



JANUARY 2024 NEWSLETTER



NEW YEAR & NEW NEWSLETTER!

We are thrilled to introduce a new newsletter design that focuses on the work being done in communities that aligns with SCFSS's strategic directions as determined by our community leadership. One of the main objectives of the newsletter is to share information and opportunities in communities that support the well-being of our Relations.



Mission

We are all somebody's seventh generation. We are committed to work with our communities to create the necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.



Vision

Work collectively to exercise nte?k'epmx and syil'x inherent rights as we empower children, young people and families.



tekm míns | tá k'wúl'əm - Our Call to Action

We are at a critical moment in time. A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children.

For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come.

Through the wisdom of our ancestors, we have been taught the ways to care for one another. We must work toward a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy, not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization to bring traditional knowledge, guidance and practices of the nte?k'epmx and syil'x people forward in collaboration and guidance of our communities.

It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve; and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nte?k'epmx and syil'x ancestors have anticipated this change and passed on their wisdom as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children, young people, families and communities will remain together and rekindle their cultural ways of being.

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SCFSS STRATEGIC DIRECTIONS

CULTURE OF CARING

- Communicate with one voice
- Integrate language and traditional teachings into programs and services
- Grow caregiver networks in alignment with traditional and community values
- Incorporate learning from Elders and Knowledge Keepers
- Return rights and responsibilities to our people through the development and implementation of Governance and Laws



PROTECTION TO PREVENTION

- Bring and keep our children home
- Align programs and services with our vision
- Shift our focus from fear to love
- Build community engagement and capacity
- Build trusting relationships

GROWING OUR PEOPLE

- Engage community expertise to support our vision
- Retain those committed to our vision
- Adopt, embrace, and implement cultural practice frameworks
- Acknowledge Post-traumatic Growth (PTG)
- Build professional capacity

INFRASTRUCTURE ALIGNMENT

- Realign budgets to shift from protection to prevention
- Improve Information Technology support in current and post COVID-19 environment
- Structure change management to achieve our collaborative vision
- Improve prompt management reporting
- Integrate programs and services to build community capacity



Personal Growth

28-Day Challenge

| | | | |
|--------------------------------------|---------------------------|--|-----------------------------|
| Walk on the land | Catch up with a friend | Schedule a fun activity | Write a gratitude list |
| Plan a healthy meal | Practice a cultural craft | Write a to-do list | Pamper yourself |
| Learn some new words in our language | Read a self-help book | Do a quick yoga session | Listen to traditional music |
| Adopt a new habit | Drink enough water | Avoid social media | Go on a solo date |
| Listen to an Indigenous podcast | Have a smudge | Have a movie marathon | Meditate for 10 minutes |
| Try out a new recipe | Go to bed early | Cook a healthy meal with traditional foods | Wake up an hour earlier |
| Create a new playlist | Go for a long walk | Start journaling | Learn a new skill |



SAVINGS TRACKER

YEAR OF

SAVING FOR

AMOUNT NEEDED

| | | |
|--|--|--|
| | | |
|--|--|--|

| MONTH | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | TOTAL |
|------------------|--------|--------|--------|--------|-------|
| JANUARY | | | | | |
| FEBRUARY | | | | | |
| MARCH | | | | | |
| APRIL | | | | | |
| MAY | | | | | |
| JUNE | | | | | |
| JULY | | | | | |
| AUGUST | | | | | |
| SEPTEMBER | | | | | |
| OCTOBER | | | | | |
| NOVEMBER | | | | | |
| DECEMBER | | | | | |



FEEL THE BEAT

Feel the Beat is a time to come together to learn, practice, and share language and culture. Our Elders share that learning language and culture is a form of healing as traditional practices naturally connect us to our Indigenous identity. Feel the Beat is open to our communities (Coldwater, Lower Nicola, Nooaitch, Shackan, Upper Nicola, and Urban) and families of Scw'exmx Child & Family Services Society. This month we will be hosting storytelling, loom beading and regalia making. Please register by scanning or clicking the QR Code below.

DINNER & SUPPLIES PROVIDED!

4-8 PM



| | | |
|------------------|--|----------------|
| January 11, 2024 | sp'ałmín and nłq'atmél?x (Upper Nicola) Band Pithouse | Storytelling |
| January 18, 2024 | sxéx' x (Shackan) Band Hall | Loom Beading |
| January 30, 2024 | nc'tatk ^{wu} (Coldwater) Band School | Regalia Making |



Integrate language and traditional teachings into programs and services.

>> Weave nte?képmx an syílǎ culture into all aspects of SCFSS

Incorporate learning from Elders and Knowledge Keepers.

>> Share traditional knowledge

>> Reclaim cultural identity

>> Establish Elders as advisors and decision-makers

Feel the Beat Christmas Dinner

Event Recap and Plans for the Future

The "Feel the Beat Christmas Dinner" event was held to recognize and celebrate the families who participated in this program throughout the year. Attendees from our five communities enjoyed a delicious meal, entertainment from the Sage Hills Drum Group and other guests, the opportunity to win prizes, and to capture family portraits. We are grateful to all who joined us, learned cultural activities, and practiced the language throughout the year. It was lovely to see all of the smiles and our people gathered together. On the following pages you will find collages of photos from the Christmas dinner. We are thrilled to share some of the photos taken by Shelanne Justice that can be found on Facebook at facebook.com/photographybyshelannejustice or through her website: www.shelannejusticephotography.com/.

As we close out the year 2023, we do so with love, laughter, and smiles, and we look forward to seeing everyone in 2024. We recognize the importance of getting more members involved in future programs and are thrilled to report a significant increase in attendance last year with almost double the number of people attending our events.

We plan to continue this momentum with new "Feel the Beat" workshops. These workshops will focus on regalia once a month in preparation for a summer powwow. We ask that if you register for regalia making that you are committed to each workshop to fully absorb the teachings.



CULTURE OF CARING





CULTURE OF CARING







kəʔkeʔtes tk speʔec he spiləxms - Three Bears Story

Spoken by Amelia Washington

ksəwt us nke he tmixʷ ʔe nke ʔixʷeɫ us təʔe he tmixʷ ʔe ekʷu kəʔkeʔtes ekʷu xəʔe tk speʔec. ʔe ekʷu xəʔe ks xʷesit tu luʔe tuɫ sʰəxənʸ nke ʔe ekʷu xəʔe ks ʔəʔek wʔeye tk tmixʷ xʷuy nke xəʔe sʰəqʷs kixʷ wuluʔe tɫ nɔlətʰkʷuʔ. ʔes kəʔkeʔtes ekʷu xe tk speʔec peyeʔ ekʷu xe tk sqaczeʔ tk speʔec ʔeɫ peyeʔ tk skixzeʔ ʔeɫ peyeʔ tk kʷmiʔmiʔme ʔe ekʷu xəʔe k sɔiʔ nke te nke tu xeʔe k sniʔpikns sʰəqʷs.

A LONG time ago when the world was different, there were three bears, the Mother, the Father bear, the Baby Bear. The three Bears were walking, from 'Sxəxənʸ and they were heading up toward Coldwater. It was getting close to lunchtime.

ʔe ekʷu scuts t kʷmiʔmeʔ, "Naʔm tk teyt kn nukʷ! Naʔm tk teyt kn nukʷ!" ʔe ekʷu scuts t skixzeʔ "ʔes kʔimxe təʔe kixʷ wuluʔe təʔ sɔkʷ wuɫ nɔlətʰkʷuʔ." ʔe ekʷu təʔe ks ciʔ nke təʔe tk xʷent. ʔəʔ ekʷu xəʔe wuɫ Nwəyɫ. enke ks xeʔe ʔəʔs wuɫ e Nwəyɫ, ekʷus ʔuqʷeʔs te qʷuʔ. nem ekʷu yé uci e qʷuʔ temn. e ʔuqʷeʔ x te qʷuʔ tu xʷeʔe te qʷuʔ nem ekʷu yé ekʷu.

The Little Bear started complaining, "I'm hungry! I'm hungry!" Mother Bear said, "Just wait a little while longer, just a little bit longer over to 'Coldwater,' where your aunty lives" So they had a little bit of a stop, and probably drank some water at Nwayc. The water there was really good.

ʔe ekʷu t kixʷ wuluʔe wuɫ he nɔlətʰkʷuʔ ʔe ekʷu ks wikms nəʔe tk citxʷ. t sɔkʷ ekʷu xəʔe. ʔe ekʷu ks nʈoʷcinm nke. (nʈoʷcinm!!!) ʔuʔ təʔe nke te ks wet k ʔex. teʔ nke təʔe ne ks ʔexs t sɔkʷ təʔeʔe k swet ʔex ʔesʔuɫxʷs, ʔe ekʷu ks wikms nəʔe nə tipl. kəʔtes ekʷu xəʔe tk skʔuxʷ. naʔm tk təyt nke xəʔe t kʷmiʔmeʔ. ʔe ekʷu k sməstenms nəʔe xzum tk kʔuxʷ. ʔe ekʷu ks nʈ xzum tk kʔuxʷ, steʔ us nke nəʔe ciʔ nke teʔe nkəxʷ ʔeɫ he (steʔ) qʷəneʔ nke nəʔe ciʔ nke nəʔe xʷʔuxʷ təʔeʔe k sʔemins kʷmiʔmeʔ tk speʔec. ʔeɫ naʔm tk ɔloxʷ ekʷu. təʔeʔe k sʔemins xeʔ xzums t kʔuxʷ, ʔes kʷenes wuciʔe tk peyeʔ tk cuʔ nke təʔ xzum. təʔe nke te ciʔ nke teʔe ʔe ekʷu k sməstens xʷuy. nke k skʷenes wuciʔe t ciʔ təʔe tk kʔuxʷ, ʔes nməstens wuciʔe he nkəxʷ ʔeɫ he scaqʷum nke nəʔe, ʔeɫ naʔm tk ʔext ekʷu. ʔuʔ ciʔ te ɔloxʷ təʔeʔe k sʔemins t kʷmiʔmeʔspeʔec. naʔm tk ɔloxʷ ekʷu ʔeɫ ʔuʔ xəʔe nkəxʷ ʔeɫ scaqʷum nəʔe ʔe ekʷu ks wuciʔe nke təʔe kʷmiʔmeʔ ekʷu xeʔ tk kʔuxʷ ciʔ nke təʔe. ʔe ekʷu ks məstens ʔuʔ naʔm tk yé ekʷu naʔm tk ʔəxt ʔeɫ teʔe nke ks ɔloxʷs ʔes yemins ʔuʔ ʔescəkstes ʔem!

They get up to 'Coldwater' and they arrive at the Auntie's home and they knock on the door, there is no answer. Little Bear is very hungry and very impatient. On this LONG, table they see 3 bowls. Little Bear tries the big bowl, which is Indian pudding and had a mixture of fermented salmon eggs. It is very hot! Little Bear does not like it and he went on to the next medium sized bowl. Inside the bowl was 'nkəxʷ' and there were berries, like Saskatoon pudding and its still very hot! Little Bear didn't like it so he's going to try the other bowl now. He tries the other bowl of 'nkəxʷ,' this saskatoon pudding is JUST right and he finishes it all, so it is ALL GONE!

ʔe ekʷu k swikms te kʷmiʔmeʔ tk nʈuyttn. ʔe ekʷu ks naʔm tk yé nke ʔuʔ naʔm tk ʔəyɔt. ksəwt nke te k sʔəyɔts ʔuʔ ciʔ te nke ʔuʔ xəʔe ks niʔpikns te ʔixʷeɫ te siʔqʷt. ʔe ekʷu k sqəʔnims t skixzeʔ ʔeɫ t sqaczeʔs ʔescuntm, "Qəyɫe!, Qəyɫe me! ʔex ʔe ks xʷəst kt ʔuʔ wəʔe ks kixʷ xəʔe t sɔkʷ ʔuʔ xəʔe ʔuʔ xeʔe xʷuyʔs ʔeks keʔ slaʔxans kt ʔes xʷəst kt.

ʔe ekʷu k swikms te kʷmiʔmeʔ tk nʈuyttn. ʔe ekʷu ks naʔm tk yé nke ʔuʔ naʔm tk ʔəyɔt. ksəwt nke te k sʔəyɔts ʔuʔ ciʔ te nke ʔuʔ xəʔe ks niʔpikns te ʔixʷeɫ te siʔqʷt. ʔe ekʷu k sqəʔnims t skixzeʔ ʔeɫ t sqaczeʔs ʔescuntm, "Qəyɫe!, Qəyɫe me! ʔex ʔe ks xʷəst kt ʔuʔ wəʔe ks kixʷ xəʔe t sɔkʷ ʔuʔ xəʔe ʔuʔ xeʔe xʷuyʔs ʔeks keʔ slaʔxans kt ʔes xʷəst kt.

Little Bear is now tired as he just finished eating and wants to rest now. He's going to sit down. He sees this great big chair and he has to have his mother help him up onto this chair. It is really, really hard - hard like this (pounds the table). This chair is too hard, too tough too big for Little Bear to sit on. It was also very smelly so he gets some help to get down. He doesn't like that chair! Then he tries the middle chair. The middle chair is too soft, it has a hole in it and he falls down onto the floor. Then he tries the little chair and the little chair fell, and broke. He gets up from the floor and since he couldn't sit down, he says, "I'm going to go and lie down"

So now he's going to see some beds. Well he tries the big bed, it's too hard, and he comes down from there. He's trying the middle bed, that one's too soft with too many feathers and lots of grass in the mattress. He finds it too uncomfortable and he doesn't like that. Finally Little Bear falls asleep in the little bed and Mother Bear does not wake up till almost lunchtime the next day. Mother Bear tells him, "Get up! Your Auntie's going to be here, you have to eat and then we got to go back home to Sxəxənʸ." He gets up to eat, and that was the adventure of the three little bears.

This story is available on the First Voices website. View & listen by clicking the following link or scan the QR code to follow along:

<https://www.firstvoices.com/nlekepmxcin/stories/6b5fc8b9-92ea-4a05-80c1-e558094d1ebc>

- This story is a translation from the Three Bears and Goldilocks Story. The Storyteller changed to the familiar local placenames so that when the listener is able to recognize the area. The Storyteller tells about the Three Bears travelling from Shackan up to Coldwater and stopping along the way.
- Other Storytellers can change the placenames and add on to the story as they wish.



COMMUNITY UPDATES - COLDWATER BAND

JANUARY EVENTS

- NLX Health & SCHSS Family Bowling event
- Coldwater Grocery Shop Trips - Jan 11 & Jan 25
- Calling Our Spirit Home Ceremony Planning Meeting - Jan 11

WEEKLY EVENTS

- After school Gym Nights - Tuesday & Thursday | 6-7 PM



GROCERY SHOPPING

SUPPORT

THURSDAY
JANUARY 11TH OR
JANUARY 25TH

MEET AT COLDWATER
BAND OFFICE FOR 11AM &
BACK AT THE BAND
OFFICE FOR 1:30PM



Coldwater has organized a community shopping trip for groceries! We will stop at Conayt Soup Kitchen for lunch and then No Frills for groceries. (Support to purchase additional items will be available for the first families to register with Harmony)

- Community members can sign up for one trip per month
- One participant per household

Call or text or email to register! **Harmony Williams, Community Prevention Worker**
250-315-3081 harmony.williams@scwexmx.com

Organized by Coldwater Social Development with support from SCFSS Community Prevention

Coldwater Band Elders & Community are requesting we host

“Calling Our Spirit Home Ceremony”

Please join us if you would like to join the planning committee.



Planning Committee Meeting

“Calling Our Spirit Home Ceremony”

Date: Thursday, January 11, 2024

Place: Coldwater Health Building

Time: 6:00 pm





JANUARY EVENTS

- Hand Drumming - Jan 9 & Jan 23
- Elder's Luncheon - Jan 18 | 11:30 - 2 PM
- Elder's Craft & Sewing - Jan 24 | 11:30 - 2 PM
- Elder's Bowling - Jan 26 | 2-4 PM

WEEKLY EVENTS

- Soup Kitchen - Every Wednesday
- After school rec program
- Language program every Thursday at 6 PM at the Culture Centre

LNIB CULTURE REVITALIZATION

HAND DRUMMING

5:00 - 6:30 pm

Tuesday, January 9, 2024
Tuesday, January 23, 2024

Rocky Pines Community Center
2790 Cougar Crescent

ANY QUESTIONS CONTACT
CAROLE BASIL (250) 315-9158



Elder's Craft & Sewing

January 24, 2024

10:00 - 4:00 pm

Rocky Pines Community Centre

Contact Elders Coordinator, Lani Mackenzie
at (250) 378-5157



LNIB Elders Bowling

January 26, 2024

2:00 - 4:00 pm

Merritt Bowling Centre



Contact Elders Coordinator, Lani MacKenzie
to sign up (250) 378-5157

- FIRST 30 WELLNESS -

When: January 8th-Feb 8th 2024

What to expect

- Weekly challenges
- Week one water and positive affirmations
- Week two movement challenge
- Week three organize a space in your house
- Week four create sacred space
- Water dips
- Weekly workout with Chelsea Cooper

Join us for a journey to kick start the year in a good way sign up by Dec 30th

For more information please call
Christie Hill (250)315-3661



COMMUNITY UPDATES - NOOAITCH BAND



JANUARY EVENTS

- January 3 & 24- Bringing kids to NHSS family bowling event from 2-4PM
- January 4 & 24- Library day 2-4PM
- January 5 & 24- Swim day 2-4PM

WEEKLY EVENTS

- Kids drop in - Tuesdays @ the satellite office
- Gym night - Wednesdays @ Nicola Canford
- Library & swimming - Thursdays



COMMUNITY UPDATES - SHACKAN BAND

JANUARY EVENTS

- At nkseytknhetxw (Community Wellness Building)
- Wellness Circles
- Playgroup - Jan 18 | 2-3:30 PM
- Indigenization, Cultural Awareness, and Trauma-Informed Practices: Nurturing a Culturally Sensitive Community - Jan 22

Shackan Playgroup

Come join Scw'exmx Community Health for crafts and fun activities
Healthy snacks provided

Located at the Shackan Wellness Center

November 27 - 2:00 - 3:30 PM
December 13 - 2:00 - 3:30 PM
January 18 - 2:00 - 3:30 PM

WORKSHOP TITLE: Indigenization, Cultural Awareness, and Trauma-Informed Practices: Nurturing a Culturally Sensitive Community

BREAKING NEWS

Presenter: Laura Grizzlypaws

This workshop aims to educate staff and community members on indigenization, cultural awareness, and trauma-informed practices.

Participants will gain a deeper understanding of indigenous perspectives, historical trauma, and culturally sensitive ways to interact with community members.

By addressing these two interconnected aspects, participants will contribute to creating a more inclusive, respectful, and healing environment in both the office and the community.



JANUARY 22, 2024

9:00 AM - 4:30 PM @ MERRITT CIVIC CENTER (LUNCH PROVIDED)

PLEASE REGISTER WITH HAYLEE @ 250-378-5410 OR SOCIALDEVELOPMENT@SHACKAN.CA



JANUARY EVENTS

- Harper tubing - Jan 3-24
- Ski Lessons - Jan 13, 27, Feb 3, 17
- nsyilxcən grammar - Jan-15, 22, 29

Upper Nicola Language Department **January 2024**
NSYILXCEN GRAMMAR

Provide an opportunity to support language learners with nsyilxcən grammar, and other general questions about the language

| | | |
|------------------|---|----------------------|
| 15 JAN | Possessives & Connecting Words | 6:00 PM START |
| 22 JAN | Intransitive Form & Conversational Pairs | 6:00 PM START |
| 29 JAN | Transitive Form & Strong / Weak Verbs | 6:00 PM START |

Zoom Meeting
<https://us06web.zoom.us/j/B4010273258>
 Meeting ID: 840 1027 3258

For more information:
 Contact pqiqin, Maynard McRae Jr.
language@uppernicola.com

You Empowered Strong Presents:
Specialized Training

January 24, 2024
 Virtual via Zoom

The YES Program aims to support the Syilx Nation with family violence and sexual assault. As a part of the YES Program's Specialized Training, we present a full day of training to support capacity building to respond to forms of violence.

Open to Syilx Nation Members, Community Members, Frontline Band Staff, and YES Community Partners

Topics

- Human Trafficking & Intimate Partner Violence
- Brain Injury & Intimate Partner Violence
- Emotion Focused Family Therapy Workshop

"One in three women will experience intimate partner violence in their lifetime. Most will also suffer a brain injury as a result of the abuse."

For more info:
 Darryl-Jean Paaman, YES Team Lead
YES.TeamLead@syilx.org
 778-392-8133
www.okanaganation.com

You Empowered Strong:
 The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual assault as one of the key steps to create change and change behaviours.

ANCESTORS - Family Tree



PLACE MARK February 9-10, 2024
ANCESTORS - Family Tree

The k'u stəmtimə? are planning a workshop on **Ancestors - Family Tree** to have workshops including:

- Starting a Family Tree
- NV Museum and Family Tree Research
- Historical Photographs and their Stories
- Personal Experience and Family Tree Research
- Exercises - Who are my Relatives?

More information contact: Team Lead Carol Holmes or Director of Relations Debra Manuel

Goal:
 2.0 Build capacity and community relationships by supporting our Relations in a way that reflects Syilx culture and values and keeps children in the community.
 4.9 Develop opportunities for the development of family trees for all UNB Relations

Cancellation Notice:
 Due to unforeseen and unavoidable circumstances (i.e. weather, death, health, and safety) an event may be cancelled or postponed. The k'u stəmtimə? will take the necessary steps to ensure ample notice.



UNB Youth Outdoor Club
2024 Ski Lessons @ Sun Peaks

Saturdays
 January 13th and 27th
 February 3rd and 17th

Day will include:

- Morning and Afternoon Lessons
- Lift Tickets & Rentals
- Dinner at Subway

Rides are available only if needed.

- Pickup from Spaxomin will begin at 6:30 AM
- Pickup in Quilichena will begin at 6:50 AM
- Drop off at home will be after 6:00 PM

Fuel Cards and Food Cards will be available if you can provide your own transportation.

Limited Spaces Available
To Register Contact
 Buzz Manuel T: 250-315-3457
 E: event.coordinator@uppernicola.com



JANUARY 2024



- Community Calendar -

CULTURE OF CARING



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|---|--|--|
| 31 | 1 | 2 | 3 NLX Health Bowling Event 2-4 PM | 4 | 5 | 6 |
| 7 | 8 LNIB First 30 Wellness Kick off! | 9 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre | 10 | 11 CIB Grocery Shopping Support 11 AM Calling our Spirit Home Committee 6PM Coldwater Health UNB Feel the Beat 4-8 PM Pithouse - Storytelling | 12 | 13 UNB Youth Ski Lessons @ Sun Peaks 6:30 am - 6 pm |
| 14 | 15 NSYLXCXN GRAMMAR 6 PM on Zoom Women's Group 5-8 pm @ Civic Centre Vision Boards and Self Care | 16 | 17 | 18 SIB Playgroup 2-3:30 PM Shackan Wellness Centre SIB Feel the Beat at Shackan Band Hall 4-8 PM - Loom Beading | 19 Youth Outreach Lunch 12:30 - 1:30 Merritt Secondary School | 20 |
| 21 | 22 Cultural Awareness Workshop Civic Centre - 9-4:30 PM NSYLXCXN GRAMMAR 6 PM on Zoom | 23 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre | 24 LNIB Elder's Craft & Sewing 10-4pm @ Rocky Pines Centre | 25 CIB Grocery Shopping Support 11 AM | 26 LNIB Elder's Bowling 2-4 pm Merritt Bowling Centre | 27 UNB Youth Ski Lessons @ Sun Peaks 6:30 am - 6 pm Men's Group - Family Ice Fishing 10-3 PM @ Harmon Lake |
| 28 | 29 NSYLXCXN GRAMMAR 6 PM on Zoom | 30 CIB Feel the Beat at Band School 4-8 PM - Regalia Making | 31 | 1 | 2 | 3 |



NOTES

LNIB:

- Hand Drumming every Tuesday 5-7:30 PM @ Rocky Pines Community Centre
- Language Group every Thursday 5 PM @ Cultural Centre

CNA:

- Driving lessons four times per month contact CNA to book your lessons.

NOTES

NIB/SIB:

- After School Drop In - Every Tuesday - SCHSS Satellite office in Nooaitch 3:45 - 5:30 PM
- Gym Nights every Wednesday at Nicola Canford - SCHSS Pick up in Nooaitch from each child's home | 6 - 7:30 PM
- SCHSS/SCFSS After School Swimming Every Thursday | 3:30 - 5 PM

Coldwater:

- Gym Nights - Tuesday & Thursdays | 6-7:30 PM



CAREGIVER TRAINING

Monthly Reporting

Join us on the **first Tuesday** of every month (except for January) for our Caregiver Reporting Sessions. Our team will offer guidance on filling out necessary monthly forms, and you'll have ample time to complete them. We strongly encourage you to sign up for the sessions or reach out to our office with any inquiries. The training sessions will be held at our Downtown Office located at **1988 Quilchena Ave., Merritt.**



| Day | Time | Training Dates |
|---------|-------------|-----------------------------------|
| Monday | 10 am-12 pm | Jan 8, 2024 |
| Tuesday | 10 am-12 pm | Feb 5, Mar 4, Apr 8, May 6, Jun 3 |

RECEPTION@SCWEXMX.COM | (250) 378-2771 | SCWEXMX.COM

Women's Group

We welcome you to our monthly Women's Group!

5-8 PM January 15, 2024
Merritt Civic Centre

Our Women's Group comes together once a month to share a meal, check in, and have a monthly activity.

We will be having a restart to the year! Join us to work on a vision board and make some DIY self-care products.

Supplies are limited so you must register and confirm! To register visit:
<https://forms.office.com/r/CCnHwvuC3g>

or scan:



Allyson - (250) 378-2771
allyson.sterling@scwexmx.com

If you register but cannot attend please contact Allyson to let her know.

Registration now closed



In partnership with:



MEN'S GROUP



FAMILY ICE FISHING TO PROMOTE FAMILY AND UNITY

SATURDAY - JANUARY 27, 2024

10 AM - 3 PM

Location: Harmon Lake

Snacks & drinks provided.

Fishing gear will be available if needed.

Various categories & prizes to be won!



*Register
Now*



Questions? Call (250) 378-2771





MEN'S GROUP CHRISTMAS DINNER

We would like to express our heartfelt gratitude to everyone who attended the Men's Group Christmas Dinner on December 19th, 2023. It was a fantastic evening filled with delicious food and enjoyable games. Seeing all of your happy faces was a real treat. We wish you all a joyous Christmas and a prosperous New Year. We are excited to host a fishing derby in January, so stay tuned for further information!





Scw'exmx Child & Family

RELATIONSHIP PROGRAM

~SENSE OF FAMILY~

**Family Tree & Couples Vision Boards
Presentation: Sacred Space**

Date: Jan 27 & 28, 2024 | Time: 9-4 PM

Location: Best Western Board Room

- This group is open to couples from our five communities that we serve who are interested in a relationship building program. Join us to participate in our Sense of Self workshop.
- Meals will be provided.
- Register by scanning the QR code or clicking the link the original post.
- 2 Spots available for 2 couples!



This program is offered annually.

Each session will explore different tools to build a strong and healthy relationship.

CONTACT: ALLYSON STERLING

allyson.sterling@scwexmx.com | (250) 378-2771

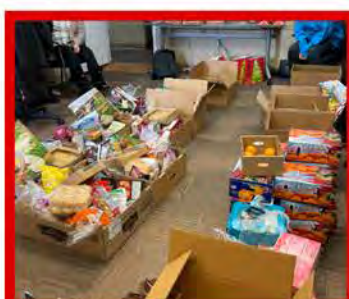


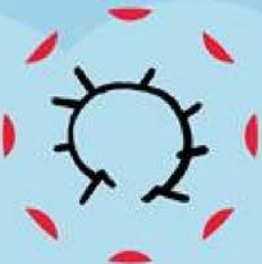


Scw'exmx
Child & Family

FOOD HAMPERS

SCFSS Youth Transition Program Coordinator, ShayLee Jack, along with the Youth Prevention Team and Community Prevention Team, organized a drive to provide food hampers and hygiene bags to 38 households, which housed a total of 52 young people. We extend our heartfelt appreciation to everyone who contributed to this effort and hope you all had a wonderful and joyous holiday season.





Jan 19th, 2024
12:30-1:30pm

LUNCH
LUNCH
YOUTH OUTREACH
LUNCH
LUNCH

- ✓ Lunch will be provided
- ✓ Resources
- ✓ Connect with youth supports!

WHERE:
MERRITT SECONDARY
SCHOOL CAFETERIA

CONTACT INFO:

| | |
|---------------------|--|
| CNA: 250-378-1864 | www.cna-trust.ca |
| SCFSS: 250-378-2771 | www.scwexmx.com |



EMPLOYMENT OPPORTUNITIES

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nte?képmx and syilx traditional knowledge and principles. SCFSS utilizes prevention and protection strategies with the collective goal to keep children with their families and communities. SCFSS recognizes historical challenges and is guided by traditional strength and wisdom to build family and community capacity in a monumental shift from protection to prevention.

As an Indigenous organization serving the nte?képmx and syilx communities, SCFSS prioritizes the hiring of nte?képmx and syilx community members. Following community member priority and pursuant to Section 41 of the BC Human Rights Code, preference may be given to qualified applicants of Indigenous ancestry.

Job Postings

Reunification Coordinator
Part-Time Administrative Assistant
Men's Group Coordinator

*Check our website regularly for the above postings, we will post there first!

APPLY NOW

See our full postings and apply on our website at www.scwexmx.com
Submit your cover letter and resume on our website





ADOPT, EMBRACE, AND IMPLEMENT CULTURAL PRACTICE FRAMEWORKS.

Integrating Cultural Practice Frameworks to Build a Stronger Team

At SCFSS, we are dedicated to adopting, embracing, and implementing cultural practice frameworks. To this end, our culture and language team has implemented Staff Culture Corner days. Our Elders have emphasized the importance of learning our culture and language, as it helps us connect with our identity and roots. We wanted to know how our teams felt when working on cultural projects, so we asked them. Here is what they had to say:

"It is very relaxing to me, as long as I know what I am doing."

"Grounded, connected, at peace."

"I feel calmer, keeps me focused, and proud that I am learning about my culture finally."

"Peaceful, calm, grounded."

"Grounded- connected- honored- grateful."

"Honored and grateful"

"Relaxed, enjoyable (a little hard on myself when not doing exactly as taught, especially if distracted by responsibilities)."

"I feel very centered and grounded when I work on cultural projects. I feel connected to my ancestors who practiced these things regularly. I feel it is important to learn these skills and keep them alive for our future generations."

"I feel great!! Connected."

"Grounded, ignited, connected."

"I made 2 skirts for myself and a skirt for my granddaughter and the joy I feel while sewing and chatting was amazing!"

"I feel grateful when working on these projects and appreciative to the instructor and for the experience."

"Calm, relaxed, connected, grounded."

"Relaxed and involved with the culture."

"Relaxed, connected to myself."

"If it is a good project and good company, I feel happy and relaxed. very fulfilled and connected to my culture."

"I feel deadleeeeeeee!"

"Connected."

"Excited, calm."

"I find it therapeutic. Everyone is helpful when learning. Beading, tanning, sewing, harvesting etc."



Integrate community guidance and decisions

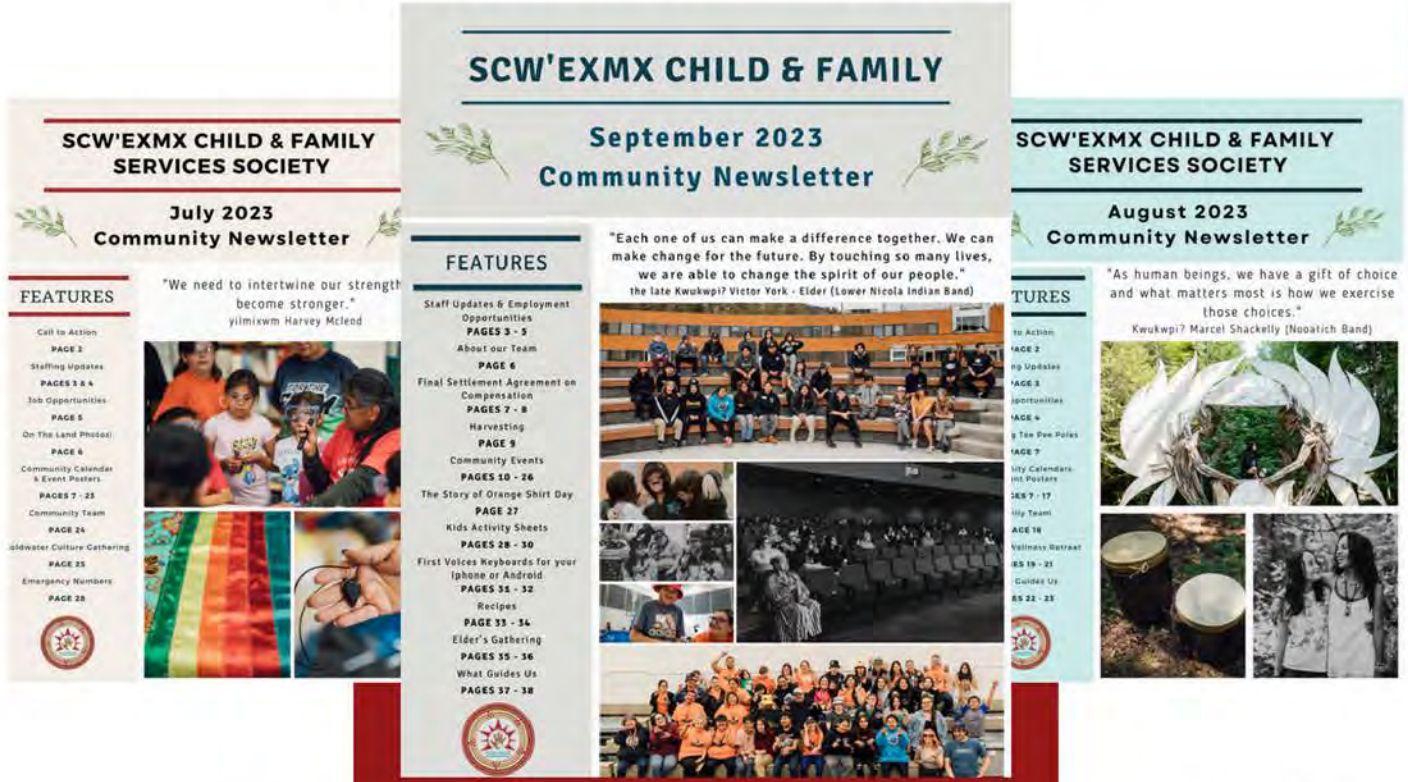
- » Remove silos through collaboration
- » Locate employees in community
- » Explore space-sharing potential

NEW OFFICE SPACE: “LAKEVIEW”

Scw'exmx Child & Family Services Society acquired office space in Quilchena, next door to the K'wu Stəmtíma? office. The facility serves as space for SCFSS staff and meetings space that supports community collaboration as well as increases opportunities for engagement with the Upper Nicola community. The office in Quilchena increases the ability for our staff to provide programs and services for children, young people, and families in Upper Nicola and beyond!



SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!



Would you like to receive newsletters and updates from Scw'exmx Child & Family. Scan or click the QR code below to sign up for our newsletter today!



SCAN ME



www.scwexmx.com / facebook.com/scwexmxchildandfamily / Instagram.com/scwexmxchildandfamily

Children's Help Line for Children and Youth

If you don't feel safe, as a young person you can call this number 24 hours a day.

310-1234

Child Wellness Concern After Hours?

Call 1-800-663-9122



Scw'exmx Child & Family Services Society

Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

Downtown Address: 1988 Quilchena Ave., Merritt, BC V1K 1B8

Mailing Address: 1750 Lindley Creek Rd, Merritt, BC V1K 0A3

Language & Culture Address: 183 Nawishaskin Lane, Lower Nicola, BC V1K 0A7

Quilchena Address: Unit #2 - 3512 Highway 5A, Quilchena, BC V0E 2R0

Telephone: 250-378-2771

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families