Moment of Silence

Laying of Wreaths



LUNCH TO FOLLOW

Building 10 / Longhouse



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FOR IMMEDIATE RELEASE**CHEAM'S ONGOING BUSINESS DEVELOPMENT INTO THE CANNABIS MARKET**

CHEAM FIRST NATION, BC November 3, 2022 - CFN Chief and Council approved an "Interest Framework" with the Province of British Columbia to collaborate and finalize a Section 119 Cannabis Agreement on October 24th, 2022. The Interest Framework will guide the Government-to-Government negotiations to support mutual interests in the sales and distribution of Cannabis. To further support this initiative, Cheam Enterprises Inc. (CEI) is supported by CFN Chief and Council to incorporate an entity to hold the licenses and authorizations in the Section 119 Cannabis Agreement. The entity will be operated by 2 Boards of Directors identified by the CEI Board of Directors.

The Section 119 Cannabis Agreement will support Cheam's ongoing business development into the Cannabis Market. In 2020, CEI acquired 750,000 shares of All Nations Cannabis Company (ANC) which operated as Cheam Cannabis Company on the Nations reserve lands from September 2020 to the year end of 2021. The operations did not continue into 2022 as ANC took action to transition from the market authorized by CFN to a more general market authorized by the Province of BC (Section 119). These developments presented CFN/CEI with the opportunity to pursue their own authorizations and to negotiate a Section 119 Cannabis Agreement with the Province of British Columbia.

Highlights of the Section 119 Cannabis Agreement:

- Cheam will have interests in cannabis retail stores off-reserve and on-reserve, including a farm-gate store attached to its cultivation facility
- Cheam will obtain a federal standard cultivation license for an on-reserve cultivation facility, and potentially obtain a federal standard processing license.
- Cheam plans to open 8 stores which will open up opportunities for Nation entrepreneurs

The negotiations are expected to end after Q1 2023 (Jan, Feb, Mar) when the final agreement will receive Council and Cabinet approval. During that time CEI will undertake business planning associated with opening their 1st retail store under this agreement at the previous location.

About CEI

Cheam Enterprises Inc. was established by the Cheam First Nation Chief & Council. Governance and Financial Planning Rules were established for a Board of Directors to govern the responsibilities of the CEI CEO. The CEI Board of Directors works diligently with the CEI CEO on implementing strategic objectives for the benefit of Cheam First Nation Citizens today and in the future. 100% of the shares of this company are owned by Cheam First Nation.

If you would like more information about this topic, please call CEI CEO Sam Minde at 604-845-5174, or email sam.minde@cheamenterprises.ca.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.

CHEAMEnterprises Inc. | P.O. Box 222, Rosedale, BC V0X-1X0 | Phone: 604.845.5174
www.cheamenterprises.ca

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SUPPORT LOCAL * SHOP LOCAL



CHEAM HOLIDAY MARKET

10AM - 3PM

40+ VENDORS, FOOD TRUCK,
GIFT WRAPPING BY DONATION

NOV
12



NOV
13

52161 VICTOR DRIVE
ROSEDALE, BC

CHEAM ELDERS CORNER

CHEAM ELDERS CORNER SUBMISSIONS NEEDED!!

We are looking for your stories, pictures, prayers, songs, recipes, and knowledge! They can be submitted to Harmony at harmony.poisson@cheamband.com, dropped off to the Band Office or you can book an appointment with Harmony to have her write it down, interview you, make copies etc.



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.



- November 15, 2022
- December 13, 2022



Upcoming Birthdays Birthdate

| | |
|--------------------|---------|
| Cathy Boehringer | Nov. 4 |
| Annis G. Aleck | Nov. 7 |
| Melodie A. Douglas | Nov. 9 |
| Daphne Edwards | Nov. 10 |
| Allan Miles Giroux | Nov. 10 |
| Francine Douglas | Nov. 29 |
| Frances Victor | Dec. 4 |
| Amelia Victor | Dec. 5 |

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SPIRIT OF THE PEOPLE

CULTURAL NIGHTS



Every Tuesday

Starting: November 1

6pm – 8pm

Come out and learn:

Drumming

Dancing

Regalia Making

Hosted by: Breanna Tso

Chilliwack Secondary School
46363 Yale Road, Chilliwack, BC

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ABBOTSFORD WEEKLY POW WOW/CULTURAL NIGHT

**VENDORS
WELCOME!**

**DINNER
PROVIDED**

×

**OPEN
TO
ALL**



CONTACT:
MARCELLA
SUNSHINE
/7787792918
MARCELLA@IMPACT
ABBY.COM

We want a safe place for our Indigenous people to practice culture and share a meal. Whether you're new, looking to learn, looking to dance or to teach- this is for you, your family and friends. We encourage all styles of dancers and participants to join us.

HOST DRUM: WAR - DRUM

Other drum groups welcome - \$400 split among drum groups weekly

EVERY THURSDAY//STARTING NOVEMBER 3, 2022

**Mamele'awt Community Indigenous Centre
3277 GLADWIN RD, ABBOTSFORD, BC V2T 4Y9**



Hosted by: VYPER - Visionary Youth Peers for Equity & Revitalization

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COASTAL

JAM

Bring your regalia, drums & rattles

MC: S:WALS JUSTIN KELLY

NOVEMBER 7, 2022

SHXW'OWHAMEL GYM

MEAL PROVIDED

5:00 PM

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FREE SOMATIC TRAUMA THERAPY FOR CHEAM MEMBERS

What is it good for?

People find it relieving for anxiety, depression, other uncomfortable feelings, even physical ones.

The goal of somatic trauma therapy is to drain some of the weight of the past in a safe way. We end up feeling lighter spiritually, physically, and emotionally. 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. Intake is ongoing.



In small groups we learn to focus on the experience of the body using:

- Body focused grounding tools
- Present moment awareness
- Some learning about how emotions help with somatic therapy
- 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 can be some shaking, or crying, or other involuntary movement or sounds. This is part of the body's instinctive process of resolving being traumatized. We aim to keep it as safe, and gentle as needed.

Information sessions are one on one with Winchester Victor. They can be booked with Diana Giroux (604)-794-7927 or Winchester: winchester.victor39@gmail.com



"Being cut off from our own natural self-compassion is one of the greatest impairments we can suffer. Along with our ability to feel our own pain go our best hopes for healing, dignity and love."

Gabor Mate'



FLU/ COVID VACCINE CLINIC

Location: Cheam Band Office Gym

Date: November 8th, 2022

Time: 11am to 2pm

Drop-in

Check your eligibility for COVID Vaccine!

Age 6 Month – 4 Years

1st Dose – Anytime

2nd Dose – 8 Weeks after 1st Dose

Age 5 - 11

1st Dose – Anytime

2nd Dose – 8 Weeks after 1st Dose

Booster – 6 Months after 2nd Dose

Age 12+

1st Dose - Anytime

2nd Dose – 8 Weeks after 1st Dose

1st Booster – 6 Months after 2nd Dose

Fall Booster – 6 Months after 1st Booster

Flu Vaccine

6 Months and over is eligible for this

Flu Vaccine



CLEANBC ROADMAP TO 2030

ENGAGEMENT WITH INDIGENOUS PEOPLES ON CLIMATE ACTION

October 27, November 15, November 22



On behalf of the Ministry of Environment and Climate Change Strategy, Mahihkan Management is pleased to invite staff and representatives from your community to join the upcoming virtual and in-person gatherings on the [CleanBC Roadmap to 2030](#) actions.

Learn about the latest CleanBC climate initiatives on circular economy, buildings, transportation and industry and provide your perspectives on related programs and policies.

VIRTUAL SESSION 1: LOW CARBON BUILDINGS

(via zoom)

Thursday, October 27, 2022
9:00 am - 12:00 pm (PST)

This virtual session focuses on ways to reduce building emissions through proposed regulations and tools for improving energy efficiency and lowering emissions.

VIRTUAL SESSION 2: CLEANBC CLIMATE INITIATIVES

(via zoom)

Tuesday, November 15, 2022
9:00 am - 12:00 pm (PST)

This virtual session covers a range of current climate initiatives including circular economy, forest carbon offsets, clean transportation, net zero industry, mass timber, agriculture, hydrogen opportunities and more.

IN-PERSON SESSION: CLEANBC CLIMATE INITIATIVES

(Sheraton Vancouver Airport Hotel, Richmond, BC)

Tuesday, November 22, 2022
8:30 am - 4:30 pm (PST)

This in-person session covers all of the topics in sessions 1 and 2 plus provides opportunities to learn about climate initiatives in other Nations and speak directly with government reps in the "info hall".



First Nations Health Authority
Health through wellness

First Nations Health Benefit Program

The First Nations Health Benefit (FNHB) Program covers specific medically necessary items, services, and travel that support First Nations peoples' health and wellness needs. The program is administered through partnerships with Pacific Blue Cross and PharmaCare.

Eligibility

The FNHB Program is available to First Nations people with Indian status who live in BC and infants (up to 24 months) of an eligible parent. To access the benefits and coverage under the Health Benefits Program, First Nations people must first enroll in the program. Please call 1-855-550-5454 or visit fnha.ca/benefits/eligibility for more information on how to enroll.

Health Benefits Coverage

The FNHB Program covers six benefit areas:



DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheel-chairs.



MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.



MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

OTHER COVERAGE

BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on www.pac.bluecross.ca or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email healthbenefits@fnha.ca or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.



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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Seabird Island



Optometry Clinic

Dates:

November 17th & 18th

Time:

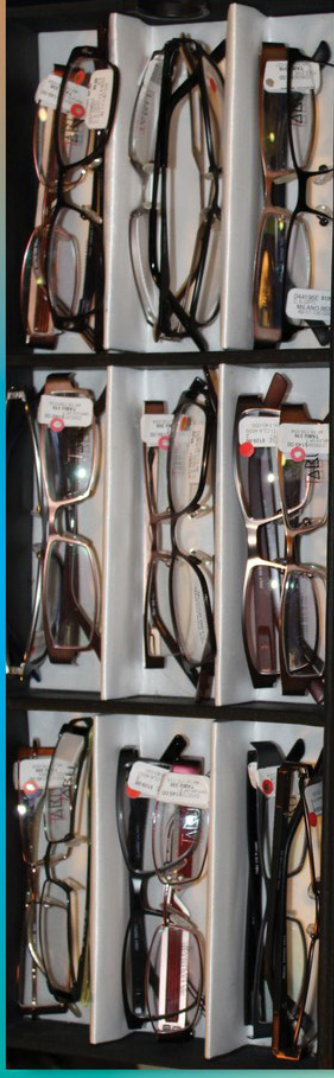
9 a.m. - 6 p.m.

Place:

Elders Lounge

For an appointment please contact your
Community Health Representative:
Emma or Lena at 604-796-2177

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



Enter through main entrance of Band Office

- Masks are required for all health clients 12+ when in common areas and the waiting room.
- Are you not feeling well or are sick?
Please reschedule your appointment.

Thank you for your understanding and cooperation.

YOUTH OPPORTUNITIES

**Hosted at the
Cheam Band
office**



Impacts on student learning

Come learn about cultural activities

Cheam is hosting cultural activities here on Cheam for youth from grades K-12, come and learn about drumming, beading, and so much more! It will be every Thursday for 24weeks! from 6pm-8pm starting Sept 15th

Contact Tyrone
For sign up or more info
604-991-9610 or tyrone.giroux@cheamband.com



Vancouver Aquarium

If you and your family would like to join us on a trip to the Vancouver aquarium, please Contact Tyrone Giroux for sign up and more information at

Tyrone.giroux@cheamband.com or

604-991-9610

Where: Vancouver

When: Nov 26th, 2022



- A trip for Cheam youth k-12 and their families.
- The deadline for sign up will be November 14th.
- Tickets will be distributed November 24th and 25th.
- There are only so many spots open so sign up asap.
- We will be handing out tickets and gas cards for the ones who drive and for the ones that don't we will be getting a bus.

FIND US ONLINE:



Youth Empowered Speakers (YES)

Funding for post secondary tuition, living expenses and language learning!

DEADLINE: JANUARY 16, 2023

Funding amounts up to: \$30,000

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 Contacts

Hannah Green, Language Program Coordinator

Beckie Wesley, Language Program Associate

yes@fpcc.ca

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

fpcc.ca/grants





SD78 Culture Night

Ribbon dress sewing, storytelling, powwow dancing, cedar bark weaving, regalia sewing, and teachings.

C.E. Barry and Kent Indigenous Learning Portable

Time: 4:30 – 6:30 pm

Monthly gatherings with traditional teachings and food.

Children under 12 must be accompanied by a parent or guardian. Please register at <https://forms.office.com/r/r4Qzcnj8ds>

CE Barry -
October 11, 2022
Kent Indigenous
Learning Portable -
October 24, 2022

CE Barry -
November 14,
2022
Kent Indigenous
Learning Portable -
November 28,
2022

CE Barry -
January 9, 2023
Kent Indigenous
Learning Portable -
January 23, 2023

CE Barry -
February 6, 2023
Kent Indigenous
Learning Portable -
February 13, 2023

CE Barry -
April 3, 2023
Kent Indigenous
Learning Portable -
April 17, 2023

CE Barry -
May 8, 2023
Kent Indigenous
Learning Portable -
May 15, 2023

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 and our team will gladly assist you.





The Youth are our Future.
The Future is our Youth.

REGISTRATION IS NOW OPEN!

Indigenous Youth ages 12 to 18 can apply now to
join the Bears' Lair Coaching Crew for a FREE

3-day Youth Entrepreneur Dream Camp

Seats are limited, so [CLICK HERE](#) to apply now to join us
from November 25th to 27th at
THE'Í:TSELÍYA, the S.A.Y Health Community Centre.



Explore the FUNdamentals of Business. Tackle 5 Team Challenges.
Meet inspiring local & national Indigenous business leaders.
Enjoy a weekend filled with fun, food, prizes & INSPIRATION!



BEARS' LAIR
YOUTH DREAM CAMPS

Empowered by our
generous sponsors at

Vancity



Sto:lo Youth

Entrepreneurship Initiative

CHANCE TO WIN

PS5
MacBook
iPad
AirPods

CONFERENCE & WORKSHOP

November 5th/6th 2022

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

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

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

SYEI Activities 2022

| | |
|----------|---|
| Activity | Sto:lo Youth Entrepreneurship CONFERENCE (100+ Indigenous Youth aged 16-24 (from the BC Lower Mainland Region and Interior)) |
| Location | Seabird Island Band Office – Multi-Purpose Room 2895 Chowat Road, Agassiz, BC |
| Date | Conference: November 5 th 2022 (9:00 am to 5:00 pm) Workshop: November 6 th 2022 (9:00 am to 5:00 pm) |
| Focus | Strategic areas of business, entrepreneurship, and finance, thus enabling them to contribute to the future of their community's socio-economic development and well-being. Develop greater financial awareness and literacy, receive guidance and mentorship on the critical components of establishing a business and gain valuable insight and understanding of the financial tools available to assist them and their community in becoming more self-sufficient, independent, and financially sustainable. |

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Goals

Increase awareness, interest, and the development of foundational finance, investment, planning, and wealth/resource management skills;

Encourage Indigenous youth to further their studies in strategic areas, thus enabling them to contribute to their community's socio-economic development and well-being;

Create a unique opportunity for Indigenous youth to better understand their current and future role in their local and regional economies;

Raise awareness of the importance of completing high school and pursuing post-secondary studies;

Assist Indigenous youth by providing insight and guidance into the importance of community planning, good governance, and financial management.

Overall, the training will prepare Indigenous youth for their current and future roles in the community.

Technical Sections

GOVERNANCE & COMMUNITY PLANNING;
FINANCIAL FUNDAMENTALS (Budgeting, Investing, Basics of Accounting);
ENTREPRENEURSHIP (Identification, Evaluation, Exploring of New Business)
RAISING CAPITAL AND CURRENT;
INVESTMENT OPPORTUNITIES; PROFESSIONAL CAREERS REQUIRED – SIB PRIORITIES

FINANCIAL FUNDAMENTALS (Budgeting, Investing, Basics of Accounting);
ENTREPRENEURSHIP & MARKETING;
INNOVATION, CAPITAL AND FUNDING OPPORTUNITIES; CASE STUDIES

Speakers

GUEST SPEAKERS TO BE CONFIRMED

Fees

FREE!

(For confirmed registered participants)

Includes: Two days of all sections; training materials, transportation if requested before November 1st 2022, entertainment during lunches, Complementary Breakfast & Lunch for both days

Door prizes will also be available, drawn on Sunday November 6th

For registration and general inquiries please contact:

Mr. Brady Redden
Business Coordinator
Sqewqel Development Corporation
Box 650 – 6895 Chowat Road, Agassiz,
BC Tel: 604-703-8691
Email: b.redden@sqewqel.ca

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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.

- [Administrative Assistant](#)
- [Early Childhood Educator](#)
- [Early Childhood Educator Assistant](#)
- [Emergency Coordinator Assistant](#)
- [Health & Wellness Manager](#)
- [Shelter Support Worker](#)
- [Social Development & Education Clerk](#)
- [Strong Families Recreation Leader](#)



TRANS MOUNTAIN

Trans Mountain is committed to Indigenous and local inclusion. Please visit our website to view our current opportunities here:

[Trans Mountain Opportunities: 28 current postings](#)

Alternatively individuals interested in working directly for a Trans Mountain contractor are strongly encouraged to follow this link and populate the “Expression of Interest for Employment”: <https://csi.transmountain.com/csi/isinfo/>

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JOBS • TRAINING • EDUCATION

Indigenous Forestry Career Fairs

Join us for **career opportunities, door prizes, and snacks!**

Find out more and register for a free **GIFT** at **forestrycouncil.ca**



Nanaimo | Oct. 19

10am – 4pm @
Vancouver Island
University

Merritt | Oct. 27

10am – 4pm @ Nicola
Valley Institute of
Technology

Online Forum | Nov. 08

Post-Event Recap
Forestry Connect Focus Groups
+ Video Stream



workforce@forestrycouncil.ca



FIND US ONLINE:





SASET Outreach Services **on-site at Cheam First Nation** **Every Friday from 9:30am to 3:00pm**

Who are we?

We provide Indigenous Employment and Training Services to First Nation working age population in the Fraser Valley Catchment area.

Who do we serve?

If you are an Indigenous person and are either the following:

- Is un-under employed
- Student
- Employed but unable to meeting basic living requirements
- Resides in SASET's catchment area (Langley to Boston Bar and throughout the Fraser Valley; or with 3 communities in the Head of the Lakes)

Outreach Employment Services:

Employment and Career Counselling
Resumes and Cover Letters
Education and training information
Computer with internet access
Job postings
Employment Readiness
Career Planning/Decision Making
Labour Market Information

Scholarships, Grants and Bursary
information
Job Search assistance
Applying online
Employability workshops
Basic Computer Skills Workshops
And much more

Lucinda Louie, Employment Counsellor

Phone or text: 778-684-1464 or email: Lucinda.Louie@saset.ca

Or email: info@saset.ca

See our website for more information at www.saset.ca



FIRST PEOPLES' CULTURAL COUNCIL

We are now accepting applications for ALL Language Programs and want to remind everyone of the application deadline for the Heritage Infrastructure Program! Please visit each program page linked below for more program information, to review application guidelines and to register or view the online info session.

Language Programs accepting applications:

- Mentor-Apprentice Program – up to \$16,100, deadline November 28, 2022
- Pathways to Language Vitality Program – up to \$250,000, deadline December 5, 2022
- Youth Empowered Speakers Program – up to \$30,000, deadline January 16, 2023
- Language Technology Program – up to \$230,000, deadline January 24, 2023
- Language Revitalization Planning Program – up to \$100,000, deadline January 25, 2022
- Reclaiming My Language Program – up to \$35,000, deadline May 31, 2023

Heritage Program accepting applications:

- Heritage Infrastructure Program – up to \$250,000, deadline October 21, 2022

Please help us share the news about these important funding opportunities by sharing with your contacts. If you have stories about how FPCC funding has been used in your community, we would love to hear from you.

Employment Opportunities

- FPCC is currently seeking to fill the following positions. We would appreciate it if you could share with your networks. Visit the FPCC Employment page for more information.
- Current Staff Positions:
- Office Manager – Open until filled.
- Arts Program Administrative Assistant – Open until filled.
- Manager of People & Culture: Human Resources – Open until filled.
- Director of Information Technology – Open until filled.
- Event Specialist – Open until Filled.
- FirstVoices Keyboard Projects – Closes November 15th, 2022 @ 5 p.m. PST
- Language Materials Archiving and Digitization – Closes November 15th, 2022 @ 5 p.m. PST
- Request for Proposals:
- FirstVoices Progressive Web App – Open until Filled
- Request for Qualifications:
- Graphic Designer – Open until filled.

To ensure that you are receiving FPCC stories and funding opportunities please subscribe to our mailing list at fpcc.ca/signup.

www.fpcc.ca | www.firstvoices.ca | www.maps.fpcc.ca



TRAINING OPPORTUNITIES



Stó:lō Aboriginal Skills & Employment Training is pleased to offer:

EMPLOYMENT PREP TRAINING AT SEABIRD ISLAND COLLEGE NOVEMBER 14TH–25TH, 2022

Canada

Are you 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 certificate training program

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

Training will take place at Seabird Island

Building TBA, 2812
Chowat Rd Agassiz, BC
November 14th-25th, 2022
Monday to Friday
8:30 a.m. - 3:30 p.m.



COURSE INCLUDES

- First Aid Level 1
- WHMIS
- Skid Steer
- Aerial Lifts
- Forklift
- Food Safe
- Fall Protection
- And more!

Lunch, Transportation
Assistance and Safety
Gear Provided!

TO APPLY PLEASE CONTACT SASET:

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

SASET—Seabird Office
2895 Chowat Road Agassiz, BC
Phone: 604-796-6865

SASET—Sts'ailes Office
4690 Salish Way Agassiz, BC
Phone: 604-796-5536

 www.saset.ca
 www.facebook.com/SASET.EAS

Created by Seabird Communications Program



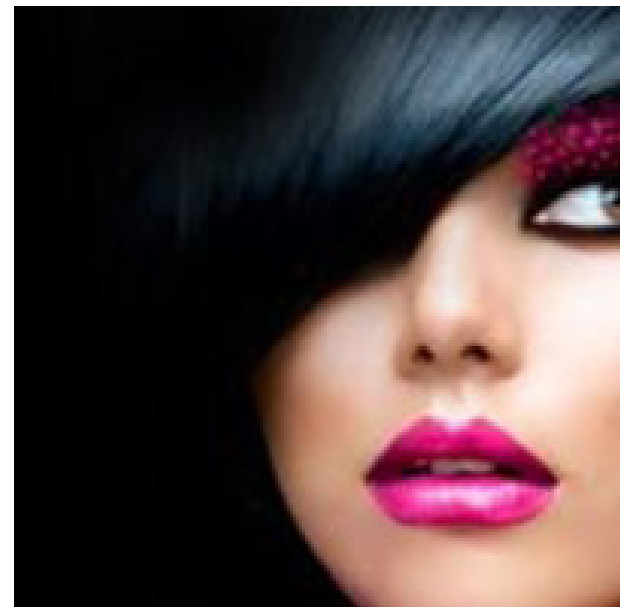
Greetings from Kosmetae Academy, located in the beautiful Fraser Valley, on Coast Salish land. It has been a tumultuous time period for all of us but especially for your elders who survived the residential schools. Please accept our deepest condolences for what they have endured and convey those to your elders.

We want to educate and help our youth flourish and grow professionally. As your young adults pursue their post-secondary options, we would like to direct these student applications to a creative field, namely Advanced Make-up & Special Effects, Creative Hair Design, and Aesthetics. These are industries that have always been in demand and will continue to be so.

In recognition of your band members, we would like to extend a \$1000 scholarship for those wishing to start their program study in either January, February or March.

Warm Regards,
Kristina Norgren, President
info@kosmetae.com
1-800-661-5755

www.kosmetae.com



FIND US ONLINE:



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



Health Care Assistant

Canada

Starting December 12th, 2022

Monday to Friday; 8am—1pm

In person at SPROTT SHAW COLLEGE
ABBOTSFORD (1—33655 Essendene Ave)

TRANSPORTATION
SUPPORTS
AVAILABLE !!

Are you an Indigenous individual who:

- Is un- or under employed & resides in SASET's catchment area
- Can provide evidence of up-to-date Immunizations, COVID Vaccinations & clear TB test
- Can submit a criminal record check
- Completed English 10 or equivalent
- Is willing to commit to a 29-week full-time program

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

Career Opportunities

- Home Support Agencies
- Assisted Living
- Acute/Complex Care Facility
- Adult Day Care
- Long Term Care
- Special Care Units
- Private Homes
- Self Employment as HCA



www.facebook.com/SASET.EAS



www.saset.ca



TO APPLY PLEASE CONTACT SASET:

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

Customer Service Training

This program includes:

- Defining who your customers are
- Enhancing the customer service
- How to speak to customers outside of scripts
- How to remain positive when managing difficult customers
 - Interacting with customers via email
 - Managing customer complaints
- Handling and turning around difficult customers
 - Foodsafe Level 1
 - First Aid Level 1

Location: SASET Chilliwack: 5B -7201 Vedder Road



November 22-24, 2022

Starting at 9:00am

Lunch will be provided



To Register: Please call 604-858-3691 or Email info@saset.ca



Indigenous Services
Canada

Services aux
Autochtones Canada



EDUCATION ASSISTANT TRAINING

GOVERNMENT-FUNDED PROGRAM

900 TOTAL PROGRAM HOURS



BECOME AN EDUCATION ASSISTANT IN 10½ MONTHS!

Offering Education Assistant programs at the Abbotsford, Chilliwack, and Maple Ridge campuses for eligible BC residents who are either unemployed or have precarious employment, and who are looking to become a Education Assistant.

Those who are eligible will have the opportunity to attend a funded Education Assistant program and learn the tools needed to successfully enter the workforce as part of the health care team.

Our Education Assistant Program sets the bar for educational training across the province. The Education Assistant was reviewed and approved by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training. Upon successful completion of this program, graduates will be able to:

- Effectively support and advocate inclusionary practices for all students Kindergarten to grade 12 presenting with a wide range of abilities.
- Apply practical knowledge of adapted and modified materials to transfer a students Individual Education Plans (IEP) into appropriate and meaningful activities.

**PROGRAM START DATE:
NOVEMBER 28TH, 2022**

**LIMITED SPACES
AVAILABLE**

VISIT [SPROTTSHAW.COM/EA-GOV-VALLEY/](https://sprottshaw.com/ea-gov-valley/) FOR MORE DETAILS

StrongerBC

Canada

**BRITISH
COLUMBIA**
Supported by the Province of British Columbia

BC career colleges
association
The Voice for Private Post Secondary Education

SPROTTSHAW.COM

Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement

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I- CEDAR

**APPLY
NOW**

**ACCEPTING APPLICATIONS FOR
JANUARY 2023**

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

PLEASE VISIT

WWW.ICEDAR.CA

FOR INFORMATION AND TO APPLY

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Snow Removal Training



Canada 

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-week full-time program
- Has an interest in seasonal winter maintenance work

If you answered yes... 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!

Program Start Date: **November 21, 2022**

Program End Date: **December 2, 2022**

Monday to Friday : 8:00 am to 4:00 pm

Training will take place at:

2D—7201 Vedder Rd, Chilliwack BC

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

Program Includes:

- Skid Steer Certification
- Bobcat Operation
- Salting
- Brining
- Proper Lifting Techniques
- Proper Shoveling Techniques
- Snow Removal Skills
- Bobcat Maintenance
- Snow Blower Use

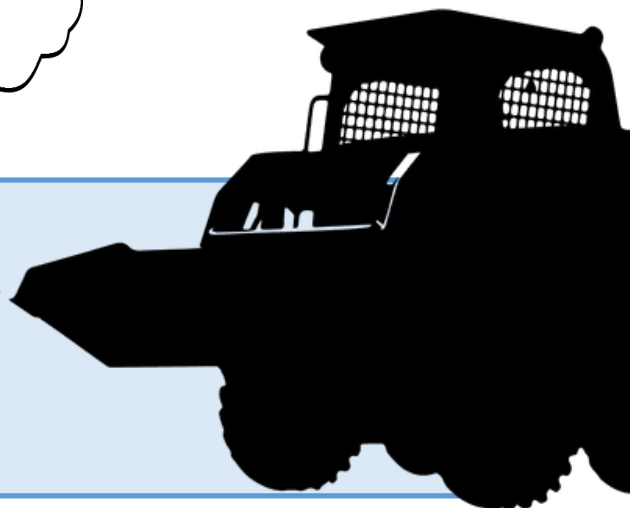


TO APPLY PLEASE CONTACT SASET:

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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**Skwxwú7mesh
Úxwumixw**

Ta7Inewás

Education, Employment & Training

Nexw7áystway Training and Trades Centre

Introduction to Carpentry

**November 14 -
February 24, 2023**

Nexw7áystway is excited to offer the Intro to Carpentry program! This new program is for students who have little or no experience/education in the carpentry trade. Our curriculum incorporates cultural workshops, job readiness, safety training, and 8 weeks of technical training with a Red Seal Carpenter!

**APPLICATION DEADLINE:
Wednesday Nov. 9th, 2022**



WHAT IS INCLUDED:

- FREE Tuition
- Meal Plan
- Training Allowance
- Transportation
- Childcare Subsidy

**IF THIS PROGRAM INTERESTS YOU,
PLEASE CALL: 604-980-7946**

OR EMAIL

TRADESCENTRE@SQUAMISH.NET

TIME: Monday - Friday, 9am - 3pm

WHERE: Nexw7áystway Unit 5-1500
Railway Street, North Vancouver, BC

WHO IS ELIGIBLE: Indigenous People
(Status, Non-status, Metis, and Inuit)



**Bungalow 968
Consulting Group**

KWANTLEN POLYTECHNIC UNIVERSITY



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Indigenous Pre-Cadet Training Program

Throughout the COVID-19 pandemic, our paramount concern has been for the health and safety of our IPTP Candidates and those attending the academy as we continue to implement best practices in collaboration with provincial and federal health authorities.

The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

May 15, 2023 - June 2, 2023

Now accepting applications for the 2023 spring session!

Deadline: December 1, 2022

For more information contact:

Cpl. Susan Boyes susan.boyes@rcmp-grc.gc.ca
Cpl. Rebecca Munro rebecca.munro@rcmp-grc.gc.ca

You'll learn:

- › An introduction to the Criminal Code and RCMP policy
- › Physical fitness and drill
- › Skills to help prepare you to apply to be a police officer

Basic Requirements

- › Be between 19 - 29 years of age
- › Be of First Nation, Inuit or Métis descent
- › Be a Canadian citizen
- › Be able to pass an enhanced reliability security check
- › Be in good physical condition
- › Possess a Canadian high school diploma or equivalent

"I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society."

Phoebe Niviaqsiaq, Nunavut





CONSTRUCTION READINESS TRAINING

Have you ever considered a career in Construction but not known how to get your foot in the door? Construction offers good wages, good benefits, and a team focused environment.

Trans Mountain Expansion Project Team 5B is hosting a 3 day Pipeline Construction Readiness Training Program for Individuals interested in pipeline construction job opportunities.

Course Components:

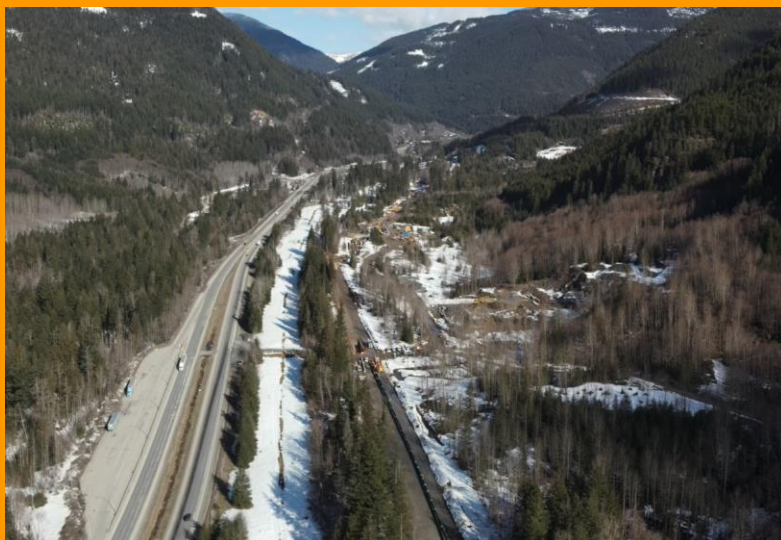
- Traffic Control Person – 2-day course
- First Aid

When: Nov. 21, 22 & 23rd, 2022

Where: Cheam First Nation (Rosedale, BC)

How to apply: Email KBTP.communications@kbtp.ca with the subject line: "Construction Readiness Training".

Please Note: Applicants must apply to attend training and must be a minimum of 18 years old. Applicants will be contacted with further details.



Team 5B includes:

- ◆ Kiewit & Bonatti TMEP Partnership
- ◆ Macro Projects Inc.



FIND US ONLINE:

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Construction Readiness Training Registration

When: Monday Nov.21st to Wednesday Nov. 23rd, 2022

Times: 8am to 4pm daily

Where: Cheam First Nation

52161 Victor Drive

Rosedale, BC

Personal Information

| | | | |
|--|--|------------------------|--|
| Full Name (First, Middle, Last): | | | |
| Full Address (City/Town, Province, Postal Code): | | | |
| Phone Number: | | Alternate Phone Number | |
| Email: | | | |
| Date of Birth (Month / Day / Year): | | | |
| Emergency Contact Name, Phone Number, Relationship to you: | | | |

Questionnaire

Do you have any dietary restrictions? ☐ Yes ☐ No

If yes, please list: _____

Are you interested in working with Team 5B? ☐ Yes ☐ No

Do you own a pair of steel-toed boots*? ☐ Yes ☐ No **mandatory for training*

Do you have access to a vehicle or public transportation? ☐ Vehicle ☐ Public Trans. ☐ Neither

Do you live close to Cheam First Nation and able to get there each day? ☐ Yes ☐ No

Do you have any experience in construction? ☐ Yes ☐ No

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**A career in tech will take you
where you want to go**

**Looking for a job? Begin your tech career by completing
one of our online programs in only 3 months, for free!**



**Junior IT
Analyst**



**Junior Data
Analyst**

Learn the best and latest digital skills, programs and techniques. Earn industry approved certifications and train for today's fast-paced, solution focused tech environment. Graduates receive job placement support to launch your tech career. Programs are fully funded and are no cost for participants.

A career in tech can change everything.

Apply now

npowercanada.ca/programs/

Classes run Monday - Friday

Location: Online Classroom Environment

Call our Outreach Team: **604.495.0580 (x2)**

or email at: **outreach@npowercanada.ca**



LOOKING FOR A CAREER IN SECURITY & PUBLIC SAFETY?



JOIN OUR BASIC SECURITY TRAINING!

- 40-hour Virtual Training
- Provincially Recognized Program
- Jump start your career in security!

OCTOBER 17- 21

NOVEMBER 14 - 18

DECEMBER 5 - 9

8:30 AM - 5:00 PM

Course covers:

- **Professionalism & Ethics**
- **Legal Studies**
- **Report Writing**
- **Personal Safety**

Sponsorship for cost of the course is available
for all future Securiguard employees!

To apply, contact:

 Taylor.Walters@securiguard.com



778-870-1490

FIND US ONLINE:



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

Wildland Firefighter Training Available

APPLY NOW

See Attached Application Form for Course List

For First Nation individuals interested in becoming a Wildland Firefighter or interested in advancing your training.



Date and Time: Arranged with Community
Location: In Community
FNESS Contact: Quentin Nelson at qnelson@fness.bc.ca



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

Canada 

Job Options

A no-cost virtual job training program for residents of British Columbia

Who you are:

- Unemployed or underemployed
- Not receiving EI or CERB
- Not a full time student, 17+ years old
- Permanent resident or Canadian citizen
- Legally able to work in Canada
- A resident of BC
- Looking for work/career change

What you get:

- Life and employability skills workshops
- One on one support with resumes, cover letters, interviews
- Skills and career assessments
- Weekly training allowances
- Focus on unique individual needs and outcomes

Contact us at joboptions@pcrs.ca
or 778-239-7495 to find out about joining our next group!



PCRS
Thriving, healthy communities

Canada 



Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.



SERVICE CANADA

READY TO HELP



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



Canada COVID-19 App

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

EMPLOYMENT INSURANCE (EI) PROGRAM

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

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

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

1-800-206-7218

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

CANADA RECOVERY BENEFIT (CRB)

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

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

1-833-966-2099

CANADA RECOVERY SICKNESS BENEFIT (CRSB)

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

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

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

1-833-966-2099

CANADA RECOVERY CAREGIVING BENEFIT

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

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

1-833-966-2099

SOCIAL INSURANCE NUMBER

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

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

1-866-274-6627

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

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

SERVICE CANADA

READY TO HELP — SENIORS



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



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

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



1-800-206-7218

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UNITED WAY

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

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

SOCIAL INSURANCE NUMBER

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

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



1-866-274-6627

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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://www.covid-benefits.alpha.canada.ca/en/start)



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

JOBS AND OPPORTUNITIES

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

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

SOCIAL INSURANCE NUMBER

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

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

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

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

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

CHEAM FIRST NATION FORMS



DO NOT WRITE IN THIS SPACE

ENROLLMENT APPLICATION FOR GROUP BENEFITS



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

PLAN ADMINISTRATORS — Please complete Part 1 of this application.

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

☐ New Client ☐ Reinstatement

PART 1 — PLAN ADMINISTRATOR

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

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

PART 2 — CLIENT/DEPENDENT INFORMATION

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

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

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

PART 3 — CO-ORDINATION OF BENEFITS

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

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

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



Social Assistance Cheque Schedule 2022

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





Did you attend our October 7th Open House?

(please return this survey to the Band Office to enter to win gift cards!)

If so:

What did you enjoy about it? _____

What did you think we could do better? _____

What was missing that we should have done? _____

If you did not attend:

Why not? _____

What could we have done to change your mind? _____

Any other notes/feedback regarding Cheam Open Houses?



Your answers can also be emailed to communications@cheamband.com

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