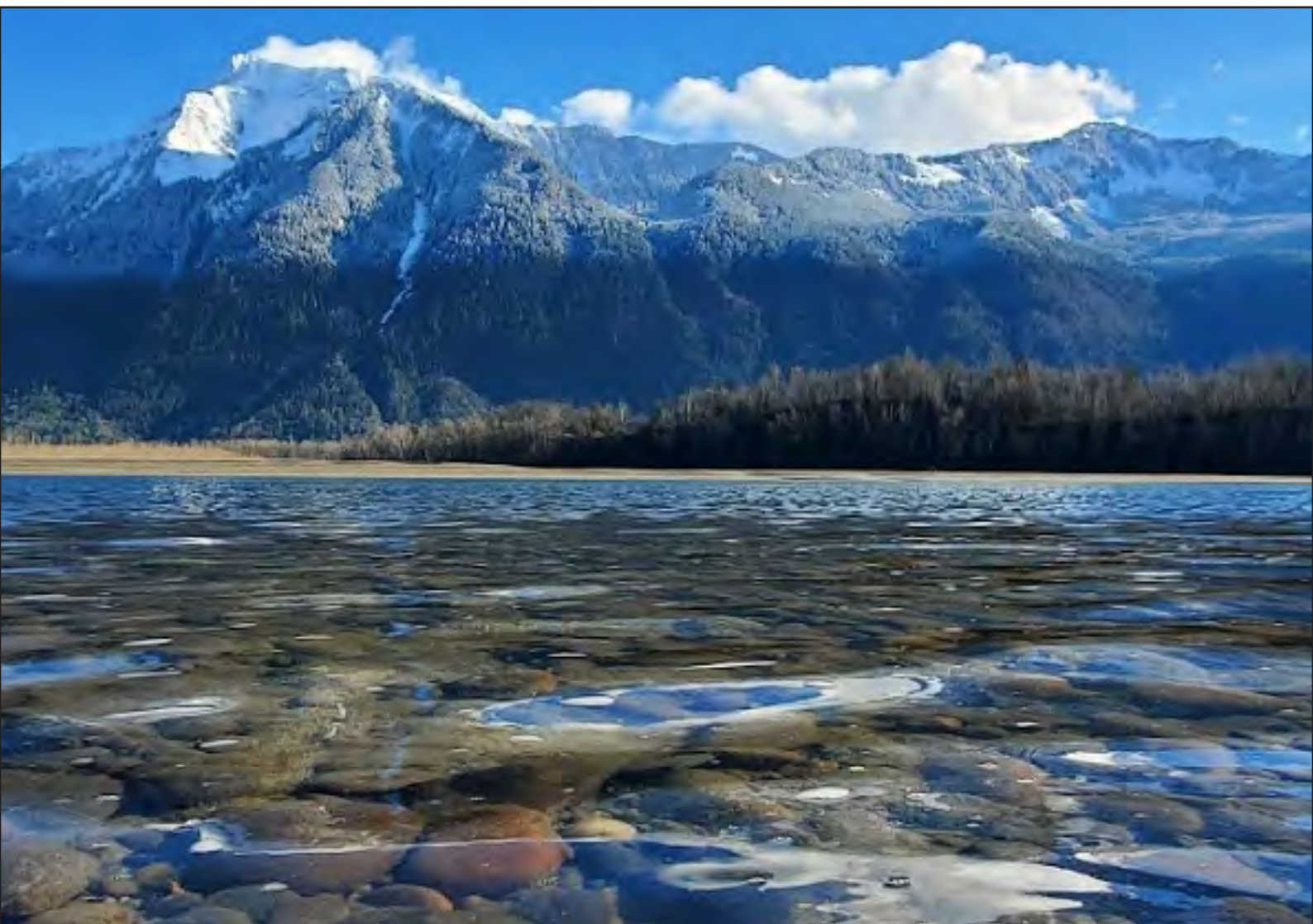




XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: January 12, 2024



NEWSLETTER SECTIONS

Administration Notices/Updates	02
Health & Wellness Updates	06
Youth Programs/Opportunities	13
Job Opportunities	22
Education/Training Opportunities	28

XWECHİYOM 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.



ADMINISTRATION NOTICES/UPDATES

DATES TO NOTE:

January 16	Cheam Elder's Meeting & Lunch
January 23	Regular Cheam Council Meeting
February 2	New Council Swearing In Ceremony @ 12pm
February 7	Community Meeting w/ Chief & Council @ 5pm
February 13 & 27	Regular Cheam Council Meetings
February 20	Cheam Elder's Meeting & Lunch
February 21	Honoring Wellness Celebration @ 5pm

EARLY YEARS FIELD TRIP TO MANNING PARK FOR SNOWSHOEING AND A SNOWBALL FIGHT;)



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 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.*

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	

CHEAM 2024 ELDER'S MEETING DATES

- January 16, 2024
- February 20, 2024
- March 12, 2024
- April 16, 2024
- May 14, 2024
- June 18, 2024



- July 20, 2024
- August 17, 2024
- September 17, 2024
- October 15, 2024
- November 19, 2024
- December 10, 2024

SWEARING-IN CEREMONY



You are invited to witness the Swearing-in Ceremony for Cheam First Nation's new 2023-2025 Chief and Council. A meal will be shared prior to the ceremony.

**FRIDAY
FEBRUARY 2, 2024
12 PM - 4 PM
CHEAM BAND OFFICE**



Event Schedule

12pm Lunch is Served

Followed by the Swearing-In Ceremony for:

- Chief Darwin Douglas
- Councillor Lincoln Douglas
- Councillor Lisa Douglas
- Councillor Ray Douglas
- Councillor Stephanie Fredette
- Councillor Michael Victor



Community Meeting



February 7, 5pm in Gym
Come share a meal, some door prizes, and conversation with Chief and Council.

We are looking for Winter Donations that can be dropped off at the band office or the Shelter. Looking for donations for the following:

- Jackets
- Hoodies
- Gloves
- Toques
- Boots
- Blankets
- Sleeping bags
- Scarfs



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 ≥ 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 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

Pamela Carr, Manager, Clinical Operations pamela.carr@fraserhealth.ca

Sherif Amara, Director, Toxic Drug Response & Priority Populations sherif.amara@fraserhealth.ca



HONORING WELLNESS CEREMONY, FEBRUARY 21ST @5PM

Any member can be nominated, or their name brought forward to celebrate their sobriety from alcohol or drugs.

They are hoping to have the list of names by January 25th so that there is enough time to order blankets, scarves, gifts and to know how many family members will be in attendance (to provide to the caterer).

The list of names can be sent by email to crystal.chapman@cheamband.com or roseanna.bello@cheamband.com or by phoning the Health Wing at 604-794-7927.



PROFESSIONAL DENTAL CLEANING WITH SARA BABAEIN, BDSC, RDH – SMILES VAN

January 15, 2024

Time: 10:00am-4:00pm

New clients will
receive a \$50
electric tooth
brush!



**Location: Cheam Multiplex
52161 West Victor Drive**

- 45-minute appointments
- Dental Hygiene exam + Cleaning
- Full status coverage

Book with Nikki at nichole.jackson@cheamband.com

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



Foundry BC

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

1-800-668-6868 | info@foundrybc.ca



Tsow-Tun Le Lum

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

1-888-403-3123 | 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 for more information on how to enroll.

Health Benefits Coverage

The FNHB Program covers six benefit areas:



DENTAL

The Dental benefit provides coverage for items and services to maintain good oral health, prevent cavities, gum disease, and restore damaged tooth function. Some items and services covered under the dental benefit are bridges, crowns, exams and x-rays, fillings, and preventive services.



MEDICAL SUPPLIES AND EQUIPMENT

The Medical Supplies and Equipment (MS&E) benefit provides coverage for items and services needed in the short or long-term to support health and wellness. Some items and services covered under the MS&E benefit are bathing and toileting aids, hearing aids and repairs, limb and body orthotics, ostomy supplies, walking aids, and wheel-chairs.



MEDICAL TRANSPORTATION

The Medical Transportation (MT) benefit assists with the cost of meals, accommodation, and transportation towards travel for a medical appointment outside your community of residence. The MT benefit may also cover travel escorts under certain conditions.





MENTAL HEALTH

The Mental Health benefit covers in-person and virtual counselling services from a qualified mental health provider registered with the FNHB. Coverage is available for Mental Health counselling from four programs. The Mental Wellness and Counselling program is for Status First Nations individuals, while the Indian Day Schools Health Support Program, Indian Residential School Resolution Health Support Program, and Missing and Murdered Indigenous Women and Girls Health Support Services are available to both status and non-status individuals. Talk to your Mental Health Provider to determine the appropriate program for you.



PHARMACY

The Pharmacy benefit, administered mainly through Plan Wellness (Plan W), provides coverage for medications and items that support First Nations people on their wellness journeys. The Pharmacy benefit covers specific prescription drugs, over-the-counter drugs, non-drug over-the-counter items, and Shingrix® vaccine. Please call 1-855-550-5454 to enroll in Plan W.

In addition to Plan W, the provincial agencies, including the BC Cancer Agency, BC Transplant, BC Renal Agency, and the BC Centre for Excellence in HIV/AIDS, provide specialty pharmacy items to all BC residents living with specific illnesses or conditions.



VISION CARE

The Vision Care benefit provides coverage for items and services to ensure proper eye health and support access to preventative care. The benefit covers eye exams, sight tests, prescription eyewear and repairs.

OTHER COVERAGE

BC Medical Services Plan (MSP)

The FNHB manages MSP for First Nations people in BC. If you have status and need to register for MSP, call 1-855-550-5454.

Ambulance Bills

The FNHB covers the cost of ambulance transport to a hospital in an emergency situation and from a lower level care facility to a higher level care facility (e.g., long-term care home to a hospital).

View Your Plan Details

To check details about your coverage for dental, vision, medical supplies, and mental health, please create an online PBC Member Profile on www.pac.bluecross.ca or download the PBC app on your smartphone or tablet. The PBC Member Profile offers convenient and secure access to detailed information about your benefits coverage 24 hours a day.

Please call Health Benefits at 1-855-550-5454, email healthbenefits@fnha.ca or visit fnha.ca/benefits to learn more about the First Nations Health Benefits program and benefit coverages.





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.

INDIGENOUS EDUCATION DEPARTMENT SD33

CULTURAL NIGHTS



Open to everyone!



Hosted by
Breanna Tso & Charlie Michell
Host drum: Cedar Hat -
Francis "Skootsie" James Jr

Intertribals:
Powwow Practice
Dancing,
Singing,
Learning &
Sharing!

EVERY THURSDAY
6:00 - 8:00 PM
MINI GYM

Thank you to our sponsors!
School District 33
VYPER
Skwah First Nation



Chilliwack Secondary School
46363 Yale Road, Chilliwack, BC

Drug & alcohol free event. Not responsible for any injuries, lost or stolen items.



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

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!



INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY

YOUTH-LED PODCAST PROJECT HOSTS WANTED

The Youth Podcast Hosts will interview Residential School Survivors in commemoration of their experience and how they overcame the trauma, with a focus on intergenerational healing, knowledge and understanding.

The Hosts will be included in the decision making of this project, for example, where we record, who we record, style of recording, production and more.

Content warning: It can be quite difficult to hear the stories of our survivors, IRSSS will have emotional and cultural support available throughout the entire process. Self-care will also be very important during this project.

LGBTQ2S+ safe.

CRITERIA SUMMARY

- Self Identifying First Nations, Inuit, or Metis
- 18-30 years of age
- Living in/around Metro Vancouver
- \$27/hour, 7 hours a week
- Attendance for 4 days training at the end of January 2024
- Must be fully vaccinated against COVID-19



INTERESTED?

Scan the QR code to apply or contact
StephanieHolmes@irsss.ca
for more information.



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 or call
604-792-4267



gov.bc.ca/ChildCareResourceReferralCentres
Funding for the CCRR is provided by the Province of B.C.





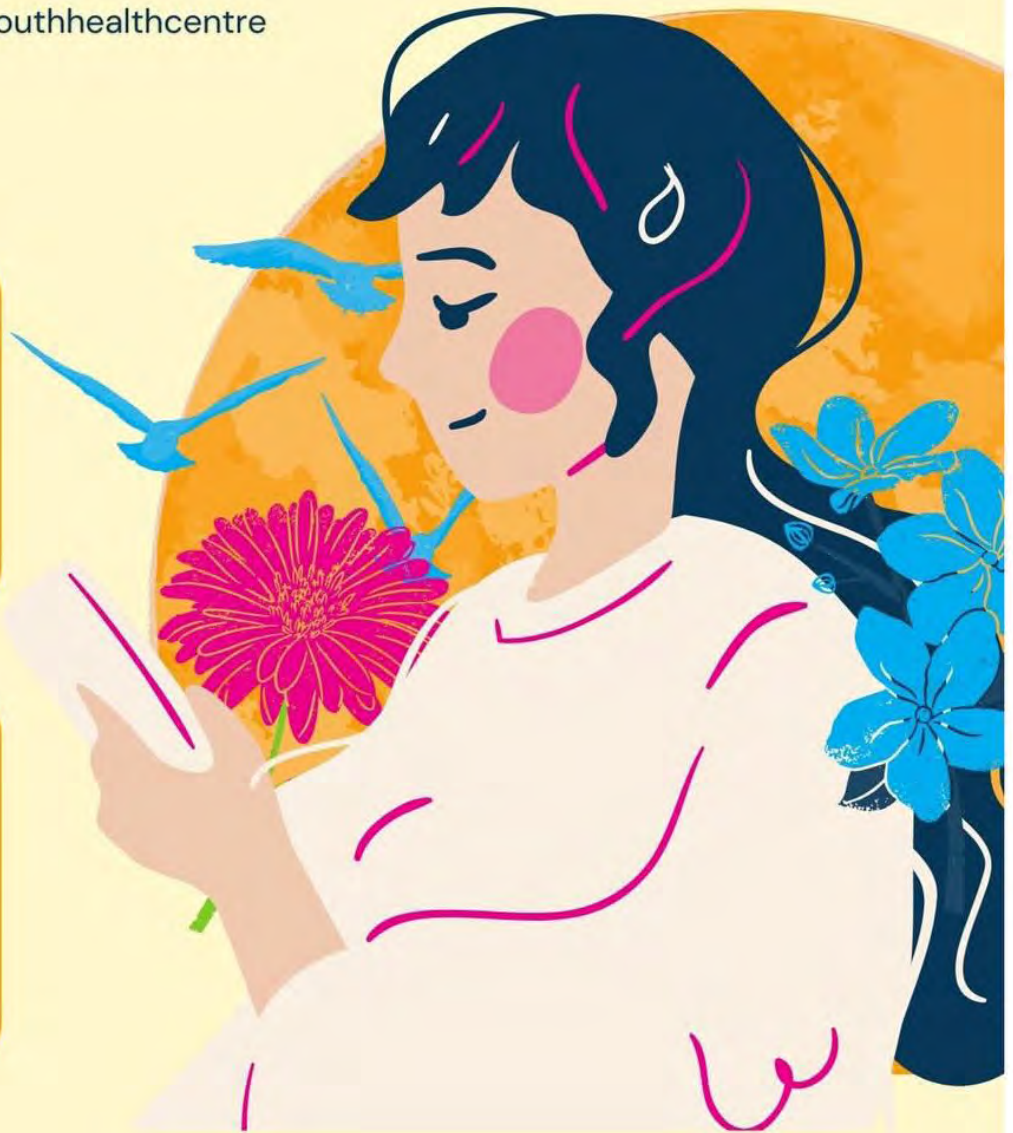
Winter Group 2024

We are looking for students grades 9-12 experiencing up and down emotions and rocky relationships.

Gain emotional control and improve personal relationships over a 10-week program, once a week every Thursday.

Based on DBT skills

ALL are welcome, even those who join late!



Mastering Your Emotions

For more information or to register, please contact:

Email: Chilliwackyhbc@gmail.com
Phone/Text: 604-819-4603

JOIN FREE

**Begins Thursday, January 18th,
3:15-4:45 pm**

46361 Yale Rd., Chilliwack
Neighborhood Learning Centre



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**





SOCIAL GROUP

For ages 12-18

Come meet new people and hang out!

WHEN & WHERE?

Thursday's
4-5:30pm

at the Neighbourhood Learning Centre



Email us at
chilliwackyhc@gmail.com
if you have questions!

Join us for fun
games, activities
and more!





East Region Youth Drop-In

Thursday, January 25

5 to 7 pm

Location: Chawathil First Nations
#4 60814 BC-7, Hope

**For families residing in Chawathil, Skawahlook, Yale,
Shxw'ow'hamel and Cheam**



Rattle Making

We will be sharing a meal together.

For more info contact Chaundine Fisher at:
chaundine.fisher@xyolhemeylh.bc.ca

Fraser Valley Aboriginal Children & Family Services Society
www.fvacfss.ca



EMPLOYMENT OPPORTUNITIES

WorkBC

Work BC - Aggasiz/Kent 79
7086 Pioneer Avenue
Agassiz, BC, V0M 1A0
604-796-0266
centre-agassiz@workbc.ca
<http://workbccentre-agassiz.c>

Work BC - Hope 148
895 3rd Avenue
Hope, BC, V0X 1L0
604-869-2279
centre-hope@workbc.ca
<http://workbccentre-hope.ca>

Work BC - Chilliwack 564
200 - 45905 Yale Road
Chilliwack, BC, V2P 2M6
778-860-5452
centre-chilliwack@workbc.ca
<http://workbccentre-chilliwack.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  This program is funded by the Government of Canada and the Province of British Columbia.



START SMALL, DREAM BIG

with Stó:lō Community Futures (SCF)

Are you dreaming of starting your own business but don't know where to begin? Do you have a great idea but need some guidance and support to make it a reality? If you answered yes to any of these questions, then you are in luck!

We are offering a free appointment to help you start your business today!



604-858-0009



bhill@stolocf.ca

YVETTE'S FARM
STAND AND
FIREWORKS



NOW HIRING!



Fraser River Indigenous Society

JOIN OUR TEAM ▼

- Indigenous Early Childhood Educator Coordinator
- Indigenous Supported Child Development Consultant
- Family Strengthening Worker



Visit our website
for job descriptions
and how to apply.

[www.frisociety.ca/
employment](http://www.frisociety.ca/employment)

We recognize the traditional territories of the Katzie and Kwantlen First Nations. We respectfully acknowledge the many nations who are represented by the urban Indigenous population in the Fraser Valley and Metro Vancouver Areas.



SASET Outreach Services

on-site at Cheam First Nation

Every Friday from 9:30am to 3:00pm

Who are we?

We provide Indigenous Employment and Training Services to First Nation working age population in the Fraser Valley Catchment area.

Who do we serve?

If you are an Indigenous person and are either the following:

- Is un-under employed
- Student
- Employed but unable to meeting basic living requirements
- Resides in SASET's catchment area (Langley to Boston Bar and throughout the Fraser Valley; or with 3 communities in the Head of the Lakes)

Outreach Employment Services:

Employment and Career Counselling
Resumes and Cover Letters
Education and training information
Computer with internet access
Job postings
Employment Readiness
Career Planning/Decision Making
Labour Market Information

Scholarships, Grants and Bursary information
Job Search assistance
Applying online
Employability workshops
Basic Computer Skills Workshops
And much more

Lucinda Louie, Employment Counsellor

Phone or text: 778-684-1464 or email: Lucinda.Louie@saset.ca

Or email: info@saset.ca

See our website for more information at www.saset.ca





Seabird Island Employment Services

Pre-Employment Supports Program

Invites You to Participate in "Mobile Job Fair" Exploring the Possibilities!

Theme: Trades, Cultural Tourism, Culinary, Post-Secondary Education

Workshops include:

- Transportation provided to and from workshops.
- Private accommodations and daily meal allowance for each day of attendance.
- Client supports upon return and full completion of all workshops.
- Exploring a variety of career, educational and cultural opportunities.

DATE: Tuesday January 16-Friday January 19, 2024

LOCATION: Vancouver/Squamish/Whistler

Seats are limited, and priority given to those who have not participated in a Mobile Job Fair

REGISTER FOR EVENT: Contact 604-796-6835 Today!



AUDAIN ART MUSEUM



This is open to On-reserve Income Assistance clients in the following Communities:

Chawathil, Cheam, Scowlitz, Seabird, Shxw'ow'hamel, Skwah, Spuzzum, Squiala, Union Bar, Yale

This initiative is funded by:
Indigenous Services of Canada (ISC)



Indigenous
Services Canada





Sto:Lo Aboriginal Skills & Employment Training and WorkBC Chilliwack, is pleased to announce....

JOB & CAREER FAIR

LEAP INTO A
NEW CAREER!!!

The'itseliya SAY Health & Community Centre
7256 Chilliwack River Road

FEBRUARY 29, 2024

10:00 AM - 3:00 PM

EVERYONE WELCOME!

**Door
Prizes!**

MC'd by DJ SupaSweat

WorkBC Centre



Canada



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

For more information, please contact us at 604-858-3691
or email info@saset.ca

www.saset.ca



COME AND JOIN US

Hosted by:



Sts'ailes



ÉYAMETH JOB FAIR

Fraser Salish First Nation Led Primary Care Centre



DATE

15 January 2024



TIME

02:00 PM – 06:00 PM



16300 Morris Valley Rd,
Agassiz, BC V0M 1A1
Lhawathet Building -
turn right after the
Morris Valley Bridge

In attendance:

Scott.



**GLENCO
ELECTRIC**

METRIC.

tyhol 604-703-8986
CONSTRUCTION

Hiring for the below positions:

- Apprentice Electricians level 1-8.
- Labourer (Entry level & Skilled)
- Carpenters
- Operators
- First Aid



For more information, please contact us at dana.wilford@stsailles.com





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





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
or visit: 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

or visit: 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.





Getting Your “L” Workshop

January 26, 2024

9:00 am - 3:00 pm

5B - 7201 Vedder Rd, Chilliwack

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

JOIN US

Canada

To sign up call 604.858.3691 or email info@saset.ca





Upcoming ACCESS Program Bridge Watch



Get your start in Canada's marine industry

Get certified for entry level employment in Canada's marine industry!

- 8 weeks of Indigenous Skills for Success
- 16 weeks of technical training
- For Indigenous Peoples - Status, Non-Status, Métis and Inuit

DATES: January 22nd - July 5th, 2024

Enroll by January 19th, 2024

Call Today!

604-251-7955



Class 4 Licence Workshop

**6 Spots
available**

Open up a career in driving.

With your Class 4 drivers licence, you can:

- Class 4 Restricted: Drive Uber, Lyft, limousines, taxis, ambulances and more!
- Class 4 Unrestricted: All of the above plus buses with a maximum capacity of 25 (school buses, special activity buses, special vehicles to transport people with disabilities)
- For Indigenous Peoples - Status, Non-Status, Métis and Inuit

WHEN: February 8th & 9th, 9:30am-3:30pm

Enroll by February 5th, 2024

Call Today!

604-251-7955



Global Make up Program

One year. One future. A thousand possibilities...

Embrace your passion and creativity on this transformative journey.

One-year all Indigenous cohort with Blanche MacDonald Global Make Up Program which will include a practicum with Vancouver Indigenous Fashion Week VIFW 2024.

Mentored and supported through the VIFW Elder Wisdom Circle. Opportunities to build your network and portfolio with volunteer fashion opportunities throughout the year.

Must meet ACCESS Eligibility requirements:

- Grade 12 graduate or over 19 years (19-34 years)
- Make Up/Hair or Artistic portfolio, if available
- Live within the Lower Mainland
- For Indigenous Peoples - Status, Non-Status, Métis and Inuit

DATES: Starts February 7, 2024

Register by February 5th, 2024

Only 12 spots available. Call Today!

604-251-7955



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

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

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