



MARCH 2024 NEWSLETTER



**YOUTH SPRING
BREAK CAMPS!**

We are excited to announce we have two spring break camps.

Week 1 (Mar 19-22, 2024) - Nicola Valley Youth Camp

Week 2 (Mar 24-28, 2024) - Puberty Rights Training.

Learn more on pages 21 - 23.

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



30 day

DECLUTTER YOUR HOME, LIFE & MIND CHALLENGE

For each day this month, spend 20 minutes completing a daily declutter task. Once you've completed the task, tick the relevant day's checkbox.

| | | | | | |
|--------|--------------------------|--------|--------------------------|--------|--------------------------|
| Day 1 | <input type="checkbox"/> | Day 11 | <input type="checkbox"/> | Day 21 | <input type="checkbox"/> |
| Day 2 | <input type="checkbox"/> | Day 12 | <input type="checkbox"/> | Day 22 | <input type="checkbox"/> |
| Day 3 | <input type="checkbox"/> | Day 13 | <input type="checkbox"/> | Day 23 | <input type="checkbox"/> |
| Day 4 | <input type="checkbox"/> | Day 14 | <input type="checkbox"/> | Day 24 | <input type="checkbox"/> |
| Day 5 | <input type="checkbox"/> | Day 15 | <input type="checkbox"/> | Day 25 | <input type="checkbox"/> |
| Day 6 | <input type="checkbox"/> | Day 16 | <input type="checkbox"/> | Day 26 | <input type="checkbox"/> |
| Day 7 | <input type="checkbox"/> | Day 17 | <input type="checkbox"/> | Day 27 | <input type="checkbox"/> |
| Day 8 | <input type="checkbox"/> | Day 18 | <input type="checkbox"/> | Day 28 | <input type="checkbox"/> |
| Day 9 | <input type="checkbox"/> | Day 19 | <input type="checkbox"/> | Day 29 | <input type="checkbox"/> |
| Day 10 | <input type="checkbox"/> | Day 20 | <input type="checkbox"/> | Day 30 | <input type="checkbox"/> |



Letters of the Alphabet nte?kémxcin



? á c é e

é ə á ə y ý h

i í i k k' kw k'w

l ! í t t' m m'

n n' ó p p' q q'

qw q'w s s' t t' e

u ú w w' x x'w x'

x'w y ý z z' c c'

cw c'w





nle?k?pmxcin - Practice

?e nsn?k?wn?k?we? - my friends, my relatives (not in immediate family)

?e??ým? - laugh, smile

?es?émit - baby-sit or take care of another person

?esk?wák?wm - (someone is) holding or carrying something

?esk?wehm - looking at something

?éx kw? h? - hello! (as a greeting)

?éx kw? h? - hello! (as a greeting)

?éx?fy - snowshoes

?éq?w?sm - pattern basket weave design



Learn more by going to the First Voices website: <https://www.firstvoices.com/nlekepmxcin/>

Letters of the Alphabet nsyilxcən



a á c c' ə é y

y' h h' i í k k'

k^w k'^w l l' t t' m

m' n n' p t q'^w q'

q^w q r r' s p' t'

u ú w w' x x^w x̃

x̃^w y y' ? ʦ ʦ' ʦ^w

ʦ'^w



nsyilxcən - practice

capťk^wť - creation story, "legend"

en'p'uł'm' - come out of the bushes

cwar' - fire (noun)

eł'ťikst - to call with the hand

c'ałt - Cold Weather

c'lalq^wm - play stick game

c'mtus - Sturgeon

k'əťyilk^wcín - scarf

k^wck^wact - strong - physically



Learn more by going to the First Voices website: <https://www.firstvoices.com/nsyilxcen/>





STAYCATION 2024

Staycation is a local event organized by the SCFSS Culture and Language and Caregiver teams for the children in care and their families to come together and learn traditional crafts and language from knowledge holders. Children, youth, adults, and elders learned how to make moccasins, ribbon skirts and shirts, cedar weaved baskets, traditional plants & medicines, sewed a drum bag and painted their drums that they made at a previous event. This program creates a safe space for children and adults to be vulnerable and ask questions about culture and language that they haven't been able to before. Photographer Shelanne Justice was brought in for the last day so the families could have portraits taken with their creations.

Corrina Manuel, Cultural Coordinator, heard some amazing comments, "I can run really fast now!" said a little boy with brand new moccasins. "Thankful for all of the teachings we are leaving with", and "I can't wait to make new moccasins next year!".

Our Elders have been able to witness positive changes in our youth from the previous year and are very proud of the progress, achievements, determination, and hard work they show.

Natasha Nuefeld, Community Caregiver Coordinator, felt fortunate to experience some beautiful moments with our caregivers, children, youth and Elders. With the hum of children giggling while the caregivers and the youth working diligently on moccasins, ribbon skirts and cedar baskets, magic was created. When someone would finish a project, the assisting Elder would announce them, and everyone would cheer. It was so powerful to see the pride in connection to culture. Glancing around the room, she noticed the caregivers connecting with each other, sharing stories and laughter. Additionally, she noticed some of our youngest children connecting with our Elders. One little boy, was enthralled with one of the Elders; he sat with him quietly and listened to his words. During these moments, she was overwhelmed with appreciation and humility to witness such beautiful moments.

On the final day, it was time for family photos. How incredible it was to see so many families wearing ribbon skirts and ribbon shirts, getting their hair braided, and wearing the biggest smiles. A few families were fortunate enough to have multiple generations in attendance for the photos.

Emilie Thurber, Community Caregiver Coordinator, recalls one family who were the first to finish moccasins, and as a team, they crafted drum bags and painted their drums. They looked beautiful. It was impressive to see them working together and enjoying the experience. As a group, we all clapped and cheered when each member completed a project.

There were great chats with caregivers, young people, and Elders. One young person shared how she lost her drum when she went into care. They talked more, and she even asked Emilie about songs and sang some. Emilie decided to give her drum to the young lady, she felt like it would have a better home with her. It was heartwarming to see her playing and singing with the drum. Spending time with the Elders was special. Getting to know experienced caregivers was helpful to build trust and friendship. We shared some tears, laughs, and hugs. The Staycation was vital to build rapport with caregivers going forward.

We would like to thank the families who joined us for five days and immersed themselves into culture and language, sharing stories, laughter, and love. We would also like to raise our hands and thank the Knowledge Holders, facilitators, and staff of SCFSS that also helped make this all possible. We look forward to hosting again in 2025!





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, March 12th | Coldwater Band School Gym | Regalia Making |
|--------------------------------|----------------------------------|-----------------------|

MARCH EVENTS

- Nlaka'pamux Land Based Healing & Traditional Wellness Community Eng. Session - Mar 12 | 5-8 PM - Band Hall
- SCFSS Feel the Beat - Mar 12 | 5-8 PM - Band Hall
- Ladies Tea - Mar 14 | 6-8 PM - CIB Health Building
- Lamp Shading - Mar 16 | 9:30 AM - 3 PM
- Coldwater Grocery Shop Trips - Mar 7th & 21st

WEEKLY EVENTS

- After School Gym Nights - Tuesday & Thursday | 6-7 PM
- Calling Our Spirit Home - Walking & Exercise Group - Mondays, Wednesdays & Fridays | 5:30-6:30 PM



Lamp Shading

With Debbie Alendal
 March 16th & 23rd 9:30AM-3PM
 @Coldwater School
 15 people MAX Per Day
 Lunch will be provided & All supplies supplied Except your lamp.
 Text Jazmin Spahan at 250-280-3946 to sign up

Elders' Luncheon

MARCH 28, 2024
 CIVIC CENTRE
 MERRITT, BC

DOORS OPEN at 10:00am
 SNACKS at 10:30am
 LUNCH at 12:00 noon

For more info & to RSVP call Curt 250-280-2934 or email: transitionhouse@coldwaterband.org

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

Join us for a meal and discussion on what Traditional Wellness & Healing in the Nlaka'pamux Nation is for you. Having your ideas will enhance services and programs in your community.

Door Prizes!
 \$200 gift card
 \$100 gift card &
 \$50 fuel gift card

Coldwater Indian Band
 Tuesday, March 12th, 2024
 Band Hall
 5:00-8:00 p.m.
 Dinner will be served

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

Calling Our Spirit Back Running & Exercise Group

Call out for runners
 We are running for those who attended Kamloops Residential School
 Training Monday, Wednesday, Friday
 5:30pm to 6:30pm
 We will start at the gym until weather change
 Training will start March 4th
 Event will start at Kamloops Residential School Sept.27/24 to Coldwater Reserve #1 Sept.30/24

Contact Information Lucy Henry & Jordan Collins
 Phone: 1-250-280-5489
 1-250-280-2287

Scw'exmx Community Health Services

Healthy Snacks
 Smoothies

March 6th at Coldwater Health building 6-8PM
 Program participants will receive a blender to take home.

one blender per household
 To Register please email reception@scshss.com
 Or call 250-378-4962
 Registration is limited to 10 families.
 Include number of people attending from family, ages and include flavor requests.
 There will be healthy snacks to snack on during the program and refreshments.

LADIES Tea

PLEASE JOIN US ON
 Thurs | Mar 14th | 6pm-8pm

Coldwater Health Building

If you have any questions call or text 250-280-2934



MARCH EVENTS

- Opioid Agonist Treatment Info Session - Mar 14 | 1:30 PM
- Community Potluck - Rocky Pines Community Centre - Mar 14 | 5:30 - 7:30 PM
- Easter Party - Shulus Band Hall - Mar 24 | 12 PM - 3 PM
- LNIB Women's Group (Spa Day!) Rocky Pines Centre - Mar 19 | 11 - 1 PM

WEEKLY EVENTS

- Soup Kitchen - Every Wednesday
- After School Rec Program
- Drumming Group every other Tuesday at the Rocky Pines Community Centre



Information Session
March 14, 2024
1:30 pm
 Rocky Pines Community Centre
 2790 Cougar Crescent

Marcia Gofsky, RN, PhD – OAT Nurse Prescriber
 Robert Colwell, RPN – Early Psychosis Intervention
 Kayla Mcbee, MSW - MHSU Clinician
 Alisha Sterling, BSW – Indigenous Patient Navigator

Any questions you can contact Irene Howe
 (250) 378-5157



Community Potluck
 Rocky Pines Community Center
 March 14
 5:30-7:30
 Bring your favourite dish down and joins us.
 For more information call
 Christie or Marilynne
 250-378-5157



PROUD TO BE
LNIB



COMMUNITY UPDATES - NOOAITCH BAND



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

MARCH EVENTS

- At nkseytknhelx^w (Community Wellness Building)
 - Board Games Day - Mar 5 | 1-3 PM
 - Sewing - Mar 7 | 9:30 - 3:30 PM
- Buckskin Glove Making - Mar 11 | 12 - 4 PM | Band Hall
- Hand Drumming - Mar 7, 14, 21, 28 Civic Centre | 6-8 PM



Traditional Dancing (sł'ey/seqúta) and Hand Drumming

Special Guests: Sonia James and Everett Tom and their 9 kids from Xwisten!

Come learn the dances that are tied to hand drum songs used by Nlaka'pamux. Come learn songs and dances, or just sit, visit and enjoy! Open to all 5 Nicola Valley Bands - Snacks and refreshments provided

Kids Night!!

DATES:
February 8,
February 15
February 22 (Kids Night)
February 29

March 7, 14, 21, 28

TIME: 6-8 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)





MARCH EVENTS

- nsylxcn tea talks - Mar 17 | 2 PM
- Craft/Beading Workshop - Mar 11 | 1-3 PM & Mar 27 | 1-4:30
- Discussion & Sharing on the topic of Knowledge Keepers - Spaxmn Pithouse | 4-5:30 PM
- Nsyilxcn Working Group Meeting - Mar 19 via zoom
- Chopaka Easter Sunday Jackpot Rodeo - Mar 31 | High Noon

The Upper Nicola language department is currently looking for individuals who are interested in serving on the nsylxcn working group.

Do you have a passion for language?

Do you have ideas that the language department can implement?

If so, this would be a great opportunity for you! We need the support of our community to bring our language together for our future generations

This group will meet monthly to bring ideas and support to our language revitalization efforts. Our first meeting will be March 19th via 2024 via zoom. If there are any questions please contact Justine Manuel siylx2@uppernicola.com or 778 694 1272

nsylxcn tea talks

join us for nsylxcn conversation, discussion on our sqilxwłcawt & our responsibility to traditional harvesting practices for our roots.

Sunday March 17th @ 2:00 pm
Nk'wala School Trailer
Snacks & Dinner provided
Any questions please reach out to Justine, siylx2@uppernicola.com

Craft/Beading workshops

MARCH 11TH- FABRIC KEYCHAINS (FOR ADULTS) 1-3PM

MARCH 27TH- BEADED EARRINGS AND KEYCHAINS (EVERYONE WELCOME) 1-4:30PM

Location: Kwu stemtima? Lakeview Office
3512 Highway 5A in Quilchena

To register contact:
Willa Ermineskin(250) 315-3908
Nadine Chillihitzia(250) 280-4752

56TH ANNUAL

The Rodeo Committee Pays Tribute to our Cowboys Dean and Maynard Terbasket

15 MILES SOUTH OF KEREMEOS

CHOPAKA EASTER SUNDAY JACKPOT RODEO

EASTER SUNDAY MARCH 31ST HIGH NOON

| | | |
|--|--|--|
| ADULT EVENTS TEAM ROPING, CALF ROPING, LADIES BREAKAWAY, LADIES BARREL RACING, BULL RIDING, SADDLE BRONC | GENERAL INFO ADMISSION \$10 AND UNDER FREE | JUNIOR EVENTS JR. STEER RIDING, JR. BREAKAWAY, JR. BARREL RACING, PEEWEE (6 & UNDER) BARREL RACING |
|--|--|--|

CASH ONLY FOR ENTERIES!
CALL IN - MARCH 13TH 2024 9AM - 6PM,
CALL BACK MARCH 20TH, 2024 (250)-499-2259

THE CHOPAKA RODEO COMMITTEE IS NOT RESPONSIBLE FOR ANY INJURIES, DAMAGES, LOSS OR THEFT DURING THIS EVENT

HELP US PLAN THE FUTURE OF UPPER NICOLA!

Upper Nicola Band is updating our Land Use Plan and Land Allocation Policy.

We want your input on how this project can best represent the community and residents of Upper Nicola.

WE WANT TO HEAR FROM YOU!

Join us on **Thursday March 14 at 12pm** for a community event hosted at the **Health Centre!**

Lunch will be provided for attendees.

ENGAGEMENT ACTIVITIES INCLUDE:

- A visual presentation of the project
- Participant-led focus groups

WANT TO LEARN MORE?

Scan the QR code to learn more about the Land Use Plan and Land Allocation Policy update, and for upcoming engagement opportunities!

UNB will also provide updates on our social media channels throughout the project.

Visit uppernicola.com/community

INVITATION

Please join us Monday March 11/24 4-5:30 pm @ the Spaxmn pithouse

For discussion and sharing on the topic of Knowledge Keepers

This important discussion will support and inform our work moving forward.
Soup & Bannock to follow.

Further questions, contact: Juanita Lindley 13 Moon Coordinator (250) 280-2275 or siylx3@uppernicola.com



MARCH 2024



Please note:
There is no Youth Outreach Lunch this month!
Will resume in April

- Community Calendar -

CULTURE OF CARING



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|--|
| 25 | 26 | 27 | 28 | 29 | 1 | 2 SCFSS Relationship Program -Sense of Family- March 2 9-4 @ Civic Centre |
| 3 | 4 | 5 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre SIB Board Games Day 1-3 @ Wellness building | 6 CW SCHSS Smoothie making 6-8 @ CW Health building | 7 CIB Grocery Shopping Support 11 AM SIB Sewing Workshop 9:30-3:30 Wellness building SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all | 8 | 9 |
| 10 Men's Group Dinner & Discussion on Land Healing and Traditional Wellness 5pm Hitch & Post | 11 SIB Buckskin glove making 12-4 @ Band hall UNB Fabric Keychains (for adults) March 11 1-3 @ Kwu Stemtima? Lakeview office | 12 CW Feel the Beat Regalia Making 4-8 @ CW Band School Gym LNIB Drop in beading & crafts 9-11:30 AM & 1:30-3PM | 13 SIB Nlaka'pamux Land-Based Healing & Traditional Wellness Community Engagement Session 5-8 @ Shackan Band Hall | 14 LNIB Community Potluck Rocky Pines Community Centre 5:30-7:30 SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all | 15 | 16 CW Lamp Shading 9:30-3 @ CW School |
| 17 UNB Nsyilxcn tea talks 2 @ Nkwala School Trailer | 18 Women's Group 5-8 PM @ Civic Centre Basket weaving | 19 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre | 20 | 21 CIB Grocery Shopping Support 11 AM SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all | 22 LNIB Drop in beading & crafts 9-11:30 AM & 1:30-3PM | 23 CW Lamp Shading 9:30-3 @ CW School NIB Easter Celebration 12 - 3 PM |
| 24/31 LNIB Easter party March 24 12-3 Shulus Band Hall | 25 | 26 | 27 UNB Beaded earrings and keychains (everyone welcome) 1-4:30 @ Kwu Stemtima? Lakeview office | 28 Transition House Elders Luncheon 10-2 @ Civic Centre - Open to all SIB Hand Drumming 6-9 PM @ Civic Centre - Open to all | 29 LNIB Drop in beading & crafts 9-11:30 AM & 1:30-3PM | 30 |

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- UNB:**
- Land Use Plan info sessions March 14th 12 @ Health Centre & 6 @ N'Kwala Gym
 - Thursdays - Storytelling & Drumming at Pithouse in Douglas Lake.
- LNIB:**
- Opioid Agonist Treatment Info Session March 14 1:30 @ Rocky Pines Community Centre
 - Nlaka'pamux Land-Based Healing & Traditional Wellness Community Engagement Session Monday, March 11th 5-8 @ Shulus Hall
 - 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)
- Nlaka'pamux:**
- Nlaka'pamux Land-Based Healing & Traditional Wellness Community Engagement Session Thursday, March 14th 5-8 Nooaitch Band Hall
 - 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 and swimming at the pool 2:45-5:30
- Coldwater:**
- Nlaka'pamux Land-Based Healing & Traditional Wellness Community Engage. Session 5-8 Tuesday, March 12th @ Band Hall
 - Gym Nights - Tuesday & Thursdays 6-7:30 PM
- Shackan:**
- Traditional Dancing & Hand Drumming 6-9 PM at Civic Centre 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 Avenue in Merritt**.



| Day | Time | Training Dates |
|----------|-------------|----------------------------|
| Tuesdays | 10 AM-12 PM | 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 March 18, 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 learning to basket weave!

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

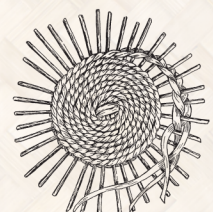
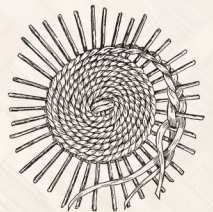
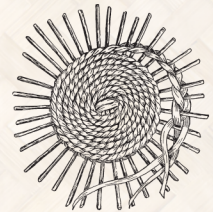
<https://forms.office.com/r/HtAQ1mc1M5>

or scan:



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

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





MEN'S GROUP UPDATE - MMIWG WALK

The Downtown Eastside of Vancouver was bustling with people from various Nations and their territories. Referred to as a ceremony by one of the organizers, families of missing or murdered women were given a platform to address the crowd of supporters. Hand drummers from British Columbia and Alberta filled the air with their traditional songs and rhythms, resonating throughout the morning and part of the afternoon. The drum symbolizes the heartbeat of the nations, pulsating during ceremonies and celebrations. The singing and drumming echoed proudly and loudly against the buildings of Vancouver's Eastside. The event included a significant amount of prayer and smudging, creating a powerful atmosphere that is definitely worth attending and supporting.



MMIWG MERRITT WALK



Men's Group



**Dinner & Discussion on Land
Healing and Traditional Wellness**

SUNDAY - MARCH 10, 2024

5 PM - Hitch & Post - Lower Nicola

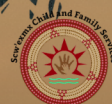
Questions? Call (250) 378-2771



DOOR PRIZES!!

*Register
Now*

The discussion will help form framework for a land based healing plan for our communities and Nation.



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

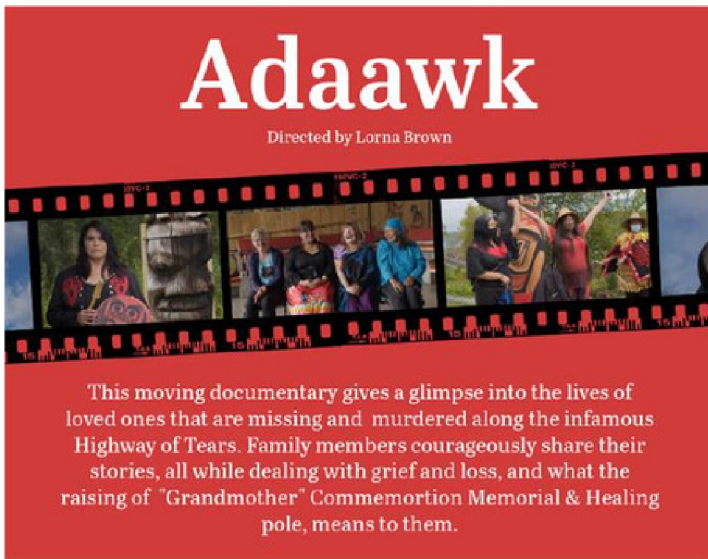
- Monday, February 12, 2024
 - Lytton First Nations
 - Battlefield Community Centre
 - 5:00-8:00 p.m. - Dinner served
- Tuesday, February 13, 2024
 - Cook's Ferry Indian Band
 - Band Gym
 - 5:00-8:00 p.m. - Dinner Served
- Tuesday, February 27, 2024
 - Oregon Jack Creek Indian Band
 - The Hub
 - 12:00-3:00 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




NVIT presents a special screening of



Adaawk

Directed by Lorna Brown

This moving documentary gives a glimpse into the lives of loved ones that are missing and murdered along the infamous Highway of Tears. Family members courageously share their stories, all while dealing with grief and loss, and what the raising of "Grandmother" Commemoration Memorial & Healing pole, means to them.

Tues | Mar | 12 @ 6:30 PM

Lecture Theater, NVIT


4155 Belshaw Street, Merritt




EXPERIENCE NVIT 2024


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

WEEK 2

presents

In Her Shoes



An experiential role-playing workshop that opens up conversation around domestic violence

Wed | Mar | 13 | 6-8 PM
NVIT, Main Building
4155 Belshaw Street, Merritt

— she is —
Somebody
www.tearstohopesociety.com





PUBERTY RITES TRAINING CAMP

JOIN OUR YOUTH CAMP TO PARTICIPATE IN CULTURAL WORKSHOPS, PUBERTY PROTOCOL TRAINING, AND MORE!



Open to youth from 8-16 yrs.

For each camp, youth must be accompanied by a support person, male for male and female for female.

THESE WORKSHOPS WILL BE GUIDED BY OUR ELDERS



Scw'exmx
Child & Family

reception@scwexmx.com

(250) 378-2771

Puberty Rites Training

CAMP LOCATIONS: TO BE DETERMINED

We invite our relations from our five communities including Urban to the upcoming Puberty Rites Training Camp. Discover the ways our youth can learn ceremony, protocols, and traditional teachings at these camps throughout the year at culturally significant areas. This is open for youth from ages 8 - 16.

You can [click here](#) to register or scan the QR code. Please note: this program is a year long program with 1 camp per season. Some of the workshops might include:

- Self-care
- Puberty protocols
- Life skills
- Nature crafts based on the season: leaf moccasins, harvest bag making, harvesting, medicine making, sweat dress, and more!



We are providing **FREE Taekwondo lessons** including a uniform for 10 girls and 10 boys who register to participate in the Puberty Rights Training Workshops. Each youth will book time slots with the Taekwondo gym that best fits their schedule.

Below is the tentative schedule for the seasonal youth camps. Participants are encouraged to bring their own gear. If they require SCFSS can provide camping tents and sleeping bags. For each camp youth must be accompanied by a support person, male for male and female for female.

| Camp | Dates (Tentative) |
|------------------------------------|-------------------|
| Spring Puberty Rites Training Camp | March 24-28, 2024 |
| Summer Puberty Rites Training Camp | July 1-5, 2024 |
| Fall Puberty Rites Training Camp | Oct 4-7, 2024 |
| Winter Puberty Rites Training Camp | Jan 2-5, 2024 |



NICOLA VALLEY SPRING BREAK YOUTH GATHERING

4 DAY EVENT | AGES 13-18

MAR 19-22, 2024 | 9:30 AM TO 4PM

LOCATION: CLC SCHOOL - 2975 CLAPPERTON AVE




We invite the youth of the 5 Nicola Valley Bands to register for this youth event by scanning the QR code. There will be cultural activities, workshops, awards, door prizes and more!



Rob K.A.S.P - H.O.P.E Workshop - Tradition Over Addictions: Indigenized Personal Development

Live dance with DJ Bobby Garcia & Performance by KASP

KASP
 Entertainment
 Multiple Award Winning
 Aboriginal Hip Hop Artist KASP
 Workshops, Hip Hop Shows, Dances, Key Note & Motivational Speaker



Awards

- 2008 Canadian Aboriginal Music Awards "Best Hip Hop Album"
- 2008 Nominee Aboriginal Peoples Choice Music Award for "Entertainer Of The Year"
- 2008 Nominee Aboriginal Peoples Choice Award for "Best Group Or Duo"
- 2008 B.C Interior Music Awards for Hip Hop Group of the Year
- 2008 West Coast Native American Music Award
- 2007 Aboriginal Peoples Choice Award Winner for "Best Hip Hop/Rap C.D
- 2007 B.C Okanagan Music Award for "Hip Hop Group of the Year"
- 2006 B.C Okanagan Music Award for "Hip Hop Group of the Year"
- 2005 B.C Okanagan Music Award for "Hip Hop Group of the Year"
- 2004 B.C Okanagan Music Award for "Hip Hop Group of the Year"
- 2002 Nominee for Canadian Aboriginal Music Awards for "Best Hip Hop Album"
- 2002 Aboriginal Innovative New Median Award
- 2001 E.D.D.Y. Award for Social Change





NICOLA VALLEY SPRING BREAK YOUTH GATHERING - AGENDA

Day 1 - Tuesday, March 19, 2024

| | |
|-------------|--|
| 9:30 AM | Registration |
| 10-10:15 AM | Opening Prayer & Breakfast |
| 10:15-11 AM | Sage Hills Performance |
| 11-12:15 PM | Jay Bearhead- Ancestors Work Speaking Engagement |
| 12:30-1 PM | Lunch |
| 1-2:30 PM | Bannock Making and/or Gym Activities |
| 3-4 PM | KASP Introductions |

Day 2 - Wednesday, March 20, 2024

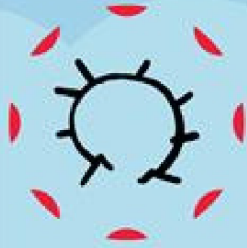
| | |
|--------------|---|
| 9:30-10 AM | Registration & Breakfast |
| 9:30 AM | Phil Dumont: Horse Equine or Kenny Yamelst: Winter Survival |
| 11 AM - 4 PM | KASP Hope Workshop |
| 12:30-1 PM | Lunch |
| 1-4 PM | KASP: Hope Workshop |
| 4-4:30 PM | Clean Up |

Day 3 - Thursday, March 21, 2024

| | |
|------------------|---|
| 9:30 AM | Sharon & Leonard: Traditional Teas & Medicines OR Photography |
| 11 AM - 12:30 PM | KASP: Hope Workshop |
| 12:30-1 PM | Lunch |
| 1-4 PM | KASP Hope Workshop |
| 4-4:30 PM | Clean Up |

Day 4 - Friday, March 22, 2024

| | |
|----------------|--|
| 9:30 - 11:30AM | KASP: Hope Workshop |
| 12:30-1 PM | Lunch |
| 1-2 PM | Honouring Our Youth Award Ceremony |
| 2-3:30 PM | Dance - DJ Bobby Garcia ,KASP Performance, Games |
| 3:30-4 PM | Door Prizes, Closing Remarks. |
| 4-4:30 PM | Clean Up |



FOR THE MONTH OF MARCH THERE WILL BE NO LUNCHEON

LUNCH

LUNCH

YOUTH OUTREACH

LUNCH

LUNCH

YOUTH OUTREACH LUNCHEON WILL RESUME IN APRIL AT SPIRIT SQUARE

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

CONTACT INFO:

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

www.cna-trust.ca
www.scwexmx.com





EMPLOYMENT OPPORTUNITIES

Scw'exmx Child and Family Services Society (SCFSS) is family-centered and guided by n̓eʔk̓épmx and syil̓x 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 n̓eʔk̓épmx and syil̓x communities, SCFSS prioritizes the hiring of n̓eʔk̓épmx and syil̓x 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

*Check our website regularly, 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, you can also send inquiries to: opportunities@scwexmx.com





NEW TEAM MEMBERS



TRACI LINDSTROM | CHILD WELLNESS NAVIGATOR

As a Child Wellness Navigator, Traci will be responsible for providing individual support services to children and their families, including parents/relations/kin/caregivers. She will work collectively with the family to set goals in all domains of their child(ren)'s lives, identify a support network to help meet goals, and implement healthy strategies to achieve their goals. Traci will support families in accessing educational, developmental, social, mental health, recreational, and cultural opportunities for their children. Traci will be based at the main office and will report to Kelly Hanson as the Acting Child Wellness Team Leader.



MEGHAN GRINBERG | CHILD WELLNESS NAVIGATOR

As a Child Wellness Navigator, Meghan will be responsible for providing individual support services to children and their families, including parents/relations/kin/caregivers. She will work collectively with the family to set goals in all domains of their child(ren)'s lives, identify a support network to help meet goals, and implement healthy strategies to achieve their goals. Meghan will support families in accessing educational, developmental, social, mental health, recreational, and cultural opportunities for their children. Meghan will be based at the main office and will report to Kelly Hanson as the Acting Child Wellness Team Leader.



JALISSA WEYMOUTH | COMMUNITY PREVENTION WORKER

As a Community Prevention Worker, Jalissa will work directly in community to ensure the effective delivery of culturally appropriate community prevention supports. Jalissa will be responsible for providing community-based prevention services in one of our six (6) communities with an emphasis on education and early intervention. Jalissa will help support our communities to build their capacity to strengthen children, young people, and families within community by supporting the planning, development, coordination, facilitation, and assessment of community prevention programming and services. She will help develop positive working relationships with community partners and stakeholders and create meaningful relationships with members in community. Jalissa will be based in community and have access to a workstation at the Main Office and will report to Lacey Williams McRae as the Community Manager.



CHARLEEN BELOIN | EXECUTIVE ASSISTANT

Charleen will be responsible for providing senior administrative support to the Executive Team, including the Executive Director and the Board of Directors. She will assess tasks and priorities, delegate responsibilities effectively, and meet deadlines with multiple and simultaneous deadlines. Charleen is a professional and confident communicator, overseeing and upholding the communications standards at SCFSS. Charleen will be responsible for the planning and coordination of high-level events at SCFSS, including communications, facilitation, and reporting. Charleen will be stationed at the main office and will report to Lisa Post, Executive Director.



DAPHNE MCRAE | FEMALE YOUTH WELLNESS NAVIGATOR

Daphne will be responsible for providing individual support services to young people. She will work collectively with youth to set goals in all domains of their lives and relationships, identify a support network to help meet goals, and implement healthy strategies to achieve their goals. Daphne will support youth in accessing educational, employment, social, mental health, recreational, and cultural opportunities. She will recognize the impacts of systemic racism and intergenerational trauma on youth, and how it impacts wellness and relationships and may lead to at-risk situations. Daphne will be stationed at the downtown office and will report to Kristen Stewart as the Youth Team Leader.



SEBASTIAN ABBOTT | MALE YOUTH TRANSITION PROGRAM COORDINATOR

Reporting to the Youth Team Leader, the Sebastian will plan, develop, implement, and assess a Youth Transition Program to support young people's transition into adulthood. He will liaise with SCFSS Teams, community resources, and communities to develop culturally appropriate supports to build life skills in young people to support their success in their journey to adulthood. Sebastian will coordinate and facilitate programming for young people in the Transition Program and works collectively with local resources to support the services offered to young people. Sebastian will be stationed at the downtown office and will report to Kristen Stewart as the Youth Team Leader.



COMMUNITY OPPORTUNITIES

CONTINUING STUDIES COURSES

Foodsafe Level 1
• March 15, Friday

Occupational First Aid Level 1
Available Dates:
• March 13, Wednesday
• April 26, Friday

Download the registration form now!

nvit.ca info@nvit.ca 1.877.682.3300

BC Scholarship Society

Indigenous Scholarships & Awards

Helping Indigenous Students Succeed

Application Deadline:
April 4, 2024

Need help with your application? Connect with an Academic and Financial Planner at <https://bit.ly/NVIT-AFP>

EXPERIENCE NVIT 2024

| | | |
|--|---|--|
| FEB 26. MON Indigenous Human Services (IHMS) & Bachelor of Social Work | FEB 27. TUE University Transfer (Associate of Arts) & College Readiness | FEB 28. WED Environmental Resources Technology (ENRT) |
| FEB 29. THU Health Care Assistant & Access to Practical Nursing | MAR 1. FRI Trades & Culinary Arts | |
| MAR 4. MON Indigenous Language Fluency | MAR 5. TUE Community and Public Safety Professional & Indigenous Holistic Wellness and Addictions (HWA) | MAR 6. WED Office Administration, Executive Assistant, Medical Office Assistant, & Business Administration |
| MAR 7. THU Indigenous Early Childhood Education & Community Education | MAR 8. FRI Student Support Services, Immediate Entry Bursary, & CO-OP | REGISTER NOW |

EXPERIENCE THE NVIT DIFFERENCE
All sessions starts at 12:00 pm.

STUDENT SUPPORT info session

Topics for discussion include:

- Graduation
- Awards, Bursaries, Scholarships
- Success Centre Support
 - Tutoring
 - Workshops
 - Wellness Supports, etc
- Transition to Workforce

| | | |
|--|--|---|
| MERRITT March 13, Wed 12:00 - 2:00 pm by the Fireplace | ONLINE March 14, Thu 12:00 - 1:00 pm via MS Teams Meeting ID: 280 992 338 241 Passcode: k0J1Ju | VANCOUVER March 26, Tue 12:00 - 1:30 pm Common Area |
|--|--|---|

SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!




SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

July 2023 Community Newsletter

FEATURES

- Call to Action PAGE 2
- Staffing Updates PAGES 3 & 4
- Job Opportunities PAGE 5
- On The Land Photos! PAGE 6
- Community Calendar & Event Posters PAGES 7 - 23
- Community Team PAGE 24
- Oldwater Culture Gathering PAGE 25
- Emergency Numbers PAGE 28




SCW'EXMX CHILD & FAMILY

September 2023 Community Newsletter

"Each one of us can make a difference together. We can make change for the future. By touching so many lives, we are able to change the spirit of our people."
the late Kwukwipi? Victor York - Elder (Lower Nicola Indian Band)

FEATURES

- Staff Updates & Employment Opportunities PAGES 3 - 5
- About our Team PAGE 6
- Final Settlement Agreement on Compensation PAGES 7 - 8
- Harvesting PAGE 9
- Community Events PAGES 10 - 26
- The Story of Orange Shirt Day PAGE 27
- Kids Activity Sheets PAGES 28 - 30
- First Voices Keyboards for your Iphone or Android PAGES 31 - 32
- Recipes PAGE 33 - 34
- Elder's Gathering PAGES 35 - 36
- What Guides Us PAGES 37 - 38




SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

August 2023 Community Newsletter

FEATURES

- Call to Action PAGE 2
- Staffing Updates PAGE 3
- Job Opportunities PAGE 4
- On The Land Photos! PAGE 5
- Community Calendar & Event Posters PAGES 7 - 17
- Community Team PAGE 18
- Oldwater Culture Gathering PAGES 19 - 21
- Emergency Numbers PAGES 22 - 25





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!



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



Scw'exmx Child & Family

Closed for Good Friday & Easter Monday



March 29, 2024 & April 1, 2024

Re-open: April 2, 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

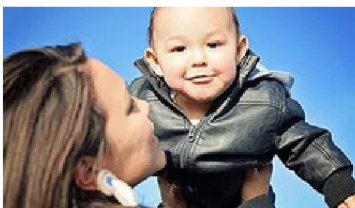
Language & Culture Address: 183 Nawishaskin Lane, Lower Nicola, BC V1K 0A7

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

Telephone: 250-378-2771

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families