



XWCHÍYÒ:M

CHEAM FIRST NATION

COMMUNITY NEWSLETTER: May 3, 2024



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XWECHYOM 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:

May 5	<u>MMIWG2S+ March</u>
May 7	Community Kitchen @ Cheam
May 8	<u>CRA/Service Canada Clinic @ Cheam</u>
May 8	FAL Community Meeting & Dinner
May 14	Cheam Womens Group Starting
May 14	Cheam Elder's Meeting & Luncheon
May 28	Regular Cheam Council Meeting
June 5	Monthly Cheam Community Meeting
June 8	Cheam Education Awards

[Please see our website for our full calendar of events](#)

2024 FILE UPDATE FOR INCOME ASSISTANCE CLIENTS

To all income assistance clients: please make appointments for the April 2024 file update. If not done before the May 1st cheque run you will have to wait until your file is updated with all necessary documentation before receiving your May assistance. Please book with Diana Giroux or Amanda Aubichon by calling the Health Department at 604-794-7927 or emailing amanda.aubichon@cheamband.com or diana.giroux@cheamband.com. Best regards, Social Development



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.



XWCHÍYÒ:M

CHEAM FIRST NATION

TENANCY AGREEMENTS 2024/2025

The Housing Department will require tenants to come in and renew your Housing agreement and sign a repayment agreement for any arrears owing. Please have **ALL** adults living in your home come in to sign the Housing agreement. Social development requires a tenancy agreement & confirmation of residence for all clients for the new fiscal year which starts now.

The below homes listed still need to sign their tenancy agreements.

Kindly schedule your 30 min appointment with front desk at (604) 794-7924 desk as soon as possible.

Old Yale Road., 51888
Old Yale Road., 52089
Bridge Rd., 621 RR#2
Bridge Rd., 745 RR#2
Douglas Place, 53429
Douglas Place, A-53394
Mammam Cr., 10285
Mammam Cr., 10291

Old Yale Road, 52152
Victor Dr, 2-52172
Victor Dr, 1-52174
Victor Dr, 2-52174
Alexis Cr., 52191
Mammam Cr., 52207
Mathela Cr., 52163
Alexis Cr., 52183

All band members that use the shelter as a residence please also need to come in and sign a form.

Thank you,

Lydia Archie - Housing Manager

CHEAM DRAFT FINANCIAL ADMINISTRATION LAW 2024

Further to our posts sharing the draft FAL documents on March 20th we would like to invite Cheam Members to a community dinner/meeting on May 8th (dinner at 5pm, meeting at 6pm) to discuss the draft Financial Administration Law.

Full documents can be found at the link below.

<https://cheam.ca/2024/03/cheam-draft-financial-administration-law-2024/>

The Zoom link to participate online after the dinner is:

<https://us06web.zoom.us/j/83504326039>



MMIW GZS+ AWARENESS MARCH

MAY 5, 10AM



**JOIN US FOR A MARCH ACROSS THE AGASSIZ
ROSEDALE BRIDGE TO CHEAM BEACH FOR
SPEECHES AND A LIGHT LUNCH. FULL
DETAILS ON FACEBOOK EVENT PAGE.
BRING YOUR DRUMS & RATTLES.**

POSTER MAKING & MMIW FILM NIGHT – APRIL 29, 2-6PM – IN THE CHEAM GYMNASIUM.



Drop-in Clinic with Canada Revenue Agency & Service Canada

Join us to get your taxes filed, find out more about the benefits, credits, pensions, programs, and services you may be entitled to!

Date: May 8th 2024

Time: 10:00 am – 2:30 pm

@ CHEAM FIRST NATION

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A -Pension, T4A- OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada Child Benefit (CCB), GST/HST credit, Canada Worker's Benefit (CWB)
- Account updates (address, contact number, direct deposit, etc.)

Service Canada

- NEW Canadian Dental Care Plan - Information and Application/Attestation
- Pension information on Old Age Security and Canada Pension Plan
- Get a Social Insurance Number (birth certificate in most cases will be required)
- Receive an access code to sign up for online My Service Canada
- General Government of Canada information

* Please bring any ID you have as what is required will depend on the services accessed



Gouvernement
du Canada

Government
of Canada

Canada





SASET

STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING

Are pleased to host:
Canada Revenue Agency and Service Canada Mobile Clinics

Boston Bar First Nation	April 18, 2024	
Spuzzum First Nation	April 17, 2024	
Sumas First Nation	April 30, 2024	
Seabird First Nation	April 4 & 9, 2024	
Chawathil First Nation	May 7, 2024	
Cheam First Nation	May 8, 2024	
Shxwowhamel First Nation	May 9, 2024	
Aitchelitz First nation	May 14, 2024	
Skowkale First Nation	May, 14 2024	
Yakwekwioose First Nation	May 14, 2024	
Soowahlie First nation	June 12, 2024	
Leqa:mel First Nation	June 19, 2024	

Canada Revenue Agency (CRA)

- Information on T4 slips and personal tax account overview
- Address Changes
- Information and help with benefits and credits such as the Canada Child Benefit (CCB), GST/HST credit, Canada Workers Benefit, and Disability Tax credit
- The Community Volunteer Income Tax Program (CVITP)

Service Canada

- Employment Insurance, Canada Pension Plan & Old Age Security and Guaranteed Income Supplement
- Social Insurance Numbers (SIN)
- Other Federal Programs and Services

Please Note: Bring 1 photo ID and your Social Insurance Number to receive assistance.

FOR MORE INFORMATION PLEASE INFO@SASET OR CALL
www.saset.ca



MAY 11TH, 2024
STÓ:LŌ NATION GROUNDS
COQUALEETZA LONGHOUSE
7201 VEDDER RD

THÉLÁ:YLEXW AWTXW



HOUSE OF LIFE GIVERS

Please join us
as we celebrate our
Stó:lō Aunties, Grandmothers & Matriarchs

The Matriarchs have knowledge to share, and have requested time to pass on the teachings.

Our members have asked for more time to sit together, be together, walk together and to learn our song and dance. We will practice throughout the day

**TELL US YOU'RE
COMING AT**

WWW.STOLOWOMEN.COM

OR

EMAIL:
ADMIN@STOLOWOMEN.COM

**THIS EVENT IS A
PARTNERSHIP WITH
STS'ELEMEQW RS THRIVERS**

Please bring your sitting blankets, and dress for the weather, we will be in and outdoors.

10:00am - Check-In, Opening

Prayer & Comments

12:30pm - Lunch

3:00pm - Wrap-Up



COMPETITIONS!!!

- IRON MAN
- SPECIAL



DRUMMING SINGING DANCING

DINNER!?

Pelóthxw
COASTAL JAM

EVERYONE IS WELCOME!!

18 May | **5:00PM**
2024

Skwah Landing Canoe Race Grounds

SPONSORED BY SUMAS FN HEALING HOMES

CONTACT: DIONNE SHAW
DIONNE.SHAW@SUMASFIRSTNATION.COM





SELXWÍ:CHEL ARTS & CULTURE DAY: VOLUNTEER CALL OUT

We are currently looking for volunteers to help us out for this year's annual Selxwí:chel Arts and Culture Day! If you are interested, please contact us at events@heritageabbotsford.ca

SELXWÍ:CHEL
ARTS &
CULTURE
DAY
JUNE 9TH
2024



2nd Annual Every Child Matters Slo-Pitch Tournament

24 teams (3 Divs) @ \$425 Entry

WHEN: AUGUST 9th to 11th, 2024

WHERE: TOWNSEND PARK, CHILLIWACK, BC

6 & 4 – Big Ball / Small Ball (Hot Dots)

\$125 (non-refundable) DEPOSIT REQUIRED

Full Entry due by July 26th

3 G.R.R. & DKO

Registration & EMT: everychildmatters1.0@gmail.com

or Call/Text Tanya 604-819-2754

All proceeds will be donated to www.irsss.ca

The Indian Residential School Survivors Society

Donations are welcome.

Silent Auction/Raffle Table/Bat Raffle

Please be respectful of everyone

More details to come

We are working on a group rate for a local hotel and for the Sweltzer Creek
Campsite on Soowahlie First Nations, Cultus Lake, BC

Monetary donations please send to: everychildmatters1.0@gmail.com

or

Contact: Tanya 604-819-2754 or Julia Glowa 778-688-6476

*** Note: 2023 tournament, 16 teams and a donation of \$4450.00 to the society ***



EDUCATION & WELLNESS FAIR



Tuesday, May 14th



**Seabird Island Community
School Gym**

**Doors open @ 4:30pm
Dinner @ 5:00pm**

**Contact information:
seabirdpac@gmail.com**

**EVERYONE IS INVITED! LOTS OF DOOR PRIZES!
OPPORTUNITY TO UPDATE ID/STATUS CARDS**

I STAND AGAINST DOMESTIC VIOLENCE

#Domesticviolenceawarenessmonth

Breaking cycles, building generations.

Do you or someone you know need help?

Wilma's Transition Society offers temporary safe shelter at a confidential location Contact 24 hours a day, 7 Days a week. If you are in an emergency situation please Call: (604) 858-0468 or (Toll Free) 1-888-558-0468



Qwi:qwelstom: Intake call Darren Charlie at (604) 824-3200

"We honour mekw'wat by bringing healing within s'olh temexw."

CHEAM GARDENING CLUB

To any Cheam youth who would like to learn how to garden from planting through to harvesting please contact amanda.aubichon@cheamband.com or 604-794-7927. This program will be led by a few Cheam Elders throughout the summer & fall.

Once plants are harvested youth will also learn how to can. *Everything is supplied.*





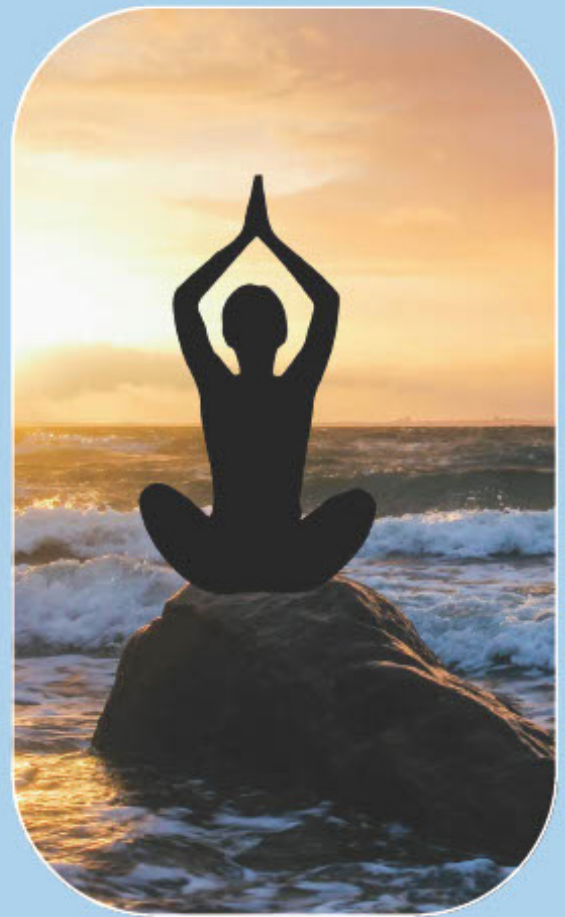
Self-Care Workshop

June 6 & 7, 2024

Looking to learn new ways and ideas on how to do self-care right for you?

This workshop will cover:

- Understand Self Care
- Identify support networks and resources
- How to manage your mental health



**Workshop will take place on-site at Sts'ailes EAS
4690 Salish Way
Agassiz, BC**

**June 6 & 7, 2024
8:30 AM TO 4:30 PM**

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





QWÍ:QWÉLSTÓM

MEN'S RESPECTFUL RELATIONSHIPS

TUESDAYS IN STS'AILES

MAY 7TH-JULY 9TH 2024

TIME: 12:00 PM-2:30 PM

Lunch provided

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

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

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

**Graduation
Ceremony with
Certificate**

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





BC HOUSING

Community Supports in an Emergency

BC Housing works in partnership with private, non-profit and co-operative sectors, provincial health authorities and ministries, other levels of government and community groups to deliver a range of housing solutions. In an emergency, these support programs provide short and long-term solutions to assist residents and communities in British Columbia.

Support for Individuals and Families

1. Rental Subsidies:

- a. Subsidies can be provided to homeowners, renters, seniors, families, and persons with disabilities:
 - i. Rental Assistance Program (RAP): provides a rent supplement to eligible low-income working families renting in the private market to help with their monthly rent payments.
 - ii. Shelter Aid for Elderly Renters (SAFER): provides a rent supplement to eligible lower income seniors renting in the private market to help with their monthly rent payments.

2. Rental Housing:

- a. Subsidized and market rental, and co-operative housing, typically unfurnished, may be available for seniors, families or persons with a disability, in communities throughout the province. This is eligible to apply and an applicant is added to the Registry to await the availability of housing.
- b. Private market rental housing landlords can be contacted by a recovery or resiliency centre and asked to advise of any vacant rental space which could be made available to evacuees.

3. Emergency Shelter Program:

- a. In some communities; Year-around, Temporary, and Extreme Weather shelters (when a community issues an Extreme Weather Alert based on their Extreme Weather Response Plan during November and March) provide support to vulnerable individuals or families with a diverse range of needs and abilities.

4. Homeless Outreach and Homeless Prevention Programs:

- a. In some communities; engages people where they are situated, such as living in public places, in a shelter, or in a temporary location, to help people who experience homelessness or are at risk of homelessness. Maximum income limits apply.
- b. In some communities; provides temporary rental supplement assistance primarily to people who are not able to make the complete payment for their housing needs.

Support for Communities

5. Building Damage Assessment:

- a. Trained personnel can be coordinated and deployed to assist in assessing buildings impacted by floods or earthquakes.
- b. Training and resources assistance can be provided to communities and organization to run their own damage assessment program.
- c. For more information, visit the **Post-Disaster Building Assessments website:** <https://www.bchousing.org/about/SES/post-disaster-building-assessments>

Eligibility information and other details about each of these support programs can be found at www.bchousing.org.



Eligibility Requirement Summary	Programs			Emergency Shelters		Housing Programs	
	RAP	SAFER	Emergency Shelters	Rental Housing	Indigenous Housing		
Receiving Income Assistance	Not Eligible	Not Eligible	Eligible	Eligible to apply	Eligible		
Receiving Employment Insurance	Eligible	Eligible	Eligible	Eligible	Eligible		
Receiving Employment Income	Required	Eligible	Eligible	Eligible	Eligible		
Receiving pension	Eligible	Eligible	Eligible	Eligible	Eligible		
Maximum Income	Maximum Income Limit	Maximum Income Limit	Not Applicable	Maximum Income Limit	Maximum Income Limit		
Maximum Assets	Maximum Asset Limit	Not Applicable	Not Applicable	Maximum Asset Limit	Maximum Asset Limit		
Prior residency in Province	Required One (1) year	Required One (1) year	Not Required	Current BC Resident	Not Required		
Age Requirement	Maximum Age of Children 19/25	Minimum Age 60	Varies	Varies	None		
Indigenous Ancestry	Not Required	Not Required	Not Required	Not Required	Required		
Family Size	Applicable	Applicable	Applicable	Applicable	Applicable		
Person with Disability	Not Required	Not Required	Not Required	Not Required	Not Required		
No permanent address or residence	Not Eligible	Not Eligible	Eligible	Eligible	Eligible		
Full Eligibility requirements	bchousing.org/rap	bchousing.org/safer	bchousing.org/housing-assistance/homelessness-services	bchousing.org/housing-assistance/rental-housing	bchousing.org/housing-assistance/rental-housing/indigenous-housing-providers		

This information is intended for quick reference only. For a complete list of the eligibility requirements, additional information and other details of BC Housing supports, please call **604-433-2218** in the Lower Mainland or **1-800-257-7756** in the rest of the province.

Eligibility information and other details about each of these support programs can be found at www.bchousing.org.

Toxic Drug Response & Priority Populations Overdose Outreach Team

What's Happening?

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

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

When Will This Happen?

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

Important Things To Know About OOT?

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

For Fraser Health sites that use PARIS:

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

Community and Fraser Health Programs that do not use PARIS:

Please refer by one of the methods listed below:

- **Email:** oot@fraserhealth.ca 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



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 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.





XWCHÍYÒ:M
CHEAM FIRST NATION

52161 Victor Drive
Rosedale, BC V0X 1X1
604-794-7924
www.cheam.ca

Social Assistance Cheque Schedule 2024

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2024	December 15, 2023	December 21, 2023	January 14, 2024
February 2024	January 15, 2024	February 1, 2024	February 15, 2024
March 2024	February 15, 2024	March 1, 2024	March 15, 2024
April 2024	March 15, 2024	April 1, 2024	April 15, 2024
May 2024	April 15, 2024	May 1, 2024	May 15, 2024
June 2024	May 15, 2024	May 31, 2024	June 14, 2024
July 2024	June 14, 2024	June 28, 2024	July 15, 2024
August 2024	July 15, 2024	August 1, 2024	August 15, 2024
September 2024	August 15, 2024	August 30, 2024	September 13, 2024
October 2024	September 13, 2024	October 1, 2024	October 15, 2024
November 2024	October 15, 2024	November 1, 2024	November 15, 2024
December 2024	November 15, 2024	November 29, 2024	December 13, 2024

YOUTH PROGRAMS/OPPORTUNITIES

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

MAY 1-7

2024



Youth Week
British Columbia • May 1-7

FREE STUFF
FOR YOUTH!



SPORTS
FOOD, DODGE BALL,
MURDER MYSTERY,
LASER TAG
& PRIZES



abbyouth.com



★ Jordan's Principle ensures First Nations children in BC can access the support they need, when they need it.

To access support for Jordan's Principle at any time, the Jordan's Principle Call Centre is available 24/7.

Simply call 1-855-JP-CHILD (1-855-572-4453) or go online www.jordansprinciplehubbc.ca.



CHILLIWACK

EARLY YEARS FAIR

Register Now



May 15th
10:00am–1:00pm



Sardis Library
5819 Tyson Road
Chilliwack, BC



Free activities and food!



Bussing available from Bernard or Central Elementary

ACTIVITIES & STATIONS

- Singing
- Art
- Bannock Tacos
- Shave Ice
- Scavenger Hunt
- Outdoor Play
- Story Time
- Library Card Registration

and more!

AGES 0–5

SAVE THE DATE



Chilliwack School District



Chilliwack Learning Society



Fraser Valley Child Development Centre
Helping kids shine!



Sardis Doorway



Chilliwack Community Services
SHARE. GROW. BELONG.



BRITISH COLUMBIA
Ministry of Children and Family Development





Visions and Voices

LACROSSE CAMP

Ages 6-16



Thursdays 9-11am
July 11-Aug 1 (4 Sessions)
Tzeachten Field Chilliwack
6325 Matheson Rd

Come out this summer and learn to play Lacrosse or practice your skills! Equipment, Jersey and teachings provided! Free program for Indigenous youth ages 6-16. All experience levels welcome!



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

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



Grade 10-12 Cheam Students

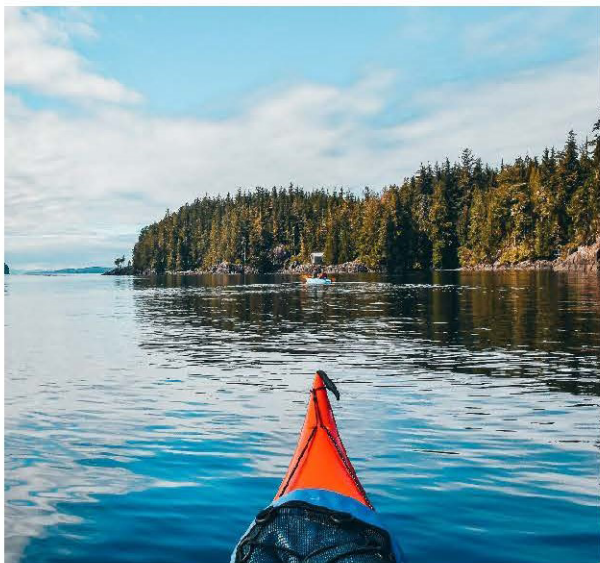
Two fun filled days for excellent attendance.

Come join us for some white water rafting, whale watching.....etc.

Dates: July 4th 8am-1pm/whitewater rafting

July 4th 2 pm kayaking in Harrison

July 5th whale watching in Vancouver



Please sign up with amanda.aubichon@cheamand.com or diana.giroux@cheamand.com
P:604-745-8017 Attendance records will be required.

For those that need to improve their attendance you have til June to improve it by 60%.

Open to all Cheam grade 10-12 band members.



GRADUATION HELP FOR CHEAM STUDENTS

To all Cheam grade 12 students/parents of graduating grade 12 students: please contact Amanda Aubichon for financial help with tuxes/grad gowns at 604-794-8026 or email: amanda.aubichon@cheamand.com.

Proof of graduation from the school will be required.



TRAINING OPPORTUNITIES

If any Cheam members would like to get their "L" driver's licence please connect with Amanda at amanda.aubichon@cheamband.com or 604-794-7927. We need to see how many are interested before running a program.



Indigenous Youth Career Development Workshop

18+

This is an excellent opportunity for Indigenous Youth to learn essential confidence-building, money management, and career exploration skills while becoming more comfortable with presenting and public speaking.

- June 1st, 2024
- 10 am - 5 pm
- 7201 Vedder Road, Chilliwack
Building 10 - 1st Floor Room

This workshop is for Youth 18 years of age or older.

To register

604-858-0009

bhill@stolocf.ca



Activ8
CORPORATE RELATIONS + TRAINING



Schi:ya Construction²⁷

S'ólh Téméxw Guardians Cultural Training Program



A thirteen week course for First Nation individuals seeking to strengthen their knowledge and understanding around Stó:lō cultural perspectives related to land stewardship.

This course will provide learners with cultural training and skills applicable to current and prospective career opportunities in Guardianship, Land Stewardship, and other similar roles.

Over a period of thirteen weeks participants will engage with course materials, on-the-land learning experiences, and teachings from Elders, Knowledge Holders, and other experts.

Participants will spend two days each week in learning sessions:

- One day of in-class research, inquiry, and reflection.
- One day of field research and experience, learning from and on the land.
- Lunch is provided.
- Free for STSA member First Nations (Chowéthel, Xwchíyò:m, Kwaw'Kwaw'Apilt, Sq'éwlets, Sq'éwqel, Shxw'ōwhámél, Sq'éwá:lxw, Sqwá, Semá:th, Yale, Áthelets, Shxwhà:y Village, Sq'ewqéyl, Th'ewá:li, Sxwoyehálá, Ch'íyáqtel, Yeqwyeqwí:ws).

Requirements:

- For ages 18 and up.
- Must have transportation to and from Seabird College.
- Must have rain/outdoor gear.

Date Range:

Sept 3 - Dec 6, 2024

Commitment:

2 days each week

Location:

Seabird College
2895 Chowat Road
Agassiz

All participants will receive a Certificate of Completion upon completion of the course

To register or for more information contact:
learn@stsa.ca



Seabird College
EDUCATION FOR REAL LIFE



Stó:lō Research
and Resource
Management Centre

STSA



S'ólh Téméxw
Stewardship
Alliance

S'ólh téméxw te íkw'elò. Xyólhmet te mekw' stám ít kwelát. This is our land. We have to take care of everything that belongs to us.





Community
Futures Stó:lō

Stó:lō
Community
Futures
has a new online
booking system.



Our Services

- Business Support
- Business Training
- Business Aftercare



SCAN HERE

BOOK NOW

604-858-0009

www.stolocf.ca



FOODSAFE CERTIFICATION COURSE AT CHEAM

With the help of FNHA we will be hosting a foodsafe certification course here at Cheam. The course will be 6 hours, lunch included. We are collecting names right now to see how many community members are interested so that we can arrange a date(s). Please sign up with Catana at 604-745-8010 or catana.tommy@cheamband.com



Recognized food-service skills in 1 day!

FoodSafe certification opens up a world of possibilities. Register today!

CERTIFICATE TRAINING

FOR YOUTH SUMMER EMPLOYMENT



Dates

July 2-5 2024

Location

SASET EAS
Bldg 5B 7201 Vedder Rd
Chilliwack BC

Course Includes

- FoodSafe
- Emergency First Aid with CPR
- WHMIS
- WCB Awareness
- Customer Service

LUNCH IS PROVIDED



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



CULINARY ARTS PRE-TRADE PROGRAM



Start Date
September 2024

Course Includes

Certificates: FoodSafe, First Aid Level 1, WHMIS & WCB Awareness

- Occupational Skills
- Stocks, soups and sauces
- Vegetables and fruits
- Starches
- Meats & Poultry
- Seafood
- Garde-mange
- Eggs, Breakfast cookery and dairy
- Baked goods, desserts and beverages
- Basic kitchen management
- Two week practicum placement

Are you an Indigenous individual residing in the SASET catchment area who has an interest in the cooking profession?

If so, contact a SASET employment counsellor to book an appointment and complete the package.



Canada

UFV

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



LANDSCAPING TRAINING PROGRAM



Lunch Provided



Are you an Indigenous individual residing in the SASET catchment area who has an interest in Landscaping?

If so, contact a SASET employment counsellor to apply for this upcoming training!



DATE & LOCATION

May 27 - 31, 2024

Bldg 5B 7201 Vedder Rd
Chilliwack BC

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



CONSTRUCTION TRAINING



Lunch Provided



Are you an Indigenous individual residing in the SASET catchment area who has an interest in construction?

If so, contact a SASET employment counsellor to book an appointment and complete the application

CERTIFICATES

- Confined Space Entrant
- Fall Protection
- Ground Disturbance Level 2
- Hoisting & Rigging
- Chainsaw Safety
- Small Tools or TCP
- Skidsteer
- Telehandler



DATE & LOCATION

June 10th - 29th 2024

Bldg 5B 7201 Vedder Rd
Chilliwack BC

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



TRAFFIC CONTROL TRAINING



Sts'ailes EAS

May 15th & 16th

8:30am - 4:30pm

4690 Salish Way
Agassiz, BC
604-796-5536

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

Lunch Provided

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





High In-Demand Trades

ACCESSFUTURES.COM

Welding Foundation

- 8 Weeks of Skills for Success Training
- 31 Weeks of Technical Training
- Fully Funded Program
- For indigenous Peoples - Status, Non-Status, Métis and Inuit

STARTS: May 20th, 2024

LOCATION: BCIT, 3700 Willingdon Ave, Burnaby

Enroll by May 17th, 2024

Call Today!

604-251-7955



“9-1-1, do you need the police, ambulance or fire?”

ACCESSFUTURES.COM

Are you ready to answer the call?

Be that re-assuring voice that answers the call and serves the community.

- In person - 12 weeks Essential Skills Training
- Fully funded - Transit and meals provided
- For Indigenous Peoples: Status, Non-Status, Métis and Inuit

DATES: May 29th - July 18th, 2024
Mon - Fri 9:00 am - 3:30 pm

LOCATION: ACCESS IS4S: 201-681 Columbia St, New Westminster

Requirements: A high school diploma or equivalent and the ability to pass Police Security Clearance.

Enroll by May 24th, 2024

Call Today!

604-251-7955





XWCHÍYÒ:M

CHEAM FIRST NATION

Cheam is Hosting an Emergency Support Services Course – EMERG1618

Our Nation requires a team with the applied knowledge and tools to help provide services and support for those affected by an emergency or disaster. Learn how to adapt facilities to shelter style accommodation for people displaced from their homes during a disaster. This three and a half (3.5) hour course covers the fundamentals for ESS responders who may be called upon to work in or support the activities at a group lodging facility.

Apply Group Lodging (GL) skills and practices in a mentored functional exercise. Practice key basic GL tasks by responding to a mock emergency affecting a community. This exercise can also be used as a venue for identifying further GL training and planning needs.

Date: June 10, 2024

Hours: 9-2 lunch included

Location: Cheam Band Office Gymnasium
52161 Victor Drive
Rosedale, BC V0X 1X1



The course can only proceed with a minimum of 12 students. Please register by May 15th to Debbie Douglas, Emergency Program Coordinator, at :

eoccoordinator@cheamband.com

Cell: 604 819 9841 Office: 604 794 7927



The UA
Piping Industry
College of BC

PIPING FOUNDATIONS

Training consists of learning the basics of three of the piping trades: Plumbing, Sprinklerfitting and Steamfitting. With a strong focus on safety and practical projects, this course is designed for individuals who are unsure of which trade they want to pursue and/or have little experience working on a job site or with tools. Upon successful completion, students are awarded a certificate of completion and are given credit for completion of Level 1 apprenticeship in their chosen trade.

Program supports include (free to participants):
CSA approved work boots, transportation & meal allowance

**TUITION
FREE**

JAN 06 - MAY 30, 2025



FOR MORE INFORMATION CONTACT
CALL 604-858-3691 OR EMAIL INFO@SASET.CA
TO BOOK AN APPOINTMENT WITH AN EMPLOYMENT COUNSELOR

Canada



EMPLOYMENT OPPORTUNITIES



Come Work With Us at Cheam!

To apply to any of the jobs listed below, click on the job title for further details, visit our job page <https://cheam.ca/employment>, or drop off your resume at the Band Office.

- [Administrative Assistant – \(SASET\)](#)
- [Director of Operations](#)
- [General Maintenance Worker, Public Works \(SASET\)](#)
- [Health & Wellness Director](#)
- [Lands & Capital Director](#)
- [Peace Keeper](#)
- [Project Manager](#)
- [Public Works Manager](#)
- [Shelter Support Worker](#)

Our culture is rich and resilient. With an abundance of community programs, we have fun, respect ourselves and others, and take pride in our community, who we are, and where we come from. Our vision is to be socially, culturally, and physically stable.



If you are looking for an opportunity to use your expertise to really make a difference with a progressive First Nation, apply today!





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





June 5, 2024 Community Meeting Dinner Bid

This is open for Cheam Band & 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 100 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 an additional sheet of paper

Total catering cost is: _____

Signature of bidder: _____

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

Please have all documents including the bid sheet into the front desk, by 2pm

Thursday May 17, 2024 or email to daphnee@cheamband.com



June 8, 2024 Education awards Dinner Bid

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 250 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: _____

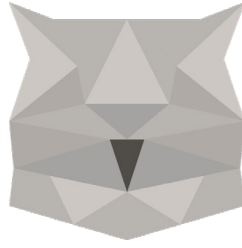
Signature of bidder: _____

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 Diana Giroux (Education and Social Development Clerk) by Friday May 31, 2024.



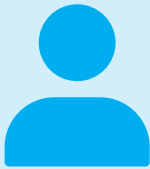


**WE ARE
HIRING**



**McCreary
Centre Society**

YOUTH RESEARCH ACADEMY RESEARCH ASSISTANTS

Learn to design, develop, and deliver research projects for youth in and from government care and the agencies that serve them.

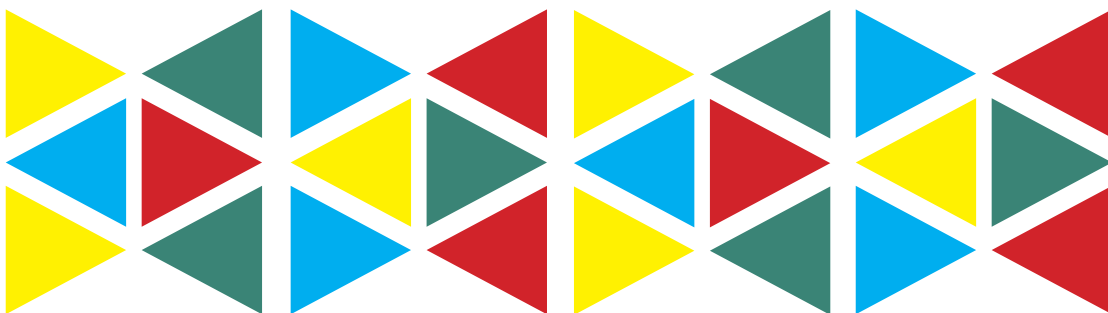
WHAT	WHO CAN APPLY	WHEN	WHERE
<p>Youth Research Assistant \$20.00 per hour</p> <p>Upcoming projects:</p> <p>Research to support youth transitioning out of care, including:</p> <ul style="list-style-type: none">▶ Youth Transitioning Out of Care Longitudinal Study analysis and results dissemination▶ 2023 BC Adolescent Health Survey analysis and results dissemination	<p>Youth aged 16–27 with government care experience (e.g., foster home, group home, youth custody centre), or on a Youth Agreement</p> 	<p>June 27, 2024– March 31, 2025</p> <p>Tuesdays & Thursdays 12:30pm–4:30pm Occasional weekends</p> 	<p>McCreary Centre Society 3552 E. Hastings Street Vancouver</p> 

No research experience is required.

INTERESTED?

Applications are being accepted now! Visit mcs.bc.ca/youth_research_academy to find out more and to apply. Questions? Contact Katie at 604-291-1996 ext. 235 or yra@mcs.bc.ca.

The Youth Research Academy aims to represent the diversity of youth in care in BC. We particularly welcome Indigenous youth, youth with a disability, visible minority youth, and 2SLGBTQIA+ youth to apply.



**YOUTH HEALTH
YOUTH RESEARCH
YOUTH ENGAGEMENT**





Stó:lō Service Agency - Human Resource Office

Building #8A - 7201 Vedder Road
Chilliwack, BC V2R 4G5

May 2, 2024

FULL-TIME EARLY CHILDHOOD EDUCATORS
(INCLUDES ALL GOVERNMENT WAGE ENHANCEMENTS)
(INTERNAL)

Stó:lō Service Agency (SSA), requires the services a **qualified Full-Time Early Childhood Educator (ECE)** to work within our **A:Imelhawtxw Early Education Centre** with the **Health Services Department**. Due to the growing demand for our Early Child Development Centre services, we are seeking energetic, passionate and dedicated ECE professionals to join our dynamic teams. The position(s) offers access to group benefit plans and paid professional development opportunities in a supported, caring and respectful environment.

The ECE will provide quality inclusive childcare programming, support and supervision for young children in a group or individual setting and performs other tasks as assigned and as so directed by the immediate supervisor.

This position reports to ECD Manager and will work out of the Chilliwack office.

QUALIFICATIONS/REQUIREMENTS:

- **A Valid Early Childhood Educator license to practice - IT, SN, ECE or ECA Certificate.**
- **Infant Toddler and Special Needs certificate** is an asset.
- Work experience providing childcare for children ages 0- 6 years of age is an asset.
- Knowledge and understanding of Community Care and Assisted Living Act, and Childcare Licensing Regulations.
- Knowledge and understanding of the development of children and their mental, physical, social, emotional and spiritual needs.
- Valid first Aid certificate.
- Excellent communication skills both oral and written.
- Must demonstrate abilities to build strong relationships within the community and or other departments within SSA.
- Aptitude to work independently and with minimum supervision effectively.
- 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.
- **Successful candidates will be required to provide the following if screened in for an interview:**
 - Proof of education documentation
 - References: Three names, emails and phone numbers of recent supervisors/professors
 - Must successfully pass the required pre-employment Criminal records check through the Province of BC.
 - SSA has implemented a mandatory COVID-19 vaccination policy, requiring all staff to be fully vaccinated.

WAGE RANGE:

\$28.00 per hour. Based on education and license certification

TYPE OF POSITIONS:

Full-time Term Position with benefits, subject to 3-month probationary period and planned performance evaluations.

APPLICATIONS DEADLINE:

Open until May 10, 2024.

Candidates will be screened according to the qualifications/requirements above. Please clearly indicate on your resume compliance with all indicated qualifications and requirements. Interested candidates are required to submit a resume and to indicate the job title position above on their covering letter in confidence 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

Bldg. # 5A - 7201, Vedder Road, Chilliwack, B.C., Canada, V2R, 4G5

Tel. (604) 858-3366

Fax. (604) 824-5342

May 02, 2024

EARLY CHILDHOOD EDUCATION ASSISTANT - À:Imèlhàwtwx Early Education Centre
(INTERNAL)

Stó:lō Service Agency, requires the services of a qualified **Early Childhood Education (ECE) Assistant** to work with **À:Imèlhàwtwx Early Education Centre** in the Health Services Department. *Pursuant to section 41 of the BC Human Rights Code, preference may be given to applicants of Aboriginal ancestry.* Please self-identify on your cover letter or resume.

The ECE Assistant will assist in the overall provision of activities and services for the Mission Aboriginal Family Place. The position's Key Result Areas (KRAs) are the following: a) Bus driver for the program b) assisting Head Start staff in planning, preparing and conducting activities for the Program; c) adhere to Head Start's guidelines d) assist with program set-up and clean-up; e) prepare and assist or conduct informal workshops to the parents; f) assist in obtaining educational resource information for the families; and g) perform other tasks as assigned.

This position reports to the AIDP/ASCD Programs Coordinator and will work out of the Mission office. Some travel may be required for this position.

QUALIFICATIONS/REQUIREMENTS:

- ECE Assistant (Family Child Care) Certificate/Valid ECE Assistant license to practice.
- Good interpersonal and communication skills and have ability to multi-task, work independently with little or no supervision.
- Must have experience working with children ages 0-6 and families.
- Must maintain confidentiality guidelines of all records, materials and communications.
- Valid first Aid certificate.
- Record of immunization history.
- Knowledge and appreciation of Stó:lō Culture and how culture impacts in the development of young children.
- Excellent Communication skills and both oral and written.
- Demonstrates ability to build strong relationships with Stó:lō communities, parents, children and other departments within SSA.

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

- Proof of education documentation
- References: Three names ,emails and phone numbers of recent supervisors
- Must possess and maintain a valid BC Drivers' License
- Must successfully pass the required pre-employment RCMP Criminal records Check.
- SSA has implemented a mandatory COVID-19 vaccination policy, requiring all staff to be vaccinated.

WAGE RANGE:

\$22.00 per hour, based on education and experience

TYPE OF POSITIONS:

Full-time Term position with benefits, subject to 3-month probationary period and planned performance evaluations.

APPLICATIONS DEADLINE: May 10, 2024

Candidates will be screened according to the qualifications/requirements above. Please clearly indicate on your resume compliance with all indicated qualifications and requirements. Interested candidates are required to submit a resume and to indicate the job title position above on their covering letter in confidence to:

Stó:lō Service Agency Personnel Department
Bldg. #8A, Floor#1 – 7201 Vedder Road
Chilliwack, BC V2R 4G5
Email: jobs@stolonation.bc.ca
Fax: (604) 824-5342

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

RAVEN



BASIC MILITARY QUALIFICATION (BMQ)
A CANADIAN ARMED FORCES INDIGENOUS INITIATIVE

Do something incredible this summer!



**Are you an Indigenous Canadian?
Have you completed Grade 10 and are 16 or older?
Do you want a challenging and rewarding opportunity this summer?
Then Raven is exactly what you're looking for!**

TRAINING

Raven is held at Canadian Forces Base (CFB) Esquimalt in Victoria, BC from July to August each year. It begins with a 3½ day Culture Camp where recruits learn self-discipline, teamwork, and pride through Indigenous traditions within military service.

Then a 6-week Basic Military Qualification commences which includes a day sail with one of our naval ships. The course ends with a final graduation parade and a choice to continue with the Canadian Armed Forces.

BENEFITS

Included in the course:

- all travel expenses to and from CFB Esquimalt
- meals and accommodations
- military clothing and equipment
- a salary of roughly \$4,200
- show young Indigenous people potential for part-time employment or a fulltime career with the Canadian Armed Forces.

HOW TO APPLY

Contact your nearest Recruiting Center through www.forces.ca and click "Talk to a recruiter" or call: **1-800-856-8488**.
The sooner you apply the greater chance you will have of joining Raven for an incredible summer!



Find us on Facebook:
Search Canadian Armed
Forces Raven Program

