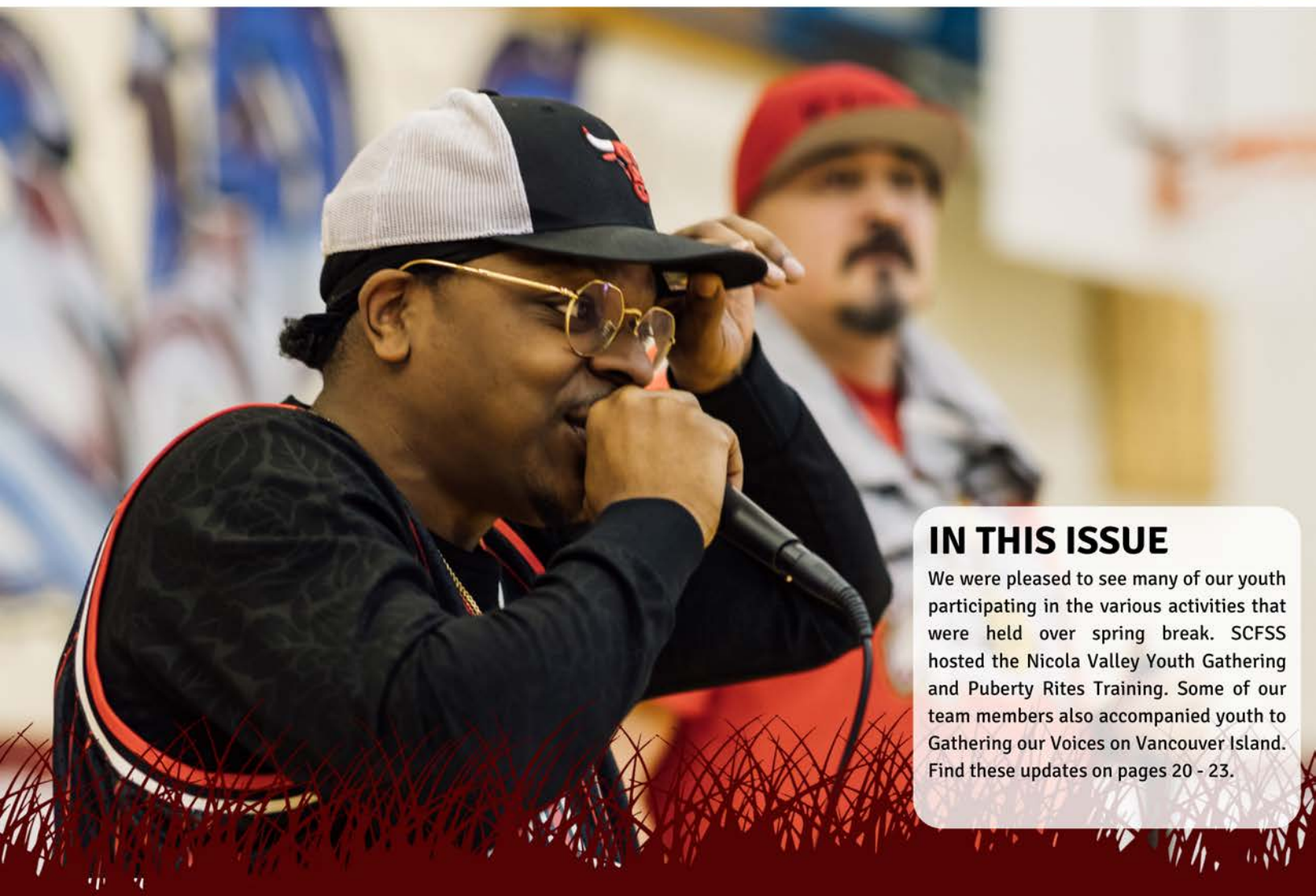




# APRIL 2024 NEWSLETTER



**IN THIS ISSUE**

We were pleased to see many of our youth participating in the various activities that were held over spring break. SCFSS hosted the Nicola Valley Youth Gathering and Puberty Rites Training. Some of our team members also accompanied youth to Gathering our Voices on Vancouver Island. Find these updates on pages 20 - 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 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?k'epmx 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?k'epmx 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

# Letters of the Alphabet nte?kémxcin



? a á c ċ ç e

é ə á ə y ý h

i í i k k̇ kw k̇w

l ! í t ṫ m ṁ

n ñ ó p ṗ q q̇

qw q̇w s ş t ṫ ɵ

u ú w ẇ x xw ẋ

ẋw y ý z ż ç ç̇

çw ç̇w





## nle?képmxcin - Practice

péye?sesq̄t - Monday

siyésq̄t - Tuesday

ke?tésq̄t - Wednesday

smusékst- Thursday

ciyksesq̄t - Friday

nx<sup>w</sup>etpewsm - Saturday

ʕa?ciwsm - Sunday

péye? - One

séye - Two

ke?tés - Three

mús - Four

cíykst - Five

łáq̄mekst - Six

cútke? - Seven

pi?úps- Eight

tempéye? - Nine

?úpnekst- Ten

máfxetn - moon, month

muséskst tk máfxetn - quarter moon

cíyci tek máfxetn - new moon or new month



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<sup>w</sup> k'<sup>w</sup> l l' ɬ ʔ' m

m' n n' p t q'<sup>w</sup> q'

q<sup>w</sup> q r r' s p' t'

u ú w w' x x<sup>w</sup> ǰ

ǰ<sup>w</sup> y y' ʔ ɕ ɕ' ɕ<sup>w</sup>

ɕ'<sup>w</sup>



## nsyilxcən - practice

skix<sup>w</sup>íw's - Monday

s?aslásq't - Tuesday

ska?tlásq't - Wednesday

smasq't - Thursday

scl'kstasq't - Friday

sktə?a? - Saturday

skfacíw's - Sunday

naqs - One

?asíl - Two

ka?tis - Three

mus - Four

cilkst - Five

t'áq'mkst - Six

ísp'lek' - Seven

timt - Eight

ǰəǰnúť - Nine

?upenkst - Ten

ǰast silkwkwǰást - Good Morning

ǰast sn'kwkw?ac - Good Night

ǰast sn'yak'wqín - Good Afternoon

ǰast sǰl'ǰfal't - Good Day



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





# 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,  
April 30th**

**Merritt Civic Centre**

**Regalia Making**



# COMMUNITY UPDATES - COLDWATER BAND

## WEEKLY EVENTS

- Youth Walking group - Tuesdays & Thursdays at Central Park from 4:30-5:30
- Calling Our Spirit Home - Walking & Exercise Group - Mondays, Wednesdays & Fridays | 5:30-6:30 PM



## APRIL EVENTS

**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



Mens  
**Ribbon  
 Shirt  
 Workshop**

Saturday April 13, 2024  
**Noon - 4PM**  
 Coldwater School Elders Room

**Only Ten kits available**  
 To register, please call Cari  
 250-280-2934



**RIBBON SKIRT**  
 workshop

**April 6 & 13**  
 Noon - 4pm  
 Coldwater School

**10 spots available**  
 kits will be provided

To register please contact Cari at 250-280-2934





# COMMUNITY UPDATES - LOWER NICOLA BAND

## WEEKLY EVENTS

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

## APRIL EVENTS



**SPRING DANCE**

\*\*\*\*\*

5TH OF APRIL | 6:00 PM TO 9:00 PM | LNIB SCHOOL GYM

\*\*\*\*\*

**DJ BOBBY GARCIA**

- DRINK AND FOOD -  
DANCE PARTY AND AND MORE...

**PIZZA IS 5 TO 6 PM**

FOR MORE INFO CALL CHRISTIE  
**(250)315-3661**



**LOWER NICOLA INDIAN BAND**

Saturday, April 6th  
Shulus Hall  
9:00 am - 3:30 pm

Lunch will be provided & Door Prizes

### Indigenization and Cultural Awareness Workshop

Presenter: Laura Grizzlypaws

Indigenization Awareness:  
Historical residential school transmission of trauma:  
• How it is effecting you today, even if you didn't go  
• Strains relationships  
• Contributes to community challenges  
• Addressing and overcoming historical trauma is crucial for healing and building an understanding community

Cultural Awareness:  
Cultural Humility: Respecting other cultural perspectives without assuming one's own cultural norm is superior.  
Respect: valuing individuals for who they are, recognizing their rights and treating everyone with dignity.

Any questions contact Joe Shuter at (250) 315-7487



**LOWER NICOLA INDIAN BAND**

**Women's Group Painting Class**

Thursday, April 11, 2024  
5:00 - 7:00 pm

Rocky Pines Community Centre

\*\*\*Limited Space\*\*\*

To register contact Irene Howe (250) 378-7340



**LOWER NICOLA INDIAN BAND**

**Women's Group Neighborhood Cleanup**

Pizza will be served

**EARTH DAY**

APRIL 22 | 5 PM TO 7 PM

Rocky Pines Community Centre



**LOWER NICOLA INDIAN BAND**

**COMMUNITY CRIME PREVENTION PRESENTATION**

Tuesday, April 16, 2024

Rocky Pines Community Centre

6:30 pm - 8:30 pm

Power point presentation by Tracey Dunsmore

Dinner will be served

Any questions you can contact Dustin Eberle at (250) 378-5157



# COMMUNITY UPDATES - LOWER NICOLA BAND

CULTURE OF CARING

## APRIL EVENTS CONTINUED

LNIB Membership & Community Members

# Service Canada

Will be in our Community

Monday, April 22, 2024

10:00 am - 4:00 pm

LNIB Community Services

- Employment Insurance (EI)
- Canada Pension Plan (CPP)
- Canada Pension Plan Disability
- Old Age Security (OAS)
- Social Insurance Number (SIN)
- Canada Apprentice Loan

Any questions contact Dustin Eberle (250) 378-5157

LOWER NICOLA INDIAN BAND

# Grief & Loss

Get-together & Coffee time

Every last Thursday of the month

9:30 - 10:30 am

Meet at Kekuli Cafe at

2051 Voght Street, Merritt, BC

If you have any questions or need transportation. Contact Irene Howe (250) 378-7340

yè ta sîxîit - good day  
Culture Programs with Carole Basil

PROUD TO BE LNIB

MAY 2024

**Drop in Beading/Crafts with Carole:**  
Come work on your beading or start a New project.  
Wed April 3<sup>rd</sup> and 17<sup>th</sup>  
9:00 am to 11:30 am and 1:30 to 3:00 pm

**Hand Drumming**  
with "Skiielist" Paul Joe  
Tuesday April 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup>  
5:00pm to 6:30pm  
At the Rocky Pines Community Centre  
Open to everyone

**Fan & Feathers**  
Wed April 10<sup>th</sup> & Thurs April 11<sup>th</sup>.  
Limited seating you must pre-register.  
Call text Carole: 250-315-9158

**Wing Dress Workshop**  
Wed April 24<sup>th</sup> & Thurs April 25<sup>th</sup>.  
This is a 2-day workshop must be committed to the 2 days. Limited seating please pre-register with Carole  
Call or text 250-315-9158



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

# April 2024 LNIB ELDERS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 RP Centre Breakfast & Bingo (9:00am - 11:00am)	3	4	5 RP Centre Crafts (1:30pm - 3:30pm)	6
7	8	9	10 Water Aerobics (9:00am - 11:00am)	11	12 Bowling (1:00pm - 3:00pm)	13
14	15	16 RP Centre Painting (1:30pm - 3:30pm)	17 Shulus Hall Blanket Ceremony (3:00pm - 6:00pm)	18 Soup Kitchen Elders Luncheon (12:00pm - 2:30pm)	19 Band Office Afternoon Walk (2:00pm - 3:00pm)	20
21	22	23 Shulus Hall Spring Home Décor (1:30pm - 3:30pm)	24	25	26 RP Centre Breakfast & Indian Bingo (9:00am - 11:00am)	27
28	29 Shulus Hall Snack & Chat (10:00am - 11:00am)	30 Health Centre Kelowna Value Village (9:00am - 3:30pm)				

# April 2024 Cultural Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Men's group meeting Nl7k6pmxcin group 5:00	5	6 Indigenization/ cultural awareness workshop
7	8 Dip net mesh tying 9-4	9 Dip net mesh tying 9-4	10	11 Men's group meeting Nl7k6pmxcin group 5:00	12	13
14 Steinvalley prayer rock site visit	15 Ntu? (Tree sap) gathering	16 k'k'apn (Bitter root) picking	17	18 Men's group meeting Nl7k6pmxcin group 5:00	19	20 Birch Bark Basket workshop
21 Birch Bark Basket workshop	22	23 k'k'apn (Bitter root) Asparagus picking	24	25 Men's group meeting Nl7k6pmxcin group 5:00	26	27 Ntu? (Tree Sap) gathering
28	29 Check for ma'ag? (Lightning mushrooms)	30 Swel'w'ing (Stinging Nettle) Tatukit (Wild potato) picking	31 O'w'w'w' (Wild Onion) picking			

If you have any questions, please call or text Courtney Hogue-Charters at (236) 575-2083 or email Courtney.Hogue-Charters@lnib.net



## 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
- Every Thursday Library & Swimming 2:30-5:30

**RIBBON SKIRT/SHIRT WORKSHOP FOR THOSE UNFINISHED PROJECTS THAT WERE STARTED IN FEBRUARY**  
**SATURDAY, APRIL 13TH, 2024**  
**9:00 A.M. - 4:00 P.M.**

FOR MORE INFO CONTACT  
**KAYLA PHILLIPS**  
 COMMUNITY ENGAGEMENT COORDINATOR  
 NOOAITCH

## APRIL EVENTS

NOOAITCH INDIAN BAND

### RECOVERY MEETING

AT THE BAND HALL

**MONDAY, APRIL 8TH**

- Discuss issues that matter to you
- Get updates
- Share your ideas and suggestions

**5:00 PM**

MORE INFORMATION 250-378-6141 [www.nooaitchband.ca](http://www.nooaitchband.ca)

### POTLUCK EVENT

Come together with friends, family, neighbors and the Nooaitch community for an unforgettable potluck event filled with laughter, connection, and mouthwatering dishes! There is no agenda, just sharing space to come together. **EVERYONE IS WELCOME**

**BRING SOMETHING TO SHARE**

**WEDNESDAY, APRIL 17TH | AT 6 PM**  
 Nooaitch Community Band Hall

If you have any questions, contact Dole Shackelly

### Nk'syetkn Dinner

April 18, 2024

#### ELDER JACKETS & PHOTO DISTRIBUTION

NOOAITCH BAND HALL  
 DINNER SERVED AT 5:00

Wellness Team

ZANDRA ROSS

### COMMUNITY TEAM BUILDING

Wednesday, April 24 2024  
 Nooaitch Band Hall  
 Dinner served at 5:00pm  
 Workshop 6:00pm-8:00pm

- Emotional intelligence and lateral violence, community team building workshop.

Olivia Buck - [olivia@nooaitchband.ca](mailto:olivia@nooaitchband.ca)  
 Shanie O'Leary - [shanie.shackelly@nooaitchband.ca](mailto:shanie.shackelly@nooaitchband.ca)  
 Wellness Team

### HOUSING UPDATES

## EARTH DAY CLEAN UP

April 20th - 27th  
 Community clean up! We have organized with First Nations Recycling Initiative (FNRI) and Indigenous Zero Waste Technical Advisory Group (IZWTAG) to help with Spring Cleaning! We will have large garbage bins and recycling bins set up around the community for 1 week!

Presentations from Thompson-Nicola Regional District (TNRD) & First Nations' Emergency Services Society (FNES)

April 20th & 21st

Housing

### HE SCM'EMI?T NOOAITCH'S HEADSTART PROGRAM

THE CENTRE WILL BE OPEN 2 DAYS A WEEK FOR THE MONTH OF APRIL. WEDNESDAY/THURSDAY 10:30-12:30. PLANNED ACTIVITIES/BRUNCH PROVIDED. SPRING PLANTING WILL BE THE THEME.  
 (WE ARE WAITING ON CONFIRMATION OF DATES FOR SOME WORKSHOPS BUT WILL POST AND SHARE ONCE CONFIRMED)

**CATHERINE HOLMES**  
 MANAGER  
 HE SCM'EMI?T NOOAITCH HEADSTART

Cell: (250) 250-4949  
 Email: [ccmanager@nooaitchband.ca](mailto:ccmanager@nooaitchband.ca)



## APRIL EVENTS

- SCHSS Playgroup on Tuesday's from 12-2:30
- Wellness Circle - Buckskin glove making April 8th
- Sxéxh'x Community Dinner - April 30 - 5-7 PM

**SXÉXN'X NĀSEYTKNHELX<sup>W</sup> BUILDING**  
(COMMUNITY WELLNESS)

### RIBBON SKIRT WORKSHOP

**APRIL 11TH | 9:30-3:30**

- Supplies & lunch will be provided
- Bring an ongoing project or begin a new one

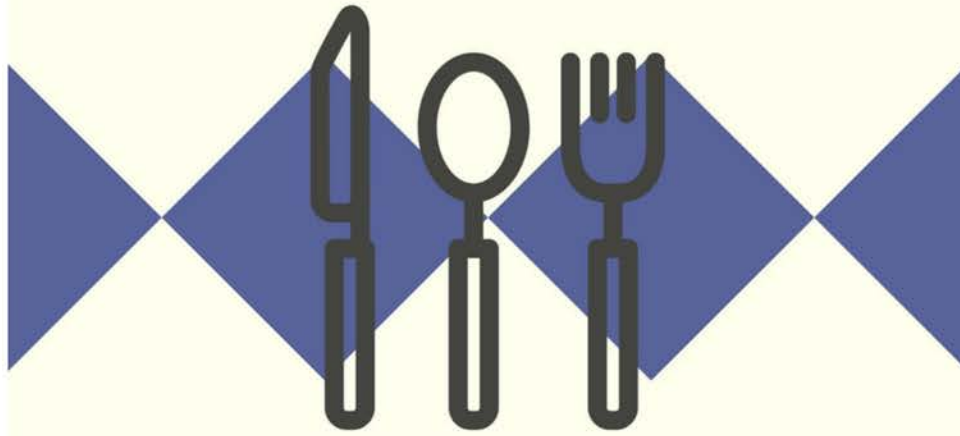
SXÉXN'X COMMUNITY HALL

# *Sxéxn'x Community Dinner*

Dinner & Door prizes

**TUESDAY, APRIL 30TH  
5-7PM**

FOR QUESTIONS OR RIDES PLEASE REACH OUT TO THE  
COMMUNITY WELLNESS TEAM AT 250-378-5410 OR  
250-378-6074



## APRIL EVENTS

- Quilchena Community Centre Groundbreaking Ceremony - April 20 - 11 am
- Discussion & Sharing on the topic of Knowledge Keepers - April 16 - 5-7 pm
- Kamloops Girls Trip - Saturday, April 20
- Craft & Beading Workshops - Lakeview Office
  - Apr 12 - 1-3 PM
  - Apr 24 - 4-6 PM
  - Apr 30 - 4-6 PM



# JOIN US

## Quilchena Community Centre Groundbreaking Ceremony

Date: **Saturday, April 20, 2024**

Time: **11 AM**

Location: 6990 Nicola River Road, Quilchena

The Quilchena Community Centre will be a gathering space to allow us to celebrate sqilxwcawt (Syilx cultural ways of being) Please rsvp to Diana Boston at [communications@uppernicola.com](mailto:communications@uppernicola.com)



## INVITATION

Please join us Tuesday April 16/24 5-7 pm @ the kwu stimtema office building (Lake view)

For a respectful discussion and sharing on the topic of Knowledge Keepers

These important discussions will support and inform our work moving forward with with the UNB 13 Moon Curriculum,

Soup & Bannock to follow.

Further questions, contact: Juanita Lindley  
13 Moon Coordinator (250) 280-2275 or [syilx3@uppernicola.com](mailto:syilx3@uppernicola.com)



Upper Nicola  
Upper Nicola Members

# JOIN US FOR A Kamloops Girls Trip

**Saturday April 20th, 2024**

**\*\*For ages 12-17 & Transportation provided\*\***  
10am-Noon Kamloops art party  
(Resin pouring)  
Lunch at Boston Pizza and Jump 360 to follow.

**Deadline to register:  
April 17th, 2024**

To register call or text:  
Willa Ermineskin  
(250)315-3908

k'u stamtima?

With support from

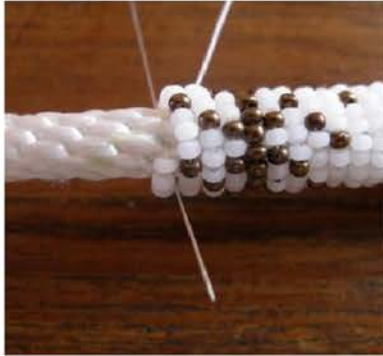


Upper Nicola

CULTURE OF CARING



## UPPER NICOLA MEMBERS



**01** Learn how to  
Peyote or Wrap  
stitch on rope

**02** Learn how to  
make a  
scrunchie

**03** Learn how to  
chunky knit

# CRAFT & BEADING WORKSHOPS

*Come and learn a new skill with us!*

**SESSION 1:  
BEADING  
APRIL 12TH  
1-3PM**

**SESSION 2:  
SCRUNCHIE  
MAKING  
APRIL 24TH  
4-6PM**

**SESSION 3:  
CHUNKY KNIT  
APRIL 30TH  
4-6PM**



k<sup>w</sup>u stəmtíma?

Location: Kwu stemtíma? Lakeview office  
3512 Highway 5A in Quilchena

**TO REGISTER CALL/TEXT:  
WILLA ERMINESKIN  
(250)315-3908**

With support from:





# APRIL 2024

## - Community Calendar -



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4 CIB Grocery Shopping Support 11 AM	5 LNIB Spring Dance @ LNIB School gym 6-9	6
7	8 NIB Recovery Meeting @ NIB Hall 5 pm	9 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre	10	11 SIB Ribbon Skirt Workshop 9:30-3:30 @ Wellness building	12 UNB Beading @ Kwu stemtima? Lakeview office 1-3 pm	13 Relationship Program Hide Tanning Teachings 9-4 in Quilchena April 13 & 14 NIB Ribbon skirt/shirt Workshop for unfinished projects @ NIB Hall 9-4
14 Relationship Program Hide Tanning Teachings 9-4 in Quilchena April 13 & 14	15 Women's Group 5-8 PM @ Civic Centre Open Craft Night, bring your projects you have started!	16 UNB Respectful discussion & sharing on the topic of Knowledge Keepers @ Kwu Stemtima? oiffice 5-7 pm	17 NIB Pottluck Event @ NIB Hall 6 pm	18 CIB Grocery Shopping Support 11 AM NIB Nk'syetkn Dinner Elders Jackets & photo distribution @ NIB Hall 5 pm	19 Youth Outreach Lunch at Spirit Square 12:30-1:30	20 UNB Kamloops Girls trip UNB Quilchena Community Centre Groundbreaking Ceremony @ 6990 Nicola River Rd. 11am Relationship Program Hide Tanning Teachings 9-4 in Quilchena April 20 & 21
21 Relationship Program Hide Tanning Teachings 9-4 in Quilchena April 20 & 21	22	23 LNIB Hand Drumming 5-6:30 PM - Rocky Pines Centre	24 NIB Community Team Building @ NIB Hall 5-8 pm UNB Scrunchie Making @ Kwu Stemtima? Lakeview office 4-6 pm	25	26	27
28	29	30 SIB Sxéxn'x Community Dinner @ SIB Hall 5-7PM UNB Chunky knit @ Kwu Stemtima? Lakeview office 4-6 pm	1	2	3	4



- UNB:**
- Medicine Mondays are back!
- LNIB:**
- Soup Kitchen - Every Wednesday
  - After School Rec Program
  - Drumming Group every other Tuesday at the Rocky Pines Community Centre
- 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 and swimming at the pool 2:30-5:30
- Coldwater:**
- Youth Walking group - Tuesdays & Thursdays at Central Park from 4:30-5:30
  - Calling Our Spirit Home - Walking & Exercise Group - Mondays, Wednesdays & Fridays | 5:30-6:30 PM
- Shackan:**
- SCHSS Play Group Tuesday's from 12-2:30 at the Wellness Building
  - Wellness Circle - Buckskin glove making 12-4 at Shackan Band Hall





# COMMUNITY PREVENTION TEAM UPDATES

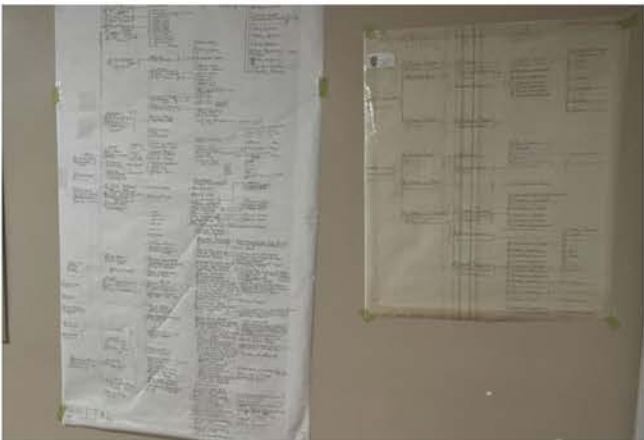


**K'wu Stəmtíma? Presentation and Celebration:** The K'wu Stəmtíma? gave a presentation for our other 4 communities, sharing their journey in becoming advocates and supports for their Relations. SCFSS honored their work by making drums and drum bags to present to them (painted by local artist Jessie Rabbitt), and joining them in sharing songs.



**LNIB Easter Party:** Satara and Willa with the LNIB community services team! Our team got to join in the fun running a face-painting and craft table for the community.

**LNIB's Women Group:** Willa supported LNIB staff in launching their first women's group session.



**Upper Nicola Band's Family Tree Event.** Members brought their items to showcase, gathered to learn about family trees through workshops and got started on their own family tree.



**Trampoline Park & Bowling Field Trips:** Satara and Jalissa supported SCHSS in bringing youth from Nooaitch, Shackan and Coldwater to Kamloops trampoline park, and their trip to the bowling alley during spring break.



**Shackan Glove Making :** Satara and Jalissa joined SCFSS' culture coordinator Barb in making gloves with the community.

**Spring Equinox:** Our team joined the Spring Equinox event Shackan hosted, and got to witness the work of the Bear Dancers.



**Elder's Lunch:** Our team had a blast supporting the Transition House's annual Elders lunch.

**LNIB Open House:** SCFSS Community Navigators Jess and Lori are joined by LNIB Social Development Manager, Dustin Eberle, in handing out cotton candy during the community services open house.



# 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	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 April 15, 2024**

**Merritt Civic Centre**

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

We will have OPEN CRAFTING, so bring your own supplies and projects. There are limited basket making supplies.

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.\***



*In partnership with.*

## NICOLA VALLEY YOUTH GATHERING 2024

Scw'exmx Child & Family held a four-day youth gathering from March 18-21 to encourage our youth to engage in activities during spring break, this gave them the opportunity to learn and experience new things.

On the first day, Jay Bearhead danced alongside his friends, family and the drum group performed various pow wow dances. The group was able to witness the Woman's Fancy Shawl, Traditional, and Jingle dances. For the men, they performed the Traditional, Grass, and Chicken dances. The dancers were amazing and after their grand entry, they did individual introductions and explained what their style of dance was, where it originated, and what the colours and style of their regalia represented. It was fantastic and informative.

Phoenix Arizona Hoop Dance World Champion dancer, Gary Abbott, performed hoop dancing with roughly 50 years of experience in this dancing style.

Youth also got to learn how to make bannock with Jean Jones and enjoyed getting their hands covered in bannock batter. Only a few of the youth knew how to make bannock, and one of the youth shared, "I'm so glad I got the chance to learn how to make bannock because I love bannock but never knew how to make it," with the biggest smile.

Rob KASP hosted the H.O.P.E. - "Healing Overcoming Passion Empowerment" Workshop. "K.A.S.P. has committed himself to serving youth, adults and elders. His inspirational keynotes have now intertwined the storytelling of his life, growing, persevering, and expressing his life through his music which he also shares with the audience." Learn more about K.A.S.P. by visiting his website <https://traditionoveraddiction.square.site/> you can follow him on Facebook at <https://www.facebook.com/KASPMotivationalSpeaker/>.

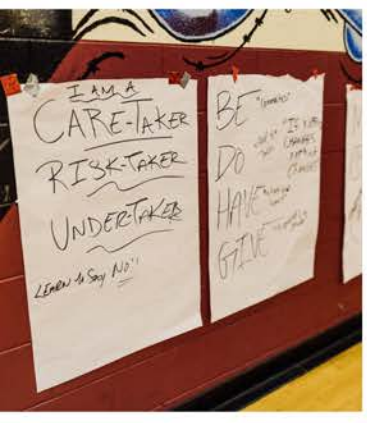
On the second day Elder Phil Dumont came in with his crew and talked about horse equine and how it all started with one girl and grew from there.

Scw'exmx Child and Family Youth Transition Coordinator, Sebastian Abbott, grabbed his hoops and taught the youth and the staff how to dance with some hoops. Everyone participated and were happy that they were given the opportunity to learn, as they loved seeing Gary Abbott hoop dancing and wanted to learn how to do some of the moves.

Kasp led his H.O.P. E. Workshop, and shared useful tools that youth can use when they find themselves in difficult situations. KASP also had some great focus points for the youth on self growth. He talked about the masks we wear to convince people we are feeling better than we are and to act in a way that is meant to deter people from interacting with us. This was very well received. One quote from KASP was: "what other people think of you is none of your business".

The third day started with traditional teas and medicines with Sharon and Leonord Antoine; the youth did not realize there is natural form of tobacco that we can use for offerings besides what you can buy in stores.

On the fourth day the H.O.P.E. Workshop wrapped up. The Elders joined in to congratulate and praise the youth who participated. The lucky attendees received a lot of swag and amazing door prizes. Kasp started a karaoke session, one of the youth was brave enough to sing "Set Fire to the Rain" by Adele, and Sebastian and another youth sang Barbie Girl by Aqua. Sebastian tried dancing to techno pow wow music as he never done it before and taught the youth some basic moves so everyone can dance to techno pow wow music. Kasp and K9 performed some songs, and everyone cheered them on and enjoyed every moment of it. One of the youth said, "I never knew I'd be able to see a live performance from Kasp and K9!". This was a highlight for all.





# YOUTH TEAM UPDATES

## What the L Workshop

On February 23rd and March 1st, Shay Lee Jack, Youth Transition Program Coordinator, partnered with Scw'exmx Tribal Council and the Indigenous Skills and Employment training program to bring a two-day workshop called What the "L". This workshop was led by a certified instructor and helped participants learn the driver's booklet and gain efficient study skills. There were 10 seats available with lunch provided and participants are eligible for the learner's exam cost to be covered by ICBC. There will be another workshop scheduled for July.

This program is a great opportunity for participants to enter a learning environment where they can ask questions and network with fellow learners. This gives great hands-on experience and creates a support system. This workshop walks participants through the Driver's Guidebook step by step.

Please stay tuned for the next workshop and connect with Shaylee Jack to sign up for the wait list by emailing [shaylee.jack@scwexmx.com](mailto:shaylee.jack@scwexmx.com).



## BCAFN Youth Forum

On March 25-27, Shay Lee Jack, Youth Transition Program Coordinator, attended the BCAFN Youth Forum. The purpose of this forum is to provide a space for the Indigenous youth to gather, connect, and engage on issues and interests affecting youth across BC and beyond. This event included a social dinner, guest speakers, a youth panel, door prizes, ice breakers and youth empowerment. The goal of the Youth Forum is to gather Indigenous youth, empower them to learn skills to develop and implement strong youth committees for their communities. The committee is used to ensure that youth's voices and needs are met and ensure that youth gain leadership skills to fill future leadership positions.

At the forum there was a 26-year-old Chief in attendance, his words were an inspiration, he said, "be the change that your community needs." He sat on the youth panel alongside a 24-year-old Band Councilor who shared how youth empowerment and leadership development is key.

The First Nations Health Authority (FNHA) was in attendance and provided information and training on naloxone training, PlanW benefits, traditional medicines and other program and information awareness.

You can learn more about the forum by checking out their website at <https://www.bcafn.ca/>

## Gathering Our Voices

On March 18-22, a few of our staff attended the Gathering Our Voices (GOV) conference. This year the event was held in beautiful Victoria, the main location being the Fairmont Empress and Victoria Convention Centre. SCFSS brought 9 youth with 3 chaperones. The goal of GOV is simple and strong: provide Indigenous youth with the tools to empower and inspire so they can contribute their gifts to their communities and the world. This gathering takes place annually with approximately 1300 Indigenous youth in attendance, the location changes every year! The opening ceremony was led by the amazing emcee, Madelaine McCallum. Following that were performers and keynote speakers, including James Vickers, a 14-year-old musician from Tsimshian, Haida, and Tinglelet Nations who blew everyone out of the water with his performance.

The youth attended workshops on self-defense for Indigenous Youth, Healing through Laughter with Don Burnstick, Traditional Teachings with Notorious Cree, Financial Planning, Language Keeping, Introduction to Trades, Wilderness Survival Training 101, and many more.





Giving our youth these opportunities is important in building their identities. GOV gives youth the opportunity to use their voices, be heard, learn new things, and meet new people. Travelling to new places gives youth hope and a new vision of life as it opens new doors for growth and learning. Our youth enjoyed the trip with one saying, "I can't wait until next year!" and "Thank you Scw'exmx!"

Delegates gather from across Canada to participate in ceremonies, workshops and engaging informative and educational experiences. The BC Association of Aboriginal Friendship Centres (BCAAFC) is the umbrella association for the 25 Friendship Centres throughout the province of BC. They act as a unifying body that maintains communication between Friendship Centres, other provincial associations, and the National Association of Friendship Centres while also providing supports to the urban Indigenous community.

GOV is made possible through BCAAFC and the many partnering organizations, volunteers, and efforts of the collective to provide this amazing opportunity for our Indigenous youth. You can learn more by visiting their website: <https://gatheringourvoices.ca/>.

A great takeaway from the event was that an Elder working with the PAYC group encouraged one of the youth to do the opening prayer. This was to show the importance of the youth taking over and to empower them to learn their traditions and languages before it vanishes. It was such an important lesson as a young Indigenous person because it confirms the Elder's message as the youth was able to do an honour song and a traditional introduction on her own.



**Celebrating Coast Salish Voice Gathering**

From March 5-8, members from our teams attended the Celebrating Coast Salish Voice Gathering in Spokane, Washington. The goal of this conference is to promote new speakers of our Native languages, collaborate with our neighboring tribal communities, and build ongoing relationships with one another. The Celebrating Salish Conference is the largest language gathering of Native speakers in the entire northwest.

The Native Youth Leadership Workshop is a program for native youth ages 12-17. The workshop is an opportunity for youth to understand the importance of language revitalization through leadership development. Youth can be inspired and motivated by youth keynote speakers from our Indigenous communities. Youth can connect with positive healthy youth and adults who will encourage and support them through their personal development. Workshops include a variety of activities including: ice breakers, team building, Salish language activities and a cultural exchange.

Every spring, everyone comes together to share all the good things that are happening in our communities and to get re-energized about our language efforts. The conference has grown from 100 attendees to over 500 annually. The organizers are grateful for all the visitors and friends that help make up such an amazing gathering.

This was a friendly reminder to practice our Native languages and traditions daily. If only we could see the potential it holds, we could reclaim our identities more. There was a portion of the conference where they held a candle ceremony to recognize the Elders and teachers in their communities who have worked to ensure the survival of our Salish languages. One of the participants said, "this was pretty inspiring!", and another stated, "I feel hopeful for our language". One of our Upper Nicola Band language revitalizers Maynard McRae was recognized for his dedication and passion for the Nsyilxcən language.

You can learn more about this conference and stay tuned for the next one by visiting their website: <https://kalispeltribe.com/our-language/celebrating-salish-conference/>



# COMMUNITY EVENTS/UPDATES

**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      www.cna-trust.ca  
 SCFSS: 250-378-2771      www.sewexmx.com

## Citxw Nlaka'pamux Assembly Summer Student Program Application

As we eagerly anticipate the arrival of summer, we hold high hopes for securing funding from Canada Summer Jobs to provide invaluable work experience to nine deserving students

- Administrative Assistant
- Advertising Assistant
- Speech Language Assistant
- Territorial Resources Economist
- Finance Clerk
- Web Designer
- IT Consultant
- Administrative Clerks Supervisor
- Heritage Planner 1
- Heritage Planner 2

Scan the QR code to apply or visit the link : <https://forms.office.com/r/EPc5VpyzxD>

It is important to note that if we do not receive funding, these job opportunities will be closed, and the positions will be cancelled for this year. **Application closing date : May 3rd, 2024**  
 If you have any questions, concerns or issues with the application process: Please contact [HR@cna-trust.ca](mailto:HR@cna-trust.ca) with the subject line "CNA Summer Student Application Help" or  
 Call the CNA Office at 250-378-1864

## CITXW NLAKA'PAMUX ASSEMBLY GOOD HABIT DRIVING SCHOOL

**Ashcroft Driving lessons**  
Thurs. Apr 18

**Merritt Driving Lessons**

Tues. Mar 5	Tues. Mar 19	Tues. Mar 21
Tues. Apr 2		Tues. Apr 16

It's not about the car you drive, it's about the way you drive it!

**45 MINUTE LESSON**

- DRIVING LESSONS
- PATIENT, EXPERIENCED TEACHER
- PRACTICAL DRIVING SKILLS
- ROAD READINESS COURSE
- USE OF THE TRAINING CAR IS AVAILABLE FOR THE ROAD TEST

**\$75 PER LESSON**

(Sponsorship for CNA Members available)

FOR ADDITIONAL INFORMATION OR TO REGISTER PLEASE CONTACT:  
 Employment & Training Department  
 Email: [administration@cna-trust.ca](mailto:administration@cna-trust.ca)  
 Phone: 250-378-1864

## Citxw Nlaka'pamux Assembly LAPTOP DISTRIBUTION APPLICATION

We are now accepting applications for the distribution of the 300 Chromebook laptops that will be given to member households of the eight CNA communities in need of a device.  
**Please submit only one application per household.**

**SCAN HERE!**

Scan the QR code or use the link: <https://forms.office.com/r/wAZv9jGeZK>  
 Those needing support with filling out this application form and those who prefer to give verbal responses, please call the CNA Communications and Engagement Department at 250-378-1864 or email us at [communications@cna-trust.ca](mailto:communications@cna-trust.ca).

# A GUIDE FOR PARENTS & YOUTH

# BODY IMAGE

## & SELF ESTEEM

### How do I know if I have a healthy body image and self-esteem?

- You see and think of yourself as a whole person, not a collection of specific body parts.
- You accept and celebrate the uniqueness of your natural body shape and size.
- You understand that a person's physical appearance says very little about their character and value as a person.
- You feel comfortable and confident in your body, and avoid worrying about food, weight, and counting calories.

### What is body image and self-esteem?

Body image is both the mental picture you have of your own body and how you see yourself when you look in a mirror.

Self-esteem is how you value and respect yourself as a person. Self-esteem affects how you take care of yourself, emotionally, physically and spiritually.

Body image and self-esteem directly influence one another. When you have healthy body image, you feel comfortable about your body and know how to care for it.

When someone doesn't like their body, they may not feel good about themselves or take care of themselves. This can mean not eating or sleeping enough, staying away from friends and family, or turning down chances to do things they would otherwise enjoy.

Having a healthy body image means recognizing the qualities and strengths that make you feel good about yourself.

**A POSITIVE ENVIRONMENT WHERE FRIENDS AND FAMILY ARE SUPPORTIVE OF EACH OTHER AND ACCEPT EACH OTHER'S APPEARANCE IS ESSENTIAL TO SELF-ESTEEM AND HEALTHY BODY IMAGE.**



Jessie's Legacy, a program of Family Services of the North Shore, provides web-based resources on eating disorder prevention to support BC youth, families, educators, and professionals.

# BODY IMAGE & SELF ESTEEM



It's important to remember that each body is unique. Everyone's family background and environment influence their size and weight differently. There's no such thing as a "one size fits all" body type that's right for everyone.

When you feel good about yourself and who you are, you stand tall and naturally carry yourself with a sense of confidence and self-acceptance that makes you beautiful and attractive regardless of your weight, size, or shape.

### How do I know if I have a negative body image?

- You focus on your body's weight and perceived flaws.
- You feel uncomfortable and self-conscious about your body.
- You're convinced you would be happier or "better" if you were thin.
- You believe that only other people are attractive.
- You exercise to lose weight or to "make up" for calories that you've eaten.

## What can I do?

- 1 Treat your body with respect.
- 2 Eat balanced meals with a variety of nutritious, appealing foods.
- 3 Enjoy regular, moderate exercise for the joy of feeling your body move and grow stronger, not simply to burn calories and control body fat.
- 4 Get enough rest so you can enjoy each day.
- 5 Don't judge yourself and others based on weight, shape, or size.
- 6 Respect people based on the qualities of their character and accomplishments, not just because they appear slim, well-built, or "well put together."
- 7 Dress in a way that makes you feel good.
- 8 Get rid of all the clothes in your closet that don't fit. This includes clothes that you can wear only when dieting and clothes you wear to draw attention away from your body shape.
- 9 Donate or put away clothing that is too small. Make room for clothes that you enjoy wearing.
- 10 Surround yourself with positive friends and family who recognize your uniqueness and like you just as you are. When you're around people and things that make you feel good, you're less likely to base your self-esteem on how your body fits the media's definition of "beauty."

**BEAUTY, HEALTH, AND STRENGTH COME IN ALL SIZES. OUR BODIES ARE ALL DIFFERENT—EVERY BODY IS A GOOD BODY.**

For more info  
[jessieslegacy.com](http://jessieslegacy.com)  
[heretohelp.ca](http://heretohelp.ca)

Jessie's Legacy is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information, a group of non-profit agencies providing good-quality information to help individuals and families maintain or improve their mental well-being. The BC Partners are funded by BC Mental Health and Substance Use Services, an agency of the Provincial Health Services Authority.





# 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](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



### CASEY HOLMES | RESIDENT ELDER

As a Resident Elder, Casey will be responsible for providing direct and indirect support to the member communities of the Nicola Valley to develop and enhance the Society's Youth and Family service supports. In consultation with community Elders and the Leadership team, Casey will develop and deliver culturally acceptable practices to preserve and promote tradition and enhance a strong cultural identity within the aboriginal community. Casey will be stationed at the Lakeview Office and will report to Lepika Saddleman, Culture and Language Team Leader.



### RONDALD NED | RESIDENT ELDER

As a Resident Elder, Ronald will be responsible for providing direct and indirect support to the member communities of the Nicola Valley to develop and enhance the Society's Youth and Family service supports. In consultation with community Elders and the Leadership team, Ronald will develop and deliver culturally acceptable practices to preserve and promote tradition and enhance a strong cultural identity within the aboriginal community. Ronald will be stationed at the Lakeview Office and will report to Lepika Saddleman, Culture and Language Team Leader.



### TYSON O'DONNELL | FAMILY CIRCLES COORDINATOR

As the Family Circles Coordinator, Tyson will ensure supports and safety for children, young people, and families while preserving the family unit. Tyson will provide preventative support and maintenance programs to preserve families where possible. He will come together with the immediate family, extended family, members of the community, Scw'exmx Child and Family Services Society, and other relevant professionals to promote cooperative planning and decision-making to rebuild a family's support network. Tyson will create and implement casework plans, provide services that promote the family unit, make referrals for other community resources, facilitate Family Group Conferences, mediation, and other dispute resolution mechanisms, and maintain case records. Tyson will be stationed out of the main office and will report to Robin Humphrey, Acting Family Wellness Team Leader.



### MAKAYLA BALES | TEAM ASSISTANT

As the Team Assistant, Makayla will be responsible for general administrative, clerical, and program support to the Prevention and Protection Teams at Scw'exmx Child and Family Services Society (SCFSS). Makayla will play a key role in carrying out client file management, data entry, and technical support. She will support effective communications between frontline staff, relations, community resources, and other SCFSS team members. Makayla will build trusting relationships with staff, relations, community, and elders, incorporating nłe7kepmx and syilx traditional values into all aspects of the role while maintaining a high level of professionalism, confidentiality, and ethics. Makayla will be based at the main office and will report to Crystal Narcisse, Administrative Team Leader.



# COMMUNITY OPPORTUNITIES



Accepting applications for NVIT's

## IMMEDIATE ENTRY BURSARY



APPLY TODAY!

<https://www.nvit.ca/ieb.htm>



## 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>



## Occupational First Aid Level 1

April 26, Friday

Download the registration form now!



nvit.ca  
 info@nvit.ca  
 1.877.682.3300



## STUDENT LEADERSHIP OPPORTUNITIES

### STUDENT AMBASSADOR



Unlock your leadership potential as an NVIT Student Ambassador!

Develop your interpersonal, creative, and professional skills while making a significant contribution to the NVIT community.



### STUDENT LIBRARY ASSISTANT



The Library Team is looking for Student Library Assistants to work for our Merritt or Vancouver Campus Library.

Email your resume to Rita C. or David L. or drop it off at the Library.

# 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!



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

# Scw'exmx Child & Family

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