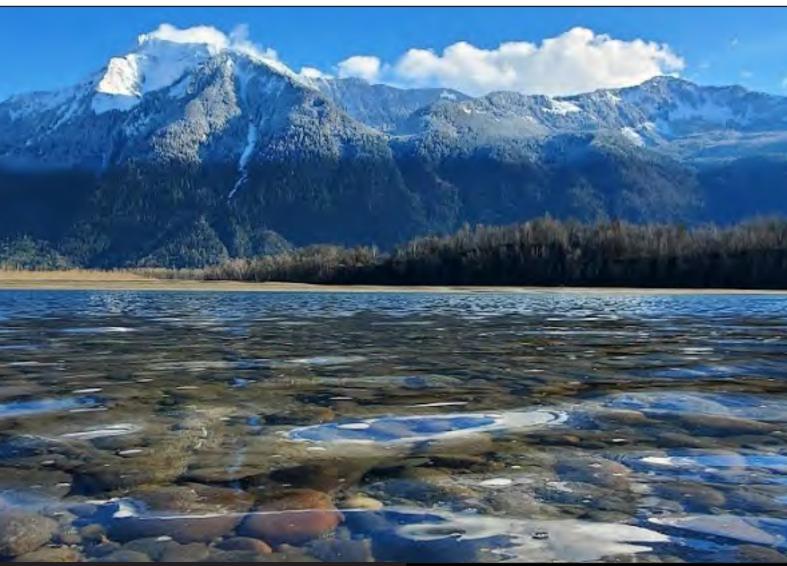


XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: January 26, 2024



NEWSLETTER SECTIONS

<u>02</u>
<u>05</u>
<u>11</u>
<u>18</u>
<u>23</u>

XWECHIYOM 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:

February 2 New Council Swearing In Ceremony @ 12pm

February 7 Community Meeting w/ Chief & Council @ 5pm

February 13 Regular Cheam Council Meeting

February 20 Cheam Elder's Meeting & Lunch

February 21 Honoring Wellness Celebration @ 5pm

February 27 Regular Cheam Council Meeting



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 deysi.hernandez@cheamband.com or can be dropped off at the Band Office attention: Deysi. Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.

We appreciate your assistance in helping us switch over to a much more efficient payment system.



SATURDAY FEBRUARY 17, 2024 | 9AM TO 4PM



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.



52161 Victor Drive Rosedale, BC VOX 1X1 604-794-7924

www.cheam.ca

CHEAM ELDER'S MEETING DATES - Revised

January 16, 2024

February 20, 2024

March 12, 2024

April 9, 2024

May 14, 2024

June 18, 2024

July 16, 2024

August 13, 2024

September 17, 2024

October 15, 2024

November 19, 2024

December 10, 2024

CHEAM HEALTH & WELLNESS

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:

- <u>Email</u>: <u>oot@fraserhealth.ca</u> 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.
- <u>Phone</u>: 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

HEALINGTAKESTIME

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 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 Benefit Program



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 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** 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.













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 communitcate as our Elders would say "In a good way"

- Respect
- Honour
- Connection

Graduation
Ceremony with
Certificate

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















YOUTH PROGRAMS/OPPORTUNITIES

Chilliwack Public Health Drop-In Immunization Clinics

No Appointments Necessary. Ages <19 years old.



Chilliwack Health Unit

45470 Menholm Rd, Chilliwack Every <u>Tuesday</u> & <u>Thursday</u> 2:30 – 5:30 PM

Gateway for Families – Central Elementary Community School

9435 Young Rd, Chilliwack – The Family Place door
The <u>first Wednesday</u> of every month
10:00 AM – 3:00 PM

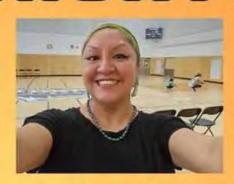
Booked appointments also available Monday-Sunday at the Health Unit. Please call 604-702-4900.



INDIGENOUS EDUCATION DEPARTMENT SD33

CULTURAL NIGHTS





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

hank 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 Soe.

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!



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.













A fun exploration of Celebrate STEM natural sciences. designed to inspire girls and marginalized genders Dr. Carin Bondar and Carrie you lictor to fulfill their curiosity &

consider a

future in STEM!



Food! Art! Prizes!









UFV Science communication students (from left) Manjot Benning, Rhien Hare, Jusnoor Dheria and Taylor Evans will be taking turns moderating alongside Dr. Bondar.

Where: Stó:lō Territory **UFV** Chilliwack 45190 Caen Ave, Building A **Indigenous Meeting Space** When: 6-8:30pm

October 13 - Mt. Slesse, Stitos November 17 - AD Rundle, Chilliwack Middle January 12 - Rosedale Traditional, Vedder Middle February 9 - Chilliwack Secondary March 15 - GWG, Distance Education students April 05 - Imagine High and Kwiyeqel May 10 - Sardis Secondary

Background Image - Stó:lō logo



SUMAS FIRST NATION IS HOSTING



LA GORDANT DEVELOPMENT

SESSIONS

Free for all Self-Identifying Indigenous Youth Ages 6 - 16

FEB

7, 14, 21, 28

EVERY WEDNESDAY NIGHT

LOCATION

THE LANDING SPORTS CENTRE (45530 SPADINA AVE CHILLIWACK)

TIME

6:45 - 8:00 P.M.

ALL EQUIPMENT PROVIDED

FOR REGISTRATION OR QUESTIONS:

JENNA.NOPPEN@SUMASFIRSTNATION.COM

604-852-4041 EXT. 215

In-Partnership with: Chilliwack Minor Lacrosse Association



Free Water Bottle
Upon Sign-Up











A:lmelhawtxw **Head Start Progam**











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

NOW HIRING!



Fraser River Indigenous Society

JOIN OUR TEAM V

- 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



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













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



Due to popular demand date & location changed!

Coast Chilliwack Hotel 45920 First Ave, Chilliwack, BC

Door Prizes! **MARCH 1ST, 2024**

10:00 AM - 3:00 PM

EVERYONE WELCOME!

MC'd by DJ SupaSweet









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 <u>info@saset.ca</u>

www.saset.ca











Stó:lō Service Agency - Human Resource Office Building #8A - 7201 Vedder Road Chilliwack, BC V2R 4G5

January 11, 2024

PROJECT COORDINATOR – ADVENTURE BASED PROGRAM FULL TIME (EXTERNAL)

Stó:lō Service Agency (SSA) requires the services of a qualified Project Coordinator to fill a new position within the adventure based lyáqthet Program with the Mémiyelhtel Indigenous Youth Mentorship Program.

This position will: coordinate the lyáqthet team and provide adventure-based programming to Indigenous youth who are experiencing a variety of complex risk factors; assess social, socio-economic, emotional, academic, family related and historical factors that may be having an impact on individual youth and will support them in the building of their individual capacity to access resources and to make positive connections in the community; assist youth in developing healthy functioning in education, work, family, and community settings; and deliver culturally relevant services within an Indigenous context, respecting Indigenous traditions, values, and practice.

QUALIFICATIONS/REQUIREMENTS:

- Bachelor's Degree or higher education in related human/social services field.
- Two years related experience with at/high-risk youth/young adults.
- Experience in project coordination and team/group leadership.
- Knowledge and experience of backcountry adventure activities.
- Outdoor activity certifications such as swift water rescue, avalanche skills, field leader, are significant assets.
- Physical fitness and stamina to lead groups on adventure activities.
- Experience working with Indigenous youth and families; working knowledge of Indigenous culture and history.
- Curriculum development, teaching, and lesson planning skills are significant assets.
- Strong leadership skills, strong writing, time management, organization, and ability to adapt.
- Ability to accept individual uniqueness and respect diversity: ancestry, race, ethnicity, language, religions, marital status, gender, sexual orientation, age, abilities, and social-economic status.
- Ability to work flexible hours (as needed), including evenings and weekends.
- Ability to maintain a healthy working relationship with staff, community representatives/members and representatives of other organizations, including collaboration with other SSA programs and staff as required.
- Must maintain the confidentiality guidelines of all records, materials and communications concerning clients, staff and SSA.
- SSA has implemented a mandatory COVID-19 vaccination policy, requiring all staff to be fully vaccinated.

Successful candidates will be required to provide the following if screened in for an interview:

- Proof of education documentation
- References: Three names and phone numbers/emails of recent supervisors
- Must hold and maintain a valid Class 5 BC Drivers' License
- Must successfully pass the required pre-employment RCMP Criminal records Check (one from the Criminal Records Review, and one from the RCMP)

Salary Range: Range starting at \$38/hr based on qualifications/experience.

Type of Position: Full-time Position subject to 3-month probationary period and planned performance

evaluations.

APPLICATIONS DEADLINE: FEBRUARY 16, 2024

Candidates will be screened according to the qualifications/requirements. Interested candidates are required to submit a resume and covering letter. Please include position title on subject line. Send to:

Stó:lō Service Agency Personnel Department Bldg. #8A, Floor #1 – 7201 Vedder Road Chilliwack, BC V2R 4G5

Email: jobs@stolonation.bc.ca

For more information about this and other employment opportunities, visit www.stolonation.bc.ca

Stó:lō Service Agency - Human Resource Office Building #8A - 7201 Vedder Road Chilliwack, BC V2R 4G5

January11, 2024

YOUTH WORKER - ADVENTURE BASED PROGRAM FULL TIME (EXTERNAL)

Stó: lo Service Agency (SSA) requires the services of a qualified Youth Worker to fill a new position within the adventure based lyaqthet Program with the Memiyelhtel Indigenous Youth Mentorship Program.

This position will: provide adventure-based program support to Indigenous youth who are experiencing a variety of complex risk factors; assess social, socio-economic, emotional, academic, family related and historical factors that may be having an impact on individual youth and will support them in the building of their individual capacity to access resources and to make positive connections in the community; assist youth in developing healthy functioning in education, work, family, and community settings; and deliver culturally relevant services within an Indigenous context, respecting Indigenous traditions, values, and practice.

QUALIFICATIONS/REQUIREMENTS:

- Post-secondary education in related human/social services field (bachelor's degree preferred).
- Two years related experience with at/high-risk youth/young adults.
- Knowledge and experience of backcountry adventure activities.
- · Physical fitness and stamina to lead groups on adventure activities.
- . Strong writing skills, time management, organization, and ability to adapt.
- Outdoor activity certifications such as swift water rescue, avalanche skills, field leader, are significant assets.
- · Experience working with Indigenous youth and families; working knowledge of Indigenous culture and history.
- Ability to accept individual uniqueness and respect diversity: ancestry, race, ethnicity, language, religions, marital status, gender, sexual orientation, age, abilities, and social-economic status.
- Ability to work flexible hours (as needed), including evenings and weekends.
- Ability to maintain a healthy working relationship with staff, community representatives/members and representatives of other organizations, including collaboration with other SSA programs and staff as required.
- Must maintain the confidentiality guidelines of all records, materials and communications concerning clients, staff and SSA.
- SSA has implemented a mandatory COVID-19 vaccination policy, requiring all staff to be fully vaccinated.

Successful candidates will be required to provide the following if screened in for an interview:

- Proof of education documentation
- · References: Three names and phone numbers/emails of recent supervisors
- Must hold and maintain a valid Class 5 BC Drivers' License
- Must successfully pass the required pre-employment RCMP Criminal records Checks (one from the Criminal Records Review, and one from the RCMP)

Salary Range:

Range starting at \$27/hr based on qualifications/experience.

Type of Position: Full-time Position subject to 3-month probationary period and planned performance

evaluations.

APPLICATIONS DEADLINE:

FEBRUARY 16, 2024

Candidates will be screened according to the qualifications/requirements. Interested candidates are required to submit a resume and covering letter. Please include position title on subject line. Send to:

Stó:lō Service Agency Personnel Department Bldg. #8A, Floor #1 – 7201 Vedder Road Chilliwack, BC V2R 4G5

Email: jobs@stolonation.bc.ca

For more information about this and other employment opportunities, visit www.stolonation.bc.ca

TRAINING OPPORTUNITIES

APPLY NOW



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







Will Writing Workshop

DATE: Monday, February 5, 2024

TIME: 5:00 PM - 7:00 PM

DINNER: 5:00 PM

LOCATION: Band Office Gym



Seabird Island Band is pleased to host a will writing workshop which has been funded by Indigenous Services Canada's Estates Management Funding Program.

Seabird Island Lands is working with the Elders' Coordinators to ensure the Elders have an opportunity to enact a Will first. Two target groups were identified to protect members, Seabird Island Elders and New Homeowners.

Join us to learn about:

- Writing Wills
- Life Estates
- Mirrored Wills

- · Power of Attorney
- Representative Agreements

Alexa Powell, a lawyer from Woodward & Company, will facilitate the workshop.

Driven by her desire to provide excellent legal service to Indigenous communities, Alexa's core focuses as a lawyer at Woodward and Company is environmental and regulatory law, governance, lands, and Aboriginal Rights and Title.

In her role at the firm, Alexa is determined to assist First Nations communities on their path of self-determination, while ensuring colonial governments are held accountable for historic and continuing injustices.



Contact Lands or the Elders Coordinators at 604-796-2177 and/or lands@seabirdisland.ca.













Sqwá Adult Education

Committed to student support as follows:

- · Cultural and elder support
- A daily lunch program.
- · Academic support
- Transportation (TBA)

OUR VALUED PARTNERS:



Chilliwack School District

- Adult Dogwood certification
- · Practicum placements
- · Access to curriculum
- Communication



Nicola Valley Institute of Technology

- Delivery of the Residential Construction Foundation program
- · Delivery of the Office Administration Certificate Program



College of the Rockies

· Delivery of the Education Assistant program

Contact: 604.308.4829 | dianne.parkinson@skwah.org

Sqwá First Nation Adult Education Centre is offering a range of FREE programs starting this fall to provide adults with the opportunity to complete their B.C. Adult Dogwood and get a trade or vocation at the same time. The program is FREE to the following:

***Non-graduated adults. Graduated students who are under 19 as of July 1, 2023

These courses and programs will fill up quickly so register now. Our valued partners include the Chilliwack School District, Nicola Valley Institute of Technology, and the College of the Rockies.



ADULT UPGRADING:

Missing a few courses to get your graduation certificate? No problem. You can graduate at any age. We are offering courses that will help you get your B.C. Adult Dogwood including a Math 11 or Accounting 11, an English 12, and electives.

FULL - TIME PROGRAMS

(Students who have not graduated will be required to take an English 12 and a Math 11 or Accounting 11.)



EDUCATION ASSISTANT

Dates: Academic Upgrading starts in September and Education Assistant courses start

Education Assistants work with students with diverse abilities within both Public and Private Schools. This robust program covers the following topics: communication with students, special education, trauma, how to guide student behavior, healthcare. needs of students, and autism. Graduates will receive a B.C. Adult Dogwood and an Education Assistant Certificate from the College of the Rockies.

(Credits for courses within the Education Assistant Certificate are transferable to other BC post-secondary Institutions.)



INDIGENOUS ENTREPRENEURIAL COOK

Date: September 2023 to June 2024_

This program was created by an award-winning experienced Chef and Entrepreneur. This is a one-year program designed to allow graduates to move into the restaurant industry, the catering industry, or the food truck industry, all with an emphasis on self-employment. Graduates will obtain a BC Adult Dogwood Diploma and a Sqwá First Nation Certificate.



Sqwá First Nation



REGISTER NOW:

dianne.parkinson@skwah.org | call 604-308-4829

REGISTRATION DEADLINE

SEPTEMBER 15. 2023 – SPOTS ARE LIMITED

·Adult Upgrading

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









RESIDENTIAL CONSTRUCTION - FOUNDATION

Date: September 2023 to June 2024

During the first 8 weeks of the program, students who have not completed an English 12 and a Math 11, will complete these courses. This comprehensive program prepares you to work in the construction industry. Residential Construction – Foundation, is a comprehensive program that prepares participants to work in the construction industry. The program includes: safety rules, drawings, floor and truss systems, drafting, tools, measuring, framing and stair construction. Graduates will obtain a B.C. Adult Dogwood from the Chilliwack School District and a Residential Construction - Foundation Certificate from Nicola Valley Institute of Technology (NVIT). Open to all Indigenous Adults. (NVIT Credits are transferable to other BC post-secondary Institutions.)

PART-TIME PROGRAMS



RESIDENTIAL BUILDING MAINTENANCE WORKER: Date: September 2023 to June 2024

Residential Building Maintenance Worker training will prepare individuals to work in maintenance departments at Bands or elsewhere. Students will learn to maintain and repair various buildings, such as single-family homes, low-rise and high-rise buildings, and community buildings. This training includes mold mitigation, carpentry, drywall repair, electrical work, flooring installation, painting, plumbing, refrigeration, ventilation, and roofing repairs. This program will run 2 evenings a week and prepares individuals to undertake needed repair in their communities, rather than having the work contracted out. Graduates will obtain a B.C. Adult Dogwood from the Chilliwack School District and a Sqwà First Nation Certificate of Completion, with the option to write the Skilled Trades BC qualification exam.



OFFICE ADMINISTRATION

September 2023 to June 2024 (including upgrading if necessary)

This program is delivered remotely by the Nicola Valley Institute of Technology with the support of an on-site instructor. Participants will develop office administration skills at the entry-level. The program is designed for people who want to upgrade their office skills and obtain employment in an office setting. It is ideal for individuals who do not have previous experience with computers. This program will run 2 evenings a week and will cover the following topics: word processing, computer essentials, human resources, records management, human relations, spreadsheets, business communications, keyboarding, and a practicum.



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 wit 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

Canada



Embrace your passion and creativit 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

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blanche macdonald centre





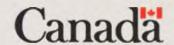












Chainsaw
Safety Training
Program

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:

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 www.saset.ca

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









