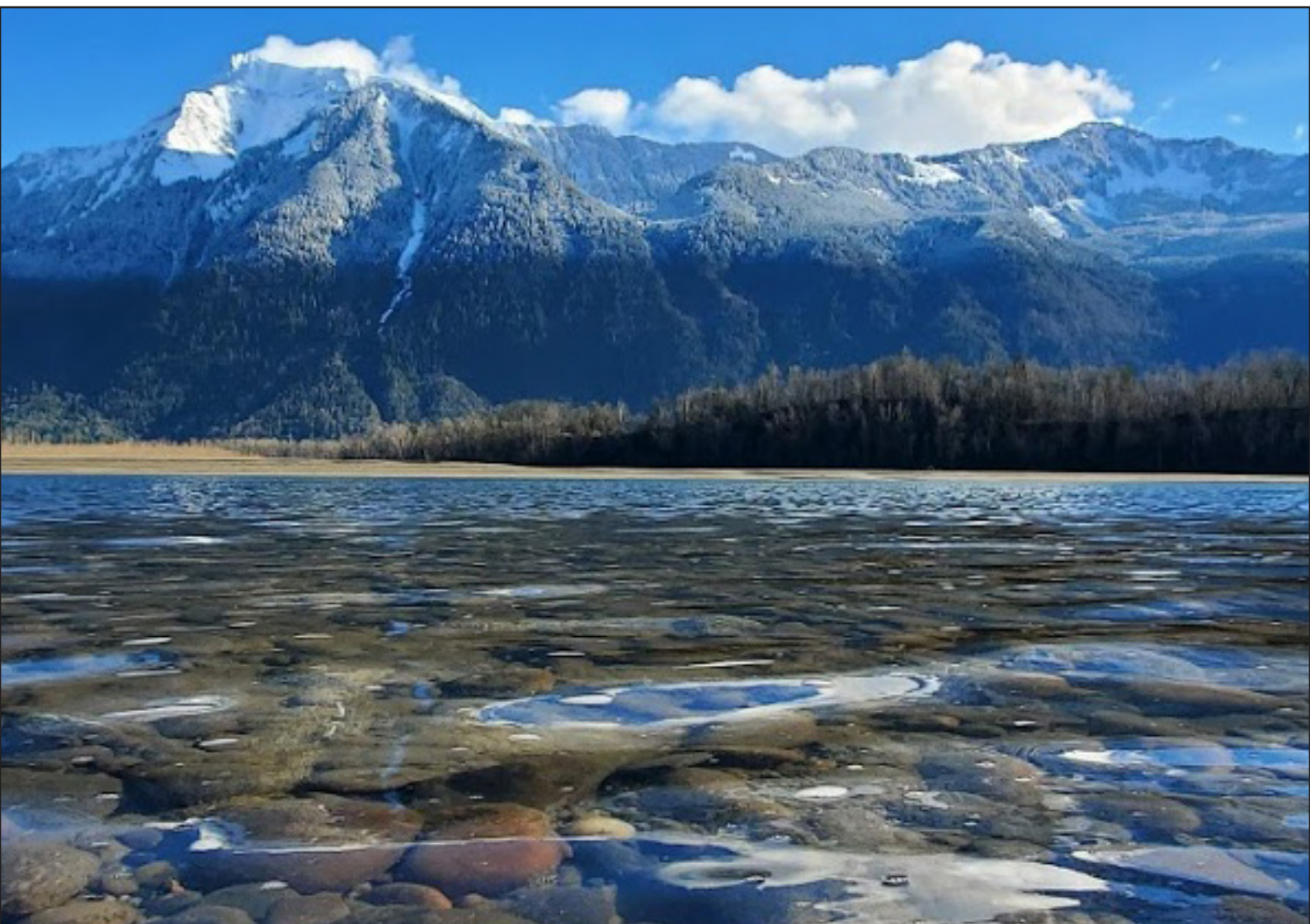




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: December 2, 2022



NEWSLETTER SECTIONS

Administration Notices/Updates	2-8
Health & Wellness Updates	9-15
Youth Opportunities	16-19
Job Opportunities	20- 22
Education/Training Opportunities	23-33
Cheam First Nation Forms	34

XWECHYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

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

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

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

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

CHEAM VISION STATEMENT

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

FIND US ONLINE:



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ADMINISTRATION NOTICES/UPDATES

UPOMING CHEAM EVENTS:

December 10th	~ Cheam Kids Christmas Event ~ Community Christmas Dinner ~ Rummage Sale in the Classroom (10-4)
December 13th	Cheam Elders Luncheon & Meeting
December 20th	Movie Night in the Gym @6pm w/Popcorn & Hot Chocolate

Cheam Band Office Closed for Winter Break

- ~ Closing December 22 @ 12pm**
- ~ Re-opening January 3 @8:30am**

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

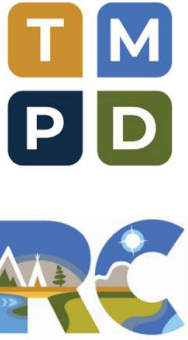
Cheam First Nation Housing Dept is working with BC Hydro and Fortis BC to bring the Energy Conservation Assistance Program (ECAP) to the community

This program is open to on-reserve Cheam membership. Two homes qualified for a new furnace and 12 homes will be receiving a new fridge. I recommend everyone to apply for this program. Call the Housing Dept get an application filled out. **DON'T MISS OUT ON THIS GREAT PROGRAM.**

Based on the assessment, the following could be installed at your house at no cost:

LED Lights	• Installed in all homes
Dry Rack	• For all homes
Weather Stripping	• Installed in all homes
Water-saving shower head	• Installed in all homes
CO detectors	• For gas heated homes
Window Film	• Optional
New Bathroom Fan	• if qualified
New Fridge	• If qualified
New Furnace	• if qualified
Added Attic Insulation	• If qualified

To receive the service, please fill out the ECAP application form. If you have a BC Hydro and Fortis account, fill both sections of the application. Please drop the filled application at the reception in the band office. Can scan and email to: lydia.archie@cheamband.com. Housing will submit the forms for you.



December 7-8, 2022 - 9:00 AM PST/ 12:00 PM EST

Environmental Management under Land Code



2 Day Virtual Workshop



Presentations & Discussion

Please join us for a 2-day virtual workshop on Wednesday, December 7th and Thursday, December 8th, 2022, on the topic of Environmental Management under Land Code. This workshop will provide an opportunity for Land Code First Nations to explore community approaches in environmental management by sharing experiences on issues such as Environmental Management Plans, Environmental Assessment, Solid Waste Management, Environmental Site Assessment, Enforcement of Environmental Laws and Environmental Management Tools. Note: Each day begins at 9 am PST/ 12 pm EST.

Please Register online at: labrc.com/events

CHEAM YOUTH CULTURAL ACTIVITIES



CHRISTMAS ORNAMENT BEADING

DEC 1ST, 6TH AND 8TH

5:30-7:30 PM

DINNER PROVIDED

FOR SIGN UP OR MORE INFO

604-378-4692 OR

CORI.VICTOR@CHEAMBAND.COM



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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UPDATED



**VENDORS
WELCOME!**

**FIRST
COME
FIRST
SERVE FOR
SPOTS IN
THE
GYM/REST
CAN SET UP
IN THE
HALLWAY.
CAN SHOW
UP AS
EARLY AS
5PM.**

ABBOTSFORD WEEKLY POW X WOW/CULTURAL NIGHT

**DINNER
PROVIDED**

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



HOST DRUM: SPIRIT WARRIORS



Other drum groups welcome - \$200 to first group besides host to show up

**EVERY THURSDAY//STARTING NOVEMBER 3, 2022
6PM-9PM**

GRAND ENTRY: 6:30PM

Dinner ready 6PM

**OPEN
TO
ALL**

**3277 GLADWIN RD, ABBOTSFORD, BC V2T 4Y9
MAMELE'AWT COMMUNITY INDIGENOUS CENTRE**

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

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QWÍ:QWELSTÓM PRESENTS

Elder's Soc Hop Christmas

DEC 9TH 12PM-4PM

JOIN US FOR CATERED LUNCH AND
DANCE WITH 'DJ TENDER LOVIN'

LIVE DJ | BINGO! | FUN GAMES | DOOR PRIZES!

THE'I:TSELIYA- S.A.Y. Health & Community Centre
7256 Chilliwack River Road

Please RSVP with Qwi:qwelstom Team Heather Walker: (604) 798-3328
or Darren Charlie: (604) 798-2246

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SAVE THE DATE

Sto:lo Tribal Council

AGM

December 16, 2022
9:30am to 12:00pm

On Zoom:
Meeting credentials to follow

AGENDA to follow

STC Member Bands
Chawathil, Shxwowhamel, Seabird,
Cheam, Sqewlets, KwawKwawapilt,
Soowahilie
18 years of age or older

Door Prizes



Contact:

Lori Kelly
lori.kelly@stolotribalcouncil.ca

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'





Helping **First Nations children** access the products, services, and supports they need, such as:

speech therapy • educational supports • medical equipment • mental health services • and more

Phone **1-855-JP CHILD (1-855-572-4453)**,
open 24 hours a day, 7 days a week

VISIT **CANADA.CA/JORDANS-PRINCIPLE**

Contact us if you know a First Nations child who had or has an unmet need for (health, social or educational) services from 2007 to today.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

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Where: Cheam Health ____

When: ____ Dec 13 & 14 ____



Contact: _604 -794- 7927

Number: _____

Living • Well • Together

Clinic Notice

Who Is It For:

People Living with Diabetes
People Who Are Curious About It

What The Appointment Includes:

Testing Blood Sugar and Cholesterol Levels
Checking Kidney Function
Testing For Diabetic Eye Changes
Diabetes Education



Book Your APPOINTMENT TODAY!

Ages 40 - 79

Mammogram Clinic

When | February 9th, 2023

Where | Seabird Band Office Parking Lot

About 1 in 8 people will develop breast cancer in their lifetime. Regular screening every 2 years can detect breast cancer early, usually before it has spread. Make it part of your regular health routine.

*Early detection
SAVES lives!*



Please contact the CHR in your Community for more information, registration forms & to book your appointment.

Seabird CHR - 604-796-2177

CHR - Community Health Representative



Created by SI Communications 2022

FIND US ONLINE:



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.



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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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 from 5:30pm-7:30pm.

**Contact Cori Victor
For sign up or more info**

604-378-4692 or Cori.victor@cheamband.com



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

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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

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>

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.

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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**, or drop off your resume at the Band Office.

- **Early Childhood Educator**
- **Early Childhood Educator Assistant**
- **Emergency Coordinator Assistant**
- **Health Assistant/Medical Transport Driver**
- **Health Wing Receptionist (F/T) - for more info contact tasnia.buchanan@cheamband.com**



TRANSMOUNTAIN

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

[Trans Mountain Opportunities: 20 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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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



Indian Residential School Survivors Society

WE ARE HIRING Human Resources

- HR MANAGER
- HR ASSISTANT

JOIN OUR TEAM

SEND RESUMES TO RESUMES@IRSSS.CA



SASQUATCH INN

We are hiring line cooks and kitchen staff!! Please email jill@sasquatchinn.ca or [check out our jobs online](#)



LOWER FRASER FISHERIES ALLIANCE



LOWER FRASER
**FISHERIES
ALLIANCE**

We are hiring a Fisheries Biologist!

Please email: Aidan.Fisher@LFFA.ca or [apply on our site.](#)

TRAINING OPPORTUNITIES

Shannon Smith
SCF Business Analyst



Are you interested in starting a business?

Book a free and
confidential appointment
with Shannon Smith to
learn how!



ssmith@stolocf.ca



(604) 824-5278

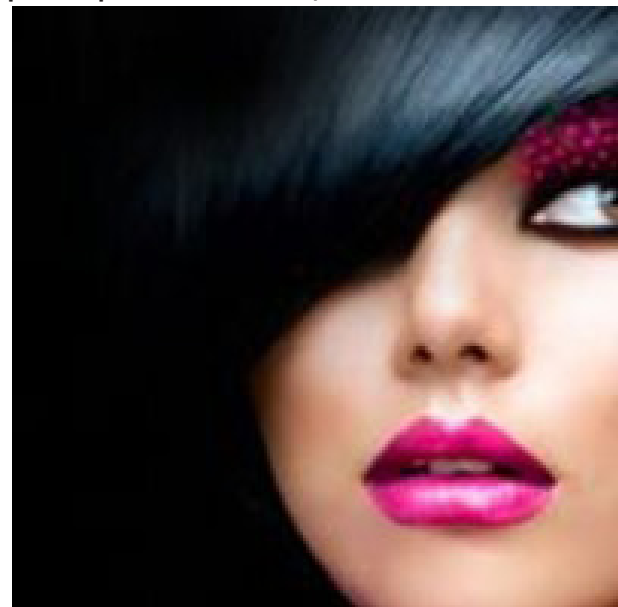
Greetings from Kosmetae Academy, located in the beautiful Fraser Valley, on Coast Salish land. It has been a tumultuous time period for all of us but especially for your elders who survived the residential schools. Please accept our deepest condolences for what they have endured and convey those to your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



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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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INDIGENOUS TRADES

CAREER INFO SESSION ONLINE

 DECEMBER 12, 2022
5:30PM-6:30PM

WHAT YOU'LL LEARN:

Explore a career working with Warrior Plumbing in Metro Vancouver's rapidly growing Indigenous real estate development market. Come with your questions!

THE SPEAKERS



Curt Thomas
Owner and President



Dave Thomas
Foreman



Michael Lumberjack
ACCESS Training and Employment Coach



SIGN UP FOR FREE NOW!

<https://bit.ly/3sU6557>

More information
604-687-2004
@warriorplumbing



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Deadline Extension!

Mentor-Apprentice Program

UP TO
\$16,100
IN FUNDING
AVAILABLE

APPLY
TODAY!

Apply by January 9, 2023

Are you wanting to become a fluent speaker in your language?

Up to \$16,100 is available to support the creation of fluent speakers through one-on-one language immersion.

Learn more about MAP by heading to the program page on our website where you will find the program options, application guidelines, and a video of the recent info session: fpcc.ca/map



Culinary Arts

Pre-Trade Program

Next classes start: January 9th, 2023



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

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

CONTACT US TODAY!

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

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



www.saset.ca



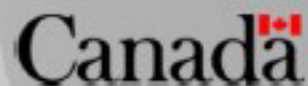
<https://www.facebook.com/SASET.EAS>



5579 Tyson Rd, Chilliwack,
BC V2R 0H9

Program Includes:

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



**FULLY-FUNDED
ONLINE TOURISM
AND HOSPITALITY
PROGRAM FOR
INDIGENOUS**

**ARTISTS
CARVERS
CREATORS
PERFORMERS
STORYTELLERS
ENTREPRENEURS**

ELIGIBILITY

**INDIGENOUS
BC RESIDENTS**

**PROGRAM
DELIVERY**

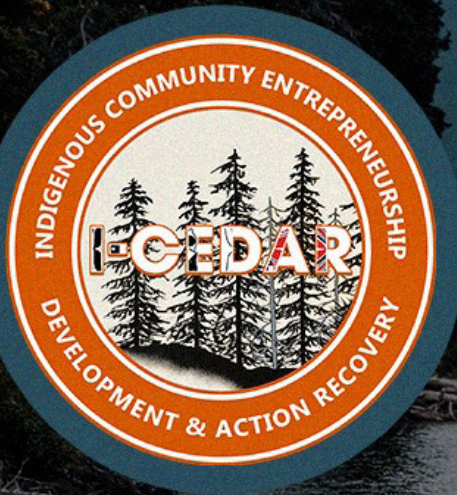
ONLINE

PROGRAM LENGTH

**14 WEEKS
JANUARY - MAY
2023**

FEE

**NO FEES - FULLY
FUNDED**



**APPLY
NOW
ICEDAR.CA**



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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



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**

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

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When does our next course start?

March 6, 2023

Deadline for applications:

January 6, 2023

Academic placement exam:

January 14, 2023

Canada

[About the ELTT Program](#)

[Watch the video](#)



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OCTOBER 17- 21

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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

Social Assistance Cheque Schedule 2023

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2023	December 15, 2022	December 21, 2022	January 14, 2023
February 2023	January 14, 2023	February 1, 2023	February 15, 2023
March 2023	February 15, 2023	March 1, 2023	March 15, 2023
April 2023	March 15, 2023	March 31, 2023	April 14, 2023
May 2023	April 14, 2023	May 1, 2023	May 15, 2023
June 2023	May 13, 2023	June 1, 2023	June 15, 2023
July 2023	June 15, 2023	June 30, 2023	July 14, 2023
August 2023	July 15, 2023	August 1, 2023	August 15, 2023
September 2023	August 15, 2023	September 1, 2023	September 15, 2023
October 2023	September 15, 2023	September 29, 2023	October 13, 2023
November 2023	October 14, 2023	November 1, 2023	November 15, 2023
December 2023	November 14, 2023	December 1, 2023	December 15, 2023