



XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: March 8, 2024



NEWSLETTER SECTIONS

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XWECHÍYOM XWEXWILMEXW SXWE EYELH

Kwetskwetsmet lis cha xwal letse sqwalewels ye xwe chiyom Xwexwilmexw;

Xw' eyehls cha ye mekw' wat ite xwech'l yom qesu texw eweta o kw'e tl' e met Te ewpi: I qaste qel sqoqe;

Temtames mami:yelhtel ya sq'eqotel qelu lam xwe xwe'eyelf iyolem kw'e o'hletem xwela Ye'mi cha

Temtames lis cha mekw' yoyes ye alyem eweta Shxwlistexwes Te xwelitemelh Temtames chasu qexs a: li lalalem xwela kw'e mekw' wates

Qas temtames cha xwe'eyems Te temexws qasu ey xwela ye xwechiyom

CHEAM VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual's diversity and promote a healthy, self-sufficient lifestyle. We need one another and value one another's views. In appreciation of our uniqueness, we foster mental, physical, emotional and spiritual wellbeing. In doing so, we strive to build pride, dignity and respect amongst our people.



ADMINISTRATION NOTICES/UPDATES

DATES TO NOTE:

| | |
|--------------------|--------------------------------------|
| March 12 | Cheam Elder's Meeting & Lunch @ 12 |
| March 12 & 26 | Regular Cheam Council Meetings |
| March 15 - 28 | Cheam Community Clean-up |
| March 18 - 21 | Cheam Youth Spring Break Camp |
| March 21 & 28 | Dr. Fox will be away on holidays. |
| March 22 | Pelólxw Coast Jam @ Cheam 5pm |
| March 29 & April 1 | Band Office Closed |
| March 30 | Cheam Community Easter Hunt & Dinner |
| April 3 | Cheam Community Meeting, 5pm |
| April 9 & 23 | Regular Cheam Council Meetings |

Please see our website for our full calendar of events



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.

Introducing Cheam First Nation's new Executive Director ~ Joseph Gosnell



Joe is a member of the Nisga'a Nation, belonging to the Raven clan.

He is a former commercial banking manager with the Bank of Montreal and Royal Bank of Canada. He has a diploma in Business Administration and brings over 23 years of senior management experience through various Bands in B.C. and Yukon. He has experience in the areas of Governance, Finance, Health, Education, Housing, Economic Development, Policy Development, Human Resources, Natural Resources, Government negotiation tables, negotiating with corporate bodies/ companies, band-owned companies & board structures etc.

During his career, he has provided numerous Chief and Council/Government bodies advice on their traditional territory, rights, and titles to improve the standard of living on reserve lands.

Joe worked under the Nisga'a Treaty from year 2000 – 2004 transitioning Indian and Northern Affairs programs and services towards self-government delivery.

Joe is married and has 3 adult children now, and 4 grandchildren. He is very excited to bring his wealth of knowledge and experience to the Cheam Nation.

Cheam Community Easter Celebrations

SATURDAY MARCH 30, 2024

1:30pm Activities:

- Youth Egg Hunt
(bring your own basket)
- Snacks & Beverages
- Activity stations
- Photos with the Easter Bunny!

5:30pm Easter Dinner
(Everyone Welcome)



.....

EY SWAYEL mekw'ewát

Please Join us for a
Coastal Jam
DOORS OPEN @5PM

MARCH.22 | 2024
DINNER @ 5:30PM

.....

DANCING, SINGING,
DRUMMING

IRONMAN
COMPETITIONS

12 & UNDER, 12+
EVERYONE WELCOME

.....

PELÓLXW COASTAL JAM

Contact Info:

52161 wVictor Drive
Rosedale B.C.
604-794-7927
CHEAM GYMNASIUM



CHEAM FIRST NATION'S

C O M M U N I T Y

CLEANUP

The Community Spring Clean will be March 15 - 28th.
Bins will be placed on the following streets:

- Alexis Crescent
- Yalamote Crescent
- Cheam Crescent
- Squahiti Cresent
- Mammam Crescent
- Mathela Crescent
- Bridge Road
- Edwards Road
- Frontage Road
- Douglas Place





Elder RSVP

JOIN US for

**Our Gathering, kexwkexwntsút
chet, tə sqə' qĩ p ct**

*Being an Elder, your participation in
this event is valued for your wisdom,
experiences, and lessons learned. We
welcome you to witness discussions
and dialogue on important
Indigenous matters.*

*The event is presented by the First Nations
Leadership Council, Indigenous Services Canada
and Crown-Indigenous Relations and Northern
Affairs Canada.*

When April 22-24, 2024

Where J.W. Marriott
PARQ Hotel, downtown
Vancouver, BC

Travel eligible costs may
be reimbursed for one Elder
representative per First
Nation



Scan to see Our Gathering
summary reports

Do you have experience in
public speaking or have an
exciting project or story to
share? We're interested in
hearing from you!

MEET
WITH US
for...

...Elder &
Youth
agenda

...plenary
&
breakout
sessions

...exhibitor
booths

Questions?

RSVP at ourgathering@sac-isc.gc.ca



Elders

Participation Form

Our Gathering, kexwkexwntsút chet, tə sǫ əǫ ip ct

Being an Elder, your participation in this event is valued for your wisdom, experiences, and lessons learned. We welcome you to witness discussions and dialogue on important Indigenous matters.

The event is presented by the First Nations Leadership Council, Indigenous Services Canada and Crown- Indigenous Relations and Northern Affairs Canada.

Where J.W. Marriott PARQ Hotel, Downtown Vancouver, BC

When April 22-24, 2024

Interested in attending?

Please complete this form or call Rhea Panesar at (778) 228-9748. Tell us why you are interested in coming to the event. To be able to attend you should be:

- Considered an Elder in the community
- Can supply a community recommendation
- Are able to attend all or majority of the three days

Why are you interested in coming to Our Gathering, kexwkexwntsút chet, tə sǫ əǫ ip ct?

Tell us about yourself (optional)



RATTLE MAKING WORKSHOP

Join IRSSS in Hope for a one-day workshop. Snacks, lunch, drinks & door prizes. Supplies provided.



IRSSS OFFICE
348 WALLACE ST, HOPE



MARCH 14TH, 2024
9:00AM-2:00PM

This workshop is for Survivors and/or those who have been impacted by Indian Day or Residential Schools to connect in a safe space.

Register in Advance - Space is Limited

Contact IDS Coordinator Rhianon Teegee:
778-222-5963 or RhianonTeegee@irsss.ca



**INDIAN RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY**





FREE TAX PREP & FILING

BY APPOINTMENT, DROP OFF, OR DROP IN – WE’LL PREPARE
AND E-FILE YOUR TAXES FOR FREE.

FEBRUARY 19 TO MARCH 31

CHEAM FIRST NATION

52161 VICTOR DRIVE, ROSEDALE BC V0X 1X1

Please bring your Government-Issued ID and All Tax Slips

You are NOT eligible for this program if you:

- Are filing a Pre/Post Bankruptcy Return
- Are filing a Deceased Return
- Are Self-Employed
- Have employment expenses
- Have income sources that include Capital Gains, Farming Income, Commission Income, Investment Income over \$1,000, Professional/Business Income, Rental Income
- Other complex returns

For further information please call Lydia at 604-745-8035



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

Indigenous Day Treatment

“Restoring Balance Program”



- To provide an entry point for individuals to find a safe and culturally sensitive program to begin the healing process.
- To offer a holistic program based on traditional values, culture and the four directions of healing, physical, mental, emotional and spiritual.
- To provide connection to resources, residential treatment, pre and post support to individuals and participants on their journey towards resolution and balance in their lives.

Where: Chilliwack Hospital Rapid Access Addiction Clinic, Room 1032

When: Starting March 22nd, 2024, Fridays from 10-2:00 pm for 12 weeks

Who: Indigenous persons pre and post detox or treatment support

How: Referral to erin.cumyn@fraserhealth.ca from hospital, community

Or organization, including alcohol and drug workers

Co-facilitated by the Indigenous Outreach Team of the RAAC and the Indigenous Cultural Advisor Corinne Stone with community partners

Thank you all who accepted their nomination for Cheam's Honoring Wellness Ceremony on February 28, 2024. This ceremony was so powerful, with such strong voices who shared the story of their healing journey. This ceremony was medicine for all. Healing is a continuous journey, and is happening daily.

Those nominated/honored are as follows:

- Richelle Bowe
- Shakayla Bowe
- Chemaine Douglas
- Duane Douglas
- Jack Douglas
- Jean Douglas
- Shayla Douglas
- Dan Edwards
- Sheena Edwards
- Wesley Edwards
- Julie Giroux
- June Joe
- Colleen Johnson
- Chey-Anne McKay
- Denny Pike
- Luke Pike
- Carla Silver
- Catana Tommy
- Amy Victor
- Amelia Victor
- Della Victor
- Michael Victor
- Elizabeth Victor
- Muriel Victor
- Richard Wilson

Ceremony is Medicine



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

March 22, 2024

Time: 10:00am-4:00pm

Every Cleaning
receives a \$10
Tim Hortons
Gift Card!



Take Care of Your Teeth

Location: Cheam Multiplex
52161 West Victor Drive

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

Book with Nikki at nichole.jackson@cheamand.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.



Free Food Programs in Chilliwack

| Program Name | Program Description | Hosting Organization(s) | Who this is for? | How to access/contact |
|--|--|--|--|--|
| Starfish Backpack Program | Bi-weekly food hampers for families through the schools | SD33 and Chilliwack Bowls of Hope | Families of school aged children in the Chilliwack School District (elementary to high school) | Through school staff or email Jane - janeullyot@gmail.com |
| Salvation Army Pantry | Self selection fresh food hamper | Chilliwack Salvation Army | Anyone | Walk in only @ 45746 Yale Rd *Daily visits allowed M-F 10-12/1-3:30 |
| Salvation Army Food Bank | Monthly Hamper program | Chilliwack Salvation Army | Anyone | Call for appointments M-F 9-12/1-4 Main office 604-792-0001 |
| Food Closet | Basic dry food items up to 6x per calendar year | Sardis Community Church | Sardis Residents only | Walk in 45625 South Sumas Rd M-Th 8:30-2:00 or call Main Office 604-858-7191 |
| Ruth & Naomi's Hamper Program | Dry goods hampers | Ruth & Naomi's Mission | Anyone who cannot attend daily community dinners and has an address | Hampers on Wednesday 12-3pm Walk in 46129 Princess Ave - 7 days/week 6-7pm |
| Free Store Chilliwack | Free food hamper (1 per family) | Free Store Chilliwack & Social Program Development | Anyone, Signup required online (1 hamper every 3-5 weeks) | Sign-up Friday mornings on Facebook Page or at www.thefreestorecanada.com/get-support Hamper pick up Sat/Sun 11-12:30 |
| Cyrus Centre Youth Hampers | Bi-weekly food hampers for youth | Chilliwack Cyrus Centre (satellite location of the Salvation Army Food Bank) | Youth Ages 16 to 24 | Walk in to register for the program during resource centre hours, 12-8pm 7 days/week 45845 Wellington Ave |
| Basic for Babies | Baby formula and diapers *limited supply when available | Sardis Doorway for Mothers and Children | Infant & toddlers up to 6 times per calendar year living in Sardis region | Call or email Karin 604-819-6556 sardisdoorway@gmail.com |
| Meadow Rose Baby Supplies | Baby food, formula, and any baby supplies | Meadow Rose Society | Children 3 and under, 2 times per month | Walk in 45789 Spadina Ave T/W/Th 11-1 or call 604-392-1133 |
| Chilliwack Community Cupboard | Food, clothing, and other household items at no charge | Chilliwack Community Cupboard Society | Chilliwack families with children under the age of 19 | Contact chilliwackcommunitycupboard@gmail.com or 604-203-9525. Appointment only through their Facebook page Thurs 9:30-11:30. Location 9525 College St. (back parking lot). |
| Senior Food Program Tydel Foods | Monthly meal pack with free added resources (fruit/vegetables/dry goods) *Meat package paid by clients | Tydel Foods Senior Program | Seniors 60+ struggling with Food Insecurity | Open Daily Mon-Sat 9-5:30 Contact Brigida - brigida@tydelfoods.com or call at 604-316-6015 Updates also on Facebook Page |
| Little Food Bank | A small, low barrier free-standing structure, items donated by local residents *take items if you need to; leave some items if you can | Local Yarrow Residents | Anyone in Yarrow Area | Accessible 24/7 in Yarrow Pioneer Park 4390 Kehler St, Chilliwack, BC V2R 5E4 |
| Community Dinner | Dinner Take-Out | Ruth & Naomi's Mission | Anyone | Registration not required. Walk in only 46130 Margaret Ave 7 days/week 6-7pm |
| Soup Kitchen | Lunch Dine- In | Chilliwack Salvation Army | Adults only | Walk in only 45746 Yale Road M-F 12-1pm |

Hamper Pick Up

Baby Supplies Pick Up

Resource Pick Up

Meal Pick Up

| | | | | | |
|-----------------------------|--|--|--|--|---|
| Meal Service | Cyrus Centre Youth Meals | Breakfast 9-10am M-F Lunch 12:30 everyday Dinner 6pm everyday | Chilliwack Cyrus Centre | Youth 12-24 | Walk in only 45845 Wellington Ave 7days/week |
| | Feeding Futures | Food programs available to students at school | Chilliwack School District 33 in partnership with Chilliwack Bowls of Hope | Chilliwack School District students | Contact Rosanne James, Coordinator of Food Programs, rosanne_james@sd33.bc.ca |
| | Chilliwack Wellness Centre | Drop in wellness centre Breakfast items 7:30-9am, Lunch 1-2pm, Snacks 5pm, Coffee/Tea/Hot Chocolate *Dog meal available | Pacific Community Resources Society | Anyone | Walk in only 45951 Tretheway Ave 7 days/week |
| | Cherish Seniors Program | Free weekly bread delivery | The Cherish Project | Low income seniors living in downtown Chilliwack | Email office@cherishproject.ca or call 604-391-0083 |
| Hamper Delivery | Grocery Shopping through Better at Home Program | Online orders placed on seniors behalf, on a weekly basis. *Client responsible for cost of groceries and delivery fee. | Chilliwack Community Services | Seniors | By appointment, must be registered with Better At Home Program. To register call Sarah at 778-860-5499 |
| | Senior Grocery Hamper Program | Monthly free groceries to low income seniors | Chilliwack & District Seniors Resources Society | Seniors | Agency or self referral. Email Corinna info@cdrs.ca or call 604-793-9979 |
| | Streams Foundation | Coffee with Seniors, Multicultural celebrations & Events | Streams Foundation Canada | Weekly Seniors Coffee, Anyone for Multicultural events | Events on Streams Foundation Canada Facebook Page, email streamsfoundationcanada@gmail.com, or visit https://www.streamsfoundation.ca/ or call 778-772-2203 |
| Additional Resources | UFV Food Bank | Resources for University Students | UFV Student Life & Student Union Society | Students enrolled in UFV courses | Register at https://www.ufv.ca/student-wellness/programs/ufv-sus-food-bank/ call Student Union Society at 604-504-7441 ext. 4823, or email studentwellness@ufv.ca |
| | Farmers Market Nutrition Coupon Program | Seasonal coupons to local Farmers Market | Chilliwack Bowls of Hope Society & Downtown Chilliwack Community Market | Anyone can apply | Applications in spring 2024 https://chiliwackbowlssofhope.com/bc-nutrition-coupon-program/ Contact admin@chiliwackbowlssofhope.com Located at Downtown Farmers Market (May to October) |

Notes

There are multiple funding partners supporting these programs, please contact individual programs for more details.

In response to the continued rise in food costs some programs will provide food hampers on a as need basis with a max of once per month per household.
Please be aware that programs details are subject to change.

You can find a digital copy of this resource by scanning the QR code.



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.



Youth Workshops:

Soapstone Carving Ages 10+

with Care2Carve



Abbotsford 3:30PM-5PM
April 9, 16, 23, 30

Chilliwack 3:30PM-5PM
April 11, 18, 25, May 2

Come learn to Carve an Eagle Head out of Soapstone! *Youth will need to attend at least 3 of the sessions to complete their piece

Free Workshop open to Indigenous Youth ages 10+ registration required and spots are limited. Transportation not provided.

Registrations and questions can be sent to
Registration@xyolhemeylh.bc.ca

Fraser Valley Aboriginal Child and Family Services Society
WWW.FVACFSS.CA



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

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.





THUNDER INDIGENOUS RUGBY CAMP

March 29th, 2024
G.W. Graham Secondary School

Youth Rugby Clinic hosted by Rugby Canada

Open to Indigenous Youth ages 6 to 18
10:00 am to 12:00 pm

Thunder Rugby vs. G.W Graham Grizzlies

Girls – 2:30 pm KO
Boys – 3:30 pm KO

Cultural Celebration & Guest Speakers

Tzeachtan Community Hall
5:00 pm



SCAN THE QR CODE to register
for the Thunder Rugby Indigenous
Rugby Camp and Cultural Celebration

REGISTRATION CLOSING MARCH 22ND, 2024



Sponsored By:
RCMP Indigenous Police Service & Rugby Canada





Youth RSVP

When April 22-24, 2024

Where J.W. Marriott
PARQ Hotel, downtown
Vancouver, BC

Travel eligible costs may
be reimbursed for one Youth
representative per First
Nation



Scan to see Our Gathering
summary reports

Do you have experience in
public speaking or have an
exciting project or story to
share? We're interested in
hearing from you!

JOIN US for

Our Gathering, kexwkexwntsút
chet, tə sqə' qĩ p ct

*Youth will have the opportunity to
meet and work with youth from other
communities, share ideas and
participate in interactive sessions. It
will also give you an opportunity to
engage with Elders and offer your
perspective to witnessing the event.*

*The event is presented by the First Nations
Leadership Council, Indigenous Services Canada
and Crown-Indigenous Relations and Northern
Affairs Canada.*

MEET
WITH US
for...

...Elder &
Youth
agenda

...plenary
&
breakout
sessions

...exhibitor
booths

Questions?

RSVP at ourgathering@sac-isc.gc.ca





Youth

Participation Form

Our Gathering, kexwkexwntsút chet, tə sáq'əq ip ct

The event offers Youth an opportunity to witness discussions between First Nations leaders, community members, and the Government of Canada. This event is held in partnership with the First Nations Leadership Council, Indigenous Services Canada, and Crown Indigenous Relations and Northern Affairs Canada.

Where J.W. Marriott PARQ Hotel, Downtown Vancouver, BC

When April 22-24, 2024

Interested in attending?

Please complete this form. Tell us why you want to attend the event and your interests.

To be able to attend, you should be:

- Between 19-30 years old
- Can attend all three days
- Can provide a reference and or recommendation from a community Elder or leader, or school leader.

Why are you interested in coming to Our Gathering, kexwkexwntsút chet, tə sáq'əq ip ct

Tell us about yourself (optional)





Course Includes

- Food Safe
- First Aid
- Customer Service
- WHMIS
- WCB Awareness



Lunch Provided!!

Location & Date

March 18 - 22 / 2024

5B - 7201 Vedder Rd
Chilliwack, BC

Want to Register? Contact Us



info@saset.ca

SASET - Chilliwack Office
604-858-3691
5B - 7201 Vedder Rd
Chilliwack, BC

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

Saset - Seabird Office
604-796-6865
2895 Chowat Rd
Agassiz, BC

Canada 





Course Includes

- Food Safe
- First Aid
- Customer Service
- WHMIS
- WCB Awareness

Location & Date

March 25- 28 / 2024

Cheam First Nation
52161 Victor Drive
Rosedale, BC

Lunch Provided!!

Want to Register? Contact Us

 info@saset.ca

SASET - Chilliwack Office
604-858-3691
5B - 7201 Vedder Rd
Chilliwack, BC

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

Saset - Seabird Office
604-796-6865
2895 Chowat Rd
Agassiz, BC

Canada





**COST
FREE!**

**SPRING BREAK
MARCH 25-28**

REEL YOUTH

Film Making Program for Seabird Island Youth Ages 11 - 20

Hosted from 9 AM - 3 PM @ Seabird Island's Youth Centre

PLAN + SHOOT + EDIT A SHORT FILM

WORK WITH YOUR FRIENDS
with supportive Reel Youth facilitators

INCLUDES: Use of All Film Equipment, Meals & Snacks

Scan the QR Code to Register NOW!

<https://bit.ly/SeabirdFilm> --->

REELYOUTH.CA



Seabird Youth and surrounding communities - Are you interested in learning about film making? Do you have a video project that you would like to create?

We are collaborating with REEL YOUTH on a film workshop. Youth will learn how to plan, shoot and edit a short film. All equipment, including drones, will be included. No experience necessary.

This will be happening in the community during spring break from March 25-28, 9am-3pm @ the Youth Centre.

Follow the QR code to find the registration form!

SPRING BREAK 2024

**SPACE IS LIMITED
REGISTER BEFORE FEBRUARY 29, 2024**

LAND AND LANGUAGE RESTORATION



**A SIX DAY EXPERIENCE FOR PELÓLXW YOUTH TO LEARN
ABOUT LAND AND LANGUAGE RESTORATION.
YOUTH WILL GAIN HALQ'EMÉYLEM LANGUAGE SKILLS AND
LEARN ABOUT PELÓLXW LAND STEWARDSHIP AS
TITLE HOLDERS FROM ELDERS, KNOWLEDGE KEEPERS,
AND WESTERN SCIENCE EXPERTS**

**SUITABLE FOR
YOUTH AGES 15-21**

**MARCH 18 – 23 2024
M-F 9:00-3:00, S 9:00-4:00**

**HONOURARIA
PROVIDED**

**EMAIL LISA@ALONGSIDERC.CA FOR MORE
INFORMATION AND TO REGISTER**

TRAINING OPPORTUNITIES



High In-Demand Training

ACCESSFUTURES.COM

Welding Level B

- 19 Weeks of Technical Training
- Work Placements Available
- Fully Funded Program
- For indigenous Peoples - Status, Non-Status, Métis and Inuit

Must have completed Welding Foundation to attend this training

DATE: March 18th - July 26th, 2024

Enroll by March 15th, 2024

Call Today!

604-251-7955



Canada

Learn Online!

Marketing Level 1 Workshop

Indigenous entrepreneurs will gain a thorough understanding of why marketing is critical to their business and how to be effective at it using an omnichannel approach.



Community Futures St. 16

Activ8
CORPORATE RELATIONS + TRAINING

Workshop information

April 11, 2024

9 am to 5 pm

Via Zoom

Free to register



To register,
call 604-858-0009 or
email bhill@stolocf.ca



Seabird College
EDUCATION FOR REAL LIFE

CSW

**Community Support Worker with
Specialization in Mental Health Diploma**

Start Date: April 29th, 2024

End Date: March 14th, 2025

Location: Seabird College

In partnership with Western Community College

Tuition is sponsored for First Nations participants.

*Funding provided by Employment and Social
Development Canada*

Program Description:

The Community Support Worker diploma program is 1255 hours over one year. It provides knowledge and skills for a wide variety of community settings. Graduates can provide services, assistance, or personal care to clients with various needs – in child and youth programs, home support for Elders, social service after school programs, and much more. This customized program also includes specialized training to support mental health for the clientele.

Call Now To Register!

Phone: 604-796-6839

Email: colrecruit@seabirdisland.ca

Web: www.seabirdcollege.ca



APPLY TODAY!

www.seabirdcollege.ca



Courses in the program include life span stages and development, an introduction to mental health and to psychology, person centered planning and care, and pharmacology and medication management.

Career options as a Community Support Worker:

- Child and youth worker
- Addiction and social service worker
- After school program staff
- Outreach program staff
- Community or home care service worker

Entry requirements:

Grade 12 or Mature Student Status (19 years of age or more). And

- Grade 10 English – OR -
- English Language Proficiency Assessment
Test conducted by WCC

Seabird College

2812 Chowat Road,

PO Box 650,

Agassiz BC, V0M 1A0





Seabird College
EDUCATION FOR REAL LIFE

APPLY TODAY!

www.seabirdcollege.ca

EDUCATION ASSISTANT

Start Date: Sept 16th, 2024

Location: Seabird College

Hours: 755

Program Description:

Education Assistant diploma program graduates support students with special and diverse learning needs from Kindergarten through Grade 12 in British Columbia schools. They might assist with personal care, teaching, and behaviour management while under the supervision of teachers or other childcare professionals. They are employed in public and private elementary, secondary, and special needs schools and treatment centres.

Career options as an Education Assistant:

- Education Assistant
- Behavior Intervention Assistant
- Special Needs Assistant

Admission requirements:

- Grade 12 or Mature Student Status (19 years of age or more). And
- Grade 10 English – OR –
- English Language Proficiency Assessment Test conducted by WCC

The EA program includes a practicum placement which allows students to put their skills into practice in a classroom setting.

In partnership with Western Community College

Tuition is sponsored for First Nations participants.

Funding provided by Employment and Social Development Canada

Call Now To Register!

Phone: 604-796-6839

Email: colrecruit@seabirdisland.ca

Web: www.seabirdcollege.ca



Seabird College

2812 Chowat Road,

PO Box 650,

Agassiz BC, V0M 1A0





Seabird College
EDUCATION FOR REAL LIFE

APPLY TODAY!

www.seabirdcollege.ca

HEALTHCARE ASSISTANT DIPLOMA

Start Date: Sept 16th, 2024

Location: Seabird College

Hours: 745

Program Description:

This Healthcare Assistant diploma program will provide students with the essential knowledge, skills, and attitudes to work in frontline care in a wide variety of healthcare and community care settings. Healthcare assistants provide basic care and supervision of patients under the supervision of healthcare professionals. The program curriculum meets the standards of the BC Healthcare Assistant Provincial Curriculum.

After completion of this program, the graduates will be able to work as a Health Care Assistant at:

- Hospitals
- Long Term Care Facilities
- Extended Care Facilities
- Adult Day
- Respite Care and
- Home Support

Admission requirements:

- Grade 12 or Mature Student Status (19 years of age or more). And
- Grade 10 English (transcripts required)

The program includes a practicum placement to put skills to practice.

In partnership with Western Community College

Tuition is sponsored for First Nations participants.

Funding provided by Employment and Social Development Canada

Call Now To Register!

Phone: 604-796-6839

Email: colrecruit@seabirdisland.ca

Web: www.seabirdcollege.ca



Seabird College

2812 Chowat Road,

PO Box 650,

Agassiz BC, V0M 1A0





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

CONSTRUCTION TRAINING PROGRAM



Course Includes:

- First Aid Level 1
- WHMIS
- Mini Excavator
- Skid Steer
- Confined Space
- Chainsaw Safety
- And more !

April 15 - 26, 2024

Training will take place on-site at Sto:lo Service Agency
Building 5B, 7201 Vedder Road Chilliwack, BC
Monday to Friday 8:30am to 4pm

Canada

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





BladeRunners

Work in Construction!

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

Guaranteed Job

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

NEXT PROGRAM RUNS:
April 8 - 19, 2024

GET IN TOUCH WITH US TODAY!



604-688-9116



bladerunners@accessfutures.com



www.facebook.com/BladerunnersVancouver

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

Canada



Funding provided by the Government of Canada through the Canada-British Columbia Job Fund.





Canada

STOLO ABORIGINAL SKILLS &
EMPLOYMENT TRAINING IS HOSTING A

Traffic Control Training

**April 4 & 5, 2024
(8:30am - 4:30pm)**



This training is open to
Indigenous unemployed and
underemployed people living in
the SASET catchment area.

info@saset.ca
5B - 7201 Vedder Rd,
Chilliwack BC
604-858-3691

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





BCNWA
British Columbia
Native Women's
Association

Indigenous Skills Employment and Training Program



What will we fund?

- POST- SECONDARY FUNDING FOR CERTIFICATE AND DIPLOMA PROGRAMS, UP TO TWO YEARS, OR THE LAST TWO YEARS OF A DEGREE PROGRAM
- TARGET WAGE SUBSIDY
- BACK TO WORK START UP ASSISTANCE

Eligibility

- MUST BE A FIRST NATIONS, MÉTIS OR INUIT WOMEN OR GENDER DIVERSE PERSON
- MUST RESIDE OFF RESERVE IN BRITISH COLUMBIA
- MUST BE UNEMPLOYED OR UNDEREMPLOYED OR ABLE TO DEMONSTRATE AN IMMEDIATE RISK OF BEING UNEMPLOYED

Contact

Heather J. McKenzie
ISET Program Lead

221-345 Chief Alex Way, Kamloops BC V2H 1H1

T:1-778-471-9393 C:250-961-1164 E: isets@bcnwa.org





**Sto:lo Aboriginal Skills &
Employment Training is offering**

Wildlands Firefighting Training

April 22 - May 3, 2024

Training will take place on-site at Sto:lo
Service Agency
Building 5B, 7201 Vedder Road Chilliwack
Monday to Friday 8:30am to 4pm



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

Canada





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



SQ'ÉWQEL (SEABIRD ISLAND)

EMPLOYMENT SERVICES CAREER FAIR



Band Office Gym

2895 Chowat Drive, Agassiz

March 13, 2024

10 AM - 2 PM

**Free
Admission!**

**Door
Prizes!!!**



For more information, please contact
Seabird Island Employment Services at 604-796-6865



GROW YOUR BUSINESS WITH OUR BUSINESS LOANS

Stó:lō Community Futures offers business loans
for Indigenous entrepreneurs located within S'ólh
Téméxw, the Stó:lō Traditional Territory.

LOAN PROGRAMS

- Micro-Loan ✓
- General Investment Funds ✓
- Indigenous Impact Lending Fund ✓
- Entrepreneurs with Disabilities Program ✓

Contact Bridgette Hill, SCF Administrative
Assistant by phone at 604-858-0009, or
email at bhill@stolocf.ca, to book an
appointment.



For more information
www.stolocf.ca

We are here to support you on your entrepreneurial journey!

Call for Traditional Plant Knowledge Holders and Riparian Restoration Contractors

CEI is hiring 3-week renewable contracts for Spring riparian planting and invasive removal on the Hope Slough through the project:

Shxwlístexw te Sqwá:la Shxwelí: Care for the Life Spirit of the Hope Slough

Required:

- 2-6 person crews
- Must be able to provide examples of previous planting projects and their effectiveness
- Proof of WCB and safety compliance for all crew members, including on-site First Aid Attendant. (WCB can be provided for Cheam, Sqwá, and Shxwha:y community members)
- Crews should be able to provide their own equipment, fuel, and PPE. Due to permitting restrictions, invasive removal below the top of the bank is to be done with hand machinery.
- Bids must include the cost of post-planting reporting, including photos and details of the planting area.

Preference is given to contractors with a minimum of 5 years experience in riparian restoration with knowledge of local First Nations' traditional customs and practices. Bids will be open to candidates of Indigenous ancestry s16(1) CHRA. until Feb 15/24 and then will be open to the public.

Please send bids to ashley.douglas@cheamenterprises.ca



March 25-28 Safety tickets (deadline March 15th)

This is open for Cheam Members & Community members

Name of Bidder: _____

Phone number: _____

Is your catering business licensed? Yes___ No___

Do you and have a valid food safe certificate? Yes___ No___

Is your food safe certificate attached? Yes___ No___

Does your support kitchen crew have food safe certificate? Yes___ No___

Is their food safe certificate attached? Yes___ No___

Do you have your own transportation? Yes___ No___

Do you need to use the Gym kitchen? Yes___ No___

Did you attach a menu for 13 people? Yes___ No___

Did you attach the costs for?

Food Yes___ No___

Desserts Yes___ No___

Condiments Yes___ No___

Plates, cutlery, cups Yes___ No___

Coffee, tea, juice Yes___ No___

Do your costs include clean-up of the Gym and kitchen? Yes___ No___

Other catering ideas that you will include in your bid: _____

(If you need more room, please submit additional separate sheet of paper

Total catering cost is: _____

Signature of bidder: _____

Please include a copy of all supporting documents, including break down of per plate costs, any food safe certificates, and business license. Please also refer to the attached menu.

Please have all Documents Including bid sheet Into Amanda Aubichon @

amanda.aubichon@cheamband.com



Maintenance Assistant Job Description

| | |
|-------------------------|---|
| Job Summary | Performs skilled and semi-skilled labor in the repair and maintenance of camp facilities, this position provides support to the Maintenance Supervisor. |
| Supervisor | <ol style="list-style-type: none"> 1. Directly reports to Maintenance Supervisor 2. In the absence of number 1; Operations Manager |
| Responsibilities | <ul style="list-style-type: none"> • Works on assigned projects as directed by Maintenance Supervisor; notifies supervisors of repair problems beyond the scope of their authority. • Operates vehicles and equipment in accordance with all safety regulations and procedures; identifies and reports mechanical problems requiring additional repair. • Ensuring a safe, clean, and sanitary environment within park boundaries. • Cleaning and maintaining campsites, day use areas, and all public areas of the property. • Basic landscaping duties including raking and trimming of branches, mowing, trimming, etc. • Picking up litter around all areas of campground. • Removal of refundable recycling (beverage bottles and cans) and transporting to a facility. • Minor maintenance (replace signs, picnic table boards, painting, etc.). • Assist with the sale of firewood. • Enforce parking compliance – visitor parking in overflow; no parking on beach • Ensure campground guests/visitors are abiding by the campground's guidelines and etiquette (rules) – being comfortable to bring it to their attention or escalate to Operations Manager. • Maintain a high level of communication between guests/visitors, colleagues, and the Operations Manager. • Maintain a safe and positive work setting. • Ensuring appropriate personal protection equipment (PPE) is worn and in good condition. • Monitor activity in and around the campground and respond appropriately. • Other related duties as required. |

Skills & Attributes:

- Experience working with power tools (chainsaws, gas weed trimmers, and various other landscaping equipment) knowledge of their safe operation.
- Excellent work habits including punctuality, efficient use of time.
- Good interpersonal skills to establish working relationships with managers, supervisors, co-workers and general public
- Ability to work in a variety of weather conditions.
- Strong time management skills.
- Ability to work well under pressure
- Resourceful and able to work independently in remote locations

To apply please email resumes to Ashley.Douglas@cheamenterprises.ca



Events Co ordinator– Fulltime Contract

Coqualeetza Cultural Education Centre (CCEC) is a non-profit First Nation's organization that has been facilitating Halq'emýelem language, Stó:lō culture, and archival support to the First Nation peoples in the Stó:lō Territory for the past 50 years.

CCEC is planning to facilitate a number of events this spring and summer. The Event's Coordinator position will be responsible for assisting with the co ordinating of CCEC's events from April 1st to October 2024. CCEC main event is our 50th anniversary to be held in June 2024; CCEC Annual General Meeting end of June; every month there is an Elders Fundraiser event; a 2-day weekend Cultural sharing workshop event in late August 2024; and cultural gathering and activities associated with the events.

Key Deliverables and Responsibilities:

- Complete necessary tasks to facilitate the coordination and facilitation of CCEC events and weekly elders' meetings.
- Liaise with existing CCEC Arts/Crafters and engage new artist/crafters for workshop events.
- Create agendas – internal and external for events – and be present for the day/evening events, to set up, facilitate and take down following the event.
- Assist with sourcing quotes and securing caterers, venue, and rentals such as; table, chairs, tents, and washroom facilities.
- Liaise with community partners and potential event speakers.
- Assist with creating cultural gifts and giveaways as well as recruiting volunteers to assist with preparation for event; making of cultural gifts, set up and take down of events.
- Format and distribute marketing materials such as: invitations, registration forms with liability information and advertising on social media posters, signage and local Stó:lō Bands newsletters.
- Co ordinating, attending and supporting planning sessions with CCEC team and volunteers as well as providing weekly updates to the CCEC management.
- Assisting with management of the event (s) budget (s); issuing cheque requisitions, invoices, receipts, and contracts that are to be submitted to the CCEC Manager for final review and approval.
- Facilitate and manage the drop off, pick up and return of all rental returns.
- Arrange appropriate insurance liability and First Aid support with CCEC manager for the 50th and the Cultural Sharing event.
- Complete other tasks as determined by the CCEC Manager, Cultural Co ordinator and the Board of Directors

Qualifications:

- Completed Grade 12 or equivalent with minimum of two years' experience organizing and coordinating small and large local events in Stó:lō Territory.
- Strong communication and interpersonal skills both written and oral.
- Ability to format and complete weekly written and financial budget reports.
- Ability to multitask, have strong organization skills and is willing and able to take initiative to complete required tasks.
- Reliable, punctual individual with excellent interpersonal skills and ability to work well independently.
- Experience with current computer programs and software.
- Provide a valid class 5 BC Driver's License, have a reliable vehicle, a Clear Criminal Record and Driver's Abstract.

CCEC Event Coordinator PR Feb 26 2024

11 P 2 2 4

WE ARE HIRING

Multiple Positions

FIRST NATION LAND GOVERNANCE REGISTRY (FNLGR)

The FNLGR is a multi-year, multi-million-dollar national project to establish and operate a First Nations' run, independent, incorporated, non-profit organization focused on delivering land registry services to First Nations in Canada.

CURRENT POSITIONS TO BE FILLED:

- Policy Analyst
- Senior Registration Officer
- Human Resources Generalist

APPLY BY MARCH 22, 2024



For full details, please visit www.labrc.com/careers/.



JOB DESCRIPTION

| | | | |
|------------------------|----------------------------|------------------------|-------------------|
| Position Title: | Project Assistant | Department: | Lands and Capital |
| FTE/STATUS: | Full-Time, Permanent | Salary Range: | \$19 - \$22 |
| Office Hours: | Mon.-Fri., 8:30am - 4:30pm | Effective Date: | ASAP |

Position Summary:

The Project Assistant is responsible for performing daily tasks that will support the Lands and Capital Department including Housing and Public Works. The incumbent will be responsible for administrative, clerical, research, project coordination and other support required.

Required Qualifications / Education / Experience / Skills:

- Minimum of two years' work experience in a related administrative position.
- Experience in document management.
- Experience coordinating projects.
- Direct experience working with First Nations government as an Administrative Assistant is considered an asset.
- Proven experience taking meeting minutes, transcribing minutes, and preparing action items is required.
- Computer literacy and skills in Excel, Word and databases.
- Excellent time management and organizational skills.
- Possesses strong ethical standards, work ethic, and is highly motivated.
- Ability to work in a team-gear, culturally, and politically sensitive environment.
- Ability to balance competing priorities, multitask, and work under pressure.
- Ability to be flexible and to work in an environment that applies cross-training within other Departments.
- Excellent listening, verbal, and written communication skills. Proficient with community and staff engagement.
- 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 considered an asset.
- Experience working with First Nations community is considered an asset.
- Satisfactory Criminal Record Check.

Duties and Responsibilities:

- Draft, organize, and distribute all department announcements.
- Attend, take and draft minutes of all department meetings and conference calls, relaying action items and other activities required for follow-up.
- Ensure the Lands and Capital department stays abreast of all pending deadlines.
- Assemble reports and/or other administrative paperwork as required.
- Perform photocopying and faxing as required.
- Attend and take notes on external meetings, workshops and information sessions and report back to the Director.
- Complete data entry as required, utilizing Xyntax and DocStar software.
- Organize physical and electronic files and archive outdated information.
- Create forms, templates, and/or procedures/processes, as required.
- Assist, coordinate and at times manage projects for Lands and Capital, Public Works and Housing.
- Provide administrative support to the Director.
- Conduct research for the department.

Records Management:

- Develop and/or maintain efficient electronic and physical filing systems, records storage and databases.
- Ensure the timely and accurate data entry. Ensure detailed data entry is being completed regularly and promote the increasing use of the software organization-wide.
- Complete auditing of files periodically.
- Manage DocStar and train employees and management.

Reports To:

Lands and Capital Director

Direct Reports:

- N/A

Back Up:

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

Professional Development:

Cheam First Nation encourages lifetime learning. Professional development is one tool to achieve this. You are encouraged to discuss professional development opportunities with your immediate supervisor. Further, additional training requirements may be added by your supervisor to ensure your skills meet the current or expected organizational needs.

Adjustments to Job Descriptions:

Cheam retains the right to make necessary adjustments or amendments to job descriptions to meet current or expected business needs provided that the appropriate notice is provided. Cheam also retains the right to temporarily reassign employees to another program or department for projects or assignments at any time.

To apply please send your resume and any supporting documentation to happlications@cheamband.com



Community
Futures Stó:lō

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



**Threads of
Heritage**



JOB DESCRIPTION

| | | | |
|------------------------|--------------------------|------------------------|---------------------|
| Position Title: | Wellness Advocate | Department: | Health and Wellness |
| FTE/STATUS: | Full-Time, Contract | Salary Range: | \$24 - \$28 |
| Office Hours: | Varies | Effective Date: | |

Position Summary:

Under the direction of the Health and Wellness Director, the Wellness Advocate's primary goal is to provide non-clinical counselling services including, confidential addiction counselling, referrals to detox and treatment facilities, education and support to Cheam Members and their families, and to promote positive and healthy lifestyles and choices.

The Wellness Advocate can expect to work irregular hours, including evenings and weekends and will need to manage time to accommodate scheduled and unscheduled client visits.

Required Qualifications / Education / Experience / Skills:

- Diploma in Psychology, Counselling, Substance Abuse Training, etc.
- Minimum of 3-5 years' work experience in the Drug and Alcohol Counselling field.
- Experience in performing individual and group counselling sessions, crisis intervention, mediation and ability to facilitate healing circles.
- Proficient knowledge of the causes and effects of drug and alcohol addiction, substance abuse, FAS/E, family dynamics and the impacts of trauma.
- Knowledge of resource agencies such as treatment centers, local counsellors and/or other related health care providers, etc.
- Knowledge and active implementation of harm reduction principles.
- Experience with program and project management, delivery, and evaluation.
- NNADAP (National Native Alcohol and Drug Abuse Program) Certification is considered an asset.
- Knowledge of funding requirements is an asset.
- Strong conflict resolution skills and ability to interact positively with clients in crisis.
- Excellent time management, organizational, planning and analytical skills.
- Possesses strong ethical standards, work ethic, and is highly motivated.
- Ability to work in a team-gear, culturally and politically sensitive environment.
- Ability to balance competing priorities, multitask, and to work under pressure.
- Ability to be flexible and to work in an environment that applies cross-training within other Departments.
- Proficient computer skills including Microsoft Office Applications (Word, Excel, Internet, and Email).
- Excellent 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 considered an asset.
- Experience working with First Nations community is considered an asset.
- Valid BC Driver's License, Class 5.
- Satisfactory Criminal Record Check.

Duties and Responsibilities:

Develop, Administer and Implement a Drug and Alcohol Program:

- Plan, organize and coordinate a drug and alcohol program, as well as mental health and self-care related activities for individuals, families and groups.
- Provide weekly and monthly schedule of activities and advertise as needed.
- Develop an annual workplan outlining programs that will tackle the topic of addictions.
- Prepare activity/events reporting on a monthly basis.
- Develop culturally relevant programs and activities.
- Maintain policies and procedures.
- Develop monthly and annual statistics regarding program/event/activities/workshop attendance.
- Develop evaluation methods for programs, events and activities delivered.
- Maintain confidential records of client interactions.
- Maintain notes about community contacts, presentations and workshops attended and delivered.
- Maintain a resource library of information about addictions, prevention, FAS/E and other related topics.

- Provide drug and alcohol-related counselling and support to individuals, families and groups in the community. Counselling shall include education on the use and effects of alcohol and drugs. This also includes providing counselling to expectant mothers (pregnant women) about the effects of drug and alcohol use on the fetus.
- Provide a safe and welcoming environment for people to visit.
- Accept referrals from individuals, families, and agencies in the community.

Provide Counselling for Individuals, Families and Groups:

- Meet with clients to evaluate their health and substance problems.
- Identify issues and create goals and treatment plans.
- Teach clients about coping mechanisms building positive and healthy relationships and identifying support systems.
- Assist clients with advice regarding healthy lifestyle choices and assist them with resources to find employment and/or re-establish their careers.
- Lead group therapy sessions and/or meet with family members and provide guidance and support.
- Work with Clients to develop aftercare plans upon completing treatment.

Develop, Organize/Coordinate and Host Drug and Alcohol Educational Sessions, Events, and other Health related Activities:

- Organize special events including dances and feasts, etc. This requires the development of an event program plan and corresponding budget; booking venue/caterers/facilitators and other services; purchasing all required equipment and supplies; leading the event; documenting attendance and other records; providing wrap-up reports and evaluation of programs/events.
- Coordinate and host educational workshops on drugs and alcohol.
- Coordinate and host a variety of mental health related activities for clientele and community groups.
- Access, collect and store relevant information and resources. Distribute this information as necessary.
- Provide resources and make referrals to other agencies as required.

Provide, Organize and Coordinate Addictions Treatment Referrals:

- Assist individuals to identify their needs for treatment programs.
- Liaise with treatment facilities staff.
- Assist client to meet all requirements for treatment participation. Assist clients through drug and alcohol rehabilitation programs and offer techniques for handling addictions.
- Make client referrals to available support groups.

Liaise with Community Agencies and Supports:

- Ensure ongoing contact with affiliated agencies supporting drug and alcohol programs and services.
- Participate in internal working groups and/or committees.
- Provide education through presentations and workshops, as requested.
- Lobby organizations for programs and support.
- Other duties or responsibilities as assigned by your Manager.

Back-Up:

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

Professional Development:

Cheam First Nation encourages lifetime learning. Professional development is one tool to achieve this. You are encouraged to discuss professional development opportunities with your immediate supervisor. Further, additional training requirements may be added by your supervisor to ensure your skills meet the current or expected organizational needs.

Adjustments to Job Descriptions:

Cheam retains the right to make necessary adjustments or amendments to job descriptions to meet current or expected business needs provided that the appropriate notice is provided. Cheam also retains the right to temporarily reassign employees to another program or department for projects or assignments at any time.

To apply please send your resume and any supporting documentation to hrapplcations@cheamband.com



JOB DESCRIPTION

| | | | |
|------------------------|---|------------------------|-----------|
| Position Title: | Recreation Leader - Wellness Strong Families | Department: | Health |
| FTE/STATUS: | Full-Time, Permanent | Salary Range: | \$19-\$26 |
| Office Hours: | Varies | Effective Date: | |

Position Summary:

Under the Direction of the Wellness Manager and Health and Wellness Executive Assistant, the Strong Families Recreation Leader is responsible for developing, coordinating, administering, and managing suitable recreational programs for Cheam Members. The position will require you to work with all age ranges and will require significant shift, evening, and weekend work.

Required Qualifications / Education / Experience / Skills:

- Post-secondary education in Recreation, Child/Youth care, Social Work, or a related field.
- Preferred two years' work experience in a similar role. Strong ability in recreation program design, development, implementation, and evaluation.
- Working knowledge of health and safety aspects of recreational programming and other recreation trends.
- Proficiency in report writing and budget management. Familiarity with Generally Accepted Accounting Principles is considered an asset.
- Experience in proposal/grant writing and awareness of resources that exist to assist with recreational programming expenses.
- Experience with and understanding of effective advertising and promotional techniques.
- Advanced computer literacy and skills in Excel, MS Word, Outlook, PowerPoint, Xyntax software, etc.
- Excellent time management, organizational, planning and analytical skills.
- Possesses strong ethical standards, work ethic, and is highly motivated.
- Ability to work in a team-gear, culturally and politically sensitive environment.
- Ability to balance competing priorities, multitask, and work independently under pressure.
- Strong initiative and motivation to develop programs and ensure their success.
- Ability to be flexible and to work in an environment that applies cross-training within other Departments.
- Excellent verbal and written communication skills. The ability to deal with a number of different target and age populations is required. Must have the ability to successfully interface with the community, other levels of government, etc.
- 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 considered an asset.
- Experience working with First Nations community is considered an asset. Strong knowledge of Cheam First Nation history, community and social needs is considered an asset.
- Valid BC Driver's License, Class 5; access to reliable transportation. A class 4 license is preferred.
- Satisfactory Criminal Record Check and Vulnerable Sector Check.

Duties and Responsibilities:

- Develop, coordinate, promote and evaluate recreational programs for all ages and abilities.
- Develop annual recreation work plans and corresponding budgets in conjunction with the Wellness Manager and other "planning" team members. This will include organizing and maintaining an annual calendar of all scheduled events.
- Monitor and administer the recreation budget, reviewing and approving expenses, purchasing needs supplies/materials, etc.
- Ensure an opportunity for a variety of safe, accessible and appropriate recreational activities that **focus on culture and language**.
- Coordinate all facility bookings, catering needs, materials and supplies, etc.

- Develop and coordinate a recreational “volunteer” program and process.
- Develop, coordinate and assist other departments with the implementation of Special Events/Traditional Ceremonies for all ages based on community needs and wants, and actively participate in specific community-operated events when necessary. Ensure best practices and standards are followed in the development and implementation of programs and special events/traditional ceremonies.
- Establish and maintain appropriate public relations in the community and with a variety of stakeholders including funding partners, Cheam Council and Staff, government agencies, and other local First Nations communities and groups. This will include community participation at all levels.
- Respond to community needs and public inquiries/complaints as they relate to recreational programming.
- Promote and publicize all recreation/leisure programs/services through the incorporation of media sources, and direct member/community contact.
- Develop, recommend and implement recreational programming-based policies and procedures, as required.
- Organize, coordinate and facilitate meetings with individuals, user groups, schools, community groups, etc., assisting with their needs as required (access to facilities, promotion, connections with other groups, etc.)
- Coordinate community recreation resources and encourage communication and cooperation among partners involved in the provision of their recreational and cultural services to avoid duplication of efforts and better meet community needs.
- Liaise with the Ministry of Culture, Tourism and Recreation and other municipal, provincial and national organizations and government departments to enhance the delivery of recreational and cultural services.
- Seek out, recommend and administer funding programs to maximize recreation opportunities. This may include proposal writing and other fundraising initiatives.
- Develop and maintain a complete inventory of recreational assets and resources within Cheam.
- Collect, evaluate and provide statistical reporting to the Cheam Executive Director, Chief and Council, and other stakeholders (funders) based on user surveys, attendance and evaluation forms, and other statistical information gathering exercises.
- Develop and attend Recreation Advisory Committee meetings.
- Assist with the duties of the day-to-day operations of the facilities bookings, when required.
- Other duties or responsibilities as assigned by your supervisor, Manager, Director, or the Cheam Executive Director.

Reports To:

- Wellness Manager

Direct Reports:

- Recreation Program – Volunteers
- Student Recreation clerk

Back-Up:

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