

If you have any feedback or ideas on our newsletters please feel free to email <u>communications@cheamband.com</u>.

CHEAM CALENDAR

JUNE 15 - FRASER RIVER LODGE OPEN HOUSE JUNE 17 - CHEAM ELDER'S LUNCH & MEETING JUNE 23 - BAND OFFICE CLOSED JUNE 24 - MONTHLY CHEAM COUNCIL MEETING JUNE 25 - CHEAM ELDER'S TEA JUNE 27 - FINANCIAL LITERACY WORKSHOP JULY 1 - BAND OFFICE CLOSED JULY 2 - COMMUNITY TOWNHALL JULY 5 - CHEAM DAYS

See our 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.



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

LAND USE PLAN

Dear Cheam Community Members,

We are pleased to share an important update from the Lands Committee regarding the Cheam First Nation Land Use Plan (LUP). Following the introduction of the Land Use Plan at the June Townhall meeting, we are sharing the DRAFT Land Use Plan for Member feedback.

We will be hosting a detailed presentation at the July 2nd Townhall meeting. We encourage all members to review the documents before this meeting, so that any of your questions can be answered. We will be accepting feedback until July 15th. Details are outlined in the attached Letter. Thank you, Cheam Lands & Capital Department

Documents:

- Land Use Plan Summary
- Draft Land Use Plan

Important Dates:

- July 2 ~ Community Townhall focused on LUP
- July 15 ~ Deadline for feedback on draft LUP
- September Ratification Vote tbc.

Stay tuned on our website for further information/updates:

https://cheam.ca/2025/06/cheam-first-nation-land-use-plan

FINANCIAL RESILIENCE WORKSHOP

Cheam will be holding a Financial Resilience Workshop on June 27th from 5-8 pm for all community members to attend. and learn more about finances, credit and other financial resources.

Please sign up at main reception by calling or dropping by.





Additional Counselling/Mental Healh Support Available

Cheam First Nation is excited to announce a partnership with Inner Balance Solutions for our counselling and mental health needs! We will begin with two counsellors:

Kaitlyn is described as vibrant, smart, a real go getter, as well as a strong problem solver! Kaitlyn has experience in navigating Xyolhmelth and seeking school accommodations. Kaitlyn will be in community every second Wednesday. With room to see approximately 5-6 clients.

Coneitia is described as, soft, calm, quiet, with a beautiful soul. Coneitia enjoys beginning sessions with smudging. Coneitia will not push you past where you are comfortable, but will walk beside you in your healing journey. Coneitia will be in community every second Friday. With room to see 5-6 clients.

Inner Balance Solutions has various other counsellors who will be able to see clients from community should Kaitlyn and Coneitia not fit your needs or personality. We are currently in discussions with Inner Balance Solutions to have approximately 4 Intern counsellors hosting some form of Youth group. Inner Balance Solutions offers EMDR therapy, play therapy, and ADHD diagnosis.

If any of these interests you or if you would like some more information, please reach out to Sarah Aleck Community Health Representative at 778-839-5194 or <u>sarah.aleck@cheamband.com</u>



Inner Balance Solutions

CHEAM ELDER'S CORNER

Elders, please feel free to share your stories, tips, photos, recipes etc. in this section by submitting them to communications@cheamband.com or dropping them off at the band office attn: Harmony

	UPCOMING BIRTHDAYS	BIRTHDATE
	EUGENE MURPHY	JUNE 17
	ERNEST WALTER CREY	JUNE 21
	DOUGLAS VINCENT PATRICK	JUNE 24
	HERMAN SHAW	JULY 1
	BRENDA YUNICK	JULY 2

Cheam Elder Fundraisers

Elder Auction & Dinner fundraiser for July 1st noon - 9pm

Elders please drop off items for the auction to Lovey's (52207 MamMam Crescent)

Suggestions for dinner? Call -> 604-745-3353

Also if you wish to be included in either fundraiser, Let Lovey know. Remember if you are physically unable to help you can have a family or friend stand in for you.

> Join the Cheam nursing team on Wednesday, June 25th 12:00-2:00pm at the Cheam Band office

ELDER'S TEA



2025 CHEAM ELDER'S MEETINGS

- June 17, 2025
- July 15, 2025
- August 19, 2025
- September 16, 2025
- October 21, 2025
- November 18, 2025
- December 9, 2025

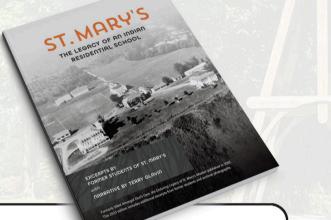


You are invited to a Mission Book Launch & Reading

Saturday, June 21st from 1 pm to 3 pm

Fraser River Heritage Park

Site of the original St. Mary's Residential School (OMI)



St. Mary's, the Legacy of an Indian Residential School

46 Former Students of St. Mary's with Narrative by Terry Glavin

Interviews & Testimonials gathered by Philomena Fraser

The story of St. Mary's as told through the words of 46 former students from the 1930s through to the 80s.









Mina, Memoirs of Her Granddaughter, LETHÉY<u>X</u>ELWET

Philomena Douglas Fraser

The autobiography of Philomena Douglas Fraser, Cheam First Nation

This book is about the adventurous life of a Coast Salish Elder, herself a former student of St. Mary's Residential School.





YOUTH PROGRAMS/EVENTS

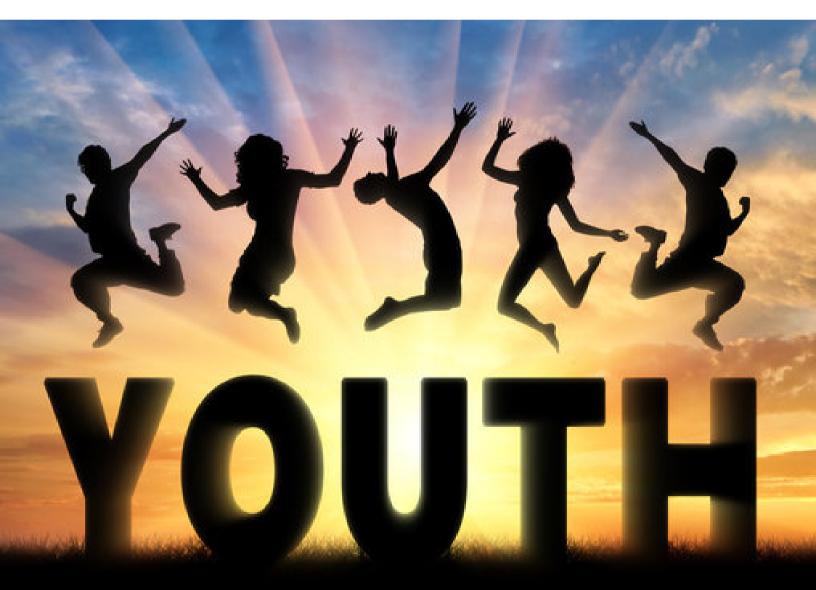


The Cheam Youth Council Working Group will be meeting once a month, on the second Wednesday of every month. Over the next year, the meetings are in place to continue engaging with the Youth as the structure of the Youth Council gets built.

With a goal to have the first official Youth Council up and running by next spring. Youth input is essential in the development of this upcoming Youth Council. Meetings will be from 5pm - 7pm in the Cheam Gymnasium. Once the Youth Council has been built, it will be for ages 16-26, however, if any 13-15 year olds wish to join the working group meetings, they are welcome.

Below are the Working Group meeting dates:

* June 11	* July 9	* August 13	* September 10	* October 8
* November 12	* December 10	* January 14	* February 11	* March 11



Congratulations to our 2025 Cheam High School Graduates KHAYMEN ALECK



SHANE CHARLIE



SHAYNA DOUGLAS



SAGE FRY



SAGE KELLY

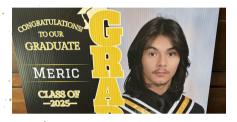


HARRISON JAMES ROUX





MERIC CAVASIN-DOUGLAS



TY EDWARDS



MICHELLE GIROUX



SHANNA MCINTYRE



JENNA RUSK





STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING IS PLEASED TO HOST **Youth in Trades** Summer Program



Learn the following Trades:

- Welding
- Culinary
- Carpentry
- Automotive

Are you an Indigenous Youth (15+) residing in the SASET catchment area who will be returning to secondary school?

Call 604-858-3691 to apply!

Starts July 2025!



Training also Includes:

- Employability Skills
- Food Safe
- First Aid
- WHMIS
- WBC Awareness



Location: SASET EAS & UFV Trades Center

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

Canada

Registration for Indigenous Focused Summer Learning is through the Grad Coach for your First Nation listed below:

SSS – <u>Maryanne Beveridge</u> CSS – <u>Adam Graham</u> GWG – <u>Kim Hancock</u> Imagine – <u>Cameron McKerchar</u>

Indigenous Student Course Completion Program 2025

DATES & TIMES

July 2 - July 16, 2025 9:30 AM to 2 PM

LOCATION & TRANSPORTATION

SD33 busing to Stó:lō Nation will be available both morning and afternoon

RECOVERY COURSES OFFERED

- English 10
- English 11
- English Studies 12/EFP 12
- BC First Peoples 12
- Social Studies 10
- Workplace Math 10
- Workplace Math 11
- Pre-Calc and Foundations of Math 10
- Science 10
- Earth Science 11
- Science for Citizens 11

ENROLLMENT IN ISCC PROGRAM

An ISCC student must meet the following criteria:

- Commit to being present and engaged
- Commit to be self-motivated and to be productive
- Meet all identified learning outcomes within the time

INFORMATION

- Students can be recommended to ISCC by School-Based Team, Counselor, or Indigenous Grad Coach in consultation with the classroom teacher.
- When students meet the learning out comes they will receive a passing grade.
- Students are not able to self-enroll in ISCC courses; however, parents/guardians and students can contact their school 's Indigenous Grad Coach or Counsellor for more information.
 (Please submit inquiries by June 14)
- The ISCC teacher (in consultation with the classroom teacher) will make a recommendation on the appropriate placement in the next level course
- Students must have at least a 35% in the course to upgrade to a passing grade

Science 10/ Physical Education 10 or Active Living 11



July 2 - July 29, 2025 9:00 AM to 12:00 PM in class 12:30 PM to 3:30 PM Field Trip

ENROLLMENT IN THE PROGRAM

A student must meet the following criteria:

- Commit to being present and engaged
- Commit to be self-motivated and to be productive
- Meet all identified learning outcomes
 within the time
- Be prepared to complete coursework outside of class time

LOCATION & TRANSPORTATION

SD33 busing to Stó:lō Nation will be available both morning and afternoon

INFORMATION

- This course offers students both Science 10 and Physical Education 10 or Active Living 11, totaling 8 credits. Both of these courses will incorporate Indigenous cultural content.
- Students will be expected to engage in some learning activities outside of the provided instruction time
- Students can be recommended to the course by School-Based Team, Counselor, or Indigenous Grad Coach
- Students are not able to self-enroll in the course; however, parents/guardians and students can contact their school 's Indigenous Grad Coach or Counsellor for more information.

(Please submit inquiries by June 14)



Help Shape the Future of Indigenous Leadership in Tech

Co-Creating Bright Digital Futures

We're listening to Indigenous youth to shape the Indigenous Leadership in Technology (ILIT) Strategy. The Strategy is a three-year action plan to modernize and expand our digital skills training and career services for Indigenous youth aged 18-35 across BC.

The Strategy is your opportunity to shape the future of digital skills training and career support for Indigenous youth in BC. Whether you're a tech expert or just curious, there's a place for your voice. Help us create training programs that open doors to meaningful careers in technology and tech-enabled sectors. Your voice matters.

How to Get Involved:

Survey:

Spend 10-15 minutes sharing your ideas and be entered to win one of two \$500 cash prizes!

Virtual Interview:

Prefer to talk directly? Reach out to organize a one-on-one interview or a small group conversation.

Community Needs Assessments:

We're partnering with five communities to gather deeper insights into local training needs. Want your Nation to be part of this process? Reach out to us!



Join the conversation. Help build a future where Indigenous Peoples thrive in the digital age.



First Nations Technology Council

S'ÍWES TE S'ÓLH TÉMÉXW (Teachings of Our Land)

A five-week summer program for Stó:lō youth who want to further their knowledge and understanding of Stó:lō land stewardhip.

JULY 07 - AUGUST 07

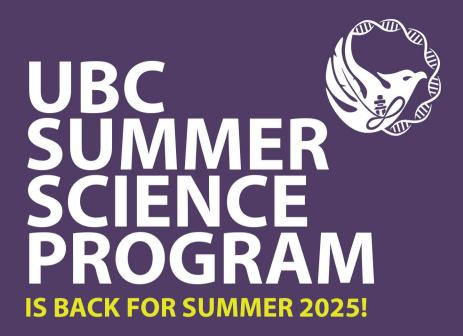
- For Stó:lo youth entering Grade 10 to age 21
- On the land learning from Stó:lō Knowledge Holders, Elders, and other experts
- Halq'eméylem language learning
- Secondary students receive 4 credits toward graduation (including the Indigenous-focused Graduation Requirement)
- Honouraria given upon completion of the program



Presented by the S'ólh Téméxw Stewardship Alliance

For More Information Email





What is UBC Summer Science Program?

The UBC Summer Science Program is a one-week camp for Indigenous students in grades 8-11, held on the beautiful traditional Musqueam territory in Vancouver. Taking place primarily at the First Nations House of Learning at UBC. this exciting, Indigenous-led program offers students the chance to explore post-secondary pathways and land-based learning while participating in cultural workshops like drum-making, medicine bag crafting, and more. Join us this summer for an unforgettable experience where you'll have the opportunity to connect with Elders, explore the UBC campus, make lifelong friends, learn about university, and meet inspiring Indigenous role models!

Where: **UBC Vancouver (Musqueam Territory)**

Week 1: August 3rd - August 9th Who/When:

(For students going into Grades 11 & 12 in the fall)

Week 2: August 10th - August 16th (For students going into Grades 9 & 10 in the fall)

SCAN ME



Application deadline June 15th, 2025 For more information: https://bit.ly/UBCSSP Got Questions? Email: summer.science@ubc.ca

Special thanks to our sponsors and supporters who have made the Summer Science Program possible:













RITISH COLUMBIA ntre for Excellence in diganous Haalth

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Youth Art Contest

CALLING ON First Nations artists, poets & storytellers!

Join FNHA's HPV Cancer Care Action Campaign!

Express your perspectives and cultural values on community wellness, HPV & cancer prevention.

Open to First Nations individuals in BC ages 11 and above!

Submit by June 30, 2025

Open to all skill levels!

You could win



For entering - for the first 25 artists

Per winning submission

\$500

CATEGORIES

Visual Art • Short Stories • Poetry

THEME

For you, your future, your community.

Stand together against cancer caused by HPV

HOW IT WORKS

Learn about HPV at FNHA.ca/HPV
Create up to 3 pieces of art in any one or several categories
Submit by June 30, 2025 by following the QR code or link
Win prize money and see your art in FNHA's HPV campaign resources and website!





MORE INFO AT FNHA.CA/HPV

QUESTIONS? EMAIL

Artists retain copyright over their work while granting FNHA permission to use submissions in the campaign.



BBQ & Water Event

Open to all Stó:lo Youth

July 2

11 am to 3 pm

Tzeachteten Sports Field

46770 Bailey Rd, Chilliwack

30 spots available

Register by Email: becky.nielsen@xyolhemeylh.bc.ca

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

PROGRAMS/EVENTS

First Annual



Fish Net Hanging Course



Want to learn the traditional skill of net hanging?

Join us for hands-on teachings led by:

• Sidney Douglas • Stade Douglas • Johnathon Jr. Prest • Myron Douglas

When: June 17, 18, 20 & 21 From: 5:00PM to 8:00PM (Wed, Thurs, Friday and all-day Saturday) Location: Cheam Multi-Plex Gymnasium

SPACE FOR 12 PARTICIPANTS

Everyone is welcome to come and watch

AGENDA:

Day 1: Skills & ToolsHow to split and mend a net

Day 2: Net Hanging

Cutting, mending, installing cork & lead lines

All materials and supplies will be provided for the course **Spaces are limited – Register now to save your spot!** <u>Kelsy.fredette@cheamband.com</u> or call 604-794-7924



Community Open House

Join us for an afternoon of food, culture, and connection at Fraser River Lodge, hosted in partnership with Cheam First Nation. We look forward to welcoming you to the lodge for a day of community and celebration! Event is free to attend, please RSVP below.

Date + Time: June 15th | 12 PM - 4 PM **Location:** 7984 McDonald Rd, Agassiz BC

Reserve Tickets





THRILL RIDES | PONTOON JET TOURS | GIVEAWAYS

Saturday June 14th 2025 12pm-5pm

630 Appel Road, Agassiz BC Cheam Fishing Village & Campground

CULINARY ARTS PRE-TRADES PROGRAM



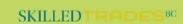
Course Includes

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

BRITISH





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

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

September 8, 2025

Employment Training

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

If so, contact a SASET Employment Counsellor to apply



UFV





STOLO ABORIGINAL SKILLS & EMPLOYMENT TRAINING IS PLEASED TO HOST

CHEAM CERTIFICATE TRAINING

July 8 - 11, 2025

<u>Certificates Offered:</u>

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

Training will take place at 52161 Victor Drive, Rosedale, BC VOX 1X1 Tuesday to Friday 8:30 AM TO 3:30 PM





Lunch Provided!

SASET-Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691 SASET- Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536

CARPENTRY FOUNDATIONS

September 8, 2025 to March 20, 2026

Are you interested in learning the skills that form the backbone of the construction industry? Our Carpentry Foundations Training Program is designed to provide you with hands-on experience, essential techniques, and the confidence to start a successful career in carpentry.

Concurrent studies option!

The Carpentry program is located at the Trades & Technology Centre at the Canada Education Park in Chilliwack. Classes and shops may be scheduled 8am–3pm, Monday to Friday.

What You'll Learn:

- Reading and interpreting drawings
- Using specialty equipment
- Site and building layout
- Building concrete forms
- Framing a building
- Finishing internal and external details

Check Out SASET.CA or Contact Us At:

SASET—Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691

Stó:lő Aboriginal Skills

SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-5536 Canada

CONSTRUCTION READINESS PROGRAM



BACK DUE TO HIGH DEMAND

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
- Small Tools
- Skidsteer
- Telehandler
- Concrete Level 1

SASET—Chilliwack Office 5B-7201 Vedder Road Chilliwack, BC Phone: 604-858-3691





Lunch Provided

DATE & LOCATION

July 21 - Aug 8, 2025 Bldg 5B 7201 Vedder Rd Chilliwack BC



SASET— Sts'ailes Office 4690 Salish Way Agassiz, BC Phone: 604-796-2116

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.

- Admin Assistant (SASET)
- <u>Cultural Liaison</u>
- Early Years Supervisor
- EOC Coordinator
- <u>HR Generalist</u>
- Intensive Youth Support Worker
- IT Support Specialist
- <u>On-call Labour</u>
- <u>Recreational Summer Student</u>
- <u>Recreation Worker</u>
- Social Development Manager
- <u>Supportive Housing Worker</u>
- <u>Watchmen</u> (Security)
- <u>Wellness Advocate</u>



<u>Check out our upcoming Cheam Job Fair</u> on July 16th, 2025. Everyone welcome!





CULTURAL LIAISON

Xwchíyò:m (Cheam First Nation) is seeking a compassionate and culturally grounded Cultural Liaison to lead efforts in preserving, promoting, and revitalizing Cheam's traditional knowledge, language, and land-based teachings. This role strengthens community connection through healing gatherings, cultural programming, and collaboration with Elders, Knowledge Keepers, and partner communities. The Cultural Liaison will support initiatives across the Band Office and Supportive Housing, fostering inclusion and well-being through a traumainformed, culturally respectful approach. This position requires strong interpersonal skills, independent judgment, and a deep commitment to Cheam values and cultural revitalization.

Duties and Responsibilities

- Plan and lead healing gatherings, traditional ceremonies, and land-based workshops rooted in Cheam teachings.
- Develop and deliver inclusive, culturally resonant communication and engagement strategies.
- Coordinate logistics for cultural events, ensuring safe, respectful, and welcoming environments.
- Represent Cheam at external cultural forums, maintaining the dignity and voice of the Nation.
- Create culturally appropriate materials, registration systems, and event agendas aligned with community needs.
- Meet individuals where they are in their cultural journey, offering support with compassion and understanding.
- Collaborate with Elders, Knowledge Keepers, and partner communities to expand access to cultural support.
- Ensure cultural awareness is integrated into programs delivered by both the Band Office and Supportive Housing.
- Identify and anticipate member needs, responding proactively and respectfully.
- Apply de-escalation strategies and trauma-informed approaches to resolve conflicts and foster healing.
- Manage sensitive conversations with empathy, care, and discretion.
- Maintain accurate records of community engagement and event participation.
- Prepare reports, track feedback, and manage cultural resource materials.
- Organize meetings, coordinate agendas, and ensure effective communication between partners.
- Perform other duties as assigned.

Requirements

- Cultural Knowledge: Strong understanding or demonstrated commitment to learning Cheam values, cultural protocols, and land-based practices.
- Event Coordination: Proven experience planning and delivering cultural or community events from start to finish.
- Communication Skills: Excellent verbal, written, and interpersonal skills with a trauma-informed and culturally respectful lens.
- Organizational Skills: Highly organized, detail-oriented, and capable of managing multiple responsibilities in dynamic environments.
- Judgment & Autonomy: Able to work independently, exercise discretion, and respond to community needs with professionalism.

Requirements continued

- Minimum two (2) years' experience in community coordination, cultural programming, or related roles within Indigenous or culturally sensitive settings.
- Deep respect for and familiarity with Cheam culture, language, traditions, and landbased healing practices, or demonstrated willingness to learn under the guidance of Elders and Knowledge Keepers.
- First Aid/CPR (or willingness to obtain)
- Food Safe Certification (or willingness to obtain)
- Training in de-escalation/conflict resolution (or willingness to attend Cheam-provided training)
- Class 5 Driver's License
- Clear Criminal Record Check

Working Conditions

Evenings and weekends as required

Compensation

\$21 to \$25/hour based on experience

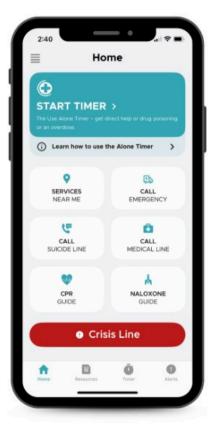
How to Apply

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

Cheam First Nation is an equal opportunity employer and is committed to fostering a respectful, inclusive, and culturally safe workplace. We welcome and encourage applications from all qualified individuals, including Indigenous Peoples, women, persons with disabilities, members of visible minorities, and persons of all sexual orientations and gender identities. As an Indigenous organization, preference will be given to qualified Indigenous applicants (First Nations, Métis, and Inuit). All applicants are encouraged to voluntarily self-identify in their application if they are a member of an equity-deserving group.

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

HEALTH NOTICES



LifeguardConnect™ v6: Your Lifesaving App, Redesigned **Download Now on iOS & Android**

Introducing LifeguardConnectTM v6, now better than ever! We've streamlined the app to focus on what you need most, offering quick access to essential resources. Enjoy an expanded and improved search experience, with resources organized for easy navigation. Reliable features like the emergency timer and alerts are now even easier to use. Built with enhanced security and privacy, LifeguardConnectTM v6 provides the best user experience yet. Download LifeguardConnectTM on **iOS** or Android.

Benefits of the evan Platform include:

- ② Use Alone Timer
 ③ Enhanced ``Services Near Me``
 ③ Organized Resources
 ④ Customizable Theme Selection
- Real-Time Drug Alerts
- Feedback-Driven Design
- ઉ Remote/Rural Response
- Ø Personalized Resources

Sign up for toxic drug alerts Text JOIN to 253787 ALERTS



FOR MORE RESOURCES CHECK OUT THE TOWARD THE HEART WEBSITE AT: <u>HTTPS://TOWARDTHEHEART.COM</u>