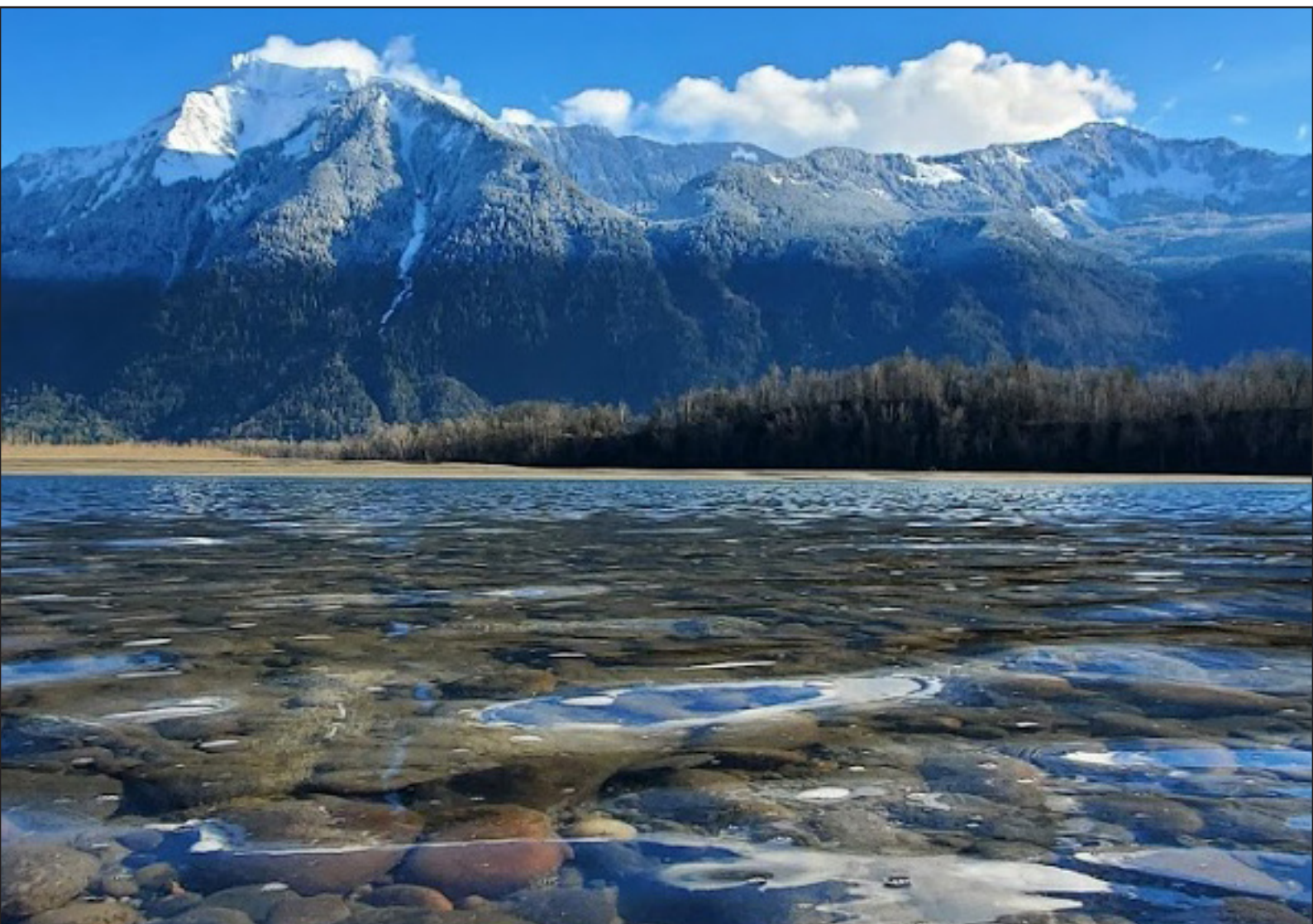




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: March 24, 2023



NEWSLETTER SECTIONS

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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.

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ADMINISTRATION NOTICES/UPDATES

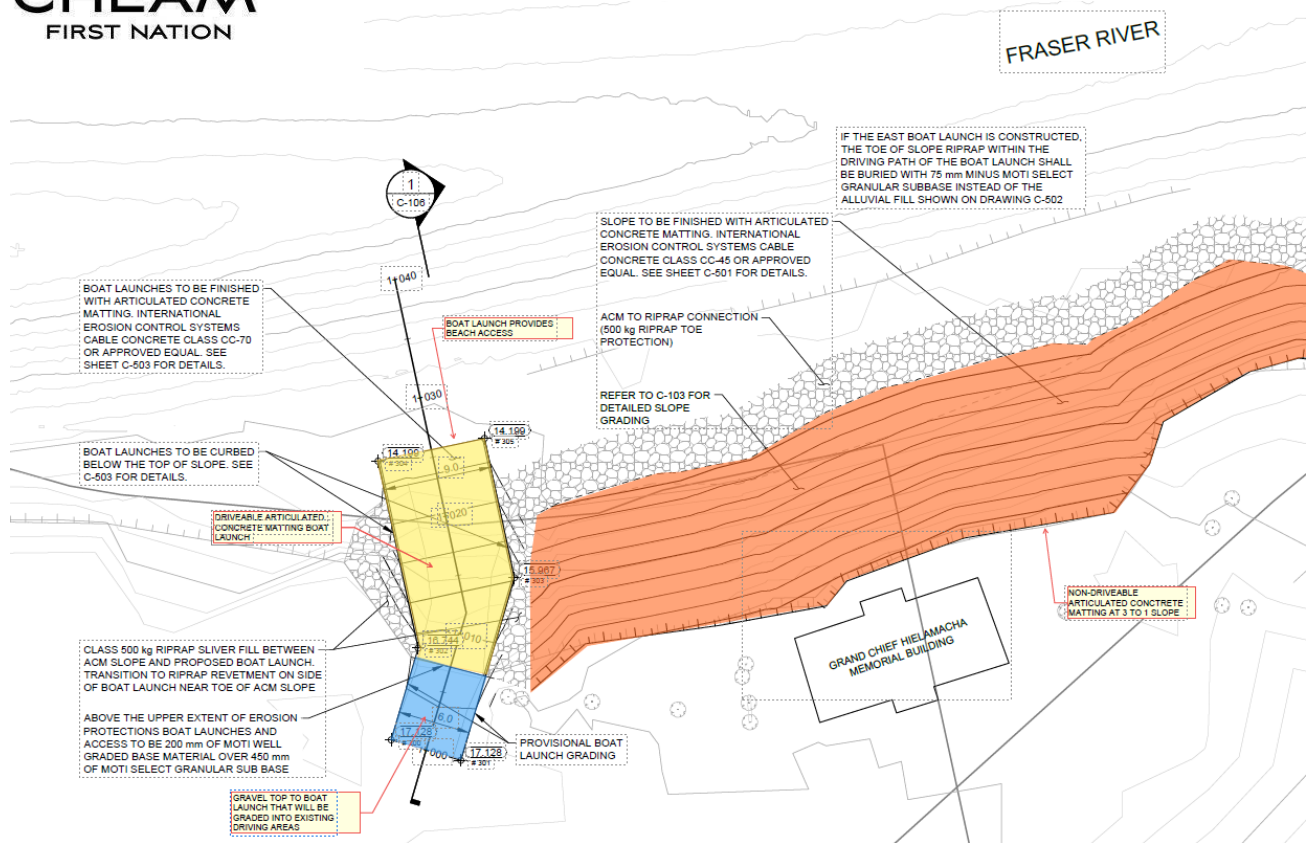
UPOMING CHEAM EVENTS:

March 26	<u>Trev's Flea Market</u> 8:30 - 2:30pm
March 28	Cheam Regular Council Meeting
March 30	Coastal Jam @ Cheam 4:30pm (<u>page 7</u>)
March 31	Cheam Fishing Village Opens for Season
April 1	Cheam Easter Celebration (<u>page 6</u>)
April 2	First Salmon Ceremony at Shxwhá:y (<u>page9</u>)
April 7 & 10	Band Office Closed for Easter Holidays
April 9, 13, 26	<u>Trev's Flea Market</u> 8:30 - 2:30pm
April 11 & 25	Cheam Regular Council Meeting
April 19	Cheam Elders Meeting & Luncheon
April 20	<u>Cheam Job Fair</u> 10AM-2PM





Cheam Beach Erosion Mitigation and Bank Stabilization Project



Over the past year, the Council and staff have been working with Ministries, EMBC, ISC and their contractors to develop a mitigation plan to address the damages of the Atmospheric River and Freshet events. One of the most impacted areas in the Community was at Cheam Beach which saw a significant amount of erosion, sluffing, and sediment deposit due to the fast, high water.

Starting next week work will begin to stop the erosion, secure the bank, and install a new boat launch. While this work is underway, access to the beach and boat launch will be unavailable to ensure safety of both the workers and the Members.

We understand that this closure can be inconvenient. We appreciate your patience while this work is being completed. If you have any questions or want an update, please connect with Rachel Wille at rachel.wille@cheamand.com, or 604-794-7924 or by visiting the office.

CHEAM BEACH CLOSURE FROM MARCH 27, 2023, TO MAY 19, 2023

Eligible First Nations and Individuals impacted by a long-term drinking water advisory have more time to submit a claim.

The deadline to submit a claim has been extended to March 7, 2024.



XWCHÍYÒ:M
CHEAM FIRST NATION

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

March 15, 2023

To whom It may concern,

Re: Executor of deceased required to individually apply for First Nations drinking water settlement.

Members have been notified that Cheam has submitted a list of Members to the Boil Water Advisory Class Action Lawsuits Drinking Water Settlement and we have recently been informed by the Administrators of the Class Action that the Executor's for deceased members are responsible for applying on their behalf.

We will be contacting all Executors individually to provide them with the claim form and if required, assist them with completing the form.

If you require assistance, please feel to reach out to Kelsy, via email, by phone or in person at the office.

Below you will find a link to the PDF fillable online for or you can pick up an application at reception.

<https://firstnationsdrinkingwater.ca/index.php/claim-forms/>

First Nations Drinking Water Administrators: 1-833-252-422

Sincerely,

Kelsy Fredette
Administrative Assistant
Kelsy.fredette@cheamband.com

604-794-7924

Band Office Department Updates - Lands

Cheam First Nation became operational under the Cheam Land Code on September 1, 2016 through the Framework Agreement on First Nation Land Management. Cheam regains governance over the day-to-day management of our reserve lands and resources.

Cheam First Nation has been working on various law development in the past year to assist with good governance and standards on our reserve lands. Once laws are approved, it can be found on our website.

Here is an update of current projects:

- Land Use Plan (LUP) – looking to finalize this project and implement via ratification vote
- Law Development:
 - Develop and prepare a Regulation under the Cheam First Nation CP and Allotment Law to address outstanding pre-Land Code CPs.
 - Develop an Animal Control Law that focuses on the importance of animal safety and responsible pet ownership.

Enacted Laws:

Cheam Soil Deposit, Removal, and Transport Law on date of May 24, 2022.

Other items in the works:

- Additions to Reserve - MOTI Lot 123 & 124
- Rosedale Bar
- Historical CP Disputes
- Capital Projects
- Trans Mountain settlement funds
- Improve the Old Yale Road hill and corner for safety reasons
- Improve the Victor Drive hill due to the landfill settling
- Community Wastewater System

Over the past year, the Cheam Lands Department and staff have been engaging with different funders and Ministries on a variety of **Capital Projects**. A few of the projects that have been approved and which will be starting soon are:

- Longhouse addition of a Kitchen and Washroom
- Cheam Beach erosion mitigation and bank stabilization project
- Grand Chief Hielamacha Gazebo revitalization
- Cheam Beach access road repair

As we get closer to the start of these projects, more information will be shared via social media and through the Newsletter.



Cheam Community Easter Celebrations

SUNDAY APRIL 1, 2023

10:00am Pancake Breakfast
(Everyone Welcome)

11:00am Easter Egg Hunt
(Cheam Youth)

11:30am Activities:

- Bouncy castle
- Cake Walk
- Face Painting
- Cookie decorating
- Activity stations
- Photos with the Easter Bunny!

5:30pm Easter Dinner
(Everyone Welcome)



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MARCH 30, 2023 @ 4:30PM

COASTAL JAM

BRING YOUR REGALIA, DRUMS & RATTLES

with Seabird Island and Cheam First Nations

Cheam First Nation Gymnasium

52161 Victor Drive, Rosedale, BC V0X 1X1



For more information, please contact:

Maqwes – Gabriel Joe – 604-819-9301

Siamet – Makayla Sam-Greene - makaylas@seabirdisland.ca

Cori Victor - P: 604-378-4692 - Cori.victor@cheamband.com

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FREE TAX PREP & FILING



BY APPOINTMENT FOR CHEAM FIRST NATION MEMBERS
DROP OFF, OR DROP IN – WE’LL PREPARE
AND E-FILE YOUR TAXES FOR FREE.
FEBRUARY 26 TO MARCH 31
CHEAM FIRST NATION
52161 VICTOR DRIVE, ROSEDALE BC V0X 1X1

Please bring your Government-Issued ID and All Tax Slips

You are NOT eligible for this program if you:

- Are filing a Pre/Post Bankruptcy Return
- Are filing a Deceased Return
- Are Self-Employed
- Have employment expenses
- Have income sources that include Capital Gains, Farming Income, Commission Income, Investment Income over \$1,000, Professional/Business Income, Rental Income
- Other complex returns

For further information please call 604-794-7924 ext 113

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Please join us

Pelólxw Ts'í:tem te yewál Sth'óqwi



First Salmon Ceremony

Sunday, April 2, 2023

Doors open at 10:30am

Ceremony and Luncheon

Shxwhá:y Cultural Centre - 9651 Skway Rd.



Skwah First Nation



Cheam First Nation



Kwaw-Kwaw-A-Pilt
First Nation



Shxwhá:y Village



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CHEAM ELDERS CORNER

FIRST SALMON CEREMONY

The Pelólxw and neighbouring tribes have always acknowledged and thanked the Salmon People for the sustenance that is provided to our people. The most important way that this has been expressed, since time immemorial, is through the First Salmon Ceremony. Frank Malloway (Ts'elxweyeqw Tribe) describes the First Salmon Ceremony: "So they have a ceremony. It takes place when the first spring salmon comes into the river, that the chief will have it cooked and they will distribute it to every member of the village and they are instructed to take the bones back to the river and send these bones back to the Salmon People and to thank them for offering their children so that we may live."

You know everything that we receive from the Creator, we give thanks."



CULTURAL WORLDVIEW OF FISH

"A bear lived in Squha'mEn [Agassiz]. He was transformed into a man who took the name Autl'te'n. He married and had a daughter. When she gave birth to a boy, Sturgeon took him and carried him to the water. He threw him into the river and he was at once transformed into a small sturgeon. Old Sturgeon caught him, killed him and cut him up. Then he served him to the people, saying, "Don't throw away any of the bones, but give them all to me." This they did. Then he placed the bones in a bowl and carried them into the water. They came to life immediately and the boy stepped unharmed from the water. He grew up and became the ancestor of the Siti't' a."

(Legends from the Lower Fraser River recorded by Franz Boaz in 1895)

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

April 19, 2023
May 17, 2023
June 13, 2023
July 19, 2023
August 16, 2023
September 20, 2023
October 18, 2023
November 15, 2023
December 13, 2023



Upcoming Birthdays

Birthdate

Nora J. Dodson	March 27
Wayne R. Douglas	March 29
Charles K. Douglas	April 1
Lyla Victor	April 16
Ola Smith	April 26
Bobby Yunick	April 27
Diana Hudson	April 28
Judith L. Douglas	May 20

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BAKE SALE



Join us for some delicious baked goods!

Thursday, April 6, 2023

11:30am – 4:30 pm

Hosted in the Cheam Band Office in the foyer

The Cheam Elders are hosting a fundraiser to support the Elder's Committee. Come buy some tasty homemade baked goods!

Any elder's wishing to participate are encouraged to join and bring their own homemade baked goods to sell

Contact Laverne Victor for more information

(604) 745-3353



Indian Residential School Survivors Society



First Nations Health Authority
Health through wellness



Scan to Register

select which region you will be attending. This event series is **100% free to attend** and register for. Own transportation recommended and hotels not provided. Event is for families and survivors affected by the issue of MMIWG.

Programming from 9-5pm each day. Information package about the venue for your location will be sent out to you via email in mid February. Wear red and bring your drums or rattles.

MMIWG PROVINCIAL CONFERENCE TOUR

Workshops:

- Red Dress Beading
- Coping with Grief & Loss
- Balancing Our Spirits
- How Trauma Impacts The Body
- Safety / Online Safety

Guest Speakers, Entertainment & Door Prizes

Lunches and light snacks provided each day

MARCH EVENT DATES

TERRACE	9th-10th
PRINCE GEORGE	13th-14th
KAMLOOPS	16th-17th
OSOYOOS	21st-22nd
CHILLIWACK	25th-26th
VANCOUVER	29th-30th

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CHEAM CONTESTS

PIZZA NIGHT BASKET

FACEBOOK CONTEST - Share our Cheam Job Fair event on facebook to be entered to win a Family Pizza Night Gift Basket! The basket contains everything you need for a fun pizza night at home! To share the event go to the top right of the [event page](#) to the arrow, click that and share to whoever & wherever you want. When you are done come back here and enter done in the comments under this post;) Every time/ place you share is another entry. Prize valued over \$80.00, from Hofstede's Country Barn.

The winner will be drawn on April 20th.



PHOTOGRAPHY CONTEST

PHOTO CONTEST - Please submit your best digital Cheam photos (to add to our photo library to be used for our website facelift this summer, and future projects showcasing the vibrant life and culture of Cheam). We are looking for scenery, people, and cultural activity shots.

Please email communications@cheamand.com, with your name & phone #. Enter as many photos as you would like, each photo counts as 1 entry. You/your family must be the owner of the photo, and have the permission to use the image of anyone shown in the pictures. By entering you grant us permission to use all submitted photos for future Cheam purposes. Contest closes May 1st, 2023.

Prizes for our top 5 favorite photos =

- \$100 Visa G/C
- Tripod w/remote & case, (works for cameras or cell phones)
- Killer Whale Bowl & Utensil Set
- A Coast Salish Historical Atlas
- Orca Mug, Honey & Tea w/ a \$25 Tim Hortons Card.



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 Danica 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'



BRINGING CULTURALLY SAFE SERVICES TO YOU

Indigenous Health Liaisons promote culturally safe experiences for First Nations, Métis and Inuit patients accessing health and wellness services. Liaisons support Indigenous patients with navigating the health care system, safe transitions from hospital to home, and connections to community services.

WHEN TO CALL:

- To refer First Nations, Métis and Inuit patients
- To ask any questions regarding Indigenous Health Services available
- To help Indigenous patients access services throughout the health care system

REFERRALS CAN BE MADE BY:

- Patients
- Family members
- Friends
- Health professionals

To access Indigenous Health Liaison services,
call the referral line:

1-866-766-6960

Hours of service: Monday – Friday from 8:30 AM–4:30 PM
(excluding holidays)

To contact a Wellness System Navigator from
First Nations Health Authority, call **604-743-0635**



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.

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RESIDENTIAL WOOD SMOKE



Residential wood smoke comes from the burning of biomass fuels for the heating of space and water and/or for ambiance. Sources of emissions can include wood stoves, fireplaces, pellet stoves, central outdoor or wood-fired boilers, backyard fires, grill pits, campfires, or anything that is intended to burn biomass. Your exposure to residential wood smoke can be from your own burning, or that of your neighbors and others in the area.

Wood burning is a significant source of air pollution in Canada. The main pollutants in wood smoke are particulate matter (PM), carbon monoxide (CO), volatile organic compounds (VOCs), and polycyclic aromatic hydrocarbons (PAHs). Wood smoke also contains small amounts of other compounds, including nitrogen oxides and chlorinated dioxins.

Health Effects of Residential Wood Smoke

Some health effects that have been associated with exposure to pollutants produced by residential wood smoke include:



Eye, nose, throat, and lung irritation



Decreased lung function



Wheezing, coughing, shortness of breath



Aggravation of existing heart and lung conditions, like asthma

Health Impacts: Exposure to air pollution in Canada contributes to respiratory symptoms, illness, hospital visits and premature death. This population health burden across society (including reduced quality of life and lowered productivity) is associated with socioeconomic costs for people in Canada.

Fine particulate matter (PM_{2.5}) from residential wood-burning appliances can account for approximately 40-65% of wintertime PM_{2.5} in Canada. This varies by geographic region and time of year, but outdoor PM_{2.5} is associated with roughly 10,000 premature deaths a year in Canada.

Those with pre-existing health conditions, children, pregnant people, seniors, or those with increased exposure (closer proximity to sources or spending lots of time outside) are most at risk of experiencing health effects from residential wood smoke.

People in Canada with pre-existing health conditions may be advised to speak with a healthcare professional to manage or reduce their exposure to smoke or air pollution. As a healthcare provider, be prepared to speak with your patients about ways to reduce exposure to residential wood smoke as well as how to treat symptoms arising from exposure.



You may also wish to share tips on reducing or eliminating wood burning where possible

- Choose alternative heat sources in your area (if available).
- Help kick open burning to the curb by including grass clippings, leaves, and branches in your compost or municipal yard waste pick-up (where available).
- Dispose of building materials and garbage in accordance with local government regulations. Look for a local disposal facility, and do not burn or illegally dispose of these materials.

Find out more at

residentialwoodsmoke.ca

[Health Canada wood smoke webpage](#)

Maintenance Tip

When washing dishes, cleaning the saucepan, or draining the grease from cooking that bacon, you add fat, oil, and grease to your septic system. It can be found in many of the foods we eat, especially meats, sauces, salad dressings, and other items.

- Septic can back up into homes, businesses and/or your neighborhood.
- Cleanup is unpleasant and costly.
- Septic backups create the potential for contact with disease causing micro-organisms.
- Overflows increase costs to maintain and operate the sanitary sewer system you rely on

You Can Help

NEVER pour grease down the drains or in the toilets.

SCRAPE your plates and wipe your pots and pans before washing.

DISPOSE of fats, oils, and grease into a container. Take large containers to the landfill for proper disposal.

COMMUNICATE with your family and friends about the problems of pouring grease down their sink drains and the problems that occur in their sanitary sewer system.



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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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First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word “connect” to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <https://www.kuu-uscrisisline.com/24-hour-crisis-line> Toll-Free: 1-800-KUU-US17 (1-800-588-8717) Adult/Elder: 1-250-723-4050 Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441 Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/> Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdliieelders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsxan Health Society
Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Carol Stegman: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Toll-free: 1-866-662-9609

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or Toll-free: 1-800-889-6855 and ask for an ARP Team member
Email: rjohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext. 2141

Nenqayni Wellness Centre
Call: 250-989-0301 or Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or Toll-free: 1-888-698-4333

Telmexw Awtexw (Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

All information in this document is accurate as of September, 2022.

YOUTH OPPORTUNITIES



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>



Only 30 spots !

Door Prizes,

& Grand Prize!
(based on participation)

SPRING BREAK CAMP

**28-30
MARCH**

MARCH 28TH – YOUTH CAMP DAY 1

10:00 AM - 4:00 PM

- Fish canning
- Cedar Headband Making
- Guest Speakers
- Lunch provided

MARCH 29TH – YOUTH CAMP DAY 2

10:00 AM - 4:00 PM

- Drum making
- Lunch provided
- Workshops
- Reptile Guy

MARCH 30TH - WRAP UP CEREMONY & DINNER 4:30PM
(EVERYONE WELCOME)



REGISTRATION:

PLEASE RSVP BY EMAIL TO CORI.VICTOR@CHEAMBAND.COM AND CHILDREN'S NAMES, AND COMMIT TO ATTENDING ALL 3 DAYS.

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Family Nature FESTIVAL

Friday, March 31st & Saturday April 1st 2023
at the Great Blue Heron Nature Reserve

Includes free programming from our knowledgeable staff
alongside Streams Foundation Canada, The Coastal Painted
Turtle Project, Fraser Valley Conservancy, Elizabeth's
Wildlife Centre, AdventureSmart, and Waterwealth
Foundation!

Guided Tours - Arts and Crafts Station - Wildlife Presentations

10:00 am - 4:00 pm

For more info Visit:
www.chilliwackblueheron.com
(604) 823-6603

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Agassiz-Harrison Museum & Visitor Centre

Join us for a
Easter

FREE HOT CHOCOLATE

**Saturday, April 8th
10:00am – 1:00pm**



7011 Pioneer Ave., Agassiz, BC



Government
of Canada

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INDIGENOUS EDUCATION IS CANADA'S FUTURE GROWTH

Indspire is a national Indigenous registered charity that invests in the education of Indigenous people for the long term benefit of these individuals, their families and communities, and Canada.



Our vision is to enrich Canada through Indigenous education and by inspiring achievement. In partnership with Indigenous, private and public sector stakeholders, Indspire educates, connects and invests in Indigenous people so they will achieve their highest potential.

<https://indspire.microsoftcrmpartals.com/en-US/>

Building Brighter Futures: Bursaries, Scholarships, and Awards

Successful futures are created through hard work, creativity, and perseverance. Each one of us has a unique potential to achieve, and for First Nation, Inuit, and Métis students, Indspire is here to help make that happen. Indspire provides hundreds of scholarships, bursaries and awards to thousands of Indigenous students every year!

Deadline Dates: February 1, August 1, November 1

Petro-Canada Award for Indigenous Students

The Petro-Canada Award for Indigenous Students is for Canadian Indigenous students enrolled a Canadian high school program. It is a one time award of \$750 for students from one of the Indigenous communities listed within the application.

Start Date: March 1



**building
brighter futures**
Bursaries, Scholarships, and Awards



**building
brighter futures**
Bursaries, Scholarships, and Awards

Your local school is hosting an open house for preschoolers and their parents! **Ready, Set, Learn** is a series of fun and informative events focusing on early childhood learning.

Ready, Set, Learn is a great opportunity to connect with your preschooler's future neighborhood school. **Ready, Set, Learn** events can include school tours, visits to the school library, interactive play activities for children and their parents, information sessions for parents and caregivers, presentations by community agencies and other activities that support preschool aged children's learning.

Please note: Dates and times are subject to change, please contact the school prior to attending.

School	Ready Set Learn	Time
Bernard	April 19	10:30 - 12:00
Central	May 26	1:00 - 2:00
Cheam	April 25	10:30 - 12
Cultus Lake	April 18	12:55 - 1:58
East Chilliwack	February 27	9:00 - 10:30
Evans	April 12	9:30 - 11:00
Greendale	February 23	10:30 - 11:30
Leary Arts & Tech.	May 25	8:45 - 9:45
Little Mountain	February 8	8:45 - 10:00
McCammon	April 14	8:30 - 9:30
Promontory	June 14	9:00 - 11:30
Robertson	April 11	9:00 - 11:00
Rosedale Traditional	April 21	9:00 - 11:00
Sardis E.	May 5	8:45 - 10:15 10:45 - 12:15
Stitó:s Lá:lém Totí:lt	April 18	10:30 - 12:00
Strathcona	May 10	9:30 - 10:30
Tyson	February 24	10:00 - 11:00
Unsworth	January 26	9:00 - 10:30
Vedder E.	May 25	8:30 - 9:55 10:30 - 11:30
Watson	February 23	10:15 - 11:15
Yarrow	June 13	9:00 - 10:00



**Syós:ys lets'e
th'ále, lets'emó:t**

~One heart, one mind, working
together for a common purpose.~



FIRST PEOPLES'
CULTURAL COUNCIL

YOUTH EMPOWERED SPEAKERS

fpcc.ca/yes



Do you want to learn your language as
part of your post-secondary education?

Receive up to \$30,000 in funding for
B.C. First Nations students age 18-35!

Apply by June 14, 2023

This program includes:

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

Program Contact: Beckie Wesley
yes@fpcc.ca



SCAN ME

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SEABIRD ISLAND BAND

2895 Chowat Rd | PO Box 650 | Agassiz, BC | V0M 1A2 | Fax: 604-796-3729 | www.seabirdisland.ca

February 24, 2023

I am excited to announce that The Income Assistance First Nation Youth Employment Strategy (IAFNYES) has 10 funded work experience positions. Positions must start by March 31, 2023, and continue for 24 consecutive weeks and can carry forward into the 2023/24 Fiscal Year.

The goal of IAFNYES program is to connect First Nations youth between the ages of 19 and 30 who are receiving Income Assistance, particularly those facing barriers to employment, to develop new skills, apply current knowledge, and aid those overcome existing or anticipated labour market barriers they need to make a successful transition into the workplace.

The objectives of IAFNYES are to:

- Provide short term work placements for youth to increase their access to more permanent employment opportunities.
- Support the development and enhancement of essential employability skills.
- Promote the benefits of education as key to labour market participation.
- Introduce youth to a variety of career options.
- Support access to services to help youth transition to and remain in the workforce.
- Reducing long term dependency on Income Assistance.

IAFNYES Program Requirements:

- 19-30 years of age
- IA client Living on Reserve
- \$16.00 per hour
- 30 hours per week, 24 consecutive weeks
- Complete 720 Hours
- Job descriptions to follow HR standard for department assistant/admin assistant roles
- Applicants must apply to [Seabird Island Band Careers](#) page on or before March 31, 2023

Please contact me if you have any questions or if you would like to discuss the possibility of having an Income Assistance client from your own community the opportunity to conduct a work experience position with your Band office. I look forward to connecting with you to discuss this amazing opportunity for the Youth.

Sincerely,

Kym Elderkin

PESP Case Worker and IAFNYES Coordinator

Seabird Island Band | Education and Employment Services

Direct Line: 604-796-7214 | Cell: 604-793-3141

Email: kym.elderkin@seabirdisland.ca

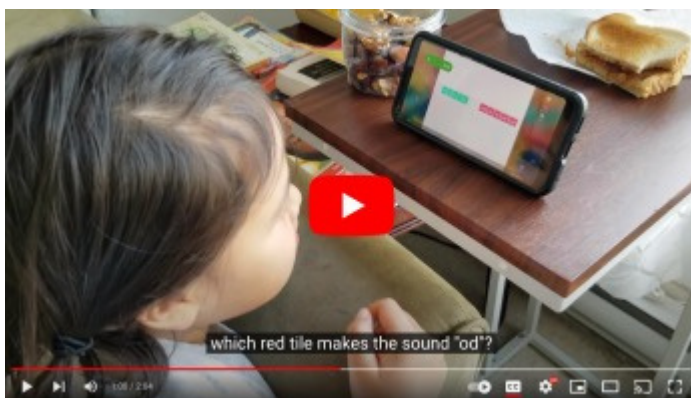




Free at-home reading tutoring

Is your child behind in reading?

Chapter One is offering 1:1 reading support on your smartphone



Watch a 2 minute video: See TutorMate in the classroom and at-home on families' smartphones. At-home tutoring is now available year-round: www.bit.ly/wbe-eli

How it works:

1. An early reading tutor will work with your child on key early reading skills.
2. Use your smartphone to connect.
3. Each session is 5 minutes in length and occurs 3-5 times per week.

**Funded through Jordan's Principle,
Available to First Nations children who need help catching up with their reading**

Learn more at: chapterone.org/ca

Or call Jacob Pitawanakwat: (705) 822-7821

jacob@chapterone.org

IT ALL STARTS WITH LITERACY
Canadian Registered Charity: 73848 6117 RR0001



**Thompson Rivers
University
Mobile Training Unit**

Dual Credit Partnership
Youth Train in Trades

Welding Foundation Level 1 & 2

Aug 8, 2023 - Feb 2, 2024
Hope Secondary School

Grade 10-12

FREE tuition

Apply by April 14



FIND US ONLINE:



EMPLOYMENT OPPORTUNITIES

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/>



TRANS MOUNTAIN

WorkBC

Work BC - Agassiz/Kent 110 Jobs

7086 Pioneer Avenue
Agassiz, BC, V0M 1A0
604-796-0266

centre-agassiz@workbc.ca

<http://workbccentre-agassiz.ca>



WorkBC

**WorkBC Skills
Enhancement**

People in part-time, seasonal, or casual work and people without employment can access WorkBC skills training programs and the financial help needed while in training.

Apply today!

Canada



This program is funded by the Government of Canada and the Province of British Columbia.

Work BC - Hope 188 Jobs

895 3rd Avenue
Hope, BC, V0X 1L0
604-869-2279

centre-hope@workbc.ca

<http://workbccentre-hope.ca>

Work BC - Chilliwack 551 Jobs

200 - 45905 Yale Road
Chilliwack, BC, V2P 2M6
778-860-5452

centre-chilliwack@workbc.ca

<http://workbccentre-chilliwack.ca>

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Artist Callout: Chilliwack 150 Street Banners

In 1873, the Township of Chilliwack became the third municipality to be incorporated in British Columbia. In order to recognize this anniversary, the City of Chilliwack is seeking submissions for street banners that identify what our community means to residents today. Submissions should recognize the uniqueness of our community, including our diversity. **Note:** up to four designs will be selected.

The submitted artworks will be adjudicated by the Chilliwack Public Art Advisory Committee who will work with the selected artist/s before a recommendation moves forward to Mayor and Council for approval.

Proposal Requirements

Please include the following:

- Artist contact information (name, email, phone number, mailing address).
- A rendering of your submission (you may submit up to four).
- Concept behind the submission (tell the story behind your piece).

How to Submit Your Proposal

Interested artists can submit up to four designs (of which one or all may be selected by the committee). The submissions must meet the following specifications:

- Submissions must be presented at 50"h x 30"w @ 300dpi or in vector format
- Submissions must be submitted digitally

Successful artists will be compensated \$300 for each design chosen - The City of Chilliwack reserves the right to promote the design and artist at will.

The deadline for submissions is April 6, 2023

- **By email:** marleau@chilliwack.com
- **Drop off at City Hall:** 8550 Young Road, Chilliwack, BC V2P 8A4

Questions

If you have any questions about this project, please contact Carol Marleau, Manager of Recreation Services and Corporate Wellness, at marleau@chilliwack.com or 604.793.2904.





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

WE'RE HIRING!

COMMERCIAL TRANSPORT ENFORCEMENT OFFICERS

JOIN
OUR
TEAM



LOCATIONS :

- DAWSON CREEK
- FORT ST. JOHN
- GOLDEN
- HOPE
- KAMLOOPS
- PRINCE GEORGE
- TERRACE
- TETE JAUNE CACHE
- VANDERHOOF

DO YOU WANT TO MAKE A DIFFERENCE IN ROAD SAFETY?

DO YOU WANT TO MAKE A POSITIVE IMPACT ON THE SAFETY OF BRITISH COLUMBIANS?

ARE YOU MECHANICALLY INCLINED?

ARE YOU READY FOR THE NEXT STEP IN YOUR CAREER?

THEN CVSE IS THE PLACE TO BE!

APPLY NOW



BANISTER PIPELINES JOBS

Send resumes to: employment@banister.ca

- * Bus/Rock Truck Driver
- * General Labourer
- * Operator Apprentice: Oiler
- * Welder Helper
- * Principal Operator: (Dozer/Excavator/Side Boom)



ALLTECK GROUP JOB POSTINGS



Candidates can apply online through our websites, on Indeed or send a resume:

Email: Indigenous@allteck.com
Indeed <https://ca.indeed.com/cmp/Allteck-Limited-Partnership/jobs>
Website: <https://allteck.com/about-us/careers/>

Job Title	Location	Closing Date
Powerline Technician	Burnaby	Always Hiring
Powerline Technician	Dawson Creek	Always Hiring
Powerline Technician	Saskatchewan	Always Hiring
Traffic Control Person (TCP)	Burnaby	Always Hiring
Traffic Control Person (TCP)	Vancouver	Always Hiring
Traffic Control Person (TCP)	Surrey	Always Hiring
Traffic Control Person (TCP)	North Vancouver	Always Hiring
Traffic Control Person (TCP)	West Vancouver	Always Hiring
Lane Closure Technician (LCT)	Burnaby	Always Hiring
Lane Closure Technician (LCT)	Vancouver	Always Hiring
Lane Closure Technician (LCT)	Surrey	Always Hiring
Lane Closure Technician (LCT)	North Vancouver	Always Hiring
Lane Closure Technician (LCT)	West Vancouver	Always Hiring



NOW HIRING CAMP POSITIONS



We're seeking a motivated individual for a camp position, available in Valemount and Blue River, BC.

- Salad/Sandwich Maker
- General Kitchen helper
- Camp Attendant

Position is a 20/10 rotation.
Full Time Position

APPLY TODAY!

Email - FrontecRecruitment@atco.com

ATCO

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TRAINING OPPORTUNITIES



Sto:lo Aboriginal Skills & Employment Training



BASIC COMPUTER SKILLS WORKSHOP

If you are Aboriginal, underemployed, or unemployed and you want to learn the basics of how to use a computer, this workshop is for you!

Book an appointment with your SASET Employment Counsellor to sign up!

JOIN US EVERY
TUESDAY AND THURSDAY
9 AM—12PM

Building 5B - 7201 Vedder Road

Chilliwack, BC

Phone: 604-858-3691 Email: info@saset.ca

Basic Computer Skills & Knowledge

How To Use the Internet

Email

Word Basics

How To Use a Laptop

Sto:Lo Aboriginal Skills And
Employment Training

5B-7201 Vedder Rd

Chilliwack, BC V2R 4G5

604-858-3691

Toll Free: 1-888-845-4455

www.saset.ca

Canada

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Move Into a New Career

Start your journey to a new career.

Heavy Equipment Operator Training

- 12 Week Heavy Equipment Operator Training
- Fully Funded Program
- For Indigenous Peoples - Status, Non-Status, Métis and Inuit

** Must have Driver's License and access to a vehicle*

Enroll by April 28th, 2023

Call Today!

604-251-7955



Build your Future

Start your journey to a new career.

Piping Foundation Program

- 8 Week Essential Skills
- 26 Week Technical Training
- Paid 4 Week Work Placement
- Fully Funded Program
- For Indigenous Peoples - Status, Non-Status, Métis and Inuit

Enroll by April 28, 2023

Call Today!

604-251-7955



Wildland Fire Fighting Training

Start your journey to a new career.

Learn how to fight forest fires!

- Entry level training
- Physically fit and able candidates are encouraged to apply
- For indigenous Peoples - Status, Non-Status, Métis and Inuit
- Training March 15th - 31st, 2023

Enroll by March 14, 2023

Call Today!

604-251-7955

JOIN US - CAT5 FREE TRAINING OPPORTUNITIES

The CAT5 Alliance is hosting trainings that are highly valued in the construction industry. We would like to invite community members to participate in these trainings for free. The training is being provided on our worksite near the Juliet Bridge (near exit 238 Southbound).

We have the following trainings coming up in the month of April, 2023: Fall Protection, MEWP (Mobile Elevating Work Platforms), and Rigging Training. Spots are limited, and are offered on a first come, first served basis. Deadline to apply is March 30th, 2023.

Transportation will be provided from a central location in Merritt and Hope; location yet to be determined. *PPE is required for this training. Participants will need to provide their own steel-toed boots. Hard hats, gloves, glasses and hi-vis vests can be provided if required.

For interested candidates, we will send out a registration and waiver form to complete. Please reach out to Shirin.Chatterjee@kiewit.com for more information or to register.

Training	Fall-Protection	Mobile Elevated Work Platform (MEWP)	Rigger Training
Training Description	Comprehend fall protection fundamentals and BC regulations.	Have demonstrable proficiency in boom lift and scissor lift basics and understand the rules and regulations. Fall Pro is a pre-requisite for MEWP	Learn about rigging inspection, best industry practices on rigging, lessons on load estimation.
Date	Thursday, April 6, 2023	Friday, April 7, 2023	Wednesday, April 19, 2023
Duration	8 hrs	8 hrs	8 hrs
Personal Protective Equipment (PPE) Requirements	Not Required	PPE Required* <ul style="list-style-type: none">• Hard Hat• Gloves• Glasses• Steel-Toe Boots• Hi- Visibility Vest	Not Required
Ticketed (Yes or No)	United Rentals	United Rentals	No – Training Provided by the Crosby Group/ Kiewit
Transport Provided (from central location in Merritt/Hope)	Yes	Yes	Yes
Pickup Time / Dropoff Time	TBD	TBD	TBD

Consider Joining the Fraser Valley Regional District's Dedicated Team of Volunteer Firefighters!

Volunteer firefighters are your neighbours, co-workers and friends. They are caring and dedicated individuals who are prepared to come to your aid whenever they are called to do so. We rely heavily on our volunteers to assist with fire protection in the small rural communities of our electoral areas.

We are always looking for new members.

If you're interested in exploring this exciting and rewarding opportunity further, fill out the [Volunteer Firefighter Application form](#) and email it to jobs@fvrd.ca.

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Be Where the World is Going



Digital literacy is a valuable skill set that supports life-long learning and increases employability. Learn to use technology to effectively find information, communicate, and apply for work.

Digital Literacy OPENS DOORS

Join this **FREE** online program to learn digital tools for daily living and employment purposes. Coaches are available to help you be successful!

Please note:
**Training
is available
from Youth
to Elders.**

Contact Stó:lō Aboriginal Skills & Employment Training (SASET) at info@saset.ca or 1-888-845-4455

Laptops available to borrow if you need one!



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

TRAFFIC CONTROL PERSON TRAINING

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

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

Are you unemployed or underemployed?

Are you willing to commit to two days of training?

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



April 17 & 18, 2023

8:00 am to 4:00 pm

Training will take place on-site at:

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

SASET - Chilliwack Office

5B-7201 Vedder Road

Chilliwack, BC

Phone: 604-858-3691

Sts'ailes Employment Centre

4690 Salish Way

Agassiz, BC

Phone: 604-796-5536

Seabird Employment Centre

2895 Chowat Road

Agassiz, BC

Phone: 604-796-6865

For more information, contact us:

 **604-858-3691**

 **www.saset.ca**

 **info@saset.ca**

 **www.facebook.com/SASET.EAS**

FIND US ONLINE:



LAND GUARDIAN 101 TRAINING

3-Day Introductory course for Land Guardians & Natural Resource Staff

Training is designed to prepare the guardian to observe, record and report offences within their caretaker area.

Focus is on setting the foundation for good investigative skills.

Intro to situational awareness when talking with resource users.



To gain knowledge in Guardianship Training. Limited seats available: please RSVP before February 28, 2023. After February 28, registration will be open to our neighbouring communities.

LEARN HOW
TO WRITE
PROFESSIONAL
FIELD NOTES

HOW TO
NAVIGATE
THE HUNTING
AND FISHING
SYNOPSIS

PRACTICAL
EXERCISES AND
SCENARIOS

LEARN SAFE
STRATEGIES
WHILE
ENGAGING WITH
THE PUBLIC

LEARN BEAR
ATTRACTANT
MANAGEMENT

Date: April 4, 5, & 6, 2023

Time: 8:30 a.m. - 4:30 p.m.

Location: Seabird Island
Band Office Gym

Contact:
lands@seabirdisland.ca

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APPLY NOW



Project Management for Indigenous Women 2023

Trans Mountain and IAMC are offering a Project Management for Indigenous Women Program starting in April 2023.

This unique Mount Royal University program will be open to a limited number of successful applicants.

- Starts April 2023
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



APPLY BY March 31, 2023 to:

Stephanie_Felker@transmountain.com



#681 March 2023

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Reclaiming My Language

Reclaiming My Language is a course to assist silent speakers to reclaim their language

DEADLINE: MAY 31, 2023

Funding up to \$35,000

The course runs 10 weeks for up to three hours each week. It uses Cognitive Behavioral Therapy and offers supports for silent speakers, including tools and coaching to help them move forward in a good way to reclaim their language.

Program Contact

Melinda Pick, Language Program Associate

rml@fpcc.ca

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

fpcc.ca/grants

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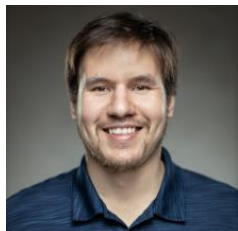


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Industry Internship Program for Indigenous High School Students

Summer 2023



"We are providing First Nation youth a foundational skillset to become leaders in the technology field and support their communities".

**– Brenden Mercer, FNESS Decision Support Manager
2023**

The 8-week Program Includes

A **SALARY** and a **LAPTOP** to keep

Learn Technology & Professional Skills

Cloud | Cybersecurity | Data Analytics
Customer Service | Financial Literacy

Speaker Series with Inspirational Leaders

Chiefs | Indigenous Leaders | Industry Executives

Work Experience through an Industry IT & Data Project

Network with High School Interns across Canada

The Program Details



July 3rd –
August 25th



Monday – Friday
10AM – 3PM



Check out the tools of
tomorrow you'll
develop in Summer

Don't miss out, please reach out!

No Previous Experience Required.

For more information, contact

Tammy Dong
tdong@fness.bc.ca
By April 21, 2023

IndigenousTech.ai
Canadian Government (PSIB) Certified Indigenous Controlled Company



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

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

Information Session with Fraser Health

Are you interested working as Staffing Clerk for Fraser Health:

- Starting wage between \$ 26.50-\$27.77 per hour
- Job opportunities through the Fraser Valley
- Remote work maybe available

Come join Fraser Health and SASET for an Information Session
on free training opportunities!!

The free 5-week Workforce Scheduling Program with Fraser Health
Starting March 27, 2023 include:

- ♦ Last 3-weeks the training paid practicum
- ♦ Possible Employment Placement after the Program

Come join and meet Fraser Health recruiter to register!!!

Location: Sto:lo Aboriginal Skills & Employment Training
5B-7201 Vedder Road, Chilliwack BC
February 15, and/or March 1, 2023
1:00pm to 2:30pm

For more information please contact info@saset.ca or call 604-858-3691 to sign up.



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PRE-EMPLOYMENT HOSPITALITY WORK SKILLS TRAINING PROGRAM

APRIL 17 - 21, 2023
SQEMEL LALEM CAMP
HOPE, BC

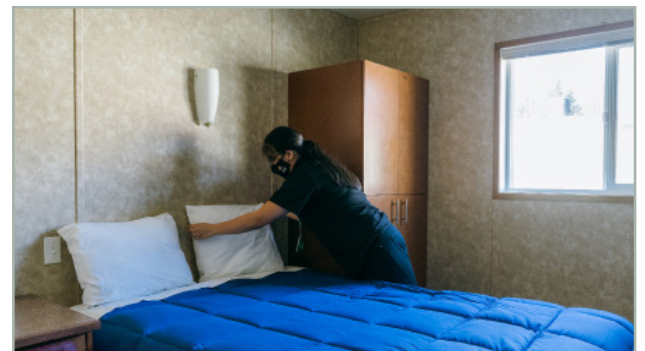
This **free five day immersive program** is designed for Indigenous Participants interested in kick-starting their career in workforce camp hospitality.

The Pre-Employment Skills program will include:

- An introduction to Workforce Hospitality
- Required certification and training
- Health and safety in the workplace
- Camp specific policies and roles
- Kitchen equipment and safety
- Cooking methods and nutrition
- Job shadowing
- Professional development

Upon program completion, participants will be invited to apply to work at Sqemel Lalem Camp in Hope, BC.

The program is open and free to Indigenous persons living in BC, age 19 or older. Meals, accommodation, and training is included.



To apply, scan QR or visit:
<https://bit.ly/40iczKn>

For questions contact Kim:
kwestlake@landseacamps.com



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DIVERSECITY
SKILLS TRAINING CENTRE




Computer Training

Getting you ready for the workforce!

Learn introductory computer skills for your job search as well as the essential computer skills you need to succeed in an office environment.

Course Information

Location	Seabird College Room #6 - 2812 Chowat Rd Agassiz, BC V0M 1A0 *Limited Seats Available*
Course dates & times	<p>Introduction to Computer Skills March 28–31, 2023 9:30 am – 3:30 pm</p> <p>Introduction to Computer Skills April 3–6, 2023 9:30 am – 3:30 pm</p> <p></p> <p>To register contact your PESP Case Worker</p> <p>This is open to Income Assistance clients living On-reserve in the following Communities: Chawathil, Cheam, Scowlitz, Seabird, Shxw'ow'hamel, Skwah, Spuzzum, Squiala, Union Bar, Yale</p>



Find our Course Schedule and descriptions of all our courses at dcrs.ca/STC.

REGISTER

 **604-547-2010**
 **skillstraining@dcrs.ca**
 **dcrs.ca/STC**

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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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