



# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: August 25, 2023



### NEWSLETTER SECTIONS

<a href="#">Administration Notices/Updates</a>	02
<a href="#">Community Events</a>	08
<a href="#">Health &amp; Wellness Updates</a>	17
<a href="#">Youth Opportunities</a>	26
<a href="#">Job Opportunities</a>	30
<a href="#">Education/Training Opportunities</a>	38
<a href="#">Cheam SA Schedule</a>	53

### 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.

FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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

# ADMINISTRATION NOTICES/UPDATES

## UPCOMING CHEAM EVENTS:

August 30	Band Office Closed for Staff Meetings
August 31	<u>Mobile Overdose Prevention Site Launch 11am</u>
September 6	Band Office Closed for Stat Labour Day Holiday
September 9	<u>Cheam AGM &amp; Presentation of Financials</u>
September 12 & 26	Cheam Regular Council Meetings
September 19	Cheam Elders Luncheon & Meeting
September 29	Closed to honor Truth/Reconcilliation Day

## PLEASE UPDATE YOUR MEMBER INFO

Asking all members to please reach out and update all their info in our system (address, phone number, and email) to Catana.Tommy@cheamband.com. This ensures you will be included in all communications/mailouts as well that urgent notices will get to you in case of an emergency. *Thank you.*



## RECENT PRIZE WINNERS

### **Housing survey g/c winners:**

Jean Douglas, Diana Giroux, Amelia Victor Jr, Alli Victor, Genevieve Douglas and Skylynn Victor.

### **Art/Photo contest cash prize winners:**

Della Victor, Nicole Aquash, Cori Underwood, Amelia Victor, and Wendy Kelly

### **Back to School door prize winners:**

- 1st place: Ipad = Talle Kelly
- 2nd place: \$100 gift card = Brian Giroux
- 3rd place: \$30 gift card = Michelle Giroux



# 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





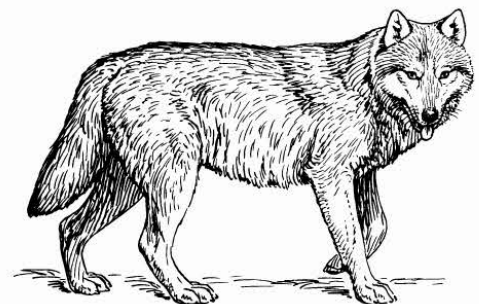
Stó:lō Research and Resource Management Centre  
Research and Special Projects Unit

# 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)



FIND US ONLINE:

06



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM\_FN



## 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



## Mobile Overdose Prevention Site Open House



**Thursday, August 31, 2023 at 11am**  
**Cheam First Nation, 52161 Victor Dr. Rosedale**

Aug 31st is International Overdose Awareness Day, a great time to launch the opening of this vital project. The working committee and staff will all be on-site to give an overview of the Mobile Overdose Prevention Site. Light refreshments will be served.



First Nations  
Health Authority



fraserhealth

# #WESEEYOU

# No More Stigma No More Shame

## International Overdose Awareness Day

August 31 - 11-4pm - 44680 Schwayze Rd

**930am - Event Partners Set-up**

**11pm - Opening Prayer**  
Hello from Organizers  
Welcome from  
Chief Robert Gladstone  
**Blessing of the Food &  
Free Food Truck Fare**

**Outdoor Community Resource  
Fair, Naloxone Training &  
Networking**

**1pm - Live Butterfly Release**

**130pm - Indoor Open Mic**  
Sharing stories of grief,  
loss and survival

**3pm - HRW Peer Support Group**  
**3pm MSTH - Healing Hearts  
Group**

**4pm - Collaborative Clean-up**



Hosted by Shxwhe:yc Village  
in Partnership with the  
Chilliwack Community Action Team



FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



[@CHEAM\\_FN1](https://twitter.com/CHEAM_FN1)



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



FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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

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



FIND US ONLINE:

12



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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

# Be The Drum

## NETWORKING CIRCLES

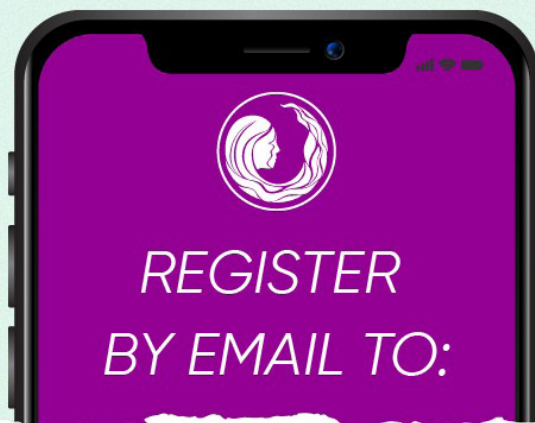
### JOIN US

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!**



**WORKSHOPS@NWAC.CA**

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

**DATE**

**AUGUST 29**

**TIME**

**12 - 1:30 PM EST**

Limited to the **first 25** Indigenous women, girls, transgender, Two-Spirit, and gender-diverse people who register.



Innovation, Science and  
Economic Development Canada

Innovation, Sciences et  
Développement économique Canada

### SAVE THE DATE



## Long-term and Continuing Care: Virtual National Focus Group

Thursday, September 14, 2023 | 11:00am – 3:00pm EDT

*Streaming from the traditional unceded Algonquin Anishinaabe territory*

Join us for an engaging and transformative National Focus Group hosted by the Assembly of First Nations (AFN) on a Wholistic Long-term and Continuing Care Framework. The virtual event aims to provide First Nations with a summary of the regional focus group series and foster meaningful discussion about the draft policy recommendations, to pave the way for a comprehensive reform of the Assisted Living and the First Nations and Inuit Home and Community Care Programs.

#### Key Goals of the National Focus Group:

- Bring together all First Nations partners involved with Assisted Living and the First Nations and Inuit Home and Community Care Programs.
- Provide First Nations with a summary of the findings from the regional focus group series.
- Discuss the draft policy recommendations to shape an inclusive and enhanced Long-term and Continuing Care Framework for First Nations.
- Gain valuable insights on the on-going process of creating of a Wholistic Long-term and Continuing Care Framework and outline the next steps for the work.

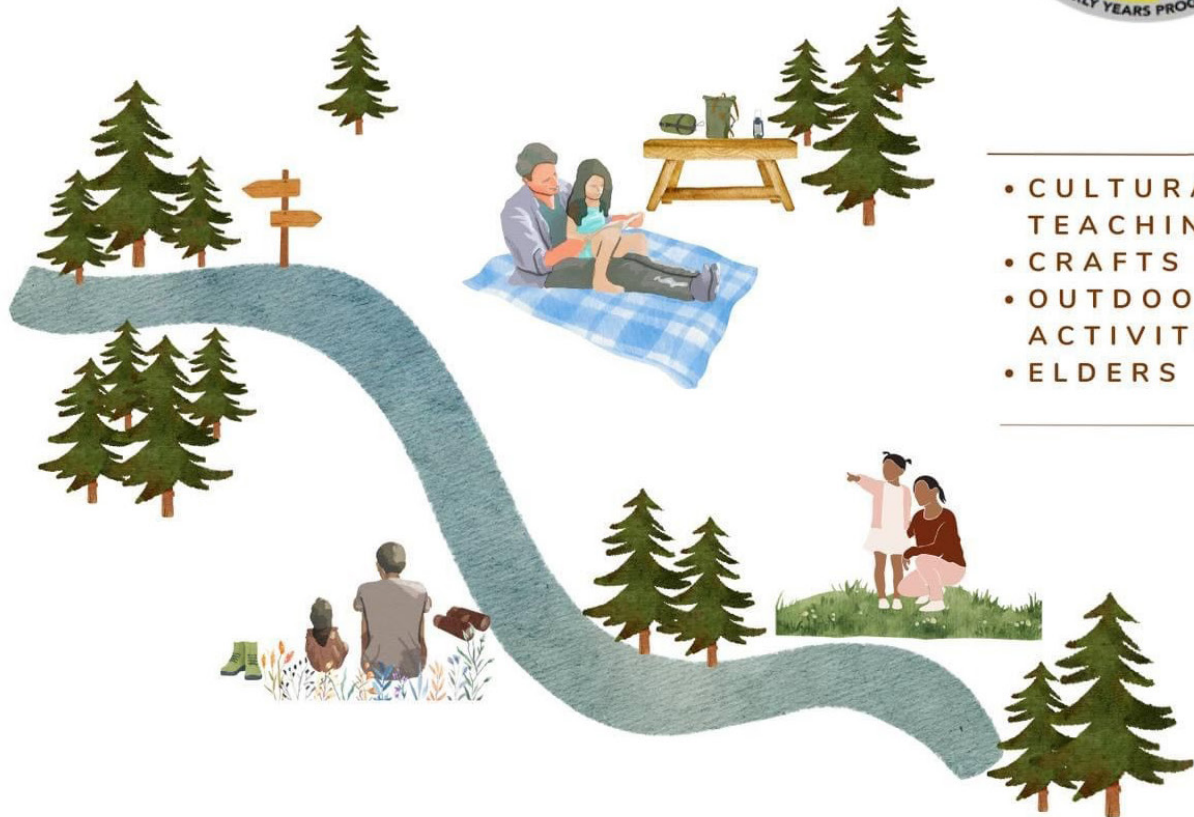
*Be a part of shaping the future of Long-term and Continuing Care. Your voice matters.*

Please visit the AFN website for further details and registration information. <https://afn.ca/events/long-term-and-continuing-care/>

# 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)

FIND US ONLINE:

14



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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

# XYÓLHMET YE SYÉWIQWÉLH

## TAKING CARE OF OUR CHILDREN

---

*An Invitation*

*Stó:lō Commemoration Ceremonies*

It is with a heavy heart that we invite the people to witness a weaving of funeral and memorial ceremonies for the missing children and the unmarked graves and burials of the children who attended the St. Mary's Residential School in Mission, B.C.

- Friday September 29th, Saturday September 30th, and Sunday, October 1st, 2023
- Fraser River Heritage Park at 7494 Mary St, Mission, BC
- To learn more please visit [www.xyólhmetyesyéwiqwélh.com](http://www.xyólhmetyesyéwiqwélh.com) or contact phone: 604-997-4913 email: [francine@istolo.net](mailto:francine@istolo.net)



# CLARENCE WILSON

## 2ND ANNUAL SLAHAL

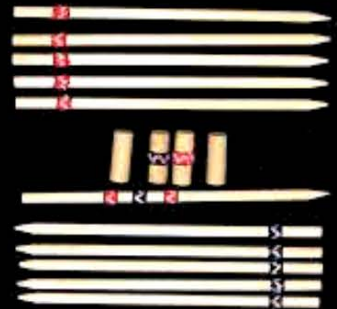
### MEMORIAL TOURNAMENT

OCTOBER 20-22, 2023

CHEAM Gymnasium



- Entry Fees into a 50/50
- Photography On-site
- Friday Night Open Games
- Saturday:
  - Registration 12 noon sharp (*No Exceptions*)
  - The tournament starts 3pm and finishes on Sunday



**FOR MORE INFO CONTACT:**

**RICHARD AT 604-819-4718 OR EYSTELMEXW88@HOTMAIL.COM**

**MELVIN AT MELVIN\_WILSON92@HOTMAIL.COM**

**NICOLE AT NAQUASH93@GMAIL.COM**

**FIND US ONLINE:**

[CHEAM.CA](http://CHEAM.CA)

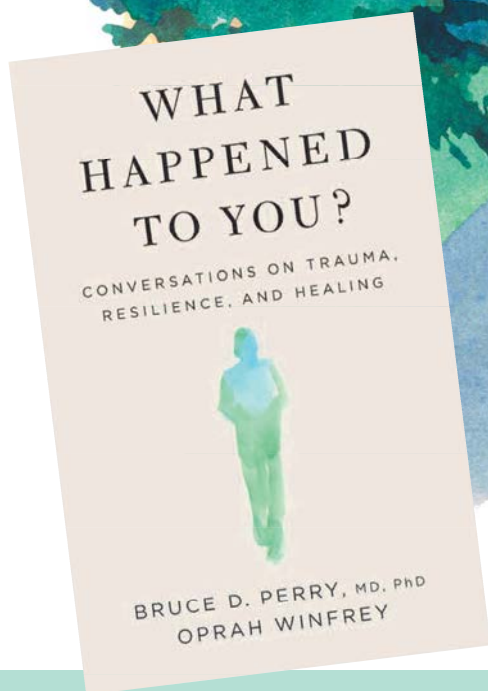
[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)

[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)

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

# CHEAM HEALTH & WELLNESS

## WHAT HAPPENED TO YOU? TRAUMA-INFORMED BOOK STUDY



Join us for a 10 week book study on Dr. Bruce Perry and Oprah Winfrey's "What Happened to You?"



When: Wednesdays Sept 20 - Nov 22, 2023 from 1:00 - 2:30pm  
Where: Chilliwack Library - Downtown  
45860 First Ave, Chilliwack, V2P 7K1  
Facilitated by: Cristal Biela, Larissa Kowalski and Julie Penner  
Register at the front desk of the library or by calling (604) 792-1941.

# Wellness Care Clinic

## Topic Categories:

- » Birth Control support and provision
- » Routine Sexually Transmitted Infections Testing - including Chlamydia / Gonorrhea / Syphilis and HIV testing
- » Morning-After Pill (Emergency Contraception)
- » Pregnancy Tests
- » Condoms
- » Pap Tests (Cervical Cancer Screening)

**November 8<sup>th</sup>, 2023**

**Seabird Island Band**



**Contact your Community Health Representative or Nurse Lisa 604-819-9658 and Nurse Ceilidh 604-798-7199 to find out more information and to book an appointment.**



Seabird Island



Cheam



Skwah



Chawathil



Kwaw-kwaw-Apilt



Shxw'ōwhámél



Scowlitz



Squiala

Designed by Seabird Communications Program Ltd.

FIND US ONLINE:

# Book Your APPOINTMENT TODAY!

## Ages 40 - 79

## Mammogram Clinic

**When** | Nov 8th, 2023

**Where** | Seabird Island Band, Health parking lot

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

*Early detection  
**SAVES** lives!*



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

**Seabird CHR - 604-796-2177**

CHR - Community Health Representative



Created by SI Communications- 2022

FIND US ONLINE:

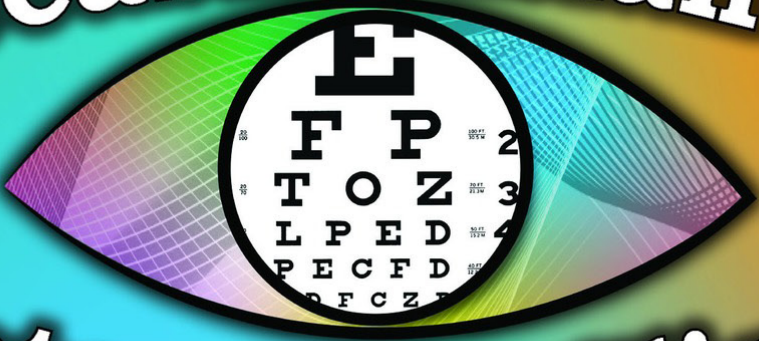
[CHEAM.CA](http://CHEAM.CA)

 [/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)

 [@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)

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

# Seabird Island Optometry Clinic



## **Dates:**

Sept 27-28, 2023

---

## **Time:**

9:00am - 6:00pm

---

## **Place:**

Community Health Room

---

For an appointment please  
contact your Community  
Health Representative OR

Emma Leon, CHR

---

604-796-2177

---

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

Enter through main entrance of Band Office.

- Masks are recommended, not required.
- Are you not feeling well or are sick?  
(Please reschedule your appointment.)

*Thank you for your understanding and cooperation.*

FRASER EAST RAPID ACCESS TO  
ADDICTIONS CARE

# INDIGENOUS OUTREACH

Our team can provide a range of services to support you in your substance use journey.

- HARM REDUCTION SUPPLIES
- INDIVIDUAL & FAMILY COUNSELLING
- SUBSTANCE USE TREATMENT REFERRALS
- NALOXONE TRAINING
- GRIEF AND LOSS SUPPORT
- GROUP THERAPY
- RESOURCE NAVIGATION

Are you struggling with substance use? Or know someone that does? Are you wanting support but unsure how to reach out?



First Nations Health Authority  
Health through wellness

**Office Phone:**  
**604-701-3660**



**fraserhealth**

Better health. Best in health care

We recognize Fraser Health provides care on the unceded and traditional territories of the Coast Salish and Nlaka'pamux Nations<sup>21</sup>

# 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:



# **INDIGENOUS ART WORKSHOP**

**AUGUST 31ST**

**11AM-12PM (5-7YRS)**

**1PM-2PM (8-12YRS)**

**@CHEAM MULTIPLEX**

**52161 WEST VICTOR DRIVE**

**FACILITATED ON ZOOM BY  
COAST SALISH GRAPHIC  
ARTIST OVI MALIHOT. LEARN  
ABOUT COAST SALISH ART,  
BASIC FORMATIONS, AND  
LEARN TO DRAW AN  
INDIGENOUS ARTWORK STEP  
BY STEP! ALL SKILL LEVELS!  
WE WILL PROVIDE ALL THE  
SUPPLIES NEEDED FOR THE IN-  
OFFICE WORKSHOP!**



**REGISTER BY EMAIL CORI UNDERWOOD AT  
CORI.UNDERWOOD@CHEAMBAND.COM**

# SEPTEMBER YOUTH ACTIVITIES

**ARCHERY CAMP MONDAY  
SEPTEMBER 11, 18, & 25  
4-5PM, AGES 8+**



**WEAVING W/ASHLEY  
ARMSTRONG  
SEPTEMBER 19, 20, & 26  
4:30-6:30PM, ALL AGES**



**LIMITED SPOTS, REGISTER TO  
[CORI.UNDERWOOD@CHEAMBAND.COM](mailto:CORI.UNDERWOOD@CHEAMBAND.COM)**

# Chilliwack Public Health Drop-In Immunization Clinics

No Appointments Necessary. Ages <19 years old.



## Chilliwack Health Unit

45470 Menholm Rd, Chilliwack

Every Tuesday & Thursday

2:30 – 5:30 PM

## Gateway for Families – Central Elementary Community School

9435 Young Rd, Chilliwack – The Family Place door

The first Wednesday of every month

10:00 AM – 3:00 PM

Booked appointments also available Monday-Sunday at the Health Unit. Please call 604-702-4900.

**Chance to win a  
top-of-the-line  
Gaming PC**  
with cutting-edge  
technology

and many  
more cool  
prizes



## Stó:lo Youth Entrepreneurship Initiative

**October 14, 2023**

**9 am - 4 pm**

Mark your calendars, spread the word, and unleash your entrepreneurial potential at the Youth Entrepreneurship Initiative. Join us for an Unforgettable Journey of Talks, Workshops, and Mind-Blowing Insights!

All Indigenous youth ages 16 to 29 across the province of BC are invited. This is a unique opportunity to learn from knowledgeable speakers on various topics through talks and workshops designed to help you prepare for a future in entrepreneurship and gain valuable insights in financial and business-related fields.

**EARLY BIRD PROMO:**

**SIGN UP BEFORE AUG 31 AND DOUBLE YOUR CHANCES OF WINNING!**

**Don't miss out!  
Register Now**

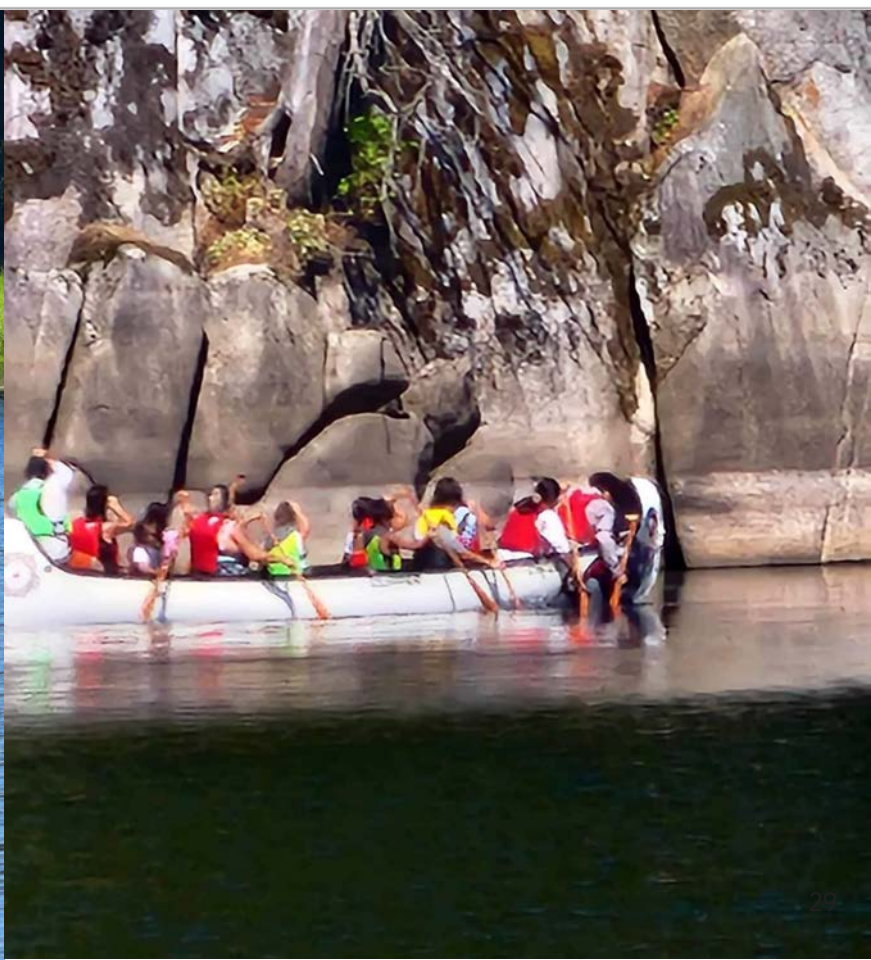


events.sqdc@sqewqel.ca



**FREE** for registered participants  
Lunch and amazing door prizes included

**#IndigenousYouthEntrepreneurs #EmpoweringDreams #BuildingCommunity**





# XWCHÍYÒ:M

## CHEAM FIRST NATION

## 2 Adult In-Home Care Workers Needed

**Department:** Social Development

**FTE/STATUS:** Permanent Salary Range:

Dependent upon Education and Experience

**Office Hours:** Flexible

**Effective Date:** Immediately

**Position Summary:**

The Adult In-Home Care (AIHC) Worker is responsible for providing confidential home care services based on the Nurse's assessment. The AIHC Worker provides home care services and support to individuals and families experiencing minor setbacks due to illness, injury or age. This may include minor housekeeping duties and personal care, as needed.

The AIHC Worker will also provide reports of the well-being of the client to Care Team as needed. The AIHC Worker will be familiar with other services and resources in the community and work closely to provide information and support when required.

**Required Qualifications / Education / Experience /Skills:**

- Experience in the Home Care Aide field
- Excellent time management and organizational skills, and ability to work with minimal supervision.
- Ability to work in different environments.
- Ability to manage conflict resolution
- Possesses strong ethical standards, and work ethic, and is highly motivated.
- Ability to work in a team-gear, culturally and politically sensitive environment.
- Ability to balance competing priorities, multitask, and work under pressure.
- Excellent verbal communication skills.
- Ability to maintain Confidentiality and abide by Cheam First Nations' Policies and Procedures.
- Knowledge, respect and understanding of Stó:lō culture, traditions and language are considered an asset.
- Experience working with a First Nations community is considered an asset.
- Valid BC Driver's License, Class 5.
- Satisfactory Criminal Record Check.
- Available to work after hours when required.

**Duties and Responsibilities:**

- Provide basic housekeeping services which pose a challenge to the client.
- Provide support needed per Nurse's assessment which could include special travel, physiotherapy, etc.
- Maintain strict confidentiality guidelines, regarding all clients, conversations and referrals
- Perform other related duties as required

**Reports To:**

Social Development and Education Manager

**Back-Up:**

From time to time you may be required to provide relief or backup to other employees within your department, or within other departments as your training and experience deems appropriate.

Please send a cover letter and resume to [HR@cheamband.com](mailto:HR@cheamband.com). We thank all applicants and advise that only those individuals short-listed will be contacted for interviews. While preference may be given to applicants of Aboriginal Ancestry, qualifications must be suitable to the position requirements.



APPLY AS

# COLLABORATIVE PRACTICE FACILITATOR/COORDINATOR

- Engage in restorative child safety practice with Vancouver's Indigenous community!
- Use your communication, collaboration and facilitation skills to build trust-based working relationships!
- Receive a competitive salary of \$65,844.70 to \$86,668.39 annually PLUS a comprehensive benefits package!

LEARN MORE / APPLY AT :

[VACFSS.COM/JOIN-US/CAREERS/](https://VACFSS.COM/JOIN-US/CAREERS/)



Native Women's  
Association of Canada  
L'Association des  
femmes autochtones  
du Canada



Fisheries and Oceans  
Canada

Pêches et Océans  
Canada



## GUIDING PRINCIPLES for habitat banking and habitat offsetting

Join us for a **roundtable discussion** on the guiding principles for habitat banking and offsetting and contribute to DFO's policies and programs for improved fish and fish habitat conservation.

### PARTICIPANT'S REQUIREMENTS

Limited to the first 23 Indigenous women, girls, transgender, Two-Spirit, and gender-diverse people who:

- 1 **Currently serve** in key leadership roles in fish and fish habitat conservation or protection, in Indigenous Government, in Indigenous Environmental Organizations, or Indigenous Environmental Research
- 2 **With extensive knowledge** and/or involvement in the conservation of aquatic species and fish and fish habitat protection.



ZOOM WORKSHOP

**AUGUST 31, 2023**

2-4:25 PM EST

**PARTICIPANTS WILL RECEIVE  
an honorarium valued at**

**\$200**

## Employment Opportunities

### Communications Officer and Events Planner

The Communication Officer will provide communication and event coordination for the LFFA to support the development, coordination, management, and dissemination of internal and external communications of the organization. This individual will have an adept ability to develop sound working relationships with LFFA Delegates, Executive Committee, Working Groups, and Lower Fraser First Nations.

### Finance Officer

The Finance Officer will provide accounting and finance management support for the Lower Fraser Fisheries Alliance to support the financial stability and accountability of the organization. This individual will have an adept ability to develop sound working relationships with LFFA Delegates, Executive Committee, Working Groups and Lower Fraser First Nations.

### Habitat and Restoration Department Head

The Habitat and Restoration Department Head will provide coordination, planning, project budgeting, reporting, technical support and advice to their Department staff, Executive Committee, Technical Working Groups and Lower Fraser First Nations. He/she will work closely with the Department of Fisheries and Oceans (DFO) with the coordination of the Pacific Salmon Strategy Initiative (PSSI) and implementation of the respective four pillars and the Province of BC with stewardship and conservation initiatives.

[More info on our website!](#)

## Allteck Current Job Postings



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

**Email:** [Indigenous@allteck.com](mailto: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
Allteck Powerline Technician	Burnaby, BC	Always Hiring
Allteck Powerline Technician	Dawson Creek, BC	Always Hiring
Allteck Powerline Technician	Saskatchewan	Always Hiring
Allteck Trades Trainee	Nanaimo, BC	Always Hiring
Allteck Heavy Duty Vehicle Mechanic	Prince George, BC	Until Filled
Allteck Heavy Duty Vehicle Mechanic	Nanaimo, BC	Until Filled
Allteck HSE Advisor	Burnaby, BC	Until Filled

## CAREERS @ SEABIRD



**Sq'éwqel**  
*Seabird Island Band*

### Early Childhood Education

- Early Childhood Educator Agassiz, B.C.
- Head Start Assistant Agassiz, B.C.
- Preschool Assistant Agassiz, B.C.
- Supported Child Development Worker Agassiz, B.C.

### Economic Development

- Production Supervisor - Nations Creations Agassiz, B.C.
- Production Worker - Nations Creations Agassiz, B.C.
- SQDC - Gas Bar Assistant Manager Agassiz, B.C.
- Sq'éwqel Development Corporation (SQDC) Community Member Board of Directors Agassiz, B.C.

### Education

- Adult Dogwood Instructor Agassiz, B.C.
- Director of Education Agassiz, B.C.
- Education Assistant Grade K4-12 Agassiz, B.C.
- Grade 6 Teacher Agassiz, B.C.
- Halq'eméylem Teacher Agassiz, B.C.
- Income Assistance First Nations Youth Employment Strategy (IAFNYES) Agassiz, B.C.
- Labour Pool Agassiz, B.C.
- SASET – Post Secondary Administrative Assistant Agassiz, B.C.
- Teacher Teaching On Call (TTOC) Agassiz, B.C.
- Technology Education Teacher Agassiz, B.C.

### Executive

- Food Services Program Manager Agassiz, B.C.

### Health & Social Development

- Child & Family Services Jurisdiction Team Lead Agassiz, B.C.
- Family Counsellor Agassiz, B.C.
- Family Development Supervisor Agassiz, B.C.
- Life Skills Coach Agassiz, British Columbia
- Medical Office Assistant (MOA) - Part time Agassiz, B.C.
- Recovery Home Support Worker - Men's Home On Call Agassiz, B.C.
- Social Policy/Research Analyst Agassiz, B.C.

### Human Resources (102)

- HR Administrator Agassiz, B.C.

### Infrastructure

- Emergency Preparedness Coordinator Agassiz, B.C.
- Forestry and Land Stewardship Intern Agassiz, B.C.
- Major Projects Team Lead Agassiz, B.C.

### Inter-Government Affairs

- Business Liaison & Referrals Officer Agassiz, B.C.
- Junior Biologist Agassiz, B.C.
- Policy Writer Agassiz, B.C.

# 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**



**Chilliwack Restorative Justice**  
*Repairing Harm. Preventing Crime.*

# OWN-IT PEACE CIRCLES

## FACILITATOR TRAINING

**LEARN HOW TO FACILITATE  
CLASSROOM PEACE CIRCLES AND  
MAKE A RESTORATIVE IMPACT IN  
LOCAL SCHOOLS**

**August 28-30, 2023**

**9am-3pm**

**Neighbourhood Learning Centre  
46361 Yale Rd, Chilliwack B.C.**

Created by Fraser Region Community Justice Initiatives, the OWN-IT Curriculum has been developed & fine-tuned following long-standing circle-based classroom work in elementary & middle school classrooms, rooted in SEL teachings and restorative values.

**RSVP early  
to secure  
your spot!**

Contact Danielle for more information or to RSVP  
[schools@restoringjustice.ca](mailto:schools@restoringjustice.ca)

FIND US ONLINE:

40



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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



# PRE-EMPLOYMENT HOSPITALITY WORK SKILLS TRAINING PROGRAM

SEPTEMBER 25-29, 2023  
SQEMEL LALEM LODGE  
HOPE, BC

A five-day immersive program designed for Indigenous Participants interested in exploring a career in remote camp hospitality.

The Pre-Employment Skills program includes:

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

Upon program completion, participants will be job-ready and capable of pursuing future employment in LandSea or Trans Mountain camps.

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](mailto:kwestlake@landseacamps.com)



**LANDSEA**



**TRANSMOUNTAIN**

FIND US ONLINE:



[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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

# Adult Education at Skwah First Nation

**Starts Fall 2023**

## Courses Offered

- Educational Assistant
- Indigenous Entrepreneurial Cook
- Office Administration Certificate
- Residential Building Maintenance Worker
- Residential Construction



Contact: Dianne Parkinson: 604.308.4829 [dianne.parkinson@skwah.org](mailto:dianne.parkinson@skwah.org)



# Mentor-Apprentice Program

## OPEN FOR APPLICATIONS

**Deadline: October 23, 2023**

**Funding amounts: from \$6,500 to \$21,300 per year**

MAP is a one-on-one language immersion program in the home and on the land and waters! The goal is to support the development of fluent speakers of B.C. First Nations languages.

Offering two program streams:

**MAP (Up to \$21,300):** offers 300 hours of immersion per year, for up to 3 years.

**MAP: Connections (Up to \$6,500):** offers 100 hours of immersion per year, for up to 3 years, at a flexible pace.

### Program Contact

Aurora Skala, Program Coordinator

[map@fpcc.ca](mailto:map@fpcc.ca)

For more information and guidelines, visit:

[fpcc.ca/MAP](https://fpcc.ca/MAP)

[fpcc.ca/grants](https://fpcc.ca/grants)

FIND US ONLINE:



[CHEAM.CA](https://CHEAM.CA)



[/CHEAM.FN1](https://CHEAM.FN1)



[@CHEAM.FN1](https://@CHEAM.FN1)



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



# 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



Stó:lo 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**

# 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



FIND US ONLINE:

[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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

# 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

**FIND US ONLINE:**

[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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



# YOU CAN CAN

AUGUST 30, 5:30-8PM

Learn to preserve  
your harvests

All equipment and  
supplies included

Take a jar of canned  
green beans home

\$10: members  
\$20: non-members

Canning is a great way to enjoy your produce all year round. This workshop, taught by Elizabeth Grimaldi, will cover high and low-acid foods, storage, cleanliness, picking the right produce, labeling, and will provide you with resources to continue your learning. Participants will practice by canning green beans. Ticket subsidy applications available. RSVP by August 18th to [michaela.reist@chilliwackbowlsofhope.com](mailto:michaela.reist@chilliwackbowlsofhope.com)

Neighbourhood Learning Centre  
Kitchen, 46361 Yale Road, Chilliwack

Facilitated by:

Chilliwack Bowls of Hope Society



FIND US ONLINE:

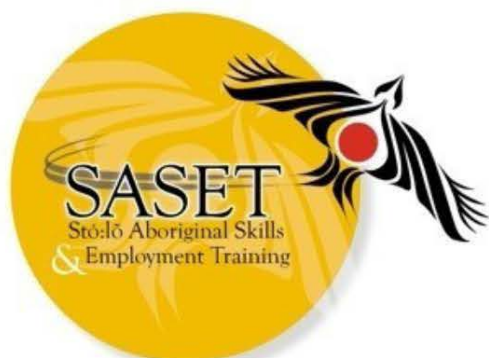
[CHEAM.CA](http://CHEAM.CA)

 [/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)

 [@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)

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

# 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

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

FIND US ONLINE:

[CHEAM.CA](http://CHEAM.CA)



[/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)



[@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)



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



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:

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:

[CHEAM.CA](http://CHEAM.CA)

 [/CHEAM.FN1](https://www.facebook.com/CHEAM.FN1)

 [@CHEAM.FN1](https://www.instagram.com/CHEAM.FN1)

 [@CHEAM\\_FN](https://twitter.com/CHEAM_FN) 51



## Work in Construction!

2-week Fully Funded entry-level construction training for Youth 18-30 with a valid SIN.

### Guaranteed Job

- **\$200** in employment bonuses
- **\$100** food vouchers when you start a new job
- **\$775** in workgear and tools
- Hot breakfast and lunch everyday during training

## NEXT PROGRAM RUNS:

**September 5-15, 2023**



### GET IN TOUCH WITH US TODAY!



604-688-9116



[bladerunners@accessfutures.com](mailto:bladerunners@accessfutures.com)



[www.facebook.com/BladerunnersVancouver](https://www.facebook.com/BladerunnersVancouver)

Office Hours: Monday - Friday, 8:30 am - 4 pm

## 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



FIND US ONLINE:



CHEAM.CA



/CHEAM.FN1



@CHEAM.FN1



@CHEAM\_FN