
SCW'EXMX CHILD & FAMILY SERVICES SOCIETY



August 2023 Community Newsletter



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"As human beings, we have a gift of choice and what matters most is how we exercise those choices."

Kwukwpi? Marcel Shackelly (Nooatich Band)





Scw'exmx

Child & Family Services Society

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 towards 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 and bring traditional knowledge, guidance and practices of the nłe?kepmx and syilx 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 (7) generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nłe?kepmx and syilx ancestors have anticipated this change and passed their wisdom and knowledge on 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 and families will remain together and rekindle their cultural ways of being.



July Staffing Updates



EMILIE THURBER - AGENCY NAVIGATOR

As the Agency Navigator, Emilie will effectively carry out reception and administrative tasks providing excellent service as the initial greeter, welcoming visitors, and callers to the downtown office. Emilie will promptly address client needs in a friendly, professional manner and will work to build effective relationships within SCFSS, partnering organizations, our communities, and relations. Emilie will be based at the downtown office on a full-time basis and will report to Crystal Narcisse as her Team Leader.



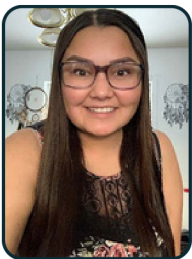
GAIL PETERSON - DIRECTOR OF PREVENTION SERVICES

As the Director of Prevention Services, Gail will be responsible for the oversight and leadership of SCFSS's Prevention and Protection Programs. Gail will work closely and collectively with our five (5) Member Communities and urban Indigenous community to provide prevention, early intervention, and protection services for children, young people, and families. She will be responsible for program development for one-to-one services and providing strategic leadership and direction to five (5) Team Leaders under the Prevention Program. Gail will be based out of the downtown office and will report to Lisa Post, Executive Director.



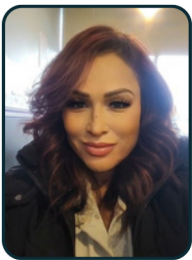
TRAVAIS OPPENHEIM - MALE YOUTH WELLNESS NAVIGATOR

As the Male Youth Wellness Navigator, Travais will be responsible for providing individual support services to male youth (he/his/they/them). Travais will work collectively with youth to set goals in all areas of their lives and relationships, identify support networks to help meet goals and implement healthy strategies to achieve their goals. He will support youth in accessing educational, employment, social, mental health, recreational, and cultural opportunities. Travais will be based at the downtown office and will report to Kristen Stewart, Youth Team Leader.



SHAY LEE JACK - YOUTH TRANSITION PROGRAM COORDINATOR

As the Youth Transition Program Coordinator, Shay Lee will plan, develop, implement, and assess a Youth Transition Program to support young people's transition into adulthood. Shay Lee will liaise with SCFSS Teams, community resources, and communities to develop culturally appropriate supports to build life skills in young people to support success on their journey to adulthood. Shay Lee will be stationed at the downtown office and will report to Kristen Stewart, Youth Team Leader.



CINAMON HOLLAND - COMMUNITY CAREGIVER TEAM LEADER

As the Community Caregiver Team Leader, Cinamon will plan, develop, and manage the delivery of the Community Caregiver Program at Scw'exmx Child and Family Services Society (SCFSS). Cinamon will ensure effective caregiver recruitment, support, and training to ensure the wellness of children and young people associated with SCFSS both in and out of care. She will ensure culturally appropriate safe home assessments in collaboration with Resident Elders and other SCFSS team members. Cinamon will be based at the main office and will report to Gail Peterson, Director of Prevention Services.



Job Opportunities



Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by nłe?kepmx 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 nłe?kepmx and syilx communities, SCFSS prioritizes the hiring of nłe?kepmx 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.

EMPLOYMENT OPPORTUNITIES

[KEEP MONITORING OUR WEBSITE FOR THESE UPCOMING POSTINGS:](#)

CHILD WELLNESS TEAM LEAD

Full-Time | 35 hours per week | Permanent

COMMUNITY FACILITY PLANNER (BUILDING PROCUREMENT)

Full-Time | 35 hours per week | Permanent

COMMUNITY MANAGER

Full-Time | 35 hours per week | Permanent

FAMILY WELLNESS COORDINATOR

Full-Time | 35 hours per week | Permanent

JUNIOR FINANCE CLERK

Full-Time | 35 hours per week | Permanent

APPLY NOW

See our full postings and apply on our website at www.scwexmx.com

Submit your cover letter and resume on our website



Harvesting



This season we harvest the items below, connect with your knowledge keepers to learn about sustainable harvesting, pronouncing these phrases and the safe uses of these gifts from nature.

Seek out an Elder to share stories of gathering and join us on our next "On The Land" to reconnect with nature and self.



Oregon Grape / s'ólše? / s'c'ris



Raspberry / sʔeyícq^w / tʃálaʔ



Huckleberries / c'əlc'ále / stxałq



Chokecherry / zəlkw'úʔ / təx^włax^w

"Take a quiet walk with Mother Nature. It will nurture your mind, body and soul."

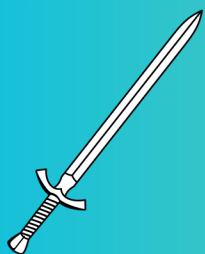
Harvesting Tee Pee Poles



Photos taken by Shelanne Justice



Friday August 11th
at the NVIT Lecture Theatre



Showtime: 7pm



FREE
MOVIE LICENSE BY ACF FILMS





SCW'EXMX CHILD & FAMILY
ELDER'S GATHERING
HONOURING OUR ELDERS



LOCATION: NVIT - MERRITT



**FEATURING COMEDIAN:
 DON BURNSTICK!**

**An event in celebration of our
 Elders and Knowledge Keepers**

Join us for workshops, wellness rooms, yoga, and honouring our Elders. We will have meals and door prizes! A photographer will be available for portraits.

Don Burnstick will be joining us for a comedy show, get ready for some laughs!

AUG 14 | 4:30PM TO 7PM

AUG 15 | 10AM TO 8PM

AUG 16 | 10AM TO 6PM

Contact Corrina if you have any questions:
 250-315-7386 corrina.manuel@scwexmx.com



CULTURE CAMP



CHATAWAY



SUMMER | NATURE | ADVENTURE

AUG 21 - 25, 2023

CABINS, RV & TENT SPACE
/ WORKSHOPS / BRUSHING
OFF / BEAR DANCERS /
CULTURAL CRAFTS

SCFSS FAMILY CULTURE CAMP,
JOIN US TO LEARN, SHARE
AND PRACTICE NLAKA'PAMUX
AND SYILX LANGUAGE AND
CULTURAL ACTIVITIES.

CONTACT CORRINA TO
REGISTER:
(250) 315-7386



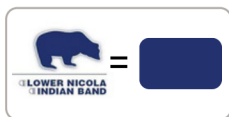


AUGUST 2023



- Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 Nooaitch Cultural Gathering Relationship Feast 6PM @ 3170 Shackelly Rd.	3	4	5
		← CW Youth Day Camp 10 am - 3:00 →				
6	7 BC Day - Office Closed	8	9 UNB AGA Nkwala Gym	10	11 SCFSS Movie Night @ NVIT 7 PM	12
		← CW Youth Day Camp 10 am - 3:00 →				
13	14	15	16	17 UNB River Rafting Adams Lake	18	19
	← SCFSS Elder's Gathering 14 (Dinner), 15 & 16 (Full Days) @ NVIT →					
		← CW Youth Day Camp 10 am - 3:00 →				
20	21	22	23	24 UNB Back to School Lunch 10-2	25 LNIB Family Water Slides Trip Aug 25	26
		← Nooaitch PNE Trip Aug 22-23 →		← CW Family Water Slides Trip Aug 24-25 →		
	← SCFSS Culture Camp - Chataway - Aug 21-25 →					
27	28 SIB Community Dinner	29	30	31	1	2



NOTES

- LNIB Language Group every Thursday 5 PM @ Cultural Centre
- LNIB Waterslide trip, contact Tiffany Pop 250-378-5157 or email tiffany.pop@lnib.net
- UNB Back to School Lunch please contact Tanya McRae interm_ea2@uppernicola.com.

SCFSS

- To register for the Elder's Gathering and culture camp you can contact Corrina Manuel at 250-315-7386 or by email corrina.manuel@scwexmx.com

COLDWATER INDIAN BAND

LEAVE AUG-24-2023
RETURN AUG-25-2023

WATER SLIDES FAMILY FUN DAY



COLDWATER
INDIAN BAND



This is a family event for Coldwater Members, please call or email to register your family for a trip to the waterslides! **Registration deadline: August 9th at noon!**

Families will meet at the Coldwater Band Office on August 24th. A chartered bus has been reserved to transport families. Dinner will be provided at Red Robin's.

Tickets and rooms are based on first come first served, **you must call or email to register!** There are 75 water slide tickets and 40 hotel rooms reserved

For Questions & to register:

Cyndi Jager (250) 378-6174

>> cynthia@coldwaterband.org

Val Collins (250) 378-6174

>> vcollins@coldwaterband.org

NOOAITCH INDIAN BAND

NOOAITCH COMMUNITY CALENDAR AUGUST 2023



SUN	MON	TUE	WED	THU	FRI	SAT
<p>to register for TRU Science camp: email front desk at reception@nooaitchband.ca education@nooaitchband.ca</p> <p>PNE & Aquarium Trip: Register by emailing: emergency_management@nooaitchband.ca 52 passenger limit, first come-first served.</p>	1		<p>2 Cultural Gathering Relationship Feast 6pm at Ko'waintco's</p> <p>SD58 Kick Back & Connect Fun Day - 10-2 pm Nicola Canford</p>	3	4	5
6	7	8	9	<p>SD58 Kick Back & Connect Fun Day - 10-2 pm Nicola Canford</p>	10	11
<p>PNE and VANCOUVER AQUARIUM TRIP Aug 12-13 →</p>	14	15	16	17	18	<p>12 PNE and VANCOUVER AQUARIUM TRIP Aug 12-13 ←</p>
20	21	22	23	24	25	26
	<p>← SCFSS Culture Camp Aug 21-25, contact corrina.manuel@scwexmx.com to register. →</p>					
27	28	29	30	31	<p>For rides contact: education@nooaitchband.ca or call 250-378-6141</p>	

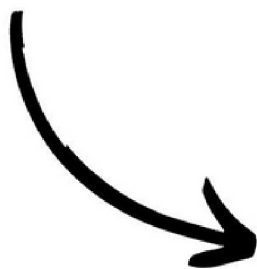
LOWER NICOLA INDIAN BAND



LNIB Youth Group

CULTUS LAKE TRIP

LNIB & Community Members Ages 12-18



August 25, 2023

*****Limited Seating*****

Deadline for registration is August 11th by 12:00 pm

8:30 am pick up at Rocky Pines Community Centre

8:45 am pick up at LNIB Band School

Contact Tiffany Pop at (250) 378-5157 or email
tiffany.pop@lnib.net

LOWER NICOLA INDIAN BAND

Lower Nicola Indian Band

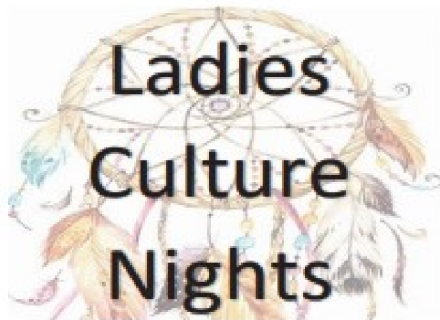
August 2023

ýè tə síłqít - good day
Culture Programs with
Carole Basil

PROUD TO BE
LNIB



Drop in craft night:
Come work on your craft project or start
a new one.
Tuesday evenings: August 1st, 8th, 15th
and 29th
4:00 pm to 7:30pm



Ladies Culture Nights
Wednesdays: Aug 2nd, 16th, 30th
5:00pm to 7:30pm
Come in and let's discuss what projects
you would like to work on.



Ribbon Skirts
Friday August 4th – 9:00am to 2:00pm,
Friday August 17th - 9:00pm to 2:00pm
Monday August 28^h – 9:00am to 2:00pm

Huckleberry Harvest:
Friday August 18th and
Monday August 21st.

Please call or text Carole 250-315-9158 to register for any of these
events or if you require more information.

LOWER NICOLA INDIAN BAND

Lower Nicola Indian Band

August 2023

**COMING IN SEPTEMBER
A CHANCE TO CONNECT ABOUT
MENTAL HEALTH**

FOUR SEASONS

We are all coping with daily life to maximize our mental wellness.

We are never alone with the challenges though often we may feel isolated.

Together we can share the wisdom of Life, support and learn from each other.

Meeting Weekly on Thursdays from 2pm to 4pm

Where: LNIB Health Center

Snacks & Drinks Provided

Facilitator: Tony Broman (LNIB Counsellor)

SHACKAN INDIAN BAND



AUGUST 2023



MONTHLY DINNER

WE WILL BE HOSTING OUR
MONTHLY COMMUNITY DINNER
AT *ROTARY PARK!*

AUGUST 28, 2023

4PM - 7PM

**BBQ DINNER WITH
HOTDOGS,
HAMBURGERS, POP,
WATER, ETC.**

Door Prizes!

Join us for BBQ,
Races, Games &
Prizes!



• SCFSS will be
joining us and
helping with the
BBQ!



Upper Nicola

August 2023

Kwustemtima in collaboration with Language, Health, Education, SCFSS and ONA Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Persistence Training ages 5-12 Time 9-12 Merritt Youth Wellness-ONA Cupcakes at Quilchena ages 6-12 from 5-8 pm Christine/ Nadine	2 Persistence Training ages 5-12 Time 9-12 Merritt Youth Wellness-ONA	3 Persistence Training ages 5-12 Time 9-12 Merritt Youth Wellness-ONA Arts & Crafts @ 5-8 pm 6-12 year olds- Christine / Nadine	4	5
6	7 Persistence Training ages 5-12 Time 9-12 Merritt Swimming/ Pizza @ Merritt Aquatic Center 11-430 Tanya/ Nade/ Spike	8 Persistence Training ages 5-12 Time 9-12 Merritt Hot pickles @ 430 Quilchena Office Hides with Cora & Spike	9 Persistence Training ages 5-12 Time 9-12 Merritt UNB AGA- Nkwala Gym	10 Persistence Training ages 5-12 Time 9-12 Merritt Beginner Quilting Nade/ Kim 5:00- 8:30 pm Quilchena Office nsylxcn Conversation Mixer Language Kwustemtima Blanket Exercise Meeting Place- Martha	11	12
13	14 Huckleberry Picking- Spike/ Buzz	15 nsylxcn Conversation Mixer 5-7- ZOOM Movies Ages 8-18 @ 10 am - 5 pm Tanya Huckleberry Picking Spike/ Buzz	16 Pickled Carrots Nade Quilchena @ 4:30 Elders/ youth BINGO Martha Kids Zoo ages 5-7 Greater Vancouver Zoo Christine/ Nadine	17 Beginner Quilting Nade/ Kim 5:00- 8:30 pm Quilchena Office River Rattling- Adams Lake- ages 16-18 Christine/ Nadine	18 Language Camp @ Glimpse Lake Maynard/ Justine Mens Group Golfing SCFSS	19 Language Camp @ Glimpse Lake/ Maynard & Justine
20	21 Cultis Lake Waterslides - Tanya/ Buzz SCFSS- Cultural Camp- Chataway aug 21- 25	22 nsylxcn Conversation Mixer Community Connections in Westbank- Martha H2O Swimming ages 5-8- Christine/ Nadine	23 Dilled Pickles @ Quilchena Office 4:30- Nade/ Kim Scotch Creek Family Event- Christine/ Nadine	24 Beginner Quilting - Nade/ kim 5:00- 8:30 pm Quilchena Office Back to School Event @ Meeting Place 10- 2 pm Tanya/ Nadine	25	26
27	28 Tea Talk Language 1-4 Maynard & Justine	29 nsylxcn Conversation Mixer- Maynard & Justine	30	31 Beginner Quilting Nade/ Kim 5:00- 8:30 pm Quilchena Office BBQ from 5-6 Music in the park- Christine/ Nadine		

About Our Team

As part of our commitment to building strong relationships with our communities we are providing a team introduction page every month. Below you will learn a bit about the team and their roles in supporting our communities.

Family Team

The Family Team is responsible for providing holistic support services to families through coaching and wellness planning. The Family Team will facilitate participant-centered support through the creation of Integrated Wellness Plans. They 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.

The Team:



Lucinda Seward
Family Wellness
Team Leader



Allyson Sterling
Relationship
Navigator



Mark Coutlee
Family Wellness
Navigator



Charmaine Clark
Family Wellness
Navigator



Kelly Hanson
Family Wellness
Navigator



Robin Humphrey
Youth Transition
Circle Coordinator

Recent Activities:

- Women's Wellness Retreat
- Men's Outreach Luncheons
- Carseat Safe Installation Training

Regular Support:

- Women's Group
- Men's Group
- One-on-one and family supports
- Family Circles



Women's Wellness Retreat

July 18-21st 2023

Allyson Sterling facilitated the Women's Wellness Retreat From July 18 - 21st. She had facilitators host various workshops such as Inner Child, Body Talk, Medicine Walks, Tattooing, Drum Making, and Spirit Portraits.

The overarching feeling of the group was connection which was key to the success of the retreat. Everyone had an openness to experience what they did together and in their individual sessions while building wellness for themselves.

Having the children part of this retreat allowed for multi-generational healing to take place. Everyone did their own work, worked with their children, and created a communal healing atmosphere.

Being on the land and taking everyone out of their comfort zones was wonderful, this area was such a safe place to do their self-work. Everyone disconnected from their daily busy lives to reconnect with themselves and nature. All participated and entered this retreat knowing they needed this time to be one with nature. The most prevalent feedback was that everyone wanted more opportunities like this in the future. Everyone would like to do more on the land. This location allowed for a safe space to start healing conversations.

The group felt very grounded and received various tools throughout the workshops. Each facilitator brought different support to the group; everyone was able to look at wellness through a new lens. The workshops seemed a bit overwhelming at first but as it was experienced the connection of the group created comfort and wellness and support for each other.

No cook was provided for this retreat, each participant knew they had to contribute to the cooking and cleaning of each meal. Everyone naturally came together to cook with and for each other, they worked together, and everyone stepped up to help.

Grace Love facilitated body talk where she worked to identify energy blockages within each person's chakra and helps to clear it whether physical, mental, emotional, or spiritual. In her group session, she taught tapping therapy techniques to help with self-support when facing any difficulties in the future.

Shoneena Loss was instrumental in developing the vision of this retreat. She provided the site for everyone to camp. She facilitated nature medicine walks with the children which taught them healing and connection with the land.

Robin Humphrey provided traditional hand poke tattooing. The tattooing really highlighted the strength of women and our traditional cultural practices. This really ignited the awakening of culture and connection within the group.

The weather made tattooing during the day extremely difficult, this activity was shifted to the evening when it was cooler. This taught the group to be adaptive and that everything happens at the right time and when it is meant to.

Elder Nkixwstn James attended to be on-site to give advice and be present with the group. Elder Nkixwstn encouraged everyone to be an aunty and to support the young ones who were there, to look after one another, and take care of each other.

Everyone participated in a way that stretched them, they all built skills and took on knowledge about themselves in the areas they needed. This created an amazing bond and safety for the group.

The culture and language team from SCFSS participated and taught drum making. Elders Kathy and Dorothy as well as Corrina and Jason helped facilitate the workshop. This was a wonderful workshop and was well received, the weather was extremely hot while this workshop took place. A few kits were left and elder Nkwistin James helped teach others to make drums later.

Spirit portraits were done by Laurie Anderson, she is a medium who communicated with the spirits that came forward. She spoke with their spirit animal and ancestors. She communicated what she saw was their strengths and other things to focus on. This workshop helped everyone realize their inner beauty and strength. Laurie also held a group session to help each person reconnect with themselves and the inherent beauty of womanhood and how to care for themselves through all stages of a woman's life.

This retreat was made possible through generous financial support from Citxw Nlaka'pamux Assembly and Journeys Into Tomorrow Transition House. Thank you for your continued support of our community.

We would like to thank Shelanne Justice for going above and beyond with photographing this event and helping capture the inner and outer beauty of all our participants.

A big thank you to our facilitators and the good work you have done; Shoneena Lee Loss, Laurie Anderson, Grace Love, Robin Humphrey, Elder Nkixwstn James, Elder Kathy Jameson, Elder Dorothy Clark, Culture and Language Coordinators Corrina Manuel and Jason Erminskin.

A heartfelt thank you to all our participants for embracing this adventure and contributing to everyone's self-work, you made every minute worth it!







"We are grateful our path is woven by our ancestors, through the stories and wisdom of our Elders and guidance of our communities. Healing does not exist in isolation nor silos; it is imperative we draw together in these precarious times as our journey unfolds together with Community."

Lisa Post | Executive Director

We are all somebody's seventh generation.





Scw'exmx Child & Family Services Society

Mission

We are all somebody's 7th generation. We are committed to work with our communities and Relations to create 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 ne?kepmx and syilx inherent rights as we empower children, young people and families.

Strategic Directions



Guiding Values

LOVE: Supporting families by loving and nurturing our children

ACCOUNTABILITY: We are honest and ethical in all our interactions

RESPECT: We role-model respect and actively engage in solution oriented dialogue

CULTURE & LANGUAGE: We practice our cultural teachings and identity

RESPONSIBILITY: We look out seven generations, doing the right things for the right reasons

HOLISTIC: We utilize community driven and strength-based approach

ADVOCACY: We advocate for community rights and responsibilities with culturally grounded prevention supports

We are all somebody's 7th generation



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



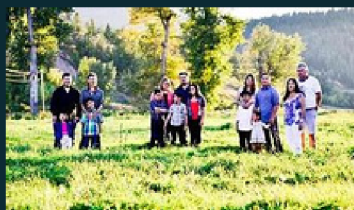
**Child Wellness Concern
After Hours?
Call 1-800-663-9122**



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
Mailing Address: 1750 Lindley Creek Rd | Merritt, BC | V1K 0A3
Telephone: 250-378-2771
Website: www.scwexmx.com
Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families