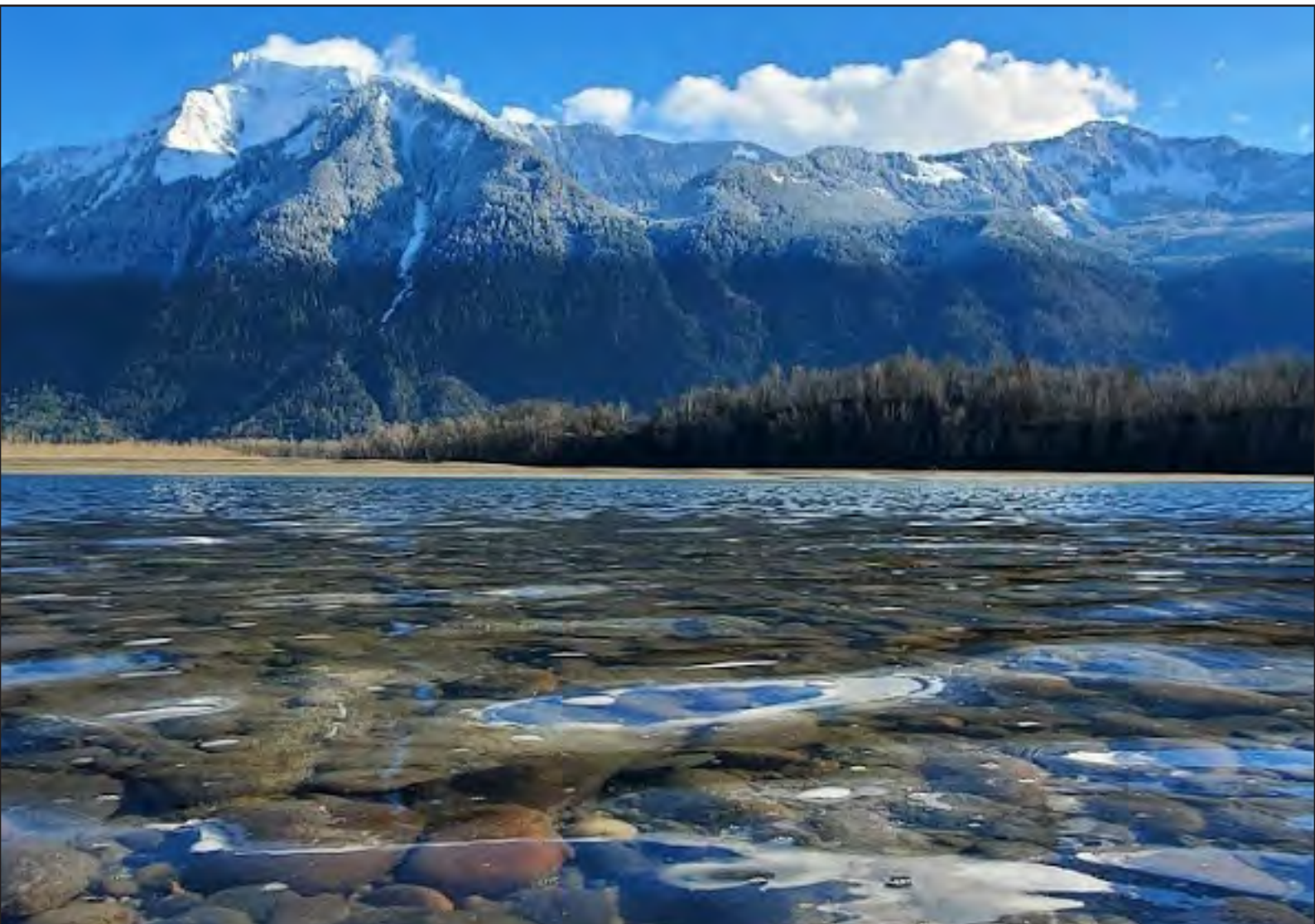




# XWCHÍYÒ:M

## CHEAM FIRST NATION

COMMUNITY NEWSLETTER: DECEMBER 15, 2023



### NEWSLETTER SECTIONS

<a href="#">Administration Notices/Updates</a>	02
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<a href="#">Youth Programs/Opportunities</a>	11
<a href="#">Job Opportunities</a>	16
<a href="#">Education/Training Opportunities</a>	20

### 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.





## XWCHÍYÒ:M CHEAM FIRST NATION

### **Cheam Band Office Holiday Closure**

All departments and programs of the Band Office will be closed starting Friday, December 22, 2023, returning Tuesday, January 2, 2024, with the below essential service exceptions.

The office will open from 8:30 am to noon on Thursday, December 28, 2023, for Dr. Fox appointments.

The Shelter will be open Monday to Friday from 11 am until 8 am (the following morning) and on the weekends from 8 pm to 8 am.

The MOPS (Mobile Overdose Prevention Site) will be open Monday to Friday from 11 am – 7 am the following morning.

***In the event of an emergency, please call 911.***

If you require staff support during this time, please contact Crystal Chapman, Health and Wellness Manager at 604-745-8019, or Deidra Aleck, Public Works Manager at 604-745-8005.

*We hope you have a safe, joyous, and relaxing holiday, and we look forward to opening again in the New Year to support the members of Cheam First Nation!*



### **Electronic Funds Transfer (EFT) Forms**

Our goal is to slowly move all members on to electronic payments so that things like distribution, catering, and other benefits can be deposited right into your bank account. We know it will take time to get everyone switched over, so we are getting started now with the goal of having the majority switched over within one year. You can go into your bank and ask for the EFT form, or can download it from your online banking. If you need help figuring out how to download the form from your online banking please let us know and we will assist you. All forms go to [debbie.ormandy@cheamband.com](mailto:debbie.ormandy@cheamband.com) or can be dropped off at the Band Office attention: Debbie. *Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.*



# XWCHÍYÒ:M

## CHEAM FIRST NATION

### CHIEF AND COUNCIL 2024 MEETING SCHEDULE

2024	Committee of the Whole	Regular & In-Camera Chief and Council Meetings		
January	N/A	9	and	23
February	6	13	and	27
March	5	12	and	26
April	2	9	and	23
May	7	14	and	28
June	4	11	and	25
July	N/A		23	
August	N/A		20	
September	N/A	10	and	24
October	1	8	and	22
November	5	12	and	26
December	N/A		10	







**Grand prize 400\$ gift card of  
your choice!!**

All Nation members and  
children of members.



# ART CONTEST!!

**DEADLINE IS JANUARY 31ST 2024**

WE WOULD LIKE TO CREATE A  
LOGO FOR OUR EMERGENCY  
SUPPORT SERVICES FIRST  
NATION TEAM

 PLEASE EMAIL ENTRIES TO:  
[Emergency.Department@SumasFirstNation.com](mailto:Emergency.Department@SumasFirstNation.com)

## Keeping You Informed



April 25, 2023

### Toxic Drug Response & Priority Populations Overdose Outreach Team

#### What's Happening?

The Fraser Health (FH) Overdose Outreach Team (OOT) works in allyship with individuals accessing the unregulated toxic drug supply to reduce the risk of toxic drug poisoning. OOT works with individuals to enhance wellness, personal resilience, self-determination and build knowledge to support safer navigation of or separation from the increasingly toxic drug supply.

OOT acknowledges not everyone who uses substances or experiences a toxic drug-poisoning event has a substance use disorder that requires clinical substance use services.

#### When Will This Happen?

OOT is currently taking referrals. Please see below for referral process.

#### Important Things To Know About OOT?

- Individuals are not required to alter their substance use to access OOT services.
- OOT is a multidisciplinary team comprised of peer support workers, outreach, and nurses working alongside social workers and consulting with harm reduction coordinators.
- **Target population:** Anyone  $\geq$  19 yrs., accessing the unregulated toxic drug supply and are at risk of toxic drug poisoning.
- **Referrals:** Anyone can refer to OOT and clients can self refer. Client consent for referral is required.

#### For Fraser Health sites that use PARIS:

Please refer by completing and submitting a referral through the 'Substance Use Referral Form' on PARIS. Select the OOT team for the region you are making the referral to, which is determined by the client's address (i.e. if you are making a referral for Fraser East, please select *PH Overdose Outreach Team East*).

#### Community and Fraser Health Programs that do not use PARIS:

Please refer by one of the methods listed below:

- **Email:** [oot@fraserhealth.ca](mailto:oot@fraserhealth.ca) please include your name, address, and best way to reach you when emailing a referral. **Please do NOT send client identifying information via email due to privacy.**
- **Fax:** 604.930.5432 please include your name, address, and best way to reach you when faxing a referral.
- **Phone:** 236.332.4857 **Non-Emergency Intake Line Open 24 Hrs** please leave a **voicemail** or **text** message with your name and best way to reach you.

**\*Please note:** referrals will be responded to within 24-48 hours (weekends/holidays may extend this time).

The OOT team is available for consultation for reducing toxic drug poisoning risk across the region.

#### For more information

Erin Gibson, Manager, Clinical Operations [erin.gibson@fraserhealth.ca](mailto:erin.gibson@fraserhealth.ca)

Pamela Carr, Manager, Clinical Operations [pamela.carr@fraserhealth.ca](mailto:pamela.carr@fraserhealth.ca)

Sherif Amara, Director, Toxic Drug Response & Priority Populations [sherif.amara@fraserhealth.ca](mailto:sherif.amara@fraserhealth.ca)





# 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 wheelchairs.



### 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.







**QWÍ:QWÉLSTÓM**

# **MEN'S RESPECTFUL RELATIONSHIPS**

**TUESDAYS**

**JAN 9TH-MAR 26TH 2024**

**TIME: 1:00 PM-2:30 PM**

**Respectful Relationships is a 10 week Men's program. It offers information on how behavior affects our relationships.**

**Gain skills to communicate as our Elders would say "In a good way"**

- **Respect**
- **Honour**
- **Connection**

**Graduation Ceremony with Certificate**

**TO REGISTER CALL:  
HEATHER WALKER  
(604) 798-3328**







# QWÍ:QWÉLSTÓM DAY TREATMENT PROGRAM

**JAN 9TH - MAR 26TH 2024**

**TIME: 10:00AM-12:00PM  
TUESDAYS AND THURSDAYS**

**REGISTER WITH HEATHER WALKER 604-798-3328**

**GRADUATION CEREMONY WITH CERTIFICATE**



## 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.



# EVERY CHILD MATTERS

Orange Shirt Day • September 30th



## CALLING ALL K-12 ARTISTS FOR A CONTEST!

In partnership with Tolko Industries Ltd. , we're thrilled to announce our T-Shirt Design Contest, and we want YOU to create next year's design for #OrangeShirtDay!

### HOW TO ENTER

Download the contest packet and read the rules at: <https://tinyurl.com/3dvek9f8>

Create your masterpiece!

Send your design as a .jpeg to [info@orangeshirtday.org](mailto:info@orangeshirtday.org)

Contest ends January 31, 2024

The winner will receive \$200 and a trip to meet with Phyllis Webstad on Orange Shirt Day - September 30, 2024



## Seabird Island Youth Program

**Ey Swayel youth from Seabird and surrounding communities!**

Are you interested in learning more about your Stó:lo language?

Bibiana Norris is a Halq'eméylem speaker and will be mentoring a group of youth in the language. This will be an opportunity to learn from Bibiana in a small group environment and receive in depth knowledge from her.

**Who:** 5-6 youth ages 15-20.

**Where:** In and around Seabird Island

**When:** First session Thursday, November 30. The group will meet monthly until April.

\*Transportation available if needed!

Message us on FB or text 604 819 2781 (Robert Dunning) to register!

This Halq'eméylem group is part of a larger program that we are kicking off in spring. We are creating intimate small group mentorship and learning opportunities with Elders and Knowledge Keepers. More information to come!



# CULTURAL NIGHTS



Come out & learn:  
Powwow Dancing  
Singing  
Regalia Making  
& More!

Every Thursday  
Starting September 14  
6:00 - 8:00 pm  
Small gym

46363 Yale Road, Chilliwack, BC

**CHILLIWACK SECONDARY SCHOOL**  
**INDIGENOUS DEPARTMENT**





# Is Parenting Stressing You Out?

## The CALM Connection: A free Parenting Program

### Are your child's strong passionate emotions depleting your energy?

The CALM Connection is a six week parenting group that provides opportunities for parents-caregivers and children to strengthen their relationship, reduce stress and increase their awareness and understanding of social emotional learning.

**Parenting is hard** work and it is common to feel confused or uncertain about your child's development, especially their social and emotional development.

The information and strategies provided in the **CALM Connection group** will help support parents in laying the foundations in developing critical skills that their children will need for lifelong learning and opportunities.

In person Group Sessions  
45938 Wellington Ave  
Chilliwack BC

Tuesdays: January 23rd,  
30th, February 6th, 13th,  
27th and March 5th  
6:30-8:30 pm

To Register email:  
[ccrr@comserv.bc.ca](mailto:ccrr@comserv.bc.ca) or call  
604-792-4267



[gov.bc.ca/ChildCareResourceReferralCentres](http://gov.bc.ca/ChildCareResourceReferralCentres)  
Funding for the CCRR is provided by the Province of B.C.





# A:Imelhawtxw Head Start Program



**Play**



**Explore**



**Learn**

**We offer programming for Indigenous Families and their children ages 0-5 years old. Caregivers and expectant parents are always welcome. We provide early learning services such as: Preschool, family program, circle time, storytelling, arts and crafts, social networking, guest speakers, parent workshops, outdoor and gym time.**



**PLEASE CALL  
FOR MORE  
INFORMATION  
604-824-6505**

**Every Tuesday & Thursday  
9am-12:00am  
When: Programming Starting  
October 3/2023  
Where: Stó:lō Service Agency  
Building #9 - 7201 Vedder Rd**



# EMPLOYMENT OPPORTUNITIES

## WorkBC

**Work BC - Aggasiz/Kent 64**  
7086 Pioneer Avenue  
Agassiz, BC, V0M 1A0  
604-796-0266  
centre-agassiz@workbc.ca  
http://workbccentre-agassiz.c

**Work BC - Hope 162**  
895 3rd Avenue  
Hope, BC, V0X 1L0  
604-869-2279  
centre-hope@workbc.ca  
http://workbccentre-hope.ca



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

**Work BC - Chilliwack 668**  
200 - 45905 Yale Road  
Chilliwack, BC, V2P 2M6  
778-860-5452  
centre-chilliwack@workbc.ca  
http://workbccentre-chilliwack.ca

## JOIN OUR TEAM

### Multiple Positions Available

- Childcare Worker
- Philanthropy Services Assistant
- Supervisor, Seniors Services
- Registered Nurse
- Licensed Practical Nurse
- Delish Program Coordinator
- SVAP Support Worker
- Manager of Philanthropy-Fund Development/Donor Engagement



APPLY AT [ARCHWAY.CA/CAREERS](http://ARCHWAY.CA/CAREERS)

**Archway**  
Community Services



# CHEAM FIRST NATION CAREER OPPORTUNITY



## Shelter Support Worker (Open Until Filled)

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### About the Opportunity

The Shelter Support Worker reports to the Wellness Housing Coordinator and is responsible for performing tasks that support the daily operation of the Cheam Emergency Shelter and our unsheltered relatives. This job involves some physical demands, such as picking up boxes with donations, light housekeeping duties and grocery order pick up with a company vehicle. This role requires the ability to adapt to unforeseen situations, problem solve, be organized, and have good stress management skills. Shelter Support Worker's provide supportive counselling, information, referrals, and education.

---

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

- Answer phones, provide supportive counselling, maintain confidentiality, and provide information and/or referrals.
  - Screen potential shelter guests.
  - Complete Intake/Discharges and case notes
  - Report to shelter supervisor
  - Ensure policies, shelter rules, and procedures are followed by shelter guests.
  - Complete record keeping such as daily log, client chore schedule, shower schedule, laundry schedule
  - Distribute emergency food, personal hygiene kits.
  - Assign shelter guests to schedules and ensure followed.
  - Monitor shelter guests for symptoms of illness.
  - Identify shelter issues and report to shelter supervisor.
  - Ensure shelter guests sanitize immediately upon entry into the shelter and continue sanitizing frequently while staying at the shelter.
  - Disinfect any equipment you are using, before and after use
  - Report to work at least 15 mins prior to shift start to have a debriefing with previous shift staff
  - Ensure shelter guests are following government regulations for health and safety.
  - Proper filing for case management
  - Obtain necessary data for reporting purposes.
  - Check bathrooms for condition and proper use.
  - Check shelter surroundings regularly for health hazards.
  - Ensure the removal of waste
  - Monitor cleaning of facility
  - Attend staff meetings.
  - Inventory of supplies at the beginning of each shift to account for
  - Other duties or responsibilities as assigned by your supervisor.
- 

### About the Ideal Candidate

- Diploma in community social services; or education in mental health, addictions, concurrent disorders / co-occurring disorders and social work, is an asset.
  - 2-3 years of work experience in a related position or an equivalent combination of education, training, and experience.
  - Knowledge/familiarity with related resources such as Mental Health, Income Assistance, Harm Reduction, Trauma Informed Practice, Addictions Support organizations, etc.
  - Effective conflict resolution and crisis intervention skills. Ability to observe/recognize changes in guests.
  - Excellent time management, organizational, and planning skills.
  - Possesses strong ethical standards, work ethic workplace boundaries, and is highly motivated.
  - Ability to work in a team-gearred, culturally and politically sensitive environment.
  - Ability to balance competing priorities, multitask, and work under pressure.
  - Excellent listening, verbal, and written 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 is an asset.
  - Experience working with First Nations community is considered an asset.
  - Valid BC Driver's License, Class 5.
  - Satisfactory Criminal Record Check.
  - Preference is given to those who hold a valid First Aid ticket, Food safe, Naloxone training and Suicide Awareness (SafeTALK). – otherwise, training will be provided to the right candidate.
- 

**If you are looking for an opportunity to use your experience,  
and really make a difference with a progressive First Nation, apply today!  
Send your resume to [hr@cheamband.com](mailto:hr@cheamband.com)**





# STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING

## CALL FOR PROPOSALS

Targeted Wage Subsidy & Student Employment Placement

April 1, 2024—March 31, 2025

FOR Targeted Wage Subsidy (TWS)

Proposals can start April 1, 2024

for a term of up to 52 weeks, ending March 31, 2025

SASET will accept proposals on a continual basis through the 2024-2025 year

Please have them clearly marked as follows:

Sto:lo Aboriginal Skills & Employment Training  
Bldg 5A – 7201 Vedder Road  
Chilliwack, BC V2R 4G5

RE: 2024—2025 PROPOSAL

Targeted Wage Subsidy (TWS) application deadline is January 19, 2024

Student Employment Placement (SEP) application deadline is January 26, 2024

Proposals will be accepted via mail, e-mail, courier or hand delivered.

Application forms attached.

Be sure to include name and contact information of person responsible for proposal.

If you have any questions please contact a SASET Program Officer:

By phone at 604-858-3691 or toll free 1-888-845-4455 or Email: [info@saset.ca](mailto:info@saset.ca)

All program information and forms are available on SASET website

Visit our website at: [www.saset.ca](http://www.saset.ca)





# 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)







Looking to  
start a *Career*  
in security &  
public safety?

Contact Us Today for  
Training Opportunities!

To work as a Security Guard in the provinces of British Columbia and Alberta, all applicants are required by law to complete the Basic Security Training certification course.

Explore diverse opportunities in security and public safety throughout Canada, spanning various sectors. Whether you aspire to secure one of these roles or require training to qualify for them, don't hesitate to contact us today!

To learn more about some of the positions we have, please take a look at our careers page: <https://securiguard.prevueaps.com/jobs/>

*Apply Today!*

Contact Taylor Walters at:  
Taylor.Walters@securiguard.com  
778-870-1490

# APPLY NOW



## Project Management for Indigenous Women 2024

Trans Mountain and IAMC are offering a Project Management for Indigenous Women Program starting in April 2024.

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

- Starts April 16, 2024
- 100% online
- Seven courses
- 15-20 hours per week includes homework
- 12-month program
- No cost to participate
- Program completed as one group
- Coaching support



### APPLY BY February 16, 2024 to:

[Stephanie\\_Felker@transmountain.com](mailto:Stephanie_Felker@transmountain.com)







## Triangle Community Resources

### The RITE Program

#### Reaching Independence Through Employment

A flexible, holistic employment program supporting people facing barriers to employment to gain the confidence, skills, training, and experience to secure and sustain meaningful employment. At no cost to the participant, the program provides a supportive environment for learning and skill development.

#### What this Program offers You:

- Individualized employment counselling
- 2-week group-based workshop series
- Support accessing community and/or Government services
- Life, employability, and skills for success training
- Vocational assessments and career coaching
- Up to 8 sessions of counselling with a Registered Clinical Counsellor or Psychologist
- Funding for occupational skills training, certificates and/or short duration training
- Work experience opportunities
- Job search and job retention assistance
- Supports for transportation
- Job start supports such as work wear and/or tools
- Completion bonus

#### Who is Eligible?

- ✓ Unemployed or precariously employed individuals living in British Columbia
- ✓ People who are facing barriers to employment

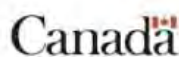
For more information or to register email: [info@triangleresources.com](mailto:info@triangleresources.com)

or visit: [www.triangleresources.com](http://www.triangleresources.com)

**Abbotsford:** 101 – 2296 McCallum Road, Abbotsford | 604-859-0033

**Maple Ridge:** 101 – 22575 Lougheed Hwy, Maple Ridge | 604-476-1202

**Chilliwack:** 2 – 45668 Storev Ave, Chilliwack | 604-792-8000



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





## Triangle Community Resources

### The Rise Up Program

#### Reaching Independence Through Employment (RITE)

A flexible, holistic employment program providing participants the skills, training, experience, and confidence to secure and sustain meaningful employment. This program provides a safe, supportive learning environment for survivors of violence and/or abuse at no cost to the participant.

#### What this Program offers You:

- Individualized employment counselling
- 3-week group-based workshop series
- Support accessing community and/or Government services
- Life, employability, and skills for success training
- Vocational assessments and career coaching
- Up to 8 sessions of counselling with a Registered Clinical Counsellor or Psychologist
- Funding for occupational skills training, certificates and/or short duration training
- Work experience opportunities
- Job search and job retention assistance
- Supports for transportation
- Job start supports such as work wear and/or tools
- Completion bonus

#### Who is Eligible?

- ✓ Unemployed or precariously employed individuals living in British Columbia
- ✓ Individuals who are facing barriers to employment
- ✓ Identify as a survivor of violence and/or abuse

For more information or to register email: [info@triangleresources.com](mailto:info@triangleresources.com)  
or visit: [www.triangleresources.com](http://www.triangleresources.com)

**Abbotsford:** 101 – 2296 McCallum Road, Abbotsford | 604-859-0033

**Maple Ridge:** 101 – 22575 Lougheed Hwy, Maple Ridge | 604-476-1202

**Chilliwack:** 2 – 45668 Storev Ave. Chilliwack | 604-792-8000



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







# INTRO TO WEB DEVELOPMENT FOUNDATIONS

This is an ideal course for Indigenous learners looking to explore web development as a career option or for those interested in building a website for their business.



Jan 8 - 19  
Monday - Friday  
9 am - 4 pm



This course is fully funded. Learners are eligible to apply for funding to cover some living expenses.



Equipment and technology required for this course is provided.



Laddering opportunities & career paths

## Who is it for?

This course is for Indigenous Peoples living in BC, 18+, who have an internet connection and basic computer skills including laptop operation and maintenance, video conferencing, and experience with Microsoft Office. This course is intended for individuals who are considering a career in Web Development and would like to explore this field to gain a better understanding of the training and career that they would like to pursue.

## Laddering Opportunities:

This is an introductory-level course. Learners can ladder into our intermediate-level web development course.



Scan the QR code to apply before December 18. Questions? Email [Jon@technologycouncil.ca](mailto:Jon@technologycouncil.ca)

## Learning Outcomes:

- ✓ Basics of CSS, HTML, and JavaScript
- ✓ Web Development and coding basics including backend functionality and frontend website builders





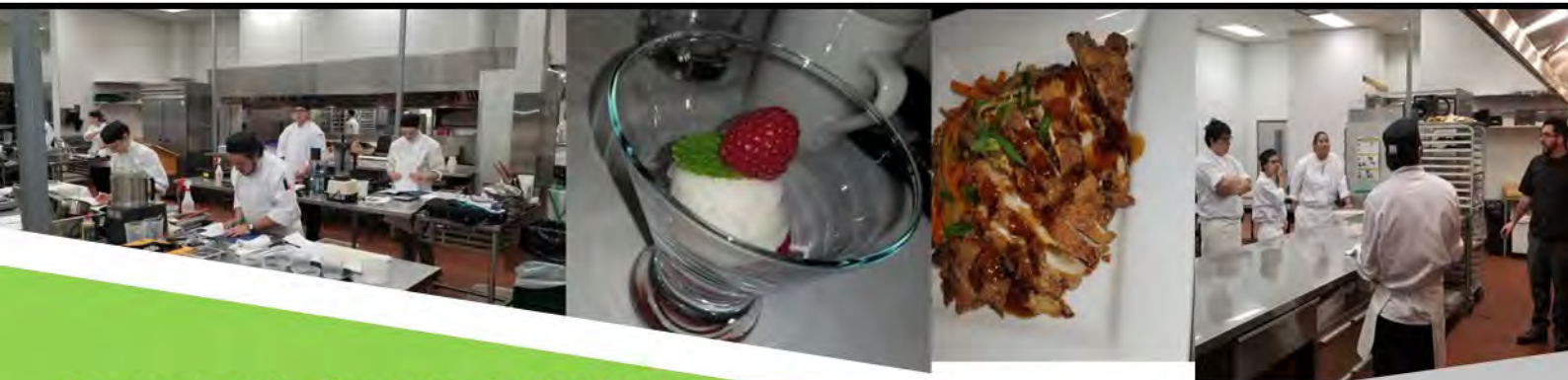


Sto:lo Aboriginal Skills & Employment Training  
is pleased to offer the:

# Culinary Arts

## Pre-Trade Program

Starts January 8th, 2024



**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



Canada







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

# TRAFFIC CONTROL PERSON TRAINING

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

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

**Are you unemployed or underemployed?**

**Are you willing to commit to two days of training?**

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



**January 11 & 12, 2024**

**8:30 am to 4:00 pm**

**Training will take place at:**

**Cheam First Nation**

**52161 Victor Dr**

**Rosedale, BC**

**SASET - Chilliwack Office**

5B-7201 Vedder Road

Chilliwack, BC

Phone: 604-858-3691

**Sts'ailes Employment Centre**

4690 Salish Way

Agassiz, BC

Phone: 604-796-5536

**Seabird Employment Centre**

2895 Chowat Road

Agassiz, BC

Phone: 604-796-6865

**For more information, contact us:**



**604-858-3691**



**www.saset.ca**



**info@saset.ca**



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







Canada

January 22 - February 1, 2024

# EMPLOYMENT PREP TRAINING

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

## Certificates Offered:

- First Aid Level 1
- WHMIS
- Skid Steer
- Aerial Lifts
- Forklift
- Food Safe
- Fall Protection
- And more!



Training will take place at  
 Sto:lo Nation  
 Building 5B, 7201 Vedder  
 Rd Chilliwack  
 Monday to Friday  
 8:30 AM TO 3:30 PM



Lunch,  
 Transportation  
 Supports and  
 Safety Gear  
 Provided!

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





# Chainsaw Safety Training Program

March 5 & 6, 2024



Are you an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-day training 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!**



TO APPLY PLEASE CONTACT SASET:

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

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

Sts'ailes Employment Centre  
4690 Salish Way  
Agassiz, BC  
Phone: 604-796-5536

Seabird Employment Centre  
2895 Chowat Road  
Agassiz, BC  
Phone: 604-796-6865







# First Aid Level 3 Training!

January 29 - February 9, 2024

Are you 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 certificate training 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 on-site at Sto:lo Nation  
Building 5B, 7201 Vedder Rd  
Chilliwack, BC

Monday to Friday  
8:30 AM TO 3:30 PM

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  
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