



NEWSLETTER SECTIONS

Administration Notices/Updates	2
Cheam Elders Corner	3
Health & Wellness Updates	4-14
Youth Opportunities	15-21
Job Opportunitiess	22- 2
Education/Training Opportunities	28-29
Cheam First Nation Forms	<u> 30</u>

XWECHIYOM 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 spiritualwellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.

FIND US ONLINE:

E CHEAM.CA





ADMINISTRATION NOTICES/UPDATES

UPOMING CHEAM EVENTS:

January 17	Cheam Elders Meeting & Luncheon		
January 18, 22	Life Promotion/Suicide Awareness 10a-12p		
January 22	Cascade Gondola Update Luncheon 12pm		
January 24	Cheam Regular Council Meeting		
February 14 & 28	Cheam Regular Council Meeting		
February 15 & 22	LGBTQ Awareness Workshop 10a-12p		
February 20	Band Office Closed for Stat Holiday		
February 21	Cheam Elders Meeting & Luncheon		



Camping and fishing on the banks of the majestic Fraser River

Closed - opening Mar 31, 2023

Book Now

CEI is excited to announce that the Cheam Fishing Village now offers a brand new online booking system. You can now conveniently book right from their website! https://www.cheamfishingvillage.com

GATHERING OUR MEMBER'S STORIES

Phase 1 - In conversation with one of our Elders we have decided to try to catalogue and collect as many Eulogies as possible of those Cheam members that have passed on. Paper copies can be dropped off or mailed to the band office attention Harmony, or digital copies can be emailed to harmony.poisson@cheamband. <u>com</u>. If there was no Eulogy written or it has been lost, we would be honored to include their story in any form that you can provide.

CHEAM ELDER'S 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, or dropped off to the Band Office. Without your submissions we can't keep this section going...

CHEAM ELDER'S MEETINGS 2023 January 17, 2023 February 21, 2023 March 21, 2023 **Upcoming Birthdays Birthdate** April 18, 2023 Jan. 24 Gerald Dan May 23, 2023 Jan. 25 Isaac Alex June 20, 2023 Feb. 4 Bruce P. Crey July 18, 2023 Denise A. Alexis Feb. 11 August 15, 2023 Charlene G. Edwards Feb. 16 September 19, 2023 October 17, 2023 Vivian M. Williams Feb. 23 November 21, 2023 Genevieve I. Douglas Feb. 26 Feb. 28 Lorraine Crey FIND US ONLINE: O <u>@ C H E A M . F N 1</u> /CHEAM.FN1 <u>@CHEAM_FN</u>

HEALTH & WELLNESS NOTICES/UPDATES



Get to know the Cheam Health & Wellness Team!

Ey Swayel Ta'ta Tel Skwix' Tel litsel kw'e Sq'ewa:lxw

My name is Crystal Chapman from Skawahlook First Nation. I am honored to join Cheam, as the Health and Wellness Manager. My educational background is in Chemical Addiction and Health. I am also currently completing my Bachelor of Integrated Studies and will graduate in June. Previously, I have had the opportunity to mentor and guide using a holistic approach to build connection and wellness with staff and individuals needing support. Bringing culture and holistic practices to the team and community is a strength I carry, and am excited for this opportunity.

TRADITIONAL WELLNESS MENTOR WORKSHOP

Body Systems Maintenance

MONDAY, JANUARY 30 | 1 - 3:30PM





Shxw'éyelhawxt Sacred Space Room Primary Care Centre #104 - 7955 Evans Road, Chilliwack

Join us for an afternoon of learning from Muriel Victor, Traditional Wellness Mentor, who will provide supports for the glandular system and kidneys.

This FREE workshop will include:

- Health & Wellness handouts
- Herbs that will help maintain healthier body systems
- Door prizes

Questions? Please connect with Muriel Victor. email: <u>mvictor@chilliwackdivision.ca</u>





04

Getting in shape shouldn't be a punishment. It's an amazing and empowering lifestyle decision that anyone can achieve."



CHEAM LADIES FITNESS NIGHTS

January 17 & 31 6pm-7pm

A beginner to intermediate level , full body blast, Cardio, full body weights, core and stretching.

- All equipment included
- Please dress appropriately
- Snacks and water provided
- Childminding available

RSVP to Cori 604-794-7927 or cori.victor@cheamband.com

FIND US ONLINE:



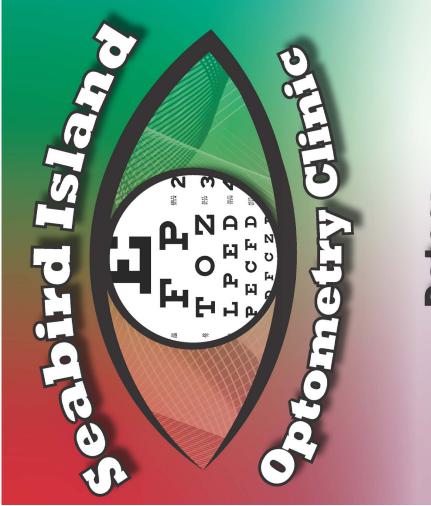






Facilitator is: Breanne of brefit.org

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nuary 19-20th, 202 Time:

10-6pm

January 19-20th, 2023

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.

Community Health Rm

Place:

COMMUNITY KITCHEN

Please come join Makenzie and Jaime make wild rice soup, hot chocolate, and maple apple oatmeal muffins.

Hope to see you there! Please sign up for this class with Makenzie so I know how much ingredients I need to purchase to have enough. Thank you.

Limited seats available.

Cheam Band office kitchen Wednesday January 18th, 2023 @ 11:00am

Please RSVP to Makenzie.Peters@seabirdisland.ca if interested.

CHEAM.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

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• 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: <u>winchester.victor39@gmail.com</u>



US ONLINE:

CHEAM.CA

"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."

<u>@CHEAM.FN1</u>

Gabor Mate'

@CHEAM_FN



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 Services aux Autochtones Canada





Canada







Book Your APPOINTMENT TODAY!

<u>Ages</u> 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.

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Seabird CHR - 604-796-2177

CHR - Community Health Representative

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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.

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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 <u>healthbenefits@fnha.ca</u> or visit <u>fnha.ca/benefits</u> 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



Beffer health. Best in health care

We recognize Fraser Health provides care on the unceeded and traditional territories of the Coast Salish and Nlaka'pamux Nations

FIND US ONLINE:









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





SAVE THE DATE

FEBRUARY 2, 2023 BCAFN YOUTH FORUM

ON X^wMƏ<mark>O</mark>K^wƏÝƏM (MUSQUEAM), SKWXWÚ7MESH (SQUAMISH) AND SƏLILWƏTAŁ (TSLEIL-WAUTUTH) TERRITORIES IN VANCOUVER BC

https://events.bcafn.ca/youth-forum-2023

TRAVEL AND ACCOMMODATIONS WILL BE PROVIDED TO ELIGIBLE YOUTH.

REGISTER EARLY. SPOTS ARE LIMITED

OPEN TO BC FIRST NATIONS YOUTH AGES 18 - 29



FIND US ONLINE:

🗐 <u>Снеам.са</u>

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
- Mentor-apprentice language learning

fpcc.ca/grants

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- Living allowance
- 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:

Early Childhood Immersion Educator Stream for ECE students
 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**

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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 <u>https://forms.office.com/r/r4Qzcnj8ds</u> 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.

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January 21 Event Time: 11am- 4pm



Learn to Skateboard with:

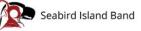






Meal, Skateboards and Helmets Provided







Public Safety Canada Sécurité publique Canada



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SUMAS FIRST NATION WILL BE HOSTING LACROSSE DEVELOPMENT SESSIONS

OPEN TO ALL SELF-IDENTIFYING YOUTH AGES 6 - 16 NO EXPEREINCE NEEDED

DATE: EVERY WEDNESDAY NIGHT, STARTING FEBRUARY 1 - 22

TIME: 6:30 PM - 8:30 PM.

WHERE: THE LANDING SPORTS CENTRE

(45530 SPADINA AVE, CHILLIWACK)

TRANSPORTATION WILL BE PROVIDED FOR ALL SUMAS FIRST NATION YOUTH***

EQUIPMENT WILL BE PROVIDED

DON'T FORGET TO BRING A WATER BOTTLE

REGISTER HERE:



604-852-4041 Ext. 402

In-Partnership with:



jenna.noppen@sumasfirstnation.com















FEB 21 3:30-5:00 LOCATION: CHILIWACK SECONDARY SCHOOL

FAMILY GATHERING

BANNOCK TACOS

FOR YOUR DINNER TICKETS EMAIL CSS-INDIGENOUS@SD33.BC.CA We will have door prizes and dinner. Make sure you RSVP

Families and communities gathering to hear about services and local support services in Ts'elxweyeqw.

Want to see your report card and access office 365? Bring a device or use a school lap top.

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

- Early Childhood Educator
- Early Childhood Educator Assistant
- Emergency Coordinator Assistant
- Executive Assistant
- Health Assistant/Medical Transport Driver

All other HR enquiries can go to tasnia.buchanan@cheamband.com

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

Trans Mountain Opportunities: 19 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/









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 <u>www.saset.ca</u>





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



MC'd by DJ SupaSweet

WEDNESDAY, FEBRUARY 22, 2023 10:00AM - 4:00PM

TZEACHTEN COMMUNITY HALL



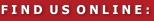


Door PrizesIII CONTACT SASET FOR MORE DETAILS 604-858-3691 OR INFO@SASET.CA

DON'T FORGET YOUR RESUMES!

IF YOU NEED ASSISTANCE WITH YOUR RESUME, PLEASE CONTACT SASET AT 604-858-3691 AND ASK TO SPEAK WITH ONE OF OUR EMPLOYMENT COUNSELLORS













Chilliwack Community Services Job Opportunities



Building Maintenance Worker – Closing January 17, 2023

Family Education Facilitator – Closing January 18th, 2023

Young Families Support Worker – Closing, January 20, 2023

<u>Settlement and Activity Worker, Full Time – Closing January 31, 2023</u>

Our Mission

Chilliwack Community Services is an independent local charity providing opportunities with people to make positive change in their lives.

Cheam First Nation is looking to start a list of people interested in doing paid childminding for us at events, classes etc. We already have a list of events lined up! Please contact Cori at 604-794-3577 or cori.victor@cheamband.com to be added to the list. Youth and Adults welcome. Please reach out for further details



FIND US ONLINE:











CURRENT JOB POSTINGS (email: jobs@stolonation.bc.ca)

Position

SASET EMPLOYMENT COUNSELOR PROJECT COORDINATOR/RESEARCHER RESEARCHER PART-TIME COOK RESIDENTIAL CARE-AIDE P/T

Casual On-Call Cooks Casual On-Call RCAs

COMMUNITY & PROJECT PLANNER- S.A.Y. CUMULATIVE EFFECTS COORDINATOR **GENERALIST - Skowkale** HABITAT STEWARDSHIP COORDINATOR **IN-PERSON TUTOR - Skowkale** RECREATION ASSISTANT - S.A.Y. TOMIYEQW EXECUTIVE DIRECTOR

Job Information CLICK HERE TO VIEW CLICK HERE TO VIEW CLICK HERE TO VIEW CLICK HERE TO VIEW CLICK HERE TO VIEW

CASUAL ON-CALL VACANCIES

CLICK HERE TO VIEW CLICK HERE TO VIEW

S.A.Y. Lands Office Job Postings

CLICK HERE TO VIEW CLICK HERE TO VIEW

Application Deadline

Open until, February 8, 2023 Open until 4 pm, January 27, 2023 Open until 4pm, January, 20, 2023 Open until position is filled Open until position is filled

Open until casual list established Open until casual list established

> Open until position is filled Open until position is filled



Send your cover letter and resume to President@bcnwa.org



research work for our Indigenous disability community.

Email resume/cover letter:

jrobertson@bcaafc.com Location: Victoria, B.C. Apply by: 12:00 p.m. January 19, 2023

Visit: bcaafc.com/careers

SEABIRD FIRST NATION

Open Positions

Early Childhood Education

- Aboriginal Supported Child Development Regional Advisor (ASCD)
- Cook Daycare/Preschool
- Early Childhood Educator
- Early Childhood Educator I/T (Infant/Toddler)
- Head Start Supervisor

Economic Development

- o SQDC Administrative Assistant
- o SQDC Senior Communications & Engagement Coordinator

Education

- o Education Assistant
- o <u>Halq'eméylem Teacher</u>
- o Labour Pool
- Pre-employment Supports Program Case Worker, Term ends 3 31, 23
- Receptionist School
- School Bus Driver on call
- o Student Counsellor
- o Teacher On Call (TOC)
- Technology Education Teacher
- Vice Principal Administration

Executive

Senior Executive Assistant to Executive Director

• Senior Exe Finance & Administration

- Accounts Payable Assistant
- Proposal Writer
- <u>Records Coordinator</u>

Health & Social Development

- o Better At Home Support Worker on call
- o Diabetes Nurse
- Health Care Assistant
- Licensed Practical Nurse (LPN)
- Life Skills Coach
- Recovery Home Support Worker Men's Home On Call
- Recovery Home Support Worker On Call Women's Home
- **<u>Registered Nurse</u>**
- Youth Worker Drop in Program

Infrastructure

- o Administrative Team Lead
- o Building Maintenance Worker
- Health & Safety Officer

Inter-Government Affairs

- o <u>Community Services Supervisor</u>
- Laborer Ecological Restoration (FNIYES SLP)
- Policy Analyst
- Policy Writer

TRAINING OPPORTUNITIES

Sto:lo Aboriginal Skills & Employment Training

is pleased to announce

Reaching Independence Through Employment

The program provides support to participants to gain the confidence and skills, needed to find and sustain meaningful employment. The program provides a supportive environment for learning and skill Development

Location: SASET Chilliwack: 2D-7201 Vedder Road January 16th – February 10th , 2023 Monday to Friday 10:00am to 2:00 pm Lunch will be provided

\$100 Gift Card will be given to participants for completing the 4-week training program!!

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

This is open to all on-reserve Income Assistance clients from Aitchelitz, Matsqui, Popkum, Skowkale, Shxwha:y Village, Tzeachten, And Yakweakwioose.

> Indigenous Services Canada

es Services aux Autochtones Canada

SASE

FREE 3 DAY WORKSHOP ON WEALTH MINDSET

Circle Module - January 23, 2023, 1:30pam to 4:30 pm

- What is Indigenous financial literacy
- Your values and relationship with money,
- and more...

Banking Basics - January 24, 2023, 1:30 pm to 3:00 pm

- · How to choose the right financial institution & account for your needs
- Way to reduce your account fees
- and more

Basic Budgeting - January 25, 2023, 1:30 pm to 3:00 pm

- Expenses tracking
- Making financial goals
- and more

Register for this FREE three day workshop about money management.

This workshop is for Indigenous people within the Stó:lō Traditional Territory.

To register, call 604-858-0009, or email bhill@stolocf.ca by January 20, 2023 to obtain Zoom Link.

SCF will be at the Seabird Island Band Office this month!

Come by to see Shannon and talk about your business



Book a time slot, contact

bhill@stolocf.ca 🖂 604-858-0009 🕻

SCF BUSINESS ANALYST SHANNON SMITH

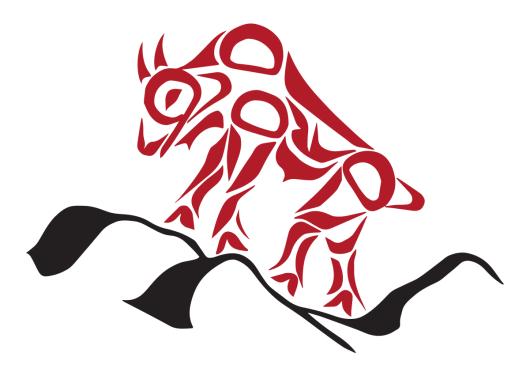






Social Assistance Cheque Schedule 2023

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





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