



# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: August 11, 2023



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### XWECHÍYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

**Xw' eyehls cha ye mekw' wat ite xwech'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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## UPCOMING CHEAM EVENTS:

August 23	<u><a href="#">Back to School Distribution</a></u> (poster on <u><a href="#">page 24</a></u> )
August 22	Cheam Regular Council Meeting
September 6	Band Office Closed for Stat Holiday
September 9	<u><a href="#">Cheam AGM &amp; Presentation of Financials</a></u>
September 12 & 26	Cheam Regular Council Meetings
September 19	Cheam Elders Luncheon & Meeting
October 20-22	Clarence Wilson 2nd Annual Slehá:l Tournament



The Cheam First Nation Council would like to know what you, our members, would like to know? What would you like us to do presentations on/provide that you feel you want to know more about. Please email [communications@cheamband.com](mailto:communications@cheamband.com), or drop off to Band Office to provide your feedback before August 15th.



**XWCHÍYÒ:M**  
CHEAM FIRST NATION

### **Cheam Fishing Village Statement from Cheam's Chief & Council**

NOTICE - regarding the actions of select Cheam Members impacting business at the Cheam Fishing Village and Campground. The Fishing Village hosts both local and international travelers. Some of these people are future business partners, some are first-time guests, our youth may go to school with their children. The words and actions of some members recently show that Cheam is lacking teachings in being good hosts to those that we have invited to Cheam Reserve Lands. Please remember that we all represent Cheam First Nation in our dealings with others. The impression we leave on those people affects us all. ***Let's be sure to always showcase Cheam First Nation and its people in the best light befitting our great Nation.***

**#cheamproud**

# INDIAN REGISTRATION NOW OFFERED AT CHEAM FIRST NATION!

Cheam First Nation will be providing members the opportunity to register for their CIS laminate card, SCIS enhanced card, band registration, and more.



XWCHÍYÒ:M

## You will need:

- 1 Piece of government-issued photo I.D.
- 3 Photos 25mmx31mm from a photo lab.
- Your old status card if you still obtain one.

We will be accepting appointments only and issuing cards on Thursdays or as time permits. Please phone to book your appointment now. If you have any questions please reach out to Daphne, or Kelsy at the office.



**DAPHNE EDWARDS (PRIMARY IRA) OR KELSY FREDETTE (SECONDARY IRA)**

**P: 604-794-7924 E: [cheamira@cheamband.com](mailto:cheamira@cheamband.com)**

Starting Thursday, July 13th, 2023 Cheam First Nation will be issuing CIS cards. The new Indian Registration Administrators are Daphne Edwards, and Kelsy Fredette. They will be booking appointments once per week, Every Thursday or as time permits. This service will be available to Cheam First Nation members only. There is no charge for the CIS laminate cards, members only need to pay for their photos.

Please book your appointments by phone or email. If you have any questions please reach out to Daphne, or Kelsy.

**[You can find the full instruction package on the Cheam website on the news page.](#)**





## **Sto: lo Aboriginal Skills & Employment Training (SASET)**

are please to host:

**Canada Revenue Agency and Service Canada Mobile Clinics**

August 14	Skwah First Nation	10:00am to 2:30pm
August 16	Spuzzum First Nation	10:00am to 2:30pm
August 17	Boston Bar First Nation	10:00am to 2:30pm
August 18	Chawathil First Nation	10:00am to 2:30pm
September 6	Sts'ailes EAS	10:00am to 2:30pm
September 7	The'i:tseliya- S.A.Y Health and Community Centre	10:00am to 2:30pm
September 21	Skxwha:y Village	10:00am to 2:30pm
September 27	Yale First Nation	10:00am to 2:30pm

### **Canada Revenue Agency (CRA)**

- Information on T4 slips and personal tax account overview
- Address changes
- Information and help with benefits and credits such as the Canada Child Benefit (CCB), GST/HST credit, Canada Workers Benefit, and Disability Tax credit
- The Community Volunteer Income Tax Program (CVITP)

### **Service Canada**

- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers
- Other federal programs and services

**Please Note: Bring 1 photo ID and your Social Insurance Number to receive assistance.**

For more information please [info@saset.ca](mailto:info@saset.ca) or call 604-858-3691



# Cheam Summer Raffle

\$10 per ticket, you choose which draw! The raffle closes September 8th at 12pm and winners will be announced at 4pm, in a Facebook live draw.

Tickets can be purchased at the Band Office reception (cash) or by email to [communications@cheamband.com](mailto:communications@cheamband.com) (and e-transfer to same).



## The Prizes:

**2 tickets to Guns N' Roses!**  
October 16, Vancouver BC.  
With Special Guests Alice in Chains. Includes accommodation.

or

**2 tickets to Pink!**  
October 20, Vancouver BC  
Includes accommodation





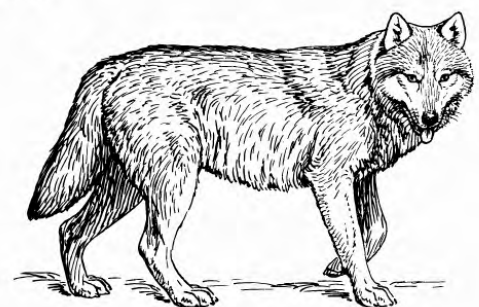
Stó:lō Research and Resource Management Centre  
Research and Special Projects Unit

# DO YOU HOLD KNOWLEDGE ABOUT PLANTS AND ANIMALS?

The SRRMC is looking for Knowledge Keepers from Stó:lō communities to share knowledge about **culturally significant plants and animals**. Information will be stored in the Stó:lō archives and will be used to help restore and protect species and to guide future research. Help us in protecting our traditional medicines, plants, and wildlife for future generations.

**\*\*\*Special interest in flowering plants and species-at-risk\*\*\***  
**\*\*Honoraria provided \*\***

For more information  
Contact Sasha Tuttle at:  
[sasha.tuttle@stolonation.bc.ca](mailto:sasha.tuttle@stolonation.bc.ca)



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## Rosedale Area Construction Update

We are working in the Fraser Valley Regional District, BC

### Summer to Fall 2023\*

Trans Mountain Expansion Project (TMEP) construction is underway within the existing pipeline right-of-way, in the Rosedale area of the Fraser Valley Regional District, BC. This work will include both open-cut and trenchless construction and is anticipated to begin in mid-July and continue through to fall 2023.

Trenchless construction methods are key in construction of major pipeline projects. The type of trenchless construction technique is chosen based on geotechnical conditions, working space and length of the crossing. By avoiding surface disruption in key locations, we can minimize the disruption to neighbours, avoid road closures and protect environmentally sensitive areas. Please visit [transmountain.com/trenchless-construction](https://transmountain.com/trenchless-construction) for more information on trenchless construction methods.

As this work progresses, there may be a temporary increase in traffic activities, single lane alternating traffic, traffic delays and parking restrictions needed to facilitate the hauling of heavy equipment and trucks. Safety signage and traffic control personnel or automatic flagging assistance devices (AFADs) will be in place to provide guidance for local traffic. Please follow traffic control persons and AFAD directions for your safety and the safety of workers. Trans Mountain conducts all work under the Pipeline Environmental Protection Plan.

Your patience is appreciated as we work to minimize disruptions associated with these activities.

#### WHAT YOU MAY NOTICE

- Sheet pile installation – stabilizes areas of work for safety reasons and reduces environmental impacts
- Increased noise and vibrations due to sheet piling, boring, drilling, hammering and construction activities
- Construction vehicles on-site
- Temporary traffic delays and increased traffic volumes
- Directed lighting at the worksite
- Dust

#### HOURS OF WORK\*

- Subject to receipt of all necessary permissions, generally work hours will be from 7 am to 7 pm, Monday to Saturday and 9 am to 6 pm on Sunday. Some activities will require extended work hours and possible overnight or 24/7 work to complete pipeline installation safely.

#### OUR COMMITMENTS TO YOU

- Maintain a safe work environment
- Avoid or reduce potential environmental effects
- Comply with applicable noise and vibration mitigation measures outlined in the Pipeline Environmental Protection Plan, approved by the Canada Energy Regulator
- Employ site-specific traffic management plans
- Direct lighting only on areas of work for worker safety
- Control dust using best industry practices, including water trucks and street sweepers
- Reclaim worksites to required specifications

*Dates and hours are subject to change and commencement of work is subject to necessary approvals and permits.*

To view a detailed map of this area and sign up for construction updates  
visit [transmountain.com/map](https://transmountain.com/map)

For more information or questions about the Trans Mountain Expansion Project  
contact us at [info@transmountain.com](mailto:info@transmountain.com) or 1.866.514.6700





# OUR LIVING LANGUAGES

First Peoples' Voices in British Columbia

PRESENTED BY



ROYAL BC MUSEUM



FIRST PEOPLES'  
CULTURAL COUNCIL

PROUDLY SUPPORTED BY

Canada 

## Everyone Welcome

**Agassiz-Harrison Museum**  
TRAVELLING EXHIBITION

**June 4 to August 29**  
**10:00am - 4:00pm**

7011 Pioneer Ave, Agassiz, BC V0M 1A0

Tele: 604-796-3545

For more information visit  
[agassizharrisonmuseum.org](http://agassizharrisonmuseum.org)







# Cultural Experience Series Summer Events 2023!



**EVERYONE WELCOME - BY DONATION**

## CULTURAL/EDUCATIONAL EXPERIENCE BY DONATION:

### **Xá:ytem Interpretive Centre Cultural Experience**

Tuesdays: July 4th, 11th, 18th and 25th 10:30am-noon  
at Xá:ytem, 35087 Lougheed Hwy., Mission, BC

### **Coqualeetza Cultural Experience (meet at Longhouse)**

Thursdays: August 3rd, 10th, 17th & 24th ~ 10:30am-noon  
Coqualeetza Grounds, 7201 Vedder Rd, Chilliwack (meet at Longhouse)

## GROUNDS TOURS BY DONATION:

### **St. Marys, (Former Residential School) Mission (90 minutes)**

Meet in front of building at: 34110 Lougheed Hwy, Mission, BC  
Wednesday, August 23rd, 10:30am-noon

### **Coqualeetza Grounds Tour:**

Tuesdays: August 8th and 22nd ~ 10:30am-noon  
Coqualeetza Grounds, 7201 Vedder Rd, Chilliwack (meet at Longhouse)

Come join us this summer for these events by donation. Bring the whole family! Arrive at 10:25am

Please email: [stolo.tourism@stolonation.bc.ca](mailto:stolo.tourism@stolonation.bc.ca)  
for more information



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# MINDFULNESS THROUGH NATURE



Thursday, August 17, 10 – 11 am  
Great Blue Heron Nature Reserve

Join nature guide Ruby Rodier  
and the library staff for a  
mindful walk.



Read. Learn. Play. | [www.fvrl.ca](http://www.fvrl.ca)

## Mindfulness Through Nature – Thursday, August 17, 10 am

Join nature guide Ruby Rodier and the library staff for a mindful walk through the Great Blue Heron Nature Reserve, where you can reconnect and embrace natural settings. Learn the simple yet profound practice of being fully present in nature. This program allows participants to experience forest bathing, also known as shinrin-yoku, which has profound therapeutic benefits for well-being.

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IT'S TIME TO  
*Explore*  
S'ÓLH TÉMÉXW



If you haven't heard already, **Thélá:ylexw awtxw | The House of Life Givers** is hosting an **On the Land Series** throughout August & September!

Limited spots, register at <https://www.stolowomen.com/events.html>



Our ninja & parkour extension is opening and we are celebrating! Join us for our open house event on Saturday, August 26th from 2-5 pm. Visit both our gymnastics and ninja/parkour facilities, meet coaches, and enjoy a fun & active family afternoon!

**SATURDAY, AUGUST 26, 2023 AT 2 PM – 5 PM**

- Free play\* in our gymnastics and ninja/parkour gyms
- Refreshments
- Gymnastics and parkour/ninja demonstrations
- Prize giveaways
- On-site registration for classes

\* children under 18 yrs must be accompanied by an adult in the gyms during the open house event



# CHEAM AGM 2023



Please save the date for Cheam First Nation's upcoming AGM  
September 9th, 2023 from 12pm-4pm. The Annual Report will be mailed  
out to all member households to arrive at least 2 weeks prior to this event.

**SATURDAY  
SEPTEMBER 9, 2023  
12:00PM – 4:00PM  
CHEAM BAND OFFICE**



## Event Schedule

12 pm Welcoming Remarks

~ Meal Prayer

~ Lunch

~ AGM:

\* Presentation of the Completed Audit by MNP

\* Presentation of the Audited Financial Statements

- For the year ended March 31, 2021

- For the year ended March 31, 2022

- For the year ended March 31, 2023

\* Presentation of the 2023 Annual Report

\* Q&A Session

4 pm Closing Remarks



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Save the date!

# HONOURING OUR SURVIVORS

## POWWOW

September 23<sup>rd</sup>, 2023 | 1pm and 7pm Grand Entries  
5pm Coastal Jam.

Shxw'ōwhámél Community Building.  
58700 St Elmo Rd, Hope, BC, V0X1L2

MC-Chris Wells

Host Drum-Smokey Valley & Francis James.  
Arena Director-Everette White

School District 78 would like to invite  
you to our first annual Truth and  
Reconciliation Powwow

Call for vendors!

To register as a vendor at this event please  
contact [Caitlin.demmitt@sd78.bc.ca](mailto:Caitlin.demmitt@sd78.bc.ca) Due to  
limited space preference will be given to  
indigenous vendors



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# JOIN US FOR INDIGENOUS PALS SEPTEMBER 2023 7 WEEK PROGRAM



Fraser River Indigenous Society



- CULTURAL TEACHINGS
- CRAFTS
- OUTDOORS ACTIVITIES
- ELDERS

A program for Indigenous families with children aged 4 to 6. We will meet once a week on Wednesdays from 5:00pm-7:30pm. A light meal will be provided

Spaces are limited, to register email us at [ascd@frisociety.ca](mailto:ascd@frisociety.ca) on or before September 1st 2023.

When: September 20th- November 1st 2023

Time: Wednesdays 5pm- 7:30pm Weekly

Venue: Maple Ridge Leisure Center



604-458-0151



<https://www.frisociety.ca/>



[ascd@frisociety.ca](mailto:ascd@frisociety.ca)

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# CHEAM MEMBER HIGHLIGHT



## Dr. Saul Milne

In the fall of 2022 Saul received a PhD in Geography from the University of Victoria. His research was in collaboration with Tla-o-qui-aht First Nations on the West Coast of Vancouver Island and focused on knowledge systems and fisheries governance. He moved to the Hawil (hereditary chief) of Tla-o-qui-aht hahuuli (territories) in 2015.

Since 2018, as part of his commitment to renewing the governing authority of Tla-o-qui-aht, Saul has worked with Five Nuu-chah-nulth Nations (Ahousaht, Ehattesaht, Mowachaht/Muchalaht, Hesquiaht and Tla-o-qui-aht First Nations) in the implementation of their commercial rights-based fisheries.

He currently supports the Executive Director and Board of the Ha'oom Fisheries Society on the implementation of acknowledged rights and as an internal facilitator for the Five Nations Lead Negotiators in reconciliation negotiations.

Dr. Milne's 2022 dissertation, *Haahuupa and Fisheries: an Indigenous methodological approach to Tla-o-qui-aht knowledge systems in support of community renewal*, can be found here:

<https://dspace.library.uvic.ca/handle/1828/13968>



TLA-O-QUI-AHT  
FIRST NATION



HESQUIAHT  
FIRST NATION



Mowachaht / Muchalaht  
First Nation



# CHEAM ELDER'S CORNER

## a LITTLE SMUDGE PRAYER



### COURAGE

I wash my hands in the sweet smoke so that they may always be constructive and reach out to others in kindness.



### RESPECT

I bring the smoke to my eyes so that I will always see the good in people and respect us all as equals; giving value and learning from our differences.



### WISDOM

I bring the smoke to my ears so that I will listen carefully to others, learn from what they say and become someone they will want to talk to.



### TRUTH

I bring the smoke to my mouth to acknowledge the power of language and so that I will always say good things to people and learn to choose my words carefully.



### HONESTY

I bring the smoke over my head and down my back to lighten my burdens, clear my mind and bring clarity of purpose.



### LOVE

I bring the smoke towards me to surround my heart so that what has been damaged can heal and what pain is to come will make me stronger and more compassionate.



### HUMILITY

I bring the dish of medicines low and wash my feet with the smoke so that I will walk a balanced path of humility, health and happiness.

May the smoke wash over me and collect my messages of gratitude and gather my worries. Let it all rise up to Sky World. May my ancestors see that I live with Good Mind and keep all of my promises.



Based on: 'a little book of gratitude and good mind'  
Little books at [IndigenARTSY.com](http://IndigenARTSY.com) & [passthefeather.ca](http://passthefeather.ca)  
by: Dawn Iehstoseranón:nha (She Keeps the Feathers)

## CHEAM ELDER'S MEETINGS 2023

September 19, 2023

October 17, 2023

November 21, 2023

December 12, 2023



### Upcoming Birthdays Birthdate

Jaqueline J. Douglas	July 29
Sydney Douglas	Aug. 3
Anna I. Aleck	Aug. 16
Lincoln J. Douglas	Aug. 20
Dean J. Douglas	Aug. 28
Edna D. Douglas	Sept. 1
Julie A. Giroux	Sept. 3
Felix Victor	Sept. 3



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



# HEALING TAKES TIME

## ASKING FOR HELP IS A COURAGEOUS STEP

If you're struggling to stay grounded, want support or just need someone to chat with, there are many First Nations resources and people ready to provide support that is easy to access, free, safe and secure.



### Indian Residential School Survivors Society (IRSSS)

IRSSS helps support youth throughout the province who are dealing with trauma and seeking support in their healing.

1-800-721-0066 | [reception@irsss.ca](mailto:reception@irsss.ca)



### Foundry BC

Provides young people with health and wellness resources, services and supports across BC.

1-800-668-6868 | [info@foundrybc.ca](mailto:info@foundrybc.ca)



### Tsow-Tun Le Lum

Provides confidential outreach services, such as counselling and cultural support.

1-888-403-3123 | [info@tsowtunlelum.org](mailto:info@tsowtunlelum.org)



First Nations Health Authority  
Health through wellness

### First Nations Virtual Doctor of the Day

Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.

1-855-344-3800



### KUU-US Crisis Line Society

24/7 First Nations and Indigenous specific crisis line, toll-free from anywhere in BC, specifically for children and youth.

250-723-2040







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](https://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](http://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](mailto:healthbenefits@fnha.ca) or visit [fnha.ca/benefits](http://fnha.ca/benefits) to learn more about the First Nations Health Benefits program and benefit coverages.





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](http://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](mailto:Admin.elders@telus.net)  
Tracey Charlebois: 250-996-1475  
[Nakazdlieelders@telus.net](mailto:Nakazdlieelders@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](mailto:Wanda.e.good@gmail.com)

**Gitxsan Health Society**  
Martha Wilson: 250-842-6876

**Nuu Chah Nulth Tribal Council**  
Vina Robinson: 1-250-724-3939  
[vina.robinson@nuuchahnulth.org](mailto: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](mailto: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 Awtextw (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.*

FIND US ONLINE:





# YOUTH OPPORTUNITIES





## Upcoming ACCESS Programs

Start your journey to a new career.

[ACCESSFUTURES.COM](http://ACCESSFUTURES.COM)

### ACCESS Youth Trades Sampler

- Grade 8-12
- 5 days of Trades Exploration  
Electrical, Security Systems Technician, Piping, and Welding
- For Indigenous Peoples - Status, Non-Status, Métis and Inuit

DATES: August 28th - Sept. 1st, 2023

**Enroll by August 25th, 2023**

Call Today!  
**604-251-7955**



## TEENS CAN ACCESS CHILLIWACK LANDING LEISURE CENTRE & CHEAM LEISURE CENTRE FOR FREE AFTER 4 P.M., THIS SUMMER

CHILLIWACK — To keep teens active this summer, the YMCA says it will offer free usage of the Cheam Leisure Centre and Chilliwack Landing Leisure Centre this summer on selected days for users ages 13-19.

According to YMCA manager Lauren Janzen, teens are free to use the Cheam Leisure Centre after 4 p.m. on Wednesday and Friday, while teenagers can access the Chilliwack Landing Leisure Centre for free after 4 p.m. on Tuesday and Thursday.

For their safety, teens are required to complete a fitness orientation before using the strength and conditioning areas.

[Chilliwack Landing Leisure Centre](#)

[Cheam Leisure Centre](#)



## Student Information & Waiver Form 2023-2024

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

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

I hereby authorize the school to release information concerning:

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

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

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

**Please email [amanda.aubichon@cheamband.com](mailto:amanda.aubichon@cheamband.com) or drop off to the Health Reception.**  
**MUST BE FILLED OUT COMPLETELY**





# Cheam's Back to School Distribution

August 23rd 4:30-6:30pm  
Band Office Gym

## Distribution which will include:

Backpacks, Lunch Bags, School Snacks,  
& School Supplies

*Please send Cori Victor – (your school aged child/ren's  
names, ages, grade, school attending) ASAP  
[cori.victor@cheamband.com](mailto:cori.victor@cheamband.com)*

## Stations will include:

- Footcare
- MCH Team
- IMMZ, CDC, STI, PAP education
- Health Promotion
- Mental Health Discussion
- Nutrition
- Vital Checks
- Student Waiver Forms
- RTCS uniform sale/giveaway
- Dental Bus (2-6pm)
- Hair Cuts (2-6pm)



# Public Health Vaccine Drop In Clinic

## Chilliwack Health Unit

45470 Menholm Rd

604-702-4900



## August:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 2:30-5:30 PM	2	3 2:30-5:30 PM	4	5
6	7	8 2:30-5:30 PM	9	10 2:30-5:30 PM	11	12
13	14	15 2:30-5:30 PM	16	17 2:30-5:30 PM	18	19
20	21	22 2:30-5:30 PM	23	24 2:30-5:30 PM	25	26
27	28	29 2:30-5:30 PM	30	31 2:30-5:30 PM		

No Appointment Necessary

All children up to 19 years welcome



For more info or to register online go to: <https://www.chilliwackhealth.com/lin>

FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM\_FN



# INDIGENOUS HOCKEY CAMP

AUG 14TH-18TH @ SARDIS SPORTS COMPLEX



The Chilliwack Jets & Homelife Hockey are providing a **FREE** Hockey Development Camp for Indigenous Kids looking to expand their skills through the guidance of experienced local hockey players.

## WHAT TO EXPECT

- 1 TO 1 MENTORSHIP
- 5 ICE SESSIONS
- SKILLS DEVELOPMENT
- MENTAL AWARENESS
- DRYLAND TRAINING



**REGISTER NOW!**  
**WWW.CHILLIWACKJETS.COM**

For more info or to register online go to: <https://www.chilliwackjets.com/indigenous-hockey-camp>

FIND US ONLINE:

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# HIRING FAIR!

WEDNESDAY, AUGUST 16TH @ MRC

DROP-IN ANY TIME BETWEEN  
10AM-12PM

## Where?

At our MRC Youth Centre (3106 Clearbrook Rd.)

## Who are we looking for?

**Minimum Age: 19**

Part-time & full-time Youth Workers! This is a perfect job for university students or those who have recently graduated university. It's great on your resume and fantastic work experience!

## What to bring?

Your resume & your Sept.-Dec. availability

## What to expect?

Meet our Executive Director and Team Lead! And see our MRC Youth Centre in person!

**Want more info? Email [niki@abbyyouth.com](mailto:niki@abbyyouth.com)!**

**MULTIPLE POSITIONS!  
PART-TIME & FULL-TIME**



Follow us on Instagram:  
**@abbyyouth**







# Setting the Table Summer 2023

*"Feeding our mind, body and spirit"*

Open to All  
Indigenous Children  
& Youth, Parents, and  
Caregivers



Every second  
Thursday afternoon in  
July & August,  
3:30 to 5:30 pm



Thursday July 6: Abbotsford, Ellwood Park  
Thursday July 27: Chilliwack, Coqualeetza  
Thursday August 3: Abbotsford, Ellwood Park  
Thursday August 17: Chilliwack, Coqualeetza  
**3:30 to 5:30 pm**



**We will share a meal and enjoy cultural activities & teachings**

**Meal will include hamburgers, hot dogs (veggie options too), salad & fruit.**

No RSVP necessary, but if you need transportation, please contact your worker.

Children 10 and under require adult supervision.

Seating is limited. Please bring a lawn chair or blanket to sit on.

Fraser Valley Aboriginal Children & Family Services Society  
[www.fvacfss.ca](http://www.fvacfss.ca)

FIND US ONLINE:

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

# YOUTH EMPLOYMENT PROGRAM



**Are you a Indigenous youth interested in learning about employment, resumes, interview skills and preparing for the workforce?**

This week-long program provides Indigenous youth, aged 15-19, with opportunities to learn about local businesses and gain skills that will help them prepare for the workforce.

**Transportation  
supports &  
lunch provided**

## What will I gain from this program?

- Knowledge about what types of employment and businesses you like the most.
- Connection and visits to local businesses to explore what employment could look like.
- A completed resume.
- More confidence in approaching employers and interviews.
- Excitement about entering your local workforce!

## What does a day in the program look like?

**Mornings:** In class learning about resumes, interview skills, how to dress, and more to help you prepare for employment.

**Afternoons:** In class presentations and field trips to local businesses for the change to see and experience first-hand what working at a local business looks like.



## REGISTRATION DETAILS

### DATE

July 24 - Aug 4, 2023

### LOCATION:

SASET Office  
5B-7201 Vedder Road,  
Chilliwack BC

### HOW TO REGISTER:

Contact the SASET office:  
604-858-3691  
Info@saset.ca

**Gain practical skills for your future job!**



B968

STÓ:LŌ ABORIGINAL SKILLS  
& EMPLOYMENT TRAINING &  
BUNGALOW 968



# EMPLOYMENT OPPORTUNITIES

Kiewit

Location: Hope BC Area

Schedule: 14/7 rotation with paid flights

Hours: 10-hour days rotation with paid flights

Accommodation: Camp provided

Employment Opportunities:



- Office Administrator (Good Excel Skills)
- Heavy Equipment Operators (Op 1)
- Traffic Control Person
- Drivers (Class 1)

All employees:

- **Must successfully complete Drug and Alcohol and 50lb Fit for Work Test**
- **Must have steel-toed boots; all other Personal Protective Equipment (hard hat, gloves, safety glasses, vest) is provided.**
- **Receive comprehensive medical, dental, vision, RRSP and Pension Benefits through CLAC**
- **Have opportunity for advancement and in-the-field-training**

Email resume to Robin Farr  
[KBTP.Communications@KBTP.ca](mailto:KBTP.Communications@KBTP.ca)



FIND US ONLINE:

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



## **CHEAM FIRST NATION CAREER OPPORTUNITY**

Position: **Human Resources Manager**  
Job Competition #: JP-2023-01  
Submission Deadline: Open Until Filled  
Salary Range: \$70 – 80,000 annually

- Great opportunity to see the impact of your work and make a difference in the Cheam First Nation community!
- Use your human resources experience with a dynamic and progressive First Nations government!
- Enjoy a competitive salary, plus comprehensive benefits and pension plan.

---

### **About Cheam First Nation**

With a population of approximately 500 members, Cheam First Nation's land is comprised of about 463 hectares situated on both sides of the Fraser River and is located about 110 kms east of the city of Vancouver.

Maintaining our culture and spiritual teachings are of utmost importance. We respect the land and resources and conserve our resources by not taking more than what we need to ensure that we still have our resources for our grandchildren and future generations.

Our culture is rich and resilient. With an abundance of community programs, we have fun, respect ourselves and others, and take pride in our community, who we are, and where we come from. Our vision is to be socially, culturally, and physically stable. For more information, please visit our website at [www.cheam.ca](http://www.cheam.ca)

---

### **About the Opportunity**

We currently have an exciting opportunity for a **Human Resources Manager** to join our team in **Rosedale, BC on a full-time basis**. This is a unique opportunity to use your project and people management skills in a pivotal role that will have a real impact on the lives of others.

**Responsibilities will include, but are not limited to:**

- Oversee all full cycle recruitment, onboarding, and off boarding processes.
- Oversee all performance management, compliance, risk management, and reporting/documentation processes.
- Oversee HR planning, implementation, reporting and evaluation.
- Manage the administration of Group Insurance Benefits and Leave Programs.
- Coordinate organizational training and development programs.
- Implement Cheam HR strategic and annual workplans.
- Community, Governance, Government and other stakeholder relations.

---

### **About the Ideal Candidate**

In order to qualify for this role, you will have a **Bachelor's degree** and/or **CPHR designation** or graduate level studies in human resources, business management, or similar. Plus, a **minimum of 3-5 years previous experience working in a middle to senior HR management role**, including the development of annual strategic plans, work plans, budgets, and managing financial and personnel functions.

You will also have **previous experience working in a First Nations and/or cross-cultural environment** and have exceptional **time management** and **prioritization skills**. As a **skilled communicator**, you can interact with a range of internal and external partners, and have **excellent leadership and listening skills**. Strong **organizational skills** and the ability to **self-manage** and **manage others** is required. Knowledge of the Canadian Federal Labour Code, along with an ability to work in a cultural and politically sensitive environment is an asset.

Above all, you must be a **self-motivated professional** who has the ability to mentor and continue to drive Cheam First Nations' momentum forward.

---

### **About the Rewards**

This is a great opportunity to contribute at an exciting time of growth within the community. In exchange for your hard work and dedication, you will be rewarded with a **competitive salary plus benefits** including:

- **Extended Medical, Dental, and Vision Benefits**
- **Pension Plan**
- **Professional Development Opportunities**

Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal Ancestry.

**Cheam First Nation thanks all applicants for their interest.**

Only those applicants who have been shortlisted will be contacted for an interview.

If you're looking for a new opportunity to use your experience, and really make a difference with a progressive First Nation, apply online or via email ([HR@cheamband.com](mailto:HR@cheamband.com)) today!



# COME WORK WITH US

Apply today at  
[kentbc.ca/jobs](https://kentbc.ca/jobs)



The District of Kent welcomes anyone with a passion for our community to join our team, whether through employment or volunteer opportunities, we thank you for your dedication and interest in making the District a great place to live, work and play.

- [Cashier / Receptionist - Competition #2023-30 \(Casual\)](#)
- [Facility Host - Competition #2023-31 \(Up to 4 Positions\)](#)
- [Activity Leader - Competition #2023-32 \(Up to 4 Positions\)](#)
- [Recreation & Culture Instructor 1 - Competition #2023-33 \(Up to 2 Positions\)](#)
- [Recreation & Culture Instructor 2 - Competition #2023-34 \(Up to 2 Positions\)](#)
- [Fitness & Health Instructor 1 - Competition #2023-35 \(Up to 3 Positions\)](#)
- [Fitness & Health Instructor 2 - Competition #2023-36 \(Up to 3 Positions\)](#)

<https://www.kentbc.ca/en/district-hall/employment-opportunities>

FIND US ONLINE:

# First Nations Health Authority

## Board of Director – *Director at Large*

*The First Nations Health Authority (FNHA) is responsible for planning, management, service delivery and funding of health programs, in partnership with First Nations communities in BC. Guided by the vision of embedding cultural safety and humility into health service delivery, the FNHA works to reform the way health care is delivered to BC First Nations through direct services, provincial partnership collaboration, and health systems innovation.*



First Nations Health Authority  
Health through wellness

501-100 Park Royal South  
West Vancouver, BC  
Canada V7T 1A2

T 604.913.2080  
F 604.913.2081  
www.fnha.ca

### RESPONSIBILITIES

The key governance functions of the FNHA Board of Directors include:

- Approve the Society's strategic vision;
- Prepare a multi-year health plan, as required under the Framework Agreement;
- Approve and monitor the Society's financial/corporate and operational plans;
- Set and maintain organization and operational (health) performance goals for the Society;
- Provide for an objective evaluation of the performance of Directors;
- Monitor the effectiveness of the Society's governance practices; and
- Provide for merit-based evaluation of the Senior Manager.

### COMPETENCIES

FNHA Board members require a broad range of skills and experience. The competencies sought include:

- Excellent knowledge of IT systems and infrastructure;
- Demonstrated experience in construction and project management within the public sector in BC;
- Extensive and proven experience in Human Resources;
- Experience with First Nations, federal and provincial health systems, programs and services;
- Experience in tripartite processes and partnership building with governments and organizations;
- A high degree of cultural competency and knowledge of BC First Nations communities;
- Experience in strategic planning, health planning, financial planning, and community development;
- Need to complete a criminal record search; and
- Must live in British Columbia.

---

Qualified candidates are invited to submit a detailed cover letter, resume and three letters of reference to:

**Laurie Bevan** | Board@fnha.ca

501-100 Park Royal South, West Vancouver, BC V7T 1A2

**Deadline for applications is August 15, 2023**

For additional information, visit our website [www.fnha.ca](http://www.fnha.ca)



# WorkBC

## Work BC - Aggasiz/Kent **128 Jobs**

7086 Pioneer Avenue

Agassiz, BC, V0M 1A0

604-796-0266

[centre-agassiz@workbc.ca](mailto:centre-agassiz@workbc.ca)

<http://workbccentre-agassiz.ca>

## Work BC - Hope **228 Jobs**

895 3rd Avenue

Hope, BC, V0X 1L0

604-869-2279

[centre-hope@workbc.ca](mailto:centre-hope@workbc.ca)

<http://workbccentre-hope.ca>

## Work BC - Chilliwack **660**

200 - 45905 Yale Road

Chilliwack, BC, V2P 2M6

778-860-5452

[centre-chilliwack@workbc.ca](mailto:centre-chilliwack@workbc.ca)

<http://workbccentre-chilliwack.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.



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](mailto:ssmith@stolocf.ca)



(604) 824-5278



Community  
Futures Sto:lo



# **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](mailto:Lucinda.Louie@saset.ca)**

**Or email: [info@saset.ca](mailto:info@saset.ca)**

See our website for more information at [www.saset.ca](http://www.saset.ca)



# TRAINING OPPORTUNITIES



## Spark Your New Career Today

Start your journey to a new career.

[ACCESSFUTURES.COM](http://ACCESSFUTURES.COM)



Canada

### Electrical Foundation Program

- 8-week Essential Skills 'Alternate Pathways to Electrical'
- 15-week foundation program at EJTC
- 10-week paid work practicum through IBEW 213
- Fully funded program
- For Indigenous People - Status, Non-status, Métis or Inuit

Enroll by October 20th, 2023

Call Today!

**604-251-7955**

### Join the **STÓ:LŌ** BUSINESS DIRECTORY

This is a free business listing on the SCF website for businesses that are at least 51% Indigenous owned/controlled operating within the SCF service area, between Kwantlen First Nation and Yale First Nation, on both sides of the Fraser River!

Your free listing can include:

- Business contact information
- Link to website/social media
- Description of services
- Pictures and videos

Contact SCF Business Analyst, Shannon Smith, at 604-824-5278 or by email [ssmith@stolocf.ca](mailto:ssmith@stolocf.ca) | [www.stolocf.ca](http://www.stolocf.ca)



Community Futures Stó:lō

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





# In-Demand Training!

## Security Systems Technician Training

- 24 week Technical Training
- Paid 4 week Work Practicum
- Fully funded Program
- For indigenous Peoples - Status, Non-Status, Métis and Inuit

**Enroll by September 1, 2023**

**Start your journey to a new career.  
Call Today!**

**604-251-7955**

**ACCESSFUTURES.COM**



**ELECTRICAL JOINT  
TRAINING COMMITTEE**

**Canada**



# NETWORKING CIRCLE

for Indigenous Women & Gender Diverse Entrepreneurs

**JOIN US** for an inspiring and safe environment for like-minded individuals to share and network

PARTICIPANTS WILL  
RECEIVE A COMPLIMENTARY  
**NWAC GIFT**

Limited to the **first 16** Indigenous women, girls, transgender, Two-Spirit, and gender-diverse people who register.

Register by email to:  
**workshops@nwac.ca**

Please include your address  
(for the mail-out of the package)

 **August 14, 2023**

 **12-1:30 p.m. EST**



## Be The Drum

## NETWORKING CIRCLES

### JOIN US

for inspiring and interactive networking circles where you'll find a space to connect with like-minded professionals.

Participants will receive a complimentary NWAC gift valued at **\$50**

**OPEN TO**

**Indigenous Women Entrepreneurs!**







# Minute Taking & Microsoft Office WORD & EXCEL WORKSHOPS

September 11—28, 2023

9:00am—12:00pm

Training will take place ONLINE—Various days \*\*



## Are you an Indigenous Person who:

- Has an interest in learning more about Microsoft Office
- Resides in our service area (Katzie to Boston Bar)

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 Counselor!

## SASET FULLTIME EAS OFFICES:

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

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

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

FIND US ONLINE:

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



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



# **Basic Security Training**

This program is open to Indigenous individuals who reside within our catchment area with an interest in Basic Security employment opportunities.

**August 28—September 1, 2023**

**Exam Date: September 5, 2023**

**Class Time: 8:30AM—4:30PM**

**Program will take place at:**

**5B—7201 Vedder Road, Chilliwack**

There are a limited number of seats so don't delay in scheduling an appointment with a SASET employment counsellor today!

## **SASET FULLTIME EAS OFFICES:**

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

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

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



**Sto:lo Aboriginal Skills & Employment Training**  
**Is pleased to offer:**

# **Advance Security Training**



This program is open to Indigenous individuals who reside within our catchment area with an interest in Security employment opportunities.

- **Must have Basic Security Certificate before enrolling in this program**

There are a limited number of seats so don't delay in scheduling an appointment with a SASET employment counsellor today!

**August 23– August 25, 2023**

**Class Time: 8:30AM—4:30PM**

**Program will take place at: 5B—7201 Vedder Road, Chilliwack**

## **SASET FULLTIME EAS OFFICES:**

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

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

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



# OFFICE ADMINISTRATION & EMPLOYMENT TRAINING

Get trained for a career in Office Admin

- ✓ Microsoft Office (Windows, Outlook, PowerPoint, Word, Excel and Access)
- ✓ Administrative Procedures
- ✓ Business Communication
- ✓ Keyboarding & Business Documents
- ✓ Interpersonal Relations
- ✓ Job Search Techniques

## Contact us

- 604.873.3772 ext. 326
- 285 East 5th Avenue Vancouver, BC V5T 1H2
- [www.necvancouver.org](http://www.necvancouver.org)
- For specific questions, contact the program coordinator, Teresa Ritchie.
- [tritchie@necvancouver.org](mailto:tritchie@necvancouver.org)



Apply now for **FREE TUITION!\***

6-month Certificate Program + 4-week Practicum



\*Fully funded by Access if qualified\*  
NEC will provide all textbooks and course materials

Classes start on September 5



## NATIVE EDUCATION COLLEGE

YOUR JOURNEY HOME

The NEC Native Education College provides a culturally appropriate and supportive learning environment for Indigenous learners, within available resources. Non-Indigenous learners are welcome.

- Indigenous Early Childhood Education Certificate
- Indigenous Early Childhood Education Diploma
- Indigenous Justice Studies Certificate
- Indigenous Land Stewardship Certificate
- Family & Community Counselling Certificate
- Family & Community Counselling Diploma
- Health Care Assistant
- Office Administration & Employment Training
- Information Technology Support Technician
- Adult basic Education

<https://necvancouver.org/>





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

# Culinary Arts

## Pre-Trade Program

September 11th—December 1st, 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](http://www.saset.ca)



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



5579 Tyson Rd, Chilliwack,  
BC V2R 0H9

### **Program Includes:**

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



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# First Aid Level 1 & Food Safe



**August 28 & 29, 2023**

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!

**Call 604-858-3691**



**Training will take place  
at SASET Chilliwack Of-  
fice 5B—7201 Vedder Rd  
August 28 & 29, 2023  
8:30am to 4:30pm**

 [info@saset.ca](mailto:info@saset.ca)  [www.facebook.com/SASET.EAS](https://www.facebook.com/SASET.EAS)

**Canada** 

## **TO APPLY PLEASE CONTACT SASET:**

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

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

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

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

# First Aid Level 2



LUNCH IS PROVIDED  
&  
TRANSPORTATION SUPPORTS MAY BE AVAILABLE

If you are an Indigenous individual who:

- Is un or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 1-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 a SASET Employment Counsellor!

**August 21—25, 2023**

**CLASS TIME: 8:30AM TO 4:30 PM  
Monday to Friday**

**Program will take place at:  
SASET  
7201 Vedder Rd, Chilliwack, BC**



## SASET FULLTIME EAS OFFICES:

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

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

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

Please visit [www.SASET.ca](http://www.SASET.ca) for our Employment Assistance Service hours and locations

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

# Getting Your “L”

## Driver's License Preparation Workshop

*Is it time to write your “L”?*

*Studying from the manual can be confusing, but SASET can help! Sign up to-day for this fun and interactive workshop to help you study and feel more confident when you're writing the test!*



To sign up, or for more information, contact us at **604-858-3691** OR email **info@saset.ca**



### One Day Workshop

**Date:** August 24, 2023

**Time:** 9:00AM to 3:00PM

**Location:** Building 5B 7201 Vedder Road, Chilliwack, BC (SASET Office)

Canada 

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# UPCOMING SASET PROGRAMS!!!



Canada



## FOR MORE INFORMATION:

call **604-858-3691** OR  
email [info@saset.ca](mailto:info@saset.ca)

PLEASE VISIT [WWW.SASET.CA](http://WWW.SASET.CA) FOR EMPLOYMENT ASSISTANCE SERVICES AND MORE INFORMATION



## SASET FULLTIME EAS OFFICES:

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

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

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

# WAREHOUSE TRAINING

## SEPTEMBER 18–29, 2023

Canada 

If you are an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2 week full-time program

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

Training will take place at  
SASET Chilliwack Office  
5B—7201 Vedder Rd  
September **18–29, 2023**  
Monday to Friday  
8:30am to 4pm

### COURSE INCLUDES

- First Aid
- WHMIS
- Scissor Lift
- Genie Boom Lift
- Forklift Training
- Power Pallet Jack
- Confined Space
- Fall Protection
- Scaffold & Ladder Safety
- Respiratory Protection
- And More!!!

**LUNCH AND  
SAFETY GEAR PROVIDED!**

 [info@saset.ca](mailto:info@saset.ca)  [www.facebook.com/SASET.EAS](https://www.facebook.com/SASET.EAS)



TO APPLY PLEASE CONTACT SASET:

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

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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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# WE WANT YOUR FEEDBACK!



1. Please provide any feedback you want to the Band Office:

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2. **Future planning** - top 3 things that you want to see in your community in the next 5 years

1) 

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2) 

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3) 

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3. **Community planning circle** - Would you like to attend a community planning circle in June or July?

Please circle your preferences:

Yes or No

In Person or on Web

Name: 

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Phone: 

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Email: 

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*Please drop off at the Band Office or email your answers to [communications@cheamband.com](mailto:communications@cheamband.com).*