

Our Cheam newsletter and website are going through some upgrades. If you have any feedback or ideas on either project please feel free to email <u>communications@cheamband.com</u>.

CHEAM CALENDAR

DEC. 4 - COMMUNITY TOWN HALL DEC. 5 - BAND OFFICE CLOSURE 12-4:30PM DEC. 6 - MEMBER DIVIDEND DISTRIBUTION DEC. 7 - CHEAM COMMUNITY CHRISTMAS PARTY DEC. 10 - CHEAM ELDERS MEETING & LUNCHEON DEC. 11 - FNHA WORKSHOP, SELF LOVE DEC. 12 - SALMON SPAWNING TOUR DEC. 13 - CHEAM FAMILY MOVIE NIGHT DEC. 17 - CANADIAN PACIFIC HOLIDAY TRAIN

See website calendar for more info

XWCHÍYÒ:M 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 FIRST NATION VISION STATEMENT

We the people of Cheam are committed to developing a united and harmonious community. We respect individual diversity & 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.



heam Nember(ividend 2024

A 2024 Cheam Member dividend in the amount of \$1,500 will be distributed to Cheam Band Members on December 6, 2024.

If you have an automatic debit/electronic funds transfer (EFT) set up with our accounting team, then your cheque will be automatically deposited into your bank account. If you live on reserve your cheque will be ready to pick up at the Band Office. For off-reserve members, your cheques will be mailed out to you. Please make sure that you update your address with Catana at <u>catana.tommy@cheamband.com</u> if you have moved within the past year.

Dividend Notes:

- A 10% deduction will be applied to the dividend amount to Members with active rent arrears.
- Dividends will go to all members 19 years of age and older, anyone under that age will have theirs held in a bank until they reach the age of 19.
- An additional \$100 will be issued to the listed Cheam Elders aged 60 and above.

Difference & Definition of Distribution vs. Dividend:

- Distribution generally refers to a Band member's share of profits derived from negotiated arrangements that acknowledge Cheam's rights to its lands and resources.
- Dividend refers to a Band Member's share of income generated from Cheam's business ventures.

Moving forward we will use these terms independently, and properly, to accurately explain what we are distributing to our members.

NOTICE OF POSSIBLE DISRUPTION TO MAIL TO MEMBERS FROM THE CHEAM BAND OFFICE

Canada Post is in the middle of a labour strike. This strike is putting a halt to any mail received and going out from Canada Post. Due to there being no indication on when the strike will be over there is a high chance that this could affect the mail out for both the dividend and hampers cheques for our off-reserve members.



Please do one of the following to avoid a delay;

- Set up direct deposit with us by sending your void cheque/direct deposit info to accountspayable@cheamband.com
- Drop off the information to the band office attention accounts payable
- Arrange to have it picked up at the band office by yourself or someone you delegate

For updates & details on the Canada Post strike please visit: <u>https://www.canadapost-postescanada.ca/cpc/en/our-company/news-and-media/corporate-news</u>

SIGN UP FOR ELECTRONIC FUNDS TRANSFER (EFT)

As we diligently work on finalizing the details of member dividends, we kindly remind all members to submit your banking information for EFT payments to ensure timely processing. If you have active rent arrears, please note that our finance policy allows for a 10% deduction from your member dividends to help address these outstanding amounts. Thank you for your cooperation!



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 <u>accountspayable@cheamband.com</u> or can be dropped off at the Band Office attention: Deysi. Please note you must include your email address as well.

Rest assured that your EFT information will only be accessed by authorized personnel involved in the payment processing system.



FISHERY NOTICE

CFN1258-Ghost Gear Removal - Area 29 - Lower Fraser River, Upstream to Hope

During the period below, authorized ghost gear retrieval crews will be active on the Lower Fraser River, upstream to Hope, conducting visual surveys and removing gillnets that appear to be abandoned, lost or otherwise discarded fishing gear (ALDFG). Eighteen days of work are planned on the river within the indicated time period. Retrieval vessels will be identifiable with a blue DFO Ghost Gear flag. All fishing gear that is marked with a floating tag or buoy, labelled with legible identifying information, and in good functional condition will be left in place.

December 1, 2024 - March 15, 2025

Any ALDFG that is retrieved and determined to be tagged or identifiable will be securely stored and DFO will notify licence holders of where gear can be picked up. Any gear unclaimed after 30 days of notification is considered relinquished.

If you have questions about the Ghost Gear Initiative in the Pacific Region please contact the Regional Ghost Gear Coordinator at <u>DFO.GGProgramPAC-PACProgrammeEF.MPO@dfo-mpo.gc.ca</u>



NEW & RETURNING STAFF ANNOUNCEMENTS

SARAH ALECK, MEDICAL TRANSPORTATION (RETURNING TO A NEW ROLE)



Sarah was born and grow up on reserve where she currently resides with her husband Justin, and their three children. She is the granddaughter of the late Arthur Aleck and Anna Aleck, daughter of David Aleck, and Angela Paul. Sarah has held various positions within the Band Office in the past some of which includes, janitorial, mobile security, and social development. She very much enjoys working for her community. After her last tenure with Cheam, she decided to return to school where she obtained an Education Assistant certificate. Her goal is to help Cheam youth reach their full potential.

RAY HARTT, WELLNESS ADVOCATE (RETURNING)



Ray grew up in Nanaimo, BC, and has called Hope, BC, home for the past nine years. He attended Vancouver Island University and gained a background in community care, wellness, and outreach for those experiencing homelessness and substance use challenges. Ray also holds a diploma as a Treatment and Addictions Specialist Counsellor. He currently works as a paramedic for BC Ambulance, he has returned to Cheam to support individuals considering or beginning their wellness journey. Ray's personal life is rich with family and community involvement. He's a proud grandfather to sixyear-old Ezra, and in 2017, he became a Search & Rescue Manager with Hope Search & Rescue.

NIKKI JACKSON, INTENSIVE YOUTH SUPPORT WORKER (NEW ROLE)



In her new role, Nikki will provide personalized, one-on-one support to Cheam youth facing a range of challenges, including difficulties at school, involvement with the courts, or risks related to social, emotional, academic, family, and socio-economic factors. Nikki's focus will be on helping these youth build positive community connections, fostering their personal growth, and supporting their healthy functioning in educational, work, family, and community settings. Please join us in congratulating Nikki on this well-deserved promotion. Her passion for supporting youth and her commitment to making a positive impact in the community make her the ideal fit for this important role.

GEORGE MACHARIA, ACCOUNTS PAYABLE CLERK (NEW STAFF)



Originally from Nairobi, Kenya, George and his family relocated to Canada in 2023 and they currently live in Abbotsford. He joins the team with a degree in Business Management with a major in Accounting. He has over 15 years of experience working in Accounting, Finance, and Operations. He recently, worked with Fraserway RV as an Accounts Payable Specialist. Outside of work, George enjoys reading, swimming, and is eager to take up golf. While he may jokingly admit to the stereotype that accountants are introvert, he's ready to break the mold!

REBECCA (BEKKI) PEARS ADMINISTRATION MANAGER (RETURNING TO A NEW ROLE)



She joins the team with over 15 years of experience in public service and administration across multiple industries—including Healthcare, Finance, Social Services, Education, and Construction. She holds post-secondary certificates in Medical Transcription, Construction Safety, and Trade Safety Coordination. She has also completed courses in Administration, Management, and Communication. Outside of work, Bekki enjoys staying active with outdoor activities such as walking, hiking, and rollerblading, as well as spending quality time with family, playing board games, and volunteering. Bekki also enjoys attending basketball games, concerts, and local community events like Pride. A lover of Greek cuisine, she is always ready to try new flavors!

KATHRINE STEGNER, EDUCATION MANAGER (NEW STAFF)



Kathrine is Tsimshian and a member of Kitselas First Nation. Kathrine joins the team with over 25 years of experience, having dedicated her career to working in First Nations Communities. With a strong passion for education, Kathrine is a lifelong learner, always seeking opportunities to absorb knowledge in diverse environments. Her commitment to growth will be invaluable as she works to assist our community and its members in achieving their educational aspirations and goals. Kathrine is also a proud mother of four beautiful daughters and a grandmother to 10 wonderful grandchildren.

PROJECT: Xá:y Syí:ts'emílep: Gill Bar Restoration and Management Plan



LOCATION: Gill Bar, Fraser River Shared territories of Xwchíyò:m and Sqwá First Nations

Gill Bar, in the gravel reach of the Fraser River, supports many important species, including endangered white sturgeon, and threatened salmon populations.

In 2022, out of concern for the impacts of heavy recreational use on this sensitive area, Fisheries and Oceans Canada mandated the closure of Gill Bar to public vehicular access.

DO YOU KNOW ABOUT THIS LAND REVITALIZATION PROJECT HAPPENING IN YOUR TERRITORIES?

The Xá:y Syí:ts'emílep (Gill Bar) Restoration and Management Plan project is gathering the information needed to create a management plan for the area moving forward.

Over three years, the project will assess the impacts of recreational use on habitats, inventory species in the area, and consult with local knowledge keepers.



PROJECT: Xá:y Syí:ts'emílep: Gill Bar Restoration and Management Plan

THE PROJECT HAS FIVE PILLARS (TEAMS) FOCUSING ON DIFFERENT ELEMENTS



The aquatic team is researching fish and their habitats in Gill Bar, and looking at the potential impacts of recreation activities. Youth and community members have participated in a number of fieldwork opportunities.



The terrestrial studies team is collecting both scientific and traditional knowledge to understand the past and current ecosystems of Gill Bar, as well as the cultural importance of the area.



This pillar aims to assert the Pelólxw Tribe's sovereignty and ensure sustainable land use while setting goals for monitoring, legal compliance, and adaptive management.



This pillar focuses on engaging youth and community and inspiring them towards traditional teachings and practices, such as protecting fish sites by learning scientific methods.



This pillar will be sharing the project journey with the community through a range of outreach activities.

If you have any questions, suggestions or concerns, email the team at gillbarproject@gmail.com.

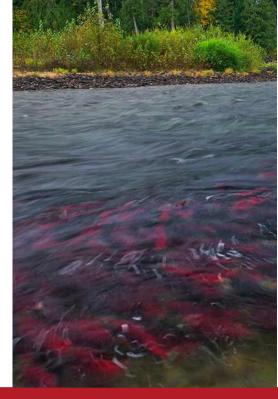
Stay tuned for upcoming site visit opportunities for community members.

SALMON SPAWNING CREEK TOURS

Thursday, December 12 Touring different sites along the Hope Slough

Spend time on the land, with the water and fish, and learn about salmon spawning restoration projects. We will meet at the band office at 12pm starting with lunch, transportation will be provided. We will go up to 3 hours, or we feel finished.

Tours are open to all ages. Please RSVP to Winchester at <u>winchester.victor39@gmail.com</u> or 604-745-8017.



CHEAM ELDER'S CORNER

	UPCOMING BIRTHDAYS	BIRTHDATE
	FRANCINE DOUGLAS	NOVEMBER 29
	FRANCES ELAINE VICTOR	DECEMBER 4
	AMELIA KATHERINE VICTOR	DECEMBER 5
	MARIAN DOUGLAS	DECEMBER 11
	DAVID MURRAY ALECK	DECEMBER 24
	GEORGE ROGER DOUGLAS	DECEMBER 31
	ANITA ROSE CONNAL	JANUARY 6
	ELIZABETH PHILLIPS	JANUARY 9
	GERALD DAN	JANUARY 24
	ISAAC ALEX ALECK	JANUARY 25



CHEAM ELDER'S LUNCHEON DECEMBER 10, 2024 @ CHEAM FIRST NATION

PELÓLXW ELDER'S LUNCHEON DECEMBER 19, 2024 @ SKWAH FIRST NATION



PROGRAMS/EVENTS



MAKE WELLNESS A LIFESTYLE FOR YOUR WHOLE FAMILY

USE THE CODE HEALTH_2024 FOR A FREE YEARLY Y@HOME+ MEMBERSHIP

We believe everyone can reach their potential when they are active, learning and connected. Y@HOME+ is your virtual YMCA connecting you and your family to online fitness, health and wellness programs.

JOIN NOW FOR FREE AND ACCESS

- LIVE FITNESS CLASSES
- OVER 600 ON-DEMAND WORKOUTS
- YOGA & MEDITATIONS
- HEALTHY RECIPES
- KIDS & FAMILY ACTIVITIES
- AND MORE!

HOW TO SIGN UP

- 1. Visit ymcahome.ca/join
- 2. Scroll down and click on the red button, "Join Y@Home+ Now".
- 3. Create an account by filling in your information.
- 4. Click the red button, "Join Y@Home+ Now" again
- 5. Under Payments & Discounts, you will need to enter a valid credit card number, CVC and the postal code attached to your credit card. *You will not be charged any fees with your discount code*.
- 6. Enter the discount code **HEALTH_2024**
- 7. Click the teal Subscribe button under "Review & Purchase".
- 8. Click "Y@Home PLUS" in the top banner to get started on your wellness journey.

If you don't have a credit card, please email Christina at christina.matthews@bc.ymca.ca to set up an account for you.

www.ymcahome.ca/join

HEAM'S *HRISTM* **DECEMBER 7TH 2024**

AGENDA:

2-4PM

- ARTS & CRAFTS LIGHT SNACKS FAMILY PORTRAITS (DRESS TO IMPRESS) 4:30 PM

 - WELCOMING REMARKS
 DINNER/PRAYER SONG
 - DINNER
- 6PM
- SANTA VISIT

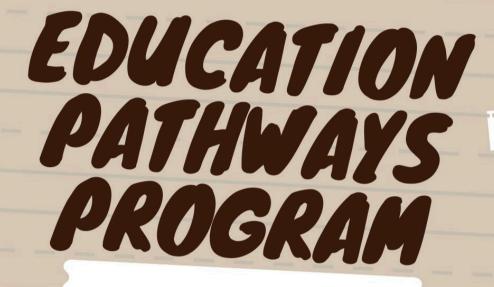
7:30 PM

ENTERTAINMENT BY GEORGE LEACH



* CHEAM COMMUNITY/BAND MEMBERS ONLY ** HAMPER GIFT CARDS WILL BE AVAILABLE FOR PICK UP AT THE EVENT

PESP INVITES YOU TO PARTICIPATE



January - April 2025

Explore Early Childhood Education Assistant (ECEA), Early Childhood Educator (ECE) and Education Assistant (EA) Pathways

CONTACT YOUR CASEWORKER FOR MORE DETAILS OR 604-796-6835

This is open to on reserve Income Assistance clients living on Chawathil, Cheam, Scowlitz, Seabird Island, Shxw'ow'hamel, Skwah, Spuzzum, Squiala, Union Bar First Nations and Yale First Nations

THIS INITIATIVE IS FUNDED BY DEPARTMENT OF INDIGENOUS SERVICES OF CANADA (DISC) **┿**∎ ∣

Government of Canada Gouvernement du Canada

GIWIIDABINDIMIN CERTIFICATE PROGRAM Responding to Trauma and Grief With Decolonized Practices

JOIN THIS FIVE-DAY IN-PERSON TRAINING THAT BLENDS INDIGENOUS AND WESTERN KNOWLEDGE FOR A TWO-EYED SEEING APPROACH TO TRAUMA AND GRIEF. GUIDED BY TWO EXPERIENCED CO-FACILITATORS, PARTICIPANTS WILL EXPLORE MEANINGFUL, RELATIONAL SUPPORT IN A COLLABORATIVE LEARNING ENVIRONMENT WHILE REFLECTING ON THEIR OWN JOURNEYS AND PRACTICES.



DATES: MARCH 17 TO 21ST 2025 TIME: 9AM-4PM LOCATION: TELMEXW AWTEXW HEALING CENTRE, 16400 MORRIS VALLEY RD, HARRISON MILLS, BC



YOU WILL ALSO RECIEVE A CERTIFICATE OF COMPLETION





OR EMAIL TELMEXWAWTEXW@STSAILES.COM

ESS for Nations Reception Centre Mock Exercise

Wed. 15th January 2025 9:00am =4:00pm



Please email us any dietary restrictions before January 6th 2025

VOLUNTEERS & INTERVIEWEES

We are looking for individuals that would be willing to volunteer or be interviewed. Honoraria provided if they RSVP before December 19th!

43101 Leq'a:mel Way, Deroche

KEY DETAILS

- The mock exercise will be filmed by a video production company to showcase the importance of ESS training and highlight our capabilities.
- This exercise is part of our ongoing commitment to building resilience in Indigenous communities through practical, hands-on training.

WHY ATTEND?

- Gain firsthand experience in how an evacuation center operates.
- Learn more about the ESS For Nations initiative, which is focused on empowering Indigenous communities to take lead roles in emergency responses.
- Build skills and confidence in helping community members during evacuations and emergencies.

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PLEASE NOTE THAT ANY VOLUNTEERS & INTERVIEWEES WHO ARE PARTICIPATING NEEDS TO RSVP BEFORE DECEMBER 19TH 2024 TO RECEIVE HONORARIUM

essfn@outlook.com





JOB OPPORTUNITIES AT CHEAM



COME WORK WITH US AT CHEAM!

To apply to any of the jobs listed below, click on the job title for further details, visit the <u>careers page of our website</u>, or drop off your resume at the Band Office attn: HR.

- Accounts Payable Clerk
- Community Health Representative *new
- Early Years Supervisor
- Executive Co-ordinator
- Family Support Worker
- <u>On-call Labour</u>
- <u>Watchmen (Security</u>)
- Wellness Navigator



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.

Why work for us:

- Cultural Enrichment
- Community Impact
- Advancing Reconciliation
- Personal Growth
- Competitive Starting Wage
- Benefit Coverage
- Company and Community Events
- Holiday Closures

CEI CAREER OPPORTUNITIES:

- Board of Directors EOI (Page 16)
- <u>Planning/Budget & Reporting</u> <u>Consultant</u>





Position Overview - Community Health Representative

The Community Health Representative (CHR) will work closely with Cheam First Nation members and the Health Director to promote and improve the overall health and well-being of the community. The CHR will serve as a liaison between the community and health services, ensuring that culturally appropriate health programs and services are accessible and effective for community members.

Key Responsibilities

- Promote health education and wellness programs within the Cheam First Nation community.
- Organize and facilitate health-related events, workshops, and outreach programs on topics such as nutrition, physical activity, mental health, chronic disease prevention, and maternal health.
- Support and advocate on behalf of members with external agencies (e.g. FNHA & ISC) and with health service suppliers
- Foster relationships with community members to better understand their health needs and concerns.
- Assist with community health assessments and surveys to identify health priorities and needs.
- Assist in the development and delivery of community health programs and services based on the identified needs of the community.
- Provide health resources, information, and referrals to Cheam First Nation members regarding health services and programs.
- Support the implementation of public health initiatives and vaccination clinics, working in collaboration with regional and provincial health authorities.
- Advocate for Cheam First Nation community members within healthcare systems, ensuring access to healthcare services and support.
- Provide one-on-one support to individuals seeking information or assistance with navigating health services, such as arranging transportation, booking appointments, or interpreting health-related documents.
- Maintain accurate records of health programs, services, and community engagement activities.
- Comply with the legal obligations, as well as with the professional, ethical and organizational standards that ensure privacy, security and confidentiality in the access, retention, storage and disposal of personal health information.
- Prepare regular reports on community health issues, progress, and outcomes for the Health Director and other stakeholders.
- Work collaboratively with other community-based services, including the Cheam First Nation Social Development team, and external health organizations to deliver comprehensive support to community members.
- Coordinate with healthcare providers to ensure continuity of care for community members.

Qualifications

- A certificate or diploma in a health-related field (e.g., Community Health Representative Public Health) is preferred.
- Previous experience in health promotion, community health, or a related field is an asset.
- Knowledge of Indigenous health issues, culture, and traditions, particularly those affecting First Nations communities.
- Experience in working with First Nations communities is an asset.
- Strong communication and interpersonal skills, with the ability to build trust and rapport with community members.
- Ability to work independently, prioritize tasks, and manage multiple responsibilities.
- Knowledge of local, provincial, and federal health programs and services available to Indigenous communities.
- Basic understanding of health promotion principles and public health practices.
- Strong organizational skills and attention to detail.
- Proficient in Microsoft Office Suite (Word, Excel, PowerPoint).
- A strong commitment to supporting the health and well-being of the Cheam First Nation community.
- Empathy, compassion, and respect for Indigenous traditions and practices.
- Ability to maintain confidentiality and handle sensitive information with integrity.

Working Conditions

- Must be willing to travel locally and, if necessary, regionally to support community health programs and initiatives.
- Some evening or weekend work may be required depending on community events and program schedules.
- Occasional physical activity may be involved in organizing community health events and outreach programs.

How to Apply

Apply by submitting your resume and a cover letter detailing your relevant experience and interest in this role to hr@cheamband.com.

Thank you for your interest in joining our team at Cheam. We appreciate the time and effort you have taken to apply for the **Community Health Representative** role.

We encourage Band Members and Indigenous people to self-identify when applying.

Please note that only candidates selected for an interview will be contacted. We thank all applicants for their interest and encourage you to apply for future opportunities that match your qualifications.



Call for Expression of Interest to join the Cheam Enterprises Inc. (CEI) Board of Directors

Cheam Enterprises Inc. (CEI) is the operating company for CFN Holdings LP – the wholly-owned economic development corporation of Cheam First Nation. CEI has a mandate from the community to increase revenues and employment opportunities for the membership. The company has numerous partnerships place, across a variety of industry sectors, exploring sustainable growth and development opportunities in the traditional territory of the Cheam First Nation.

CEI is currently seeking Expressions of Interest to fill the following positions:

• One (1) Independent Director Position (Not a member of Chief and Council or a Cheam First Nation / Cheam Enterprises Inc. employee)

CEI's mandate is to be an economic development engine for Cheam that is appropriately independent, administratively self-sufficient, and suitably connected to Cheam. Cheam Enterprises Inc. pursues and implements economic opportunities that:

- Are profitable and provide economic returns to Cheam;
- Are consistent with Cheam's values and vision;
- Provide training and employment opportunities of all types for members, including in professions, trades, management, governance and business;
- Provide industry diversity;
- Encourage business innovation;
- Support the development of Cheam member-owned businesses and entrepreneurship.

CEI is seeking experienced professionals who are passionate about contributing to the economic growth and sustainability of Cheam First Nation. Ideal candidates for the CEI Board of Directors should have:

- **Professional Experience**: Demonstrated leadership experience in business, economic development, finance, or another relevant field.
- **Governance Expertise**: Knowledge of corporate governance practices and experience serving on boards or in senior management positions.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'ólh Téméxw.



- Alignment with Cheam Values: A commitment to supporting First Nation economic development, respecting cultural values, and advancing community priorities.
- **Strategic Thinking**: Strong problem-solving abilities, strategic foresight, and the capacity to guide CEI's growth and sustainability goals.
- **Financial Acumen**: Familiarity with financial statements, budgeting, and fiscal management.
- **Community-Minded Approach**: Ability to work collaboratively, respect diverse perspectives, and support Cheam First Nation's broader economic and social goals.

Candidates with experience in one or more of the following areas are especially encouraged to apply:

- Indigenous-owned business and partnership development
- Real estate, construction, land development, and tourism
- Entrepreneurship and innovation

If you are interested in joining the CEI Board of Directors, please email a cover letter outlining your areas of expertise and reasons for interest, along with a curriculum vitae or resume to <u>info@cheamenterprises.ca</u>. To learn more about CEI visit <u>https://cheamenterprises.ca/</u>.

Please note that all applications must be received by 12:00 noon on December 6, 2024.

We maintain the history of enterprise which has sustained The Xwchíyò:m for thousands of years in S'olh Téméxw.

UPDATED SA SCHEDULE FOR 2024/25

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, 202 4	
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	October 31, 2024	November 15, 2024	
December 2024	November 15, 2024	November 29, 2024	December 13, 2024	

Social Assistance Cheque Schedule 2025

Cheque	Renewals Due By:	Ck. Release Date	Mid-Month 2
January 2025	December 13, 2024	December 23, 2024	January 15, 2025
February 2025	January 15, 2025	January 31, 2025	February 14, 2025
March 2025	February 14, 2025	February 28, 2025	March 14, 2025
April 2025	March 14, 2025	March 31, 2025	April 15, 2025
May 2025	April 15, 2025	April 30, 2025	May 15, 2025
June 2025	May 15, 2025	May 30, 2025	June 13, 2025
July 2025	June 13, 2025	June 30, 2025	July 15, 2025
August 2025	July 15, 2025	July 31, 2025	August 15, 2025
September 2025	August 15, 2025	August 29, 2025	September 15, 2025
October 2025	September 15, 2025	September 30, 2025	October 15, 2025
November 2025	October 15, 2025	October 31, 2025	November 14, 2025
December 2025	November 14, 2025	November 28, 2025	December 15, 2025