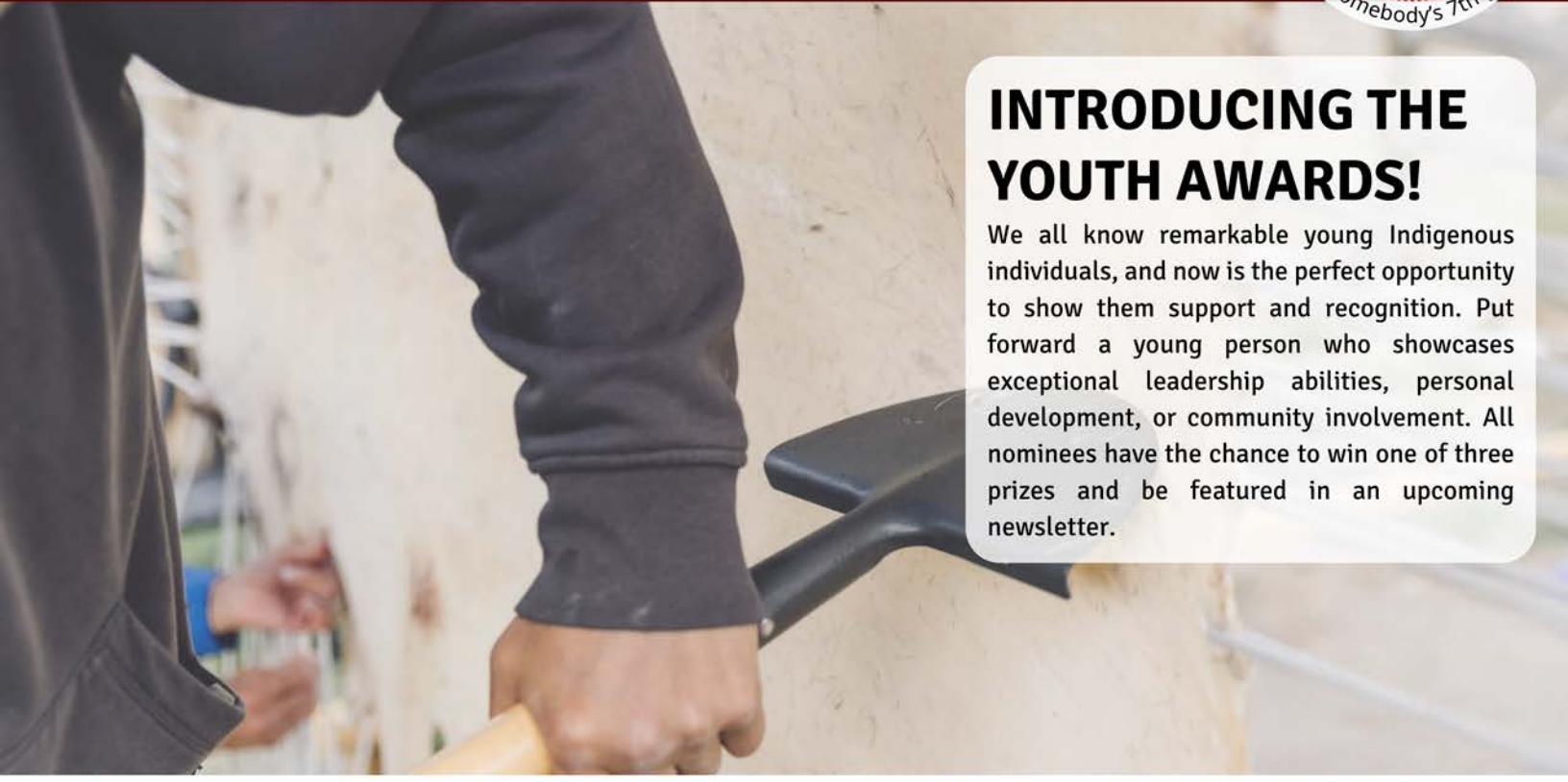




# FEBRUARY 2024 NEWSLETTER



## INTRODUCING THE YOUTH AWARDS!

We all know remarkable young Indigenous individuals, and now is the perfect opportunity to show them support and recognition. Put forward a young person who showcases exceptional leadership abilities, personal development, or community involvement. All nominees have the chance to win one of three prizes and be featured in an upcoming newsletter.



## 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?képmx and syilx 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?képmx and syilx 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?képmx and syilx 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



## What's In Your Vape?

The chemicals used in vaping liquids differ among manufacturers, with varying compositions. Research by Health Canada detected an average of 22 chemicals and roughly nine flavouring chemicals in Canadian vaping products. New chemicals can also form when vaping liquids are heated (through the aerosolization process) or if liquids come into contact with parts of the vaping device (e.g. coil).

Our A-Z of vaping social media campaign explores the chemicals that might be found in your vape.

### A is for ADDICTIVE

The nicotine in vapour products, just as in cigarettes, is addictive. Here's what we know about the health effects of nicotine:

- children and youth are more likely to develop a nicotine dependence, even with limited exposure
- nicotine:
  - can affect memory and concentration;
  - can alter brain development especially in children and youth; and may reduce impulse-control; and cause cognitive and behavioural problems in children and youth.
- When you stop vaping or smoking, the nicotine levels in your body drop and you may have withdrawal symptoms, like headaches, shakes, dizziness, anxiety, or depression.

Watch the "hamster" video [here](#).

### F is for FORMALDEHYDE

Formaldehyde isn't an ingredient in vape products, it's a by-product – which means it can be created during the process of vaping when the e-juice is heated and inhaled.

Formaldehyde is a colourless gas that is emitted mainly from household products and building materials, Formaldehyde is also found naturally in small amounts in some foods (including fruits), and humans make small amounts of formaldehyde as part of the normal metabolic process.

Formaldehyde is an irritant. Exposure to high concentrations can cause burning sensations in the eyes, nose and throat. Long-term exposure to moderate concentrations (at levels lower than those causing irritation) may worsen asthma symptoms. This is particularly true in children and infants. It may also be linked to other respiratory symptoms and allergic sensitivity. Formaldehyde is classified as "carcinogenic to humans" by the International Agency for Research on Cancer (IARC).

Research has shown concerning levels of formaldehyde in the aerosol from vaping. Formaldehyde hemiacetals (a new form of formaldehyde) may actually deliver the chemical deeper into the lungs.

Watch the "cow" video [here](#).

### H is for HEAVY METALS

Like formaldehyde, heavy metals can be produced when vaping, but are not ingredients in vapour products.

Some metal contaminants (e.g. nickel, chromium, tin, aluminum) may also get into the vapour as the metal heating element gets older. Some of these chemicals and metals are known to cause cancer.

Watch the "bats" video [here](#).  
Watch the "buff bear" video [here](#).

### M is for MOOD

Many young people say they vape to help with their mental health to improve their mood, reduce stress and anxiety.

Nicotine temporarily raises your dopamine levels, giving you a "rush" of feel-good hormones when you smoke or vape. But that good feeling quickly fades away and can leave you feeling agitated and restless.

Studies reveal that vaping is associated with negative mental health changes, similar to smoking cigarettes.

Nicotine can make symptoms of depression and anxiety worse.

Watch the "camel" video [here](#).

If you or someone you care about is in need of mental health supports, visit [wellbeing.gov.bc.ca](http://wellbeing.gov.bc.ca)

### P is for PULEGONE

Pulegone helps give mint vapour products their flavour. The chemical is a suspected carcinogen that was banned by the U.S. Food and Drug Administration (FDA) as a food additive, and it has also been found to cause cancer in lab animals.

When measured against all tested vapour products, pulegone was found in 11 out of 825 (1.3%) Canadian vapour products at unknown concentration levels. As pulegone is used mainly in mint/menthol flavoured vapour products it was found in 9 of 11 mint/menthol products. That's more than 80% of mint/menthol vapour products!

Watch the "rat" video [here](#).

The point is:

THERE'S MORE TO VAPING THAN YOU THINK.

These are just a few of the possible chemicals that you might be inhaling when you vape. Because vaping is relatively new, the long-term safety of inhaling the substances in vaping products is unknown and continues to be assessed.

Find more in [HEALTH INFO FOR YOUTH](#)

FIND SUPPORTS TO [QUIT HERE](#)



# Be Kind - Feb 22nd 2024 is Anti-Bullying Day





# 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 the 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**



Tuesday, February 20th	Lower Nicola Band Shulus Hall	Regalia Making
Thursday, February 22nd	Nooaitch Band Hall	Mini Buckskin Gloves/Moccasins & Beading

# FULL MOON DRUMMING



FEBRUARY 23, 2024  
5-8 PM

SCFSS LANGUAGE NEST



183 Nawishaskin Lane, Lower Nicola, BC V1K 0A7

Dress appropriately for the weather as drumming will be in the Teepee. Snacks & drinks provided!

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





## skelúle? tk spték<sup>wł</sup> - The Owl Legend

### by tułmatétk<sup>wu</sup> (Ethel Isaac)



cút he ek<sup>wu</sup> he sk<sup>wúk</sup>wmi?t, łe sqáczé? s ł ski<sup>x</sup>ze? s, "x<sup>wu</sup>y łwéy tum wuł kzé? s ł spápzé? s, eks nes pəxpiχm̄." ?es nkikéyms he sk<sup>wúk</sup>wmi?t ek<sup>wu</sup>, we—wiyxses, we—wiyxses. tem ek<sup>wu</sup> ta? s tk<sup>wə</sup>ps. cú ek<sup>wu</sup> tax? ýemiI?téytem te? spápzé? s, cúntem ek<sup>wu</sup>, "cúús kes wiyx da do much, wiyx tk x<sup>w</sup>?it ?es kwéns he skelúle?!" he q<sup>w</sup>ciyx ek<sup>wu</sup> ł s?i?tm̄s nes piχm̄ ek<sup>wu</sup>. ?es tes ta? ł?ék, łúk kwənhwèln eł ł?ék us. łúk i? ek<sup>wu</sup> wiyx ł sk<sup>wúk</sup>wmi?t. ek<sup>wu</sup> ?es cúns e sk<sup>wúk</sup>wmi?t, "neswe? wuł ?éyčqe? eks micé? q eks wiyx!" zéwstem ta? qəłmi<sup>n</sup>

The Child's father and mother said that they going hunting and their Child was going to stay with the Grandfather and Grandmother. The Child wanted to go along, so he cried and cried to go hunting with his parents. The Grandfather tried to comfort him, telling him not to cry too much. He said, "If you cry too much, the Owl will take you." The parents went hunting, and they never came back until they got something. The Child was still crying and was told to go outside because the Grandfather was very annoyed with his crying.

?es pułums sk<sup>wúk</sup>wmi?t, ?es mi'cé?qs u ci'?e, ?es wiyxs. ?es kəc?tm ta? skelúle?, ?es cúnstm ek<sup>wu</sup> ta?, "he qi<sup>n</sup> ke--nm łúk he qi<sup>n</sup> wi'y--x." ?es cúns ek<sup>wu</sup> ł sk<sup>wúk</sup>wmi?t, "łwéycms n?éye ł s?i?tm̄ nspápzé?, x<sup>wu</sup>y ek<sup>wu</sup> he néyi? s x<sup>wu</sup>y pəxpi'χm̄, ?es des da kes ?en x<sup>wu</sup>y nkikéym ?es təmsťes ta? kes nescum ?es kəstiyxms, he łu? xe? kn n?éye he mi'cé? q wi'yx."

So the Child went outside and sat down so he cried out there and the Owl came and the Owl said to him "Why are you crying?" The Child said, "my parents left me here with my grandfather and they went hunting and I wanted to go along but they would not take me along and they left me behind. This is why I am here sitting and crying."

?es cúts ek<sup>wu</sup> skelúle? "úu, húmél x<sup>wu</sup>y nłemecin ncýé ?eks q<sup>w</sup>ełt he cin, eks nescn ?eks nxwél---ix kn te? he kes páq<sup>wu</sup>ywx<sup>w</sup> te? he kəs ýewi?x." ?es ci'yes tək ýemi<sup>n</sup>ntm tək sk<sup>wúk</sup>wmi?t. ek<sup>wu</sup> cúntem tək sk<sup>wúk</sup>wmi?t, "ýe nuk<sup>w</sup> he kns ride n?éye ne čyé." ?es cútem tə? skelúle?, "x<sup>wu</sup>y pəntscin, eks he tk<sup>wə</sup>p, he ?eks pəntscin." ek<sup>wu</sup> ?es cúts a sk<sup>wúk</sup>wmi?t, "te?ťé? x<sup>wu</sup>y kns pəntmin lwéycms ns?i?tm̄." ek<sup>wu</sup> cúts a skelúle?, "úu, x<sup>wu</sup>y nescin wuł ncitx<sup>w</sup>." ek<sup>wu</sup> cúts he sk<sup>wúk</sup>wmi?t, "nam nuk<sup>w</sup> kes tēy---t." ek<sup>wu</sup> he cúts a skelúle?, "úu, x<sup>wu</sup>y kn nes x<sup>wi</sup>?m tək sméyx te? pəpéyłe sté? te? eks ci? he ncqcin." ek<sup>wu</sup> cútem he ł?ékcm ek<sup>wu</sup> meł ?es cútem tə? skelúle? "húmél x<sup>wu</sup>y kw ła?χans," ?es cúts he sk<sup>wúk</sup>wmi?t, "úu sméyx ne x<sup>wu</sup>y sła?χans, te?ťé he? ks x<sup>w</sup>óχ<sup>w</sup>stmne he smé---yx."

The Owl said, "Oh, all right I will put you in the basket and pack you and take you I will fly around while you look around so you will feel better." The Child sort of like him and said to him "this is a good ride in this basket!" The Owl told him, "I am going to bring you back as you have stopped crying." The Child said he did not want to go back and said, "My parents left me!" Then Owl said, "Ohhh I will take you to my house." The Child said, "I am very hungry!" Owl said he was going to look for snake, or frog or whatever and that is what I will give you to eat. When Owl brought him the snake and he told the Child "all right you can eat now", and the Child said, "Ohhh, I am going to eat snake! I do not want that snake!"







# skelúle? tk spték<sup>wł</sup> - The Owl Legend

by tułmatétk<sup>wu</sup> (Ethel Isaac)

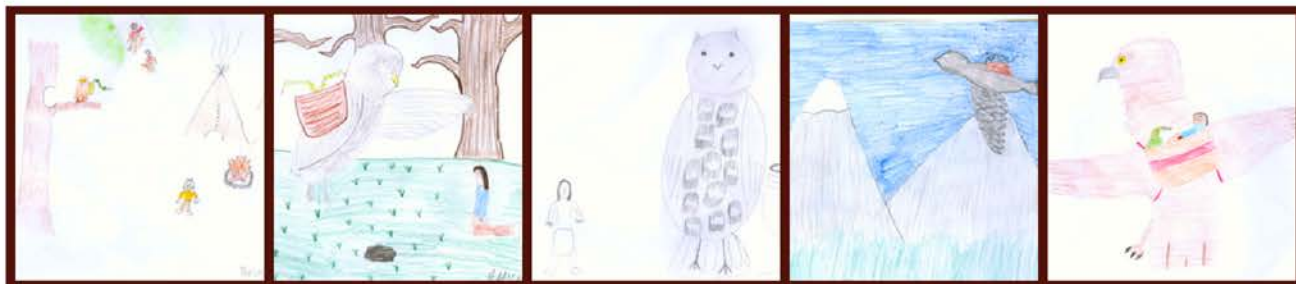


ek<sup>wu</sup> cúts ek<sup>wu</sup> te? skelúle?, "xé?e cúk<sup>w</sup> xé?e neh kns ła?xans te? ciye? te? ne? te? skelúle?, † pəpəy?e † sté? te?." te?té ks pəmes, te?té kooks, łu? ?es xiw ne łu? ?úpis. xe?ex ne, łu? téyt sk<sup>wuk</sup>wmi?†, łu? ?upis...sméyx, pəpəy?e ek<sup>wu</sup>, "?úu!" me† he sk<sup>wuk</sup>wmi?†, ?es cúts, "na† nuk<sup>w</sup> he ye tek sła?xans!" he cúts he sk<sup>wuk</sup>wmi?†, ?úu emé† he ne ?es sw?éx he sk<sup>wuk</sup>wmi? ne skelúle? łu? łaax† ek<sup>wu</sup>, cimin---us ek<sup>wu</sup> ła?x†s... nke kénmus nke te? he ? skelúle? q<sup>w</sup>nóx<sup>w</sup> nke te? or zóq<sup>w</sup>min nke ?es cútem te? sk<sup>wuk</sup>wmi?† ...

Owl told him "this is all I eat, snakes, frogs and anything else." There was no fire and he did not cook it, just ate it raw. The Child was hungry so he had to eat the raw snake, frog. "Ohhh!" the child said, "This is good food to eat!" The Child stayed with the Owl until he grew up very tall. Then, I do not know what was the matter with Owl; maybe he was sick or dying. Owl told the Child he was going to bring him back to his parents ...

"x<sup>wu</sup>y pəntscin wu† s?i?†m x<sup>wu</sup>y nescin eks nes wu† †e? s?i?†m†s." ?es cú? x<sup>wi</sup>?es k<sup>wén</sup>xc ek<sup>wu</sup> wu† séytkmx. ?es cu---?s x<sup>wi</sup>?es ek<sup>wu</sup> † s?i?†m†s, łu? tem ek<sup>wu</sup> teta? kes pú†ms † s?i?†m†s. ek<sup>wu</sup> me† he ks sew†ns ek<sup>wu</sup>, sew---†n ek<sup>wu</sup>, cún ek<sup>wu</sup> kénmus nke tə? † s?i?†m†s zóq<sup>w</sup> kús tə? † s?i?†m†s, he kénmus tə? † spápze?. ek<sup>wu</sup> u†?é † spápze?s wu† he sqay†, we?e ek<sup>wu</sup> wéw...es ek<sup>wu</sup> ?imcs, ?imcs †n qə†min. łu? tətah kes qe?nimtem ek<sup>wu</sup> k?éys, łu? ek<sup>wu</sup> he pi?pse † qə†min, ci? xe?e ncéwe? he nqe?nim, ek<sup>wu</sup> me† ne u teta? kes pú†ms † s?i?†m†s. kénmus nke te?e he we?xus nke ne séytkmx.... cúk<sup>w</sup> xe?e

"I am going to take back to your parents" When they got to the people, they asked where the Child's parents were. None of the people knew about them or what had happened to them. Meanwhile the Grandfather was up the mountain looking and calling and calling for his Grandchild, but the Child did not hear his Grandfather. So the Old Man probably got lost. This is what I heard, the Child never did not find his parents and I guess the Child stayed with the people. The End.



This story and artwork is borrowed from the First Voices website. View & listen by clicking the following link or scanning the QR code:

<https://www.firstvoices.com/nlekepmxcin/stories/a2403d23-cc85-4463-ad93-fe8563096c49>

ACKNOWLEDGEMENTS

- Laura Suchell
- Tina Edwards



## FEBRUARY EVENTS

- Calling Our Spirit Home - Survivors Sharing Circle - Feb 15 | 2-4 PM
- Coldwater Grocery Shop Trips - Feb 8 & Feb 22

## WEEKLY EVENTS

- After School Gym Nights - Tuesday & Thursday | 6-7 PM
- Calling Our Spirit Home - Walking & Exercise Group - Wednesdays | 3:30-4:30 PM



**"Calling Our Spirit Home Events"**  
Save the Date: September 27-30, 2024

**Upcoming Events for Coldwater Membership**

- Coldwater Band Survivor Names
- Survivors Sharing Circle Group
- Memorial & Recognition Banner Group
- Walking & Exercise Group
- Patchwork Blanket Group
- Button & Pins Beading Group

Please join the sessions for recognition & healing. Invite posters will be sent out to community for participation & preparation for this important event.

Contact Information:  
Cynthia Jagar - Social Development Services  
Phone: 1-250-378-6174

**Calling Our Spirit Home Survivors Sharing Circle**

Residential School Survivors are invited to share your journey of healing with stories, photographs and poems. Councilors will be available for debriefing & support.

**Date: Thursday, February 15, 2024**  
**Place: CW Health Building—Elder's Room**  
**Time: 2:00pm—4:00pm**

If you require support please reach out to SCHSS. (250) 378-9745

Contact information:  
Elizabeth Perlel-Waboose, Therapist-Wellness Team  
Phone: (250) 378-9745, Cell: (250) 378-7358  
May George, Wellness Counsellor/Manager  
Phone: (250) 378-9745, Cell: (250) 378-9834

**Calling Our Spirit Home Walking & Exercise Group**

Please join this group if you would like to be prepared for the upcoming event **Calling Our Spirit Home** on Sept 27-30th, 2024.

The event will start at Kamloops Residential School on September 27th & will end at Coldwater Reserve #1 on September 30th at the Coldwater School.

We are requesting our youth, membership & Elders to join this healing & recognition event.

**Date: Starting January 31"**  
**Place: Coldwater School Gym**  
**Time: Wednesdays 3:30 - 4:30pm.**

Save the Date: September 27-30, 2024

Contact Information: Lucy Henry  
Phone: 1-250-280-5489  
Email: henry.l@schss.com



## FEBRUARY EVENTS

- Family Ice Fishing at Courtney Lake - Feb 10 | 10 AM-2:30 PM
- Family Day Sledding - Feb 16 | 11 AM -3 PM
- Reiki Healing Sessions - Feb 2, 16 | 9 AM-3 PM
- Feel The Beat - Shulus Hall - Feb 20 | 4-8 PM
- LNIB Women's Group - Feb 29 | 1:30-3:30 PM

## WEEKLY EVENTS

- Soup Kitchen - Every Wednesday
- After School Rec Program
- Language Program every Thursday at 6 PM at the Culture Centre

**Join us at Courtney Lake**  
 February 10, 2024  
 10:00 am - 2:30 pm

Hot Chocolate  
 Hot Dogs & Chips

Prizes for the first fish caught,  
 smallest to the biggest fish  
 (Shiners excluded)

50/50  
 2:00 pm last call for 50/50

Adults & Children Welcome  
 Weather Permitted

Any questions contact Christie Hill (250) 315-3661



PRO D DAY  
**FAMILY DAY SLEDDING**

**LUNDBOM LAKE RD. FEB. 16 2024**  
 Merritt-Princeton Hwy. SA Okanagan Connector  
 Bring your sledding gear, chair, helmets, and please dress accordingly

**11:00AM - 3:00PM**  
 LIGHT LUNCH AROUND  
 THE FIRE PIT

Any Questions, please contact:  
 Julia Munro, Wellness Coordinator at  
 250-280-0078 or email munro.j@nibfn.com\*



## Reiki Healing Sessions with Leah Mobbs



**Sessions Available:**

- February 2, 2024
- February 16, 2024

9:00 am - 3:00 pm  
 Lunch Break at 12:00 - 1:00 pm

Please come heal with us

Call the LNIB Health Centre  
 Receptionist to book your  
 appointment at (250) 378-5157

**Women's Group**

February 29, 2024  
 1:30 - 3:30 pm  
 Rocky Pines Community Centre

Come out and feel free to share your ideas

Any questions contact Irene Howe (250) 378-7340



# COMMUNITY UPDATES - NOOAITCH BAND



## FEBRUARY EVENTS

- Feel the Beat - Feb 22 | 4-8 PM NIB Hall
- Harper Mt. ski trip ages 6-11 - Feb 14th
- Harper Mt. tubing family event - Feb 22nd \*weather permitting\*
- Sun Peaks family ski trip Feb 24th \*weather permitting\*

## WEEKLY EVENTS

- 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
- Library & Skating at Merritt Arena 2:30 - 5 PM



# COMMUNITY UPDATES - SHACKAN BAND

## JANUARY EVENTS

- At nkseytknhelx<sup>w</sup> (Community Wellness Building)
  - Wellness Circles
- Sewing - Feb 14-15 | 12 - 4 PM
- Canning - Feb 22-23 | 12-4 PM
- Hand Drumming - Feb 8, 15, 22, 29 Civic Centre | 6-9 PM



### COMMUNITY CANNING

Join the Community Wellness team at Sxéxn'x Community hall for canning fish!

- Bring your own cleaned/sterilized jars (If you need help with this please let us know)
- We will have limited jars on hand



FEBRUARY 22-23RD, 2024  
9:30-3:30

Please contact the CW team to attend:  
250-378-5410

### Traditional Dancing (sx'ey/seqúta) and Hand Drumming

Door Prizes

Come learn the dances that are tied to hand drum songs used by Nlaka'pamux.

Helpers = Robert Narcisse, Lenora Starr, Lani MacKenzie, Willard Wallace and Gary Abbott

Come learn songs and dances, or just sit, visit and enjoy!

Open to all 5 Nicola Valley Bands - Snacks and refreshments provided

DATES: February 8, 15, 22, 29  
March 7, 14, 21, 28

TIME: 6-9 pm

LOCATION: Merritt Civic Center

For more information contact the CommunityWellness Team @ 250-378-5410 or 250-378-6074  
Sponsored and hosted by Sxéxn'x (Shackan Indian Band)



SXÉXN'X NKSEYTKNHELX<sup>w</sup> BUILDING

## SEWING WORKSHOP

FEBRUARY 15TH | 9:30-3:30

- Supplies & lunch will be provided
- Bring an ongoing project or begin a new one
- We will have supplies for ribbon skirts & various other projects

## FEBRUARY EVENTS

- Ski Lessons - Feb 3, 17 | 6:30 AM - 6 PM
- nsyilxcn grammar lessons - Feb 5, 12 | 6 PM
- Hand Drumming & Storytelling every Thursday at the Pithouse in Douglas lake 5-7 PM

### family Day BREAKFAST

Bring the family for a fun Family Day breakfast!

When: **Monday, February 19, 2024**

Time: **8:30 to 11:00** or until its gone!

Where: **Kwustemima Building (Lakeview Office)**

- ✓ There will be a draw for a **One Night Staycation at Merritt Best Western for a family**
- ✓ Also, draws for **\$50.00 Gas Cards**

For more information contact **Charlene McRae** - Education Department  
250-350-3342



ZOOM LINK:  
[HTTPS://US06WEB.ZOOM.US/J/84010273258](https://us06web.zoom.us/j/84010273258)  
 MEETING ID: 840 1027 3258

## February 2024

### NSYILXCN GRAMMAR

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

- 5 FEB** 6:00 PM START  
Parts of Words & Piecing the Language Together
- 12 FEB** 6:00 PM START  
Pluralizing & Reduplication

**Zoom Meeting**  
<https://us06web.zoom.us/j/84010273258>  
 Meeting ID: 840 1027 3258

**For more information:**  
 Contact **pqlqin, Maynard McRae Jr.**  
[language@uppernicola.com](mailto:language@uppernicola.com)

SCAN HERE to go to Zoom call

## UNB ELDERS' HAIR CUTS & PEDICURES

February 13th and 27th  
9:30 AM - 4:00 PM

THE FOLLOWING SERVICES WILL BE PROVIDED:

- Free Haircuts and Pedicures
- Appointments will be at the Lakeview Office
- Home Appointments are available by request
- Upper Nicola Elders will have priority bookings, Community Members can be added to a wait list for openings.

TO BOOK AN APPOINTMENT PLEASE CALL:

**Nadine Chillihitzia**  
T: 250-280-4752

## 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 Quilchena 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](mailto:event.coordinator@uppernicola.com)

## swit asnaqsilxw?

Who is your family?  
 Join us to discuss our family relations & our responsibility to family.  
 Feel free to bring pictures.

Where: **Nkwala School Trailer**  
 When: **February 18th 2:00-5:30**

snacks & dinner will be provided

any questions please email [justine\\_sylx2@uppernicola.com](mailto:justine_sylx2@uppernicola.com)

túpa? kikwa? stam'tíma?  
 l'íw? sk'uy? turh' mistrh'  
 lkikxa? tsincá? lcac'ups l'aaqá?  
 sásí? swa'wasa? sq'sí? stmk'ílt



# FEBRUARY 2024

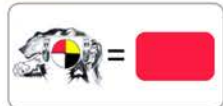


## - Community Calendar -

CULTURE OF CARING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5 LNIB Drop in beading & crafts 9-11:30 AM & 1:30-3PM NSYLXCN GRAMMAR 6 PM on Zoom	6 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre	7	8 CIB Grocery Shopping Support 11 AM SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all	9	10 UNB Youth Ski Lessons @ Sun Peaks 6:30 AM - 6 PM
11	12 NSYLXCN GRAMMAR 6 PM on Zoom LNIB Drop in beading & crafts 9-11:30 AM & 1:30-3 PM	13 CIB: Elders Lunch/movie UNB Elders Hair Cuts & Pedicures 9:30 AM - 4 PM @ Lakeview office LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre	14 Men's Group - Supporting MMIWG Walk in Vancouver NIB Ski trip to Harper Mtn ages 6-11	15 k'u stamtim? Presentation & Celebration 4-8 PM Civic Centre SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all	16 Family Day Sledding at Lundbom 11-3 *weather permitting*	17
18 UNB Family Tree Workshop Nkwala School Trailer 2-5:30 PM	19 SCFSS Office Closed For Family Day	20 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre LNIB Feel the Beat at Shulus Hall 4-8 PM - Regalia Making	21 LNIB Drop in beading & crafts 9-11:30AM & 1:30-3PM	22 NIB family tubing at Harper Mtn CIB Grocery Shopping Support 11 AM NIB Feel the Beat at NIB Band Hall 4-8 PM Mini Buckskin Gloves / Moccasins & Beading SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all	23 Full Moon Hand Drumming @ Language Nest 5-8 PM Youth Outreach Lunch 12:30 - 1:30 Merritt Secondary School	24 UNB Youth Ski Lessons @ Sun Peaks 6:30 AM - 6 PM NIB family ski trip @ Sun Peaks
25	26 Women's Group 5-8 PM @ Civic Centre Beading Pink shirts & hearts	27 UNB Elders Hair Cuts & Pedicures 9:30 AM - 4PM @ Lakeview office LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre	28	29 SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all	1	2



**NOTES**

**UNB:**

- Thursdays - Storytelling & Drumming at Pithouse in Douglas Lake.

**LNIB:**

- Hand Drumming every other Tuesday 4:45-6:30 PM @ Rocky Pines Community Centre
- Language Group every Thursday 5 PM @ Cultural Centre
- Rec Program - Sat & Sun Snowboarding 6 AM-5 PM, Mondays Swimming 2:30-4:45 PM, Wednesdays Skating 2:30-4:45PM, Tuesdays (alternate youth centre & bowling)

**NOTES**

**Nooaitch:**

- SCHSS After School Drop In - Every Tuesday - SCHSS Satellite office in Nooaitch 3:45 - 5:30 PM
- SCHSS - Gym Nights every Wednesday at Nicola Canford - Pick up in Nooaitch from each child's home. 6 - 7:30 PM
- SCHSS - Library Skating at Merritt Arena 2:30 - 5 PM

**Coldwater:**

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

**Shackan:**

- Traditional Dancing & Hand Drumming 6-9 PM at Civic Centre Dates: Feb 8, 15, 22, 29 & March 7, 14, 21, 28



# CAREGIVER TRAINING

## Monthly Reporting



Join us on the **first Tuesday** of every month for our Caregiver Reporting Sessions. Our team will offer guidance on filling out necessary monthly forms with 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
Tuesday	10 AM-12 PM	Feb 6, Mar 5, Apr 2, May 7, Jun 4

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

# Women's Group

We welcome you to our monthly Women's Group!

5-8 PM February 26 , 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 beading pink shirts or hearts!

Supplies are limited to 50 so you must register and confirm! To register visit:

or scan:

SCAN ME



Registration Closed - Event Full

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

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



In partnership with.







# MEN'S GROUP UPDATE

## Successful January Men's Group Family Ice Fishing Event at Harmon Lake

The January Men's Group Family Ice Fishing Event held at Harmon Lake was a great success, despite the rain that persisted throughout the morning. Nevertheless, the event was well-attended with many men bringing along their families including wives, sisters, nieces, children, cousins, and friends. It was a wonderful experience seeing so many families come together and enjoying the beautiful outdoors on the land. Everyone had a great time and there were plenty of prizes to go around. The attendees shared stories around the fire while indulging in some delicious food, marshmallows, and hot chocolate. The children had a great time fishing, sledding and exploring the lake while everyone else warmed up around the fire when it got too cold and wet. We would like to express our sincere gratitude to those who attended and also to those who helped to make the event a success.



## February Men's Group Event: The Missing Murdered Indigenous Women's March in Vancouver Downtown Eastside



Our next event will be held in Vancouver Downtown Eastside in February, where we will participate in the annual Missing Murdered Indigenous Women's March along with Women's Group. The purpose of this event is to raise awareness about the missing mothers, sisters, cousins, and daughters of our Indigenous community. The men will show their support by joining the downtown march along the streets of Vancouver, BC, to honour and acknowledge those who have lost their loved ones.



PROTECTION TO PREVENTION



# COMMUNITY EVENTS



## Nlaka'pamux Land-Based Healing & Traditional Wellness Community Engagement Sessions

Join us for a meal and discussion on what Traditional Wellness & Healing in the Nlaka'pamux Nation is for you

**Door Prizes!**  
\$200 gift card, \$100 gift card, \$50 fuel gift card

- Monday, February 12, 2024
  - Lytton First Nations
  - Battlefield Community Centre
  - 5:00-8:00 p.m. - Dinner served
- Tuesday, February 13, 2024
  - Cook's Ferry Indian Band
  - Band Gym
  - 5:00-8:00 p.m. - Dinner Served
- Tuesday, February 27, 2024
  - Oregon Jack Creek Indian Band
  - The Hub
  - 12:00-3:00 p.m. - Lunch served
- Ashcroft Indian Band
  - Band Hall
  - 5:00-8:00 p.m. - Dinner served
- Monday, March 11, 2024
  - Lower Nicola Indian Band
  - Shulus Hall
  - 5:00-8:00 p.m. - Dinner served
- Tuesday, March 12, 2024
  - Coldwater Indian Band
  - Health Centre
  - 5:00-8:00 p.m. - Dinner Served
- Wednesday, March 13, 2024
  - Shackan Indian Band
  - Band Hall
  - 5:00-8:00 p.m. - Dinner Served
- Thursday, March 14, 2024
  - Nooaitch Indian Band
  - Band Hall
  - 5:00-8:00 p.m. - Dinner Served

\*Nicomen Band - To Be Confirmed

For more information contact: Kristy Joe ☎ 250-280-8486




## EXPERIENCE NVIT 2024

**WEEK 1**

<b>FEB 26. MON</b> Indigenous Human Services (IHMS) & Bachelor of Social Work	<b>FEB 27. TUE</b> University Transfer (Associate of Arts) & College Readiness	<b>FEB 28. WED</b> Environmental Resources Technology (ENRT)
<b>FEB 29. THU</b> Health Care Assistant & Access to Practical Nursing	<b>MAR 1. FRI</b> Trades & Culinary Arts	<b>REGISTER NOW</b> 



## EXPERIENCE NVIT 2024

**WEEK 2**

<b>MAR 4. MON</b> Indigenous Language Fluency	<b>MAR 5. TUE</b> Community and Public Safety Professional & Indigenous Holistic Wellness and Addictions (IHWA)	<b>MAR 6. WED</b> Office Administration, Executive Assistant, Medical Office Assistant, & Business Administration
<b>MAR 7. THU</b> Indigenous Early Childhood Education & Community Education	<b>MAR 8. FRI</b> Student Support Services, Immediate Entry Bursary, & CO-OP	<b>REGISTER NOW</b> 




Shackan Coldwater Nooaitch


# SCW'EXMX COMMUNITY HEALTH ELDERS

## FEBRUARY MONTHLY MEETING

Come together with friends and family for the First Scw'exmx Community Health Elders Meeting of 2024

**This will be a catered lunch**

-  Tuesday, February 20th, 2024
-  Elks Hall, 1701 Coldwater Avenue, Merritt, BC
-  10:30am Start Time




Scw'exmx Community Health Services Society

# Healing From Grief and Loss

Facilitators: Karen Lara Elizabeth Perdok-Waboose

## 3 DAY WORKSHOP

**DAYS:** February 23, 2024—6:00PM-8:00PM  
February 24, 2024—10:00AM-3:00PM  
February 25, 2024— 10:00AM-3:00PM

**Location:** SCHSS Boardroom 103-2090 Coutlee Ave  
Call or email May George to sign up

 250-378-9745  george.m@schss.com

**Transportation and Food Provided**



SCFSS Youth Transition Program Coordinator, Shay Lee Jack, recently attended The Community Learning Centre and proposed a "Lunch and Learn Program" with the students, which was accepted with open arms. Every Thursday, Shay Lee visited the school and conducted sessions on various life topics with different lunches every week.

Some of the topics covered include:

- Culture and Spirit Animals with Dan Jager
- Healthy Relationships with Allyson Sterling
- Culture Practices with Jason Ermineskin
- Mental Health with Caylan Barber
- Food Safety and Cooking Lasagna
- Vision Boards and Goals

Additionally, the program included the following incentives:

- Purchasing new physical activity equipment for the youth
- Weekly incentives for participation
- Different lunches every week from Subway, Yaki Joes, Canada Cafe, Valley Graze Boxes, etc.
- Door prizes
- Food security

The Lunch and Learn program was a great success with eight sessions conducted from October 31st to December 21st 2023. A flat screen TV was awarded as the grand door prize. The staff reported that attendance rates were at their peak on Thursdays when the program was held. On the last day, purchase orders were given to the students who expressed their intentions to use their rewards for groceries and Christmas gifts.

Shay Lee is delighted to announce that she will continue the Life Skills Program at CLC.



# INDIGENOUS YOUTH AWARDS



Are you aware of any Indigenous youth in our Community who are making a positive impact on themselves, their peers, or the community? We're on the lookout for role models who are making a difference and inspiring others.

\*Submissions may be used to develop a Youth Committee.

**DEADLINE FOR SUBMISSIONS: MARCH 8, 2024**



**Scw'exmx**  
Child & Family

| [SCWEXMX.COM](https://scwexmx.com) | (250) 378-2771



# INDIGENOUS YOUTH AWARDS



REGISTER NOW



Do you know an Indigenous Youth in your community who is a positive role model?

What does a young leader demonstrate?

- Inspire, support and respect others with honour and dignity.
- Generously give their time and energy to their peers and community.
- Promote Indigenous Values and Language.
- Show resiliency and a healing Journey.

## CRITERIA:

- Must be a member from one of the surrounding Nicola Valley Bands (Urban may be included)
- Identify as an Indigenous Person
- Each nomination needs a reference to support (not a parent or guardian) 1-2 pages
- Contact information
- Include a photo of the nominee (photo release form attached)
- Must be between the ages of 13-18

\*Submissions may be used to develop a Youth Committee.

**PRIZES FOR 1ST, 2ND, AND 3RD PLACE AVAILABLE!**

**DEADLINE FOR SUBMISSIONS: MARCH 8, 2024**



**Scw'exmx**  
Child & Family

| SCWEXMX.COM | (250) 378-2771





kʷu stəmtímaʔ & Scw'exmx Child & Family invite you to join us for a:

# kʷu stəmtímaʔ Presentation & Celebration

The kʷu stəmtímaʔ will share the progress made in advocating, nurturing, and caring for their relations (children and families). Learn how the kʷu stəmtímaʔ are holding up their jurisdiction, advocating for their families, and creating programs to support their community members. Join us after for dinner and an honouring of the kʷu stəmtímaʔ and the work they have done.

**Merritt Civic Centre**  
**Feb 15, 2024, 4-8 pm**

**Dinner & Door**  
**Prizes!**

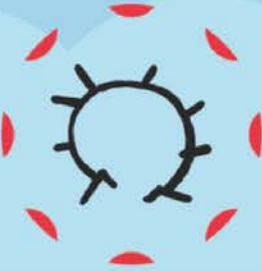


**Scw'exmx**  
Child & Family



Upper Nicola





Feb 23rd, 2024

12:30-1:30pm

LUNCH  
LUNCH

**YOUTH OUTREACH**

LUNCH  
LUNCH



LOWER NICOLA  
INDIAN BAND

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

WHERE:

MERRITT SECONDARY  
SCHOOL CAFETERIA

CONTACT INFO:

CNA: 250-378-1864  
SCFSS: 250-378-2771

[www.cna-trust.ca](http://www.cna-trust.ca)  
[www.scwexmx.com](http://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**

**Men's Group Coordinator**  
**Family Wellness Navigator**  
**Community Services Team Leader**  
**Emergency Support Services 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](http://www.scwexmx.com)  
Submit your cover letter and resume on our website, you can also send inquiries to: [opportunities@scwexmx.com](mailto:opportunities@scwexmx.com)



## NEW TEAM MEMBERS



### **LACEY MCRAE WILLIAMS | COMMUNITY MANAGER**

Reporting to the Executive Director, Lacey will be responsible for working collectively with communities to exercise the inherent rights for n̄eʔkepmx and syilx people, as we empower children, young people, and families. Lacey will provide leadership and guidance to the Community Services and Community Development Teams. She will lead a variety of policy and research tables to monitor and evaluate the implementation of new community-based and Elder-advised policies, programs, and initiatives on behalf of SCFSS and in collaboration with our five (5) member communities. Lacey will operate in an environment with significant engagement, visual interaction, and collection planning with stakeholders: our five (5) member communities, urban Indigenous community, community partners and organizations, and Elders. Lacey will be based at the main office and will report to Lisa Post, Executive Director.



### **MARCUS OUIMET | IT & ASSET MANAGEMENT COORDINATOR**

Reporting to the Operations Team Leader, Marcus will be responsible for the oversight of all SCFSS inventory and assets. This includes, but is not limited to, SCFSS's hardware infrastructure and software programs, using a living, current asset management tracking system. Marcus will provide information technology (IT) support to the organization and member communities. He will interpret and capture software licensing agreements, communicate software related risks and compliance, and monitor the lifecycle of software maintenance and contracts. Marcus will assess and prepare budget proposals for the organization's hardware technology needs. Marcus will be based at the main office and will report to Terry McRae, Operations Team Leader.



### **CHRISTINE CHILLIHITZIA | FAMILY WELLNESS NAVIGATOR**

Reporting to the Family Wellness Team Leader, Christine will be responsible for facilitating participant-centered support through the creation of Wellness Plans. She will work collectively with participants to set goals in all domains of their life and relationships, identify a support network to help meet goals, set realistic timeframes, and implement healthy strategies to achieve their goals. Christine will plan, develop, and facilitate workshops for families and communities to support the growth of skills identified in conversation. She will support SCFSS in offering culturally appropriate services to enhance families' relationships and wellness in the n̄eʔkepmx and syilx communities. Christine will be based at the main office and will report to Lucinda Seward, Family Wellness Team Leader.



### **SAMANTHA MINNABARIET | FINANCE MANAGER**

As a Finance Manager, Samantha will effectively manage the provision of financial services, accurate accounting and payroll, risk management services, administration of pension and benefit plans, and general administrative support for the organization. Samantha will promote the achievement of the goals and objectives of Scw'exmx Child and Family Services Society by helping employees understand financial information, providing accurate, confidential information, and providing input to all planning cycles. Jennifer will provide leadership to the Finance team, including performance management, human resources, and professional guidance. Samantha will be based at the Language Nest and will report to Lisa Post as the Executive Director.



# COMMUNITY WORKSHOPS

As part of our commitment to collaboration, SCFSS has teamed up with Scw'exmx Tribal Council to offer the: What the "L" Workshop. If you are 16 years old and would like support to prepare to test for the Learners License, please stop by the Scw'exmx Tribal office (2090 Coutlee Ave, Merritt, BC V1K 1B8) to register. Ask for Jody John who is the ISETP Employment Counsellor.

## WHAT THE "L" WORKSHOP

Indigenous Skills & Employment Training Program in partnership with Scw'exmx Child and Family Services Society will be hosting the What the "L" Workshop.

<h3 style="margin: 0;">You Will Learn :</h3> <ul style="list-style-type: none"> <li>• Navigates through the Driver's Guide booklet step by step Highlights key points in each section</li> <li>• Identifies useful clues in preparation for the exam</li> <li>• Offers opportunities for participants to ask questions and learn through group discussions</li> </ul>	<h3 style="margin: 0;">Basic Eligibility:</h3> <ul style="list-style-type: none"> <li>• Must be 16 years old or older</li> <li>• Must be of First Nations descent</li> <li>• Currently unemployed or underemployed and reside in Merritt catchment area</li> <li>• Hold 2 pieces of valid ID; 1 primary and 1 secondary</li> <li>• Ability to complete ICBC parental consent form if under 19 No outstanding fines with ICBC</li> </ul>
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**For more information Contact**  
**ISETP Employment Counsellor**  
**Jody John**

☎ 250-315-9465  
 ✉ [counsellor@scwexmxtribal.org](mailto:counsellor@scwexmxtribal.org)

- 10 in-person seats are available
- lunch is provided
- Must be available to complete both sessions of the workshop
- On 2nd date, you can write the Learner's exam at ICBC

**TRAINING WILL BE HELD ON :**

**February 23, 2024 @ 9:30-1:30**  
 &  
**March 1, 2024 @ 9:30-1:30**

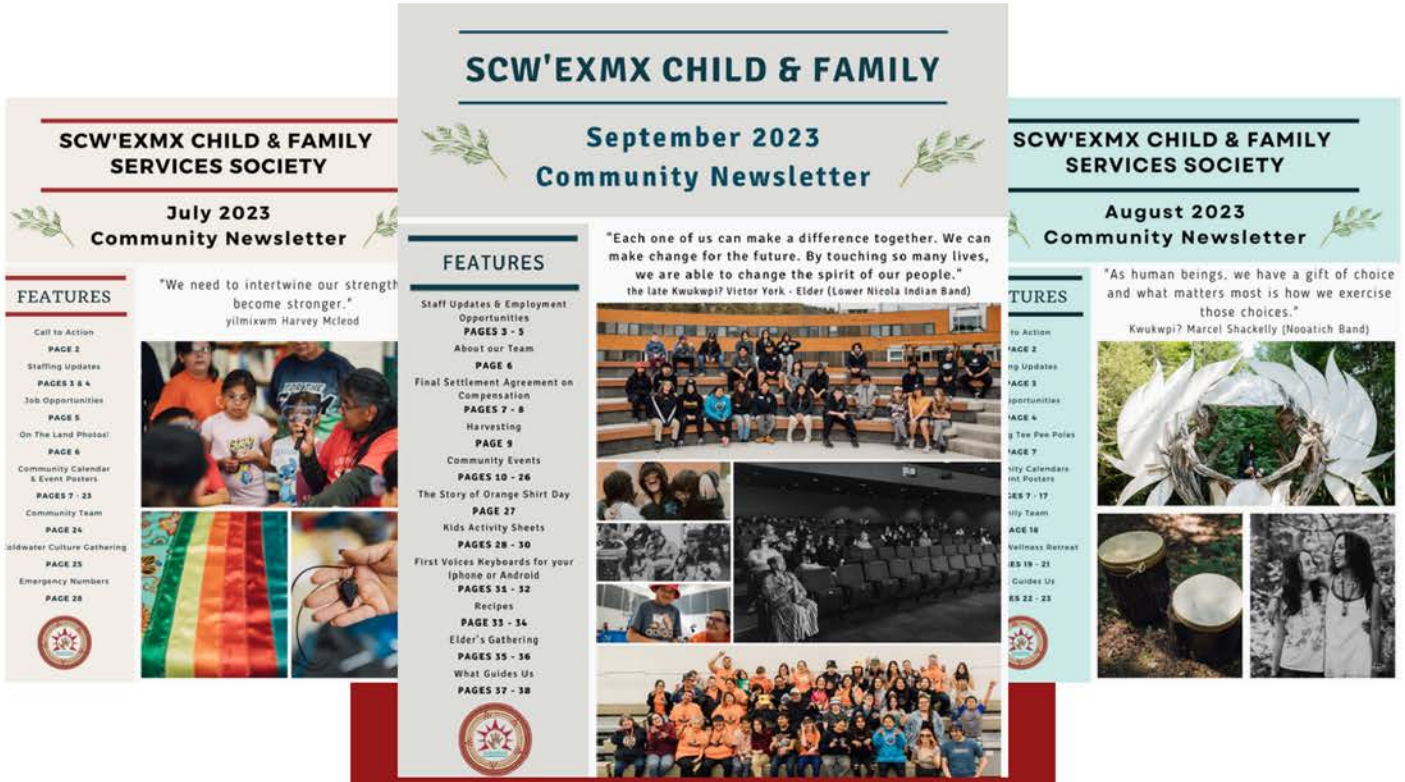
📍 **Comfort Inn & Suites**  
 3713 Dewolf Way, Merritt, BC

- Must be of First Nations descent.
- Must be able to commit to two sessions. In the second session, you can write the Learners exam at ICBC.
- Bring 2 pieces of ID to register!
- 10 seats available, lunch is provided!

**TO FIND OUT MORE INFO**  
**CALL: (250) 315-9465**



# 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](http://www.scwexmx.com) / [facebook.com/scwexmxchildandfamily](https://facebook.com/scwexmxchildandfamily) / [Instagram.com/scwexmxchildandfamily](https://Instagram.com/scwexmxchildandfamily)



SMART DEVICE SURVEY OPEN - CLOSING SOON!

Link to survey:

<https://forms.office.com/r/jr2XnETfMk>

NOTE: those needing support with filling out this form and those who prefer to give verbal responses can call the CNA Communications and Engagement Department at 250-378-1864 or email [communications@cna-trust.ca](mailto:communications@cna-trust.ca).

This survey will collect input from membership and gauge the need for devices across our eight communities, ensuring we are able to move forward with the purchase and distribution of the smart devices enabled by our recent donation in partnership with CIBC and Telus in a fair and effective way.

Keep an eye on the Citxw Nlaka'pamux Assembly social media channels and website for more information as it becomes available.

k'wuk'stéyp (kwukw-sh-tey-p) - thank you from all of us!

 **Citxw Nlaka'pamux Assembly**  
**2ND ANNUAL FISHING DERBY**

hécu nes ntáx<sup>w</sup>sm  
(hachoo nesh ntexh-shwm)  
"lets go Ice fishing"

**DATE:**  
**FEB 24TH, 2024**

**TIME:**  
**9:00AM - 3:00PM**



**LOCATION:**  
**MARQUART LAKE**

TO COMPLETE YOUR  
REGISTRATION:  
<https://forms.office.com/r/Ky30hNge3q>

**Open to all. Families are welcome! All participants MUST register. There will be multiple categories with tons of prizes. TSD Department will be holding a nature activity on site. You can sign up in the registration.**

**\*Participants are to supply their own fishing gear\***

**PLEASE NOTE THAT LUNCH AND REFRESHMENTS WILL BE PROVIDED.**

**FOR MORE INFORMATION OR QUESTIONS PLEASE CONTACT:  
PROGRAMS@CNA-TRUST.CA OR CALL (250) 378-1864**

**nkshAytkn**  
**MARCH 4, 2024**  
**10AM-3PM**

**Using and Knowing the Thompson River Salish Dictionary**

- History of the Thompson River Salish Dictionary
- Explanation of each section (lexical, suffixes and roots)
- How users use the nie?kepmxcin dictionary in every day use

**CV Keyboards**

- CAN-8 Virtual Lab presentation by Citxw Nlaka'pamux Assembly nie?kepmxcin program staff
- First Voices presentation by Mandy Jimmie

**Nooaitch Community Hall**  
2960 Shackelly Road

**LUNCH WILL BE PROVIDED**

*Please bring your own plates and cutlery to be entered into a draw at the end of the year!*

For more information and to register for event, please call NNTC at (250) 455-2711 or CNA at (250) 378-1864

 **Employment & Training Opportunities**  
**FEBRUARY 2024**



Scan the QR code for the Employment & Training Job Board Booklet!



# Scw'exmx Child & Family

## Closed for Family Day February 19, 2024

Re-open: February 20, 2024



Child Wellness Concern After Hours? Please Call:

**1-800-663-9122**

### Children's Help Line for Children and Youth

Do you need help?

If you don't feel safe or you have a concern, you can call this number 24-hours a day for free from any phone.

**310-1234**

### 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](http://www.scwexmx.com)

Facebook Page: [facebook.com/scwexmxchildandfamily](https://facebook.com/scwexmxchildandfamily)



Healthy Children



Healthy Communities



Healthy Families