

SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

November 2023 Community Newsletter

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Photos at our Elder's Conference in August



Scw'exmx

Child & Family Services Society

Call to Action

We are at a critical moment in time.

A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children. For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come. Through the wisdom of our Ancestors, we have been taught the ways to care for one another. We must work towards a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization and bring traditional knowledge, guidance and practices of the nłeʔkepmx and syilx forward in collaboration and guidance of our communities. It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve and seven (7) generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nłeʔkepmx and syilx ancestors have anticipated this change and passed their wisdom and knowledge on as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children and families will remain together and rekindle their cultural ways of being.



September Staffing Updates



NATASHA ROBICHAUD - FAMILY WELLNESS NAVIGATOR

As a Family Wellness Navigator, Natasha will offer holistic support to families through coaching and wellness planning. Natasha will be responsible for facilitating participant-centered support through the creation of Wellness Plans. Natasha will work collectively with participants to set goals in all domains of their life and relationships, identify a support network to help meet goals, set realistic timeframes, and implement healthy strategies to achieve their goals. Natasha will plan, develop, and facilitate workshops for families and communities to support the growth of skills identified in conversation. Natasha will be based in community and have access to a workstation at the Main Office. Natasha will report to Lucinda Seward as the Family Wellness Team Leader.

Employment Opportunities

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

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

Job Postings Coming Soon



Emergency Services Coordinator
Executive Assistant
Operations Coordinator

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

APPLY NOW

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



OPERATIONS TEAM

The team is responsible for the management and delivery of operations as well as administrative support and services at Scw'exmx Child and Family.



Kelly Donaldson
Operations Manager



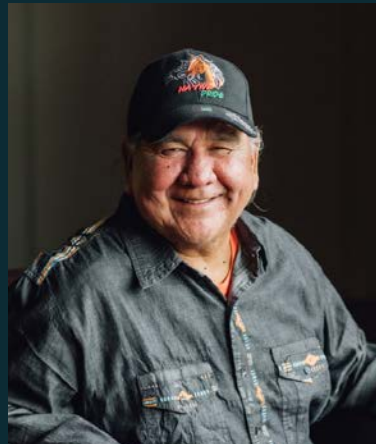
Terry McRae
Operations Team Leader



Raleigh Isaac
Operations Coordinator



Juanita Quewezance
Events Coordinator



Wilson Smith
Maintenance



Tim Sterling
Security Guard

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



RELATIONSHIP PROGRAM COMPLETION



"We heal with our culture."

Relationship program completion was a wonderful success! This group had great trust with each other and accomplished many things within their relationships.

The completion ceremony took place at the Okanagan Delta Grand where the participants were accommodated for 2 nights. We had two group sessions that started with breakfast and check-ins. Dinner and Ceremony followed in the evening where each couple shared their accomplishments and anything else they wanted to include. They also had the opportunity to do portraits with photographer Shelanne Justice.

Each couple shared their accomplishments to build trust and demonstrate strong communication in their relationships. They acknowledged that the work on "self" rippled outward to the work in the relationship and family.

Cultural teachings are Healing. Everyone has their own lessons, and we cannot compare where we start or finish. Our lessons are our own and having a safe space where we trust ourselves and each other is so important.

It is exciting to start with new couples and continue with those that have been in the program. Changing from a monthly session to the quarterly weekend session is going to be great. My hope is that with more time to sit in those teachings and ask questions and process feelings, couples will have more tools moving forward.

Thank you,

Allyson Sterling
SCFSS Relationship Navigator







SCFSS staff, community members and Board members attended the "Our Children Our Way" conference in Vancouver in October. Four of our staff members, Harmony Williams, Juanita Quewezance, Satara Twan and Gail Peterson, share their experiences.

Was there anything you learned that spoke to the heart of our work?

I learned that we are striving for Indigenous communities' visions for jurisdiction and self-governance and the overall well-being of children and youth. So much has been done regarding child welfare matters, including changes to systemic policy, legislation, and day-to-day practice to ensure the best interest of the child is always at the forefront of what we do. What spoke to me the most was the very title of the conference: "Our Children, Our Way" because it breathes life into our own laws and strengthens our children by creating space for collaboration, relationship building, and a knowledge exchange between us (SCFSS) and the communities and relations we walk beside. We are continuously incorporating effective approaches to support Indigenous children, youth, families and communities through enhanced Indigenous Child and Family services that are restorative, holistic, culturally grounded, and offer appropriate care for our Indigenous children, our way.

Anything moving that inspired you, that you would like to share?

I had the honour of hearing from youth from the Vancouver Aboriginal Child and Family Services Societies Youth Advisory Committee. The Youth Advisory Committee was formed to ensure that youth have a voice in their own care within the larger care system that is designed to support them.



The committee is made of young Indigenous leaders who are currently in care or are former youth in care. They possess a dynamic energy and are passionate advocates, leaders, artists, and knowledge keepers who seek guidance from friends, family members, Elders, and social workers. These youth are paving the way through advocacy for the inclusion of youth's voices within the care system and are fighting for policy amendments, the development and implementation of cultural programming, and the promotion of the rights of children in care. It was amazing listening to youth speaking for youth who are passionate about positive changes for Indigenous children and youth in care for future generations. This was truly inspiring because it then becomes "our children, their way."

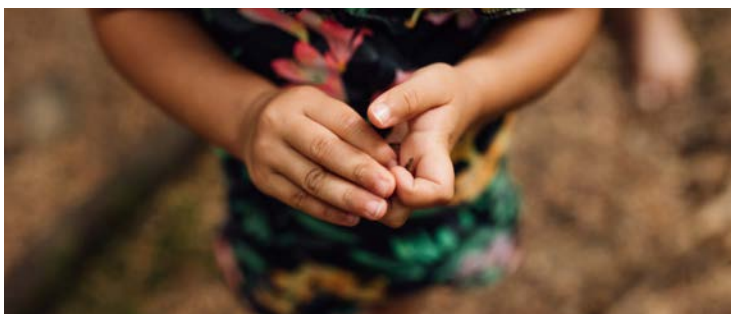
Share one surprising fact about the conference.

One surprising fact about the conference is that it hosted 1,100 attendees. People from across the nation who all work collaboratively to advocate for Indigenous Child and Family services across the country.

Any Helpful resources you would like to share with our communities?

ourchildrenourway.ca has amazing resources on advocacy and systemic change, funding opportunities for culturally based services, jurisdiction and governance resources pertaining to inherent rights and self-determination for Indigenous nations, operations and administration resources for agencies, and the "Our Way" practice resources. These can all be found at: ourchildrenourway.ca/resources

Harmony Williams
SCFSS Community Prevention Worker



Was there anything you learned that spoke to the heart of our work?

The Squamish Nation Ayás Méhmen Child and Family Services utilize traditional knowledge and time on the land to connect with community, culture, and those they serve. They have a big room for their traditional medicines that is available for their relations and community members. They also have a large garden where they harvest all their own medicines. The medicines are available in all forms: lip balms, salve, creams, teas, and bath salts. They are teaching their staff how to harvest so they can tie it into their work to better serve our people. I think this is amazing to have such an abundance of medicines and I would love to see this at our agency. Not only will the teachings be shared with our Relations but our staff as well. If we had this room, it would be easier to harvest and provide medicines for giveaways and meetings, for example.

Kelley McReynolds, Executive Director of Ayás Méhmen Child and Family Services shared that, “Witnessing is a way to gather the medicines of the ceremony and share them with others so they may receive the love and revive their spirits with the connection to traditional knowledge.”

Anything moving that inspired you, that you would like to share?

Letting go of the Past, by Sharing in the Present: Talka’s Indigenous Residential School Healing Initiative is a comprehensive and culturally sensitive program designed to address the deep and lasting trauma experienced by Indigenous people and communities as a result of residential schools.



Talka created a short video with residential school survivors who shared some of their experiences. In creating this short video, they had a welcome home ceremony where survivors were flown into the community. One Elder said that when he left, his family was still alive but when he came home, there was no one was left. They had children from the school give them all a birthday gift as they missed many birthdays while they were away. To hear his story brought tears to my eyes. The healing that is happening with individuals, families, and the community is helping break the generational trauma cycle.

Share one surprising fact about the conference.

The Our Children Our Way Society held the 2nd Annual conference at the Vancouver Convention Centre. There were 1,100 attendees from across the nation, as far as Nova Scotia. It was an amazing atmosphere to be able to strengthen our networks and to hear other stories on how we are supporting our children, youth, and families.

Mary Teegee, the Chair of the Indigenous Child and Family Services Directors, speaks to the important work that we are doing and the value of the conference: “We are at a moment of historic change. We are breathing life into our own traditional family laws. We are holding up our cultural teachings to build meaningful support for our children and families. We are re-writing our stories of trauma and hurt with new narratives of healing and strength. For all of us engaged in this good work, this conference provides a venue to share, to learn and to hold each other up.”

Juanita Quewezance
SCFSS ESS Coordinator / Event Planner





OUR CHILDREN OUR WAY

Was there anything you learned that spoke to the heart of our work?

One of the workshops that I sat in stated that they do not remove the children from the home. The parent(s) leave and they get grandmother(s) or other family members to come into the home while the parent(s) get the help they need. I think this is a great idea for some cases and would be a nice initiative because its less disruptive for the children.

A lot of the communities have a week-long “on-the-land camp”, which includes activities like fishing, hunting, survival tips, and cooking.

I love the idea of having a summer camp for ALL youth from the 5 communities for a week. I know this would be a lot of work, but having all the communities come together for something like this would be amazing.

It would also be awesome to have our own Jordan’s Principle worker!

Anything moving that inspired you, that you would like to share?

During the “Berry Pickers: A Jordan’s Principle Initiative”, there were a couple of youth who spoke about the program and their takeaways from it. It was very impactful to me because one youth was very truthful about it, and stated he did not have any friends before this program started, and now he has multiple friends and has a reason to live. I left in happy tears knowing that they are making a difference!



Share one surprising fact about the conference.

During the Wet’suwet’en Peace Tea Circle session, I found a lot of similarities with the family circles that SCFSS currently does. They honour the land by smudging everyone as soon as they enter the room and use a talking piece (feather, devil’s club stick, or something else). It is guided by Elders, Knowledge Keepers, and Matriarchs. In the middle of the circle, they have a glass of water, a candle, baby moccasins and a living plant or cedar as a centerpiece and a list of values which everyone adds to. The circle is opened with an introduction round and is followed by storytelling and guiding questions that are intended to lead to identifying the purpose of the circle and supporting openness and vulnerability. The circle is then closed with a prayer and a smudge.

Satara Twan
SCFSS Community Prevention Worker





Was there anything you learned that spoke to the heart of our work?

The whole conference was amazing, but I think what spoke to my heart was witnessing the cultural protocol practices in place during the conference. They did a land acknowledgement, a welcoming from the Nation, an opening prayer from an Elder, an acknowledgement and paying of witnesses, and gifted blankets to guest speakers. The stage display was beautiful as it resembled a long house, with carvings, coastal art and the placement of cedar trees and medicine bushes on stage. I think this could be utilized from the interior culture for conferences, annual general meetings, ceremonies, as well as celebrations put on by the agency.

Anything moving that inspired you, that you would like to share?

I attended a workshop put on by Ayás Méhmen Child & Family Services, where they presented the long house model on traditional values and teachings. The model represented a long house building and each wall signified different teachings such as: Family, Honesty, Culture and Wellness. Within each wall you had different teachings. I thought it was comparable to the teachings of the medicine wheel and the Seven Sacred Teachings. The second half of their presentation was on traditional medicines. They shared and passed around different plants and medicines and explained the usage for each. When participants answered questions about the plants, they received a gift of different medicines. They do workshops for youth in their community, they have made soaps, smudge spays, and balms. I think this would be nice to do with our youth.

Share one surprising fact about the conference.

I was surprised to find out that this was only the second time this conference took place. It was very well organized and it was nice seeing the youth representative as the emcee for the conference.



Any Helpful resources you would like to share with our communities?

I think there were a lot of resources to access online from different agencies, such as the Public Guardian and Trustee, and a booklet for youth on money management called "Dollars and Cents". The First Nations Health Authority has a lot of materials, and I saw information on Jordan's Principle, as well as Representative for Children and Youth. There are a lot of resources for youth such as the Aged Out website.

<https://rcybc.ca>

<http://trustee.bc.ca>

<https://agedout.com>

[Jordan's Principle \(sac-isc.gc.ca\)](http://jordan-principle.ca)

Gail Peterson
SCFSS Director Of Prevention Services





Was there anything you learned that spoke to the heart of our work?

What I do when working with our Relations, is put myself in our Relations shoes. At the conference many children in care did various presentations and were a part of the forums. The children stated that they do not like being treated as if they are a burden and that they are human. They strongly stated that they want to be treated like they are family and not just a child in care. The children reflected on which social workers cared for and helped them through being in care. The youth advisory council spoke on the last day of the conference, they love the fact that they are the ones making the decisions for themselves, rather than having others decide what they want and need. The youth advisory committee helped to teach them to be independent, become role models, and leaders for other children and youth in care. A statement was made by Dr. Cindy Blackstock that, “the conference should be named 'Our children, Their way’” instead. At Scw'exmx, we work by focusing on a strength-based perspective and while moving from protection to prevention, I think this will have long lasting benefits to our people as we look to provide preventative measures to help families overall well-being.

Anything moving that inspired you, that you would like to share?

Meeting Mary Teegee and Cindy Blackstock was very inspiring for me. Mary Teegee said, “the Creator has given us all a role, and we are in our roles because we are good at it. We need to treat everyone equal, for example the admin worker is just as significant as the Executive Director, Social Worker, and Janitor.” Many people were in awe and star struck when meeting Mary Teegee and Cindy Blackstock. Mary stated, “we are all human and we should be proud, because we all matter no matter what our title is”, she also said, “the Creator will not give us anything we cannot handle.”

Mary is taking the initiative to have the ‘Highway of Tears’ Highway 16 (Yellowhead Highway) name changed to the Highway of Hope to replace Yellowhead Highway. The Yellowhead Highway was named after a trader that had a bad history with our people. The Highway of Tears represents weakness, so she wants to change it to the Highway of Hope instead.

Mary encourages anyone that sells anything to support or raise awareness for and Missing and Murdered Indigenous Women, Girls, and Two Spirit MMIWG2S, such as hoodies, book deals or films etc., should donate the proceeds to the MMIW to support prevention programs and not to sell for personal profit.

Share one surprising fact about the conference.

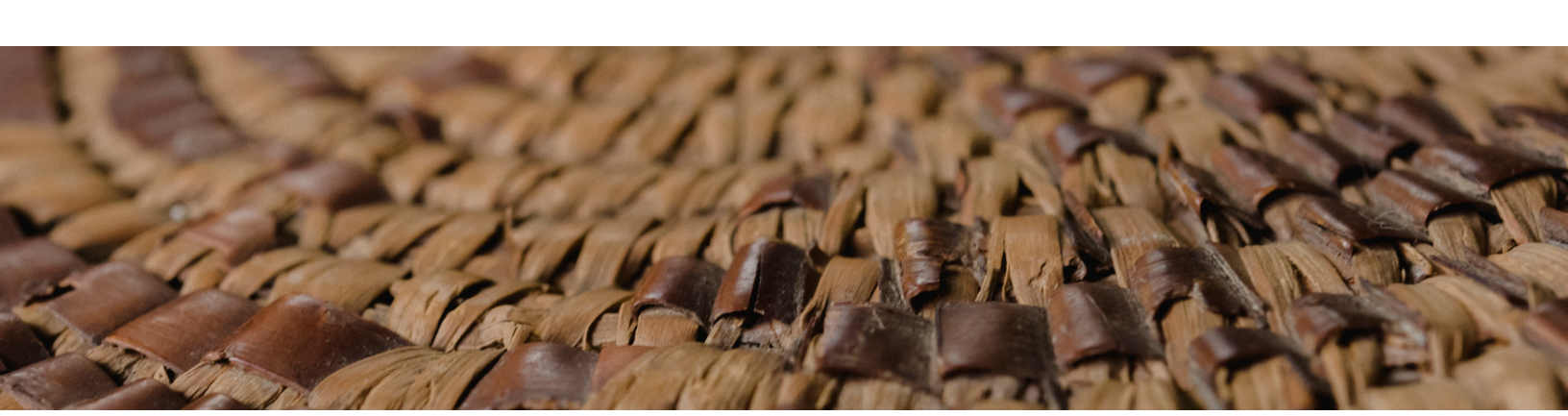
When listening to the presenters and other participants speak about their concerns, I realized our struggles are very similar to theirs. When the presenters talked about what is working, there are still difficulties such as a lack of funding, knowledge keepers etc. I spoke to other participants about what I do as a delegated team assistant and that I know a lot about the processes. The processes are all changing from protection to prevention which means my work changes every day. I told them that I try to work as if I am looking through our relations perspective, I would reflect on what I think they would want to read about themselves, as they can request their files when they age out. They will be able to see everything that is written about them, what was done, that supported them. That they mattered and they were not a burden, as many children in care think that no one wants them. So, I keep that in mind every day when I work.

Any Helpful resources you would like to share with our communities?

<https://www.vacfss.com/children-youth/youth-advisory-committee/>
The Youth Advisory Committee (YAC) was formed in 2010 and consists of 12 youth in or from VACFSS care. The committee was formed to ensure that youth not only have a voice in their own care, but also in the larger care system that is designed to support them. The YAC also ensures that VACFSS holds a youth voice, and its policies and initiatives are informed by young people who have experienced care. The youths' goal is to have every young Indigenous leader journey successfully from care into community. YAC is also committed to improving social work practice, and to continually developing their leadership and advocacy skills. The YAC holds interviews every year for two new members to join the committee; youth must be 16 years or older to apply! This is very interesting, and I think that SCFSS can benefit from our very own YAC.

Tanya Hall
SCFSS Delegated Team Assistant





Scw'exmx Child & Family

Closed in lieu of Remembrance Day

Nov 10, 2023

Re-open: Nov, 13 2023

Child Wellness Concern After Hours? Please Call:

1-800-663-9122

Children's Help Line for Children and Youth

Do you need help?

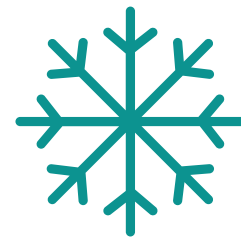
If you don't feel safe, or you have a concern, you can call this number 24 hours a day for free, from any phone.

310-1234





WINTER PREPAREDNESS



During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should prepare your home and your car before a winter storm hits.

Steps before a storm hits

- Listen to weather forecasts & check your supplies
- Bring your pets indoors
- Get your car ready (car emergency kit)
- Have alternative heat source
- Prepare for loss of power
- Have a battery powered flashlight or candles on hand

During a storm

- Listen to local radio or television
- Stay inside
- Conserve heating fuel - wear extra clothing
- Avoid unnecessary exposure to the elements
- Try not to travel. Take public transit or carpool if necessary
- Avoid opening doors & windows
- Close off unused rooms
- Stuff towels or rags in cracks under doors





WINTER PREPAREDNESS



Driving in winter weather - snow, ice, wet and cold - creates a great challenge for vehicles and drivers. Keeping your vehicle in good technical condition reduces your overall chances of any mishap or disaster while driving, especially in winter weather.

Safe Winter Driving Tips

Before you Leave:

- Don't rely only on GPS
- Make sure your view is clear
- Put your phone away
- Have an Emergency Car Kit

While you drive:

- Keep a full fuel tank (this will also help with weight vs sand bags)
- Wear your seatbelt & turn on your lights
- Don't use cruise control

Prepare yourself for winter driving:

- Plan your driving in advance
- Avoid driving fatigue
- Postpone your trip when the weather is bad
- Check weather conditions for travel route
- Inform someone of your route & arrival time
- Remove snow and ice from vehicle
- Be on alert for black ice and compact snow
- Drive to the weather conditions

Winter tires:

- Winter tires are mandatory for all vehicles on most BC highways effective Oct 1st.
- Tires must have M+S or the Snowflake on the sidewall
- Drivers are encouraged to choose tires based on the region & winter conditions they drive regularly



MEN'S GROUP BELLA COOLA TRIP



The Men's Group arranged a group trip to Bella Coola. It was the first time for a few of the men to go on a trip like this. The group had a chance to get to know each other on the trip. When leaving Merritt, the vehicle was quiet, but on the return trip, everyone was talking, laughing, telling stories, and joking with each other, it was a nice change.

The participants were:

- Vincent Abbott (Lytton)
- Robin McKenzie (LNIB)
- Shane Aljam (Coldwater)
- Bill Tallio (host from Bella Coola)
- Jerry Mansfield (Coldwater)
- Carl McLeod (Upper Nicola Band)
- Charles Brown (Lytton)
- Gene Moses (LNIB)
- Charles Oppenheim (Coldwater)
- Glen Chapman
- Ivan Shuter (LNIB)

- Lorne Basil (LNIB)
- Norm Mansfield (Coldwater)
- Howard Swakum (LNIB)
- Steven James
- Clyde Sam (LNIB)
- Joe Shuter (Bus driver) (LNIB)

Some of the activities that took place was a petroglyph walk where the men got to see dozens of petroglyphs. Sheldon Tallio was an amazing guide as his knowledge of his culture along with his ability to speak the Nuxalk language was impressive. Bill Tallio, the men's group contact, toured the men around various totems in the village, by the river, in the town, and a recent totem returned to the community by the museum of Victoria at the new Band school. The group went out on boats to visit the hot springs; however, the weather was rough so the boats could not dock for offloading. Instead, the group was able to go fishing. They also spent a few hours viewing the fishing and sailing boats at the dock.

Overall, the trip to Bella Coola went well, however the participants felt like the trip was rushed as everyone would have liked a bit slower pace to enjoy more of the area. The weather was almost perfect for that time of year, and, in future, an earlier trip might be preferred. One participant said they would like to go to Vancouver Island for more fishing. A few of the men would like to go back to Bella Coola and would like to invite the men from Bella Coola to the n̄eʔk̄épmx and syíl̄x territory for a visit and a chance to show our hospitality.

A highlight of the trip was seeing the wildlife, especially the moose. There were three moose spotted around the area. It was great to see the men enjoying the ocean fishing, all the smiles, and laughter. One memory many will hold is hearing the petroglyph stories as it was amazing for the group to hear the history.

The men enjoyed meeting people from the Nuxalk (Bella Coola) community, at the school, gift shop, gas station, hotel, coffee shop and restaurants. The group stopped at three different gas stations along the way and were able to have a short visit with the locals at Ulkatcho Band, Anaheim Band, and Redstone Band. The famous big hill down to Bella Coola was big but not a nail biter.

Thank you.

Joe Shuter

LNIB Culture Worker

“It was great to visit the other communities.”



Harvesting In Winter

This season we harvest the items below. Connect with your Knowledge Keepers to learn about sustainable harvesting, the pronunciation of these phrases, and the safe uses of these gifts from nature.



Steelhead Trout / cóŋwłe? / x^wmína?



Rabbit / sq^woq^wyéç / spəplina?



Winter / sʔístk / ʔistk



Gather or Cut Firewood / síqsiḅ / ksíslip

"The goal of life is living in agreement with nature!"



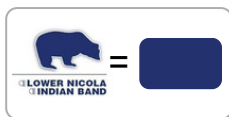
NOVEMBER 2023



- Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	CW Grocery Shop 11am - 2pm 2	3	CW Community Appreciation Dinner 4
5	6 LNIB Coffee & Tea with LNIB Care Aids 2:30 PM LNIB Health Centre Boardroom	7 Shackan Immunization Clinic Shackan Band Hall 1-6 PM CW Craft Night 5-8 CW Band School	8 Nooaitch Immunization Clinic Nooaitch Health Building 1-6 PM NLX Health & SCHSS Re: Toxic Drug Crisis Discussion, Dinner & Entertainment 1-8 PM	9 Feel the Beat LNIB Shulus Hall Painted Drums	10	11 LNIB Remembrance Ceremony 9:15 am
12	13	14	15 SCHSS Flu Clinic @SCHSS Office #103-2090 Coutlee 1-6 PM	16 Feel the Beat Nooaitch Hall Beaded Ornaments CW Grocery Shop 11am - 2pm	17	18
19	20 Shackan Wellness Circle Shackan Band Hall 5-7 PM Women's Group 5-7 @ Civic Centre	21 CW Craft Night 5-8 CW Band School	22 Shackan Community Dinner SCHSS Flu Clinic @SCHSS Office #103-2090 Coutlee 10:30AM - 3:30PM	23 CW CW Ribbon Stockings	24 SCFSS Christmas Float at the Christmas Parade	25 CW Floor Hockey Tournament
26 CW Floor Hockey Tournament	27 Full Moon Hand Drumming @Language Nest 5-8 PM Shackan Wellness Circle Shackan Band Hall 5-7 PM	28 LNIB Baby Welcoming Ceremony	29	30 Feel the Beat Civic Centre Ribbon Stockings / Ribbon Aprons	1	2

UNB - Pithouse up Spaxmn behind the band office. - Hide Tanning Nov 6-11



NOTES

UNB is hosting:

- Medicine Mondays
- Workout Wednesdays
- Fish Fridays

LNIB

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

CNA

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

NOTES

Nooaitch:

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

Coldwater

- Gym Nights - Tuesday & Thursdays 6-7:30 PM
- Drop in nights (Coldwater Band School) - Wednesdays 3:30 - 4:30 PM (Starting Nov-15-2023)

FULL MOON DRUMMING



NOVEMBER 27, 2023

5-8 PM

SCFSS LANGUAGE NEST



183 Nawishaskin Lane, Lower Nicola, BC V1K 0A7

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



FEEL THE BEAT

Feel the Beat is a place to gather together and learn about our cultural practices. Our Elders share that learning culture and language supports our youth by connecting them to their identity and to where they are from. We encourage everyone to join us for Feel the Beat!

**DINNER & SUPPLIES PROVIDED!
4 - 8 P M**



Thursday, November 9	LNIB Shulus Hall	Painting Drums (bring your own drum!) Or make a Lahal Set
Thursday, November 16	TBD	Beaded Ornament
Thursday, November 30	Civic Centre	Ribbon Aprons or Stocking



Women's Group

**We welcome you to our monthly
Women's Group!**

**5-8 PM November 20, 2023
Merritt Civic Centre**

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

This month we will be focusing on wellness. As we head into cold and flu season, we will be making some natural remedies.

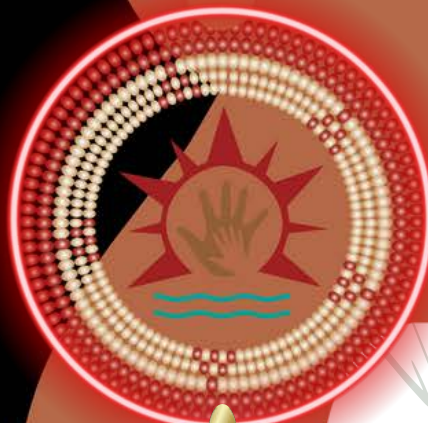
Supplies are limited so you must register and confirm! To register visit:

<https://forms.office.com/r/nFyZJp1WT6>
or scan:



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

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





Scw'exmx Child & Family

RELATIONSHIP PROGRAM

~SENSE OF SELF~

Medicine Wheel Teachings &
Blanket Exercise

Date: Nov 18 & 19, 2023 | Time: 9-4 PM

Location: Civic Centre | Rm. 3

- This group is open to couples from the five communities we serve who are interested in a relationship building program. Join us to participate in our Sense of Self workshop.
- Meals will be provided.
- Register by scanning the QR code or clicking the link the original post.
- 3 Spots available for 3 couples!



This program is offered annually.

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

CONTACT: ALLYSON STERLING

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

Upper Nicola Band Updates

Upper Nicola Band has some fun community events upcoming. SCFSS is working closely with Upper Nicola Band and collaborating on community events.

*****LOCATION CHANGE*****

Due to weather it has been decided that the pwlxkníca? - (Buckskin) Makers Day Camp will be moved from nkʷritkʷ - (Glimpse Lake) to the **Pithouse up Spaxmn behind the band office.**

This starts Monday Nov 06-11/23.

There is still space available. Participants are encouraged to dress in warm layers and wear work boots, rubber boots or old running shoes as well as clothes that you don't mind getting dirty.

Our team is working behind the scenes to ensure a great experience and we look forward to seeing you there! 🍷

meals and tools will be provided

Registrations can be found @ Upper Nicola Band Reception (250) 350-3342

and Upper Nicola Health Ctr. (250) 378-5058 or email Buzz Manuel at event.coordinator@uppernicola.com.

Further questions can be directed to Juanita Lindley organizer @ (250)280-2275

Upper Nicola Band Presents
Upper Nicola Language Department
06 - 11 NOV / 2023
PWLXKNÍCA? - (BUCKSKIN) MAKERS 2023 DAY CAMP
Scraping • Braining • Tanning • Smoking
Welcome to our introduction to Buckskin Making Day Camp w/ facilitator Juanita Lindley in partnership with Upper Nicola Language Dpt. & the Kwu Stimtema
Meals and Tools Provided
nkʷritkʷ - Glimpse Lake Nov 06-11/23
TO REGISTER CONTACT C: 250-280-2275
OPEN TO NATION MEMBERS
event.coordinator@uppernicola.com

UNB PWLXKNÍCA? - (BUCKSKIN) MAKERS
DAY CAMP EVENT SCHEDULE
TIME: 9am EVERYDAY - TILL DARK
WHERE: nkʷritkʷ - GLIMPSE LAKE
BREAKFAST * LUNCH * SNACKS PROVIDED
Mon Nov 06: WELCOMING & INTRO TO THE PROCESS
SOAKING & SET UP * BLADE CARE * SCRAPING & TECHNIQUE
Tue Nov 07: SCIENCE OF SCRAPING
SCRAPING PATTERN * RELATION TO THE HIDE
Wed Nov 08: BRAINING * WRINGING * TANNING
TEACHINGS OF BRAINING * DETERMINATION & ENDURANCE
Thu Nov 09: CATCH UP TO THE PROCESS
PREPARING FOR FINAL STEPS, STORYTELLING
Fri Nov 10: SMOKIN HIDE & STORYTELLING
FIRE AND SMOKE TEACHINGS, STORYTELLING
Sat Nov 11: COMPLETION COMMUNITY LUNCHEON
CLOSING ACKNOWLEDGEMENTS & RECOGNITION CEREMONY
4MORE INFO: JUANITA LINDLEY (250) 280-2275
event.coordinator@uppernicola.com



Upper Nicola

Contact

Main office

Phone

250-350-3342

Address

General Delivery, Douglas Lake, BC
V0E 1S0

Lower Nicola Band Updates

Lower Nicola Band has some fun community events upcoming. SCFSS is working closely with Lower Nicola Band and collaborating on community events.



Weekly Activities	Location	Day of the Week	Times
Soup Kitchen Weekly get together to visit and eat delicious homemade vittles.	Elder's Trailer	Every Wednesday	12:00 PM
After School Recreation Program Activities for children after school. Call the office to sign up.	Various activities weekly	Mon - Thurs	3:45 - 5 PM



Monthly Activities	Location	Date	Times
Welcoming Babies & Healthy Living A dinner to welcome all the new babies into our community and recognize everyone's efforts toward healthy living!	LNIB Shulus Hall	November 28	5:30 - 7:30 PM

A Shulus Christmas

Arts & Crafts & Bake Sale

December 2, 2023
9am to 4 pm
Lower Nicola Band School

\$50/ 10x10 booth or \$20/ table
Contact Brandon at 250-525-0443

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Skating 2:30pm-4:45pm	2 Swimming 2:30pm-4:45pm	3	4
5	6 Youth Center 2:30pm-4:45pm	7 Bowling 2:30pm-4:45pm	8 Skating 2:30pm-4:45pm	9 Swimming 2:30pm-4:45pm	10	11 Remembrance Day Ceremony
12	13 STAT	14 School Gym 2:30pm-4:45pm	15 Skating 2:30pm-4:45pm	16 Swimming 2:30pm-4:45pm	17	18
19	20 Youth Center 2:30pm-4:45pm	21 Bowling 2:30pm-4:45pm	22 Skating 2:30pm-4:45pm	23 Swimming 2:30pm-4:45pm	24	25
26	27 Youth Center 2:30pm-4:45pm	28 Welcoming baby	29 Skating 2:30pm-4:45pm	30 Swimming 2:30pm-4:45pm		

Notes Recreation After School Program Application Forms Are Available At LNIB Main Office, LNIB Health Center, LNIB School, And Nicola Canford School. For More Information Contact Jacint At jacint_mazath@lnib.net Or 2502804487 Programs Can Change Due To Weather.



Contact

Main Office

Phone

250-378-5157

Location

181 Nawishaskin Ln.
Merritt, BC V1K 0A7



LOWER NICOLA INDIAN BAND

LNIB Culture Center

All Activities will be held at the Culture Center unless other wise noted

Call or text Carole Basil
250-315-9158
to Register

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Drop in Beading 9am to 2pm	2	3	4 Concho Belts 9am to 2pm
5	6	7 Ribbon Shirts 9am to 12pm MUST BRING OWN SHIRT Hand Drumming RP Center 5pm to 7pm	8	9	10 Drum Sticks 9am to 12pm	11
12	13	14 Ribbon Skirts 9am to 12pm	15 Ribbon Skirts 9am to 12pm	16	17	18 Ladies Mini Mukluks 9am to 2pm
19 Ladies Mini Mukluks 9am to 2pm	20	21 Drop in Crafts 9am to 12pm	22 Drop in Crafts 9am to 12pm	23	24	25
26	27	28	29 Rattles 9am to 12pm	30		

ELDERS CALENDAR

2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Family Tree Meeting 10am RPCC	2 Gathering walk 10am	3 Spa L... with Sharon Antoine Please sign up with Lani	4
5	6 Shopping and paper work day	7 Meals on Wheels Cooking and Delivery	8 Crafts RPCC 10am to 3pm	9 Staff Training	10 Bingo 10am to 12pm	11 Remembrance Day Ceremony 9:55am 10:20am parade
12	13 Shopping and paper work day	14 Meals on Wheels Cooking and Delivery	15	16 Elders Lunch w/ Lower Similkameen Photos by Sydney Bent	17 Ramloops Dinner and a movie Killers of the Flower Moon Meet at HC 1pm	18
19	20 Shopping and paper work day	21 Meals on Wheels Cooking and Delivery	22 Crafts at RPCC 10am to 3pm	23	24 Bowling 2pm to 4pm Please sign up with Lani	25
26	27 Shopping and paper work day	28 Meals on Wheels Cooking and Delivery	29	30	PROUD TO BE LNIB Lower Nicola Indian Band	

Contact Elders Coordinator
Lani MacKenzie 250-378-5157
or
Email: lani.mackenzie

PROUD TO BE
LNIB
Lower Nicola Indian Band



REMEMBRANCE DAY CEREMONY

JOIN US FOR OUR FIRST
REMEMBRANCE DAY CEREMONY AT THE
NICOLA VALLEY NATIVE VETERANS
MONUMENT

SATURDAY, NOVEMBER 11TH 2023
WAR VETERANS MONUMENT
SHULUS, BC
9:15AM PIPE CEREMONY
10:20AM FORMATION OF PARADE
AT THE LNIB FIRE DEPARTMENT



LNIB Membership & Community

You're Invited for

COFFEE & TEA

With the LNIB Care Aids



Monday, November 6, 2023

2:30 pm

LNIB Health Centre
Boardroom



TOPICS:

- High/low blood pressure
- High/low sugar levels
- Health and wellness
- Snacks provided

Any questions you can call the
Health Reception at (250) 378-5157



Welcoming Babies & Healthy Living



Agenda:

- 5:30 pm - Dinner & Prayer
- 6:15 pm - Ceremony Starts
Drumming & Acknowledgement
- 7:00 - 8:00 pm - Photo Booth Opens
- 7:30 pm - Closing Prayer



Tuesday - November 28, 2023

Shulus Hall, #85 Hwy 8

For more information contact
Christie Hill or Irene Howe
(250) 378-5157



Email: Christie.Hill@lnib.net
Irene.Howe@lnib.net

Nominations Forms will be at the Health Centre & Band Office
Deadline for Nominations for Healthy Living is November 17th
(If they have not recieved acknowledgement before)

Babies born from November 1, 2022 - November 1, 2023



LNIB ECONOMIC DEVELOPMENT

BEAR'S DEN BUSINESS PITCH COMPETITION

December 6, 2023
6:00 PM
Shulus Hall

INFORMATION

The LNIB Bear's Den business competition is open to any LNIB member of any age to pitch their business idea.

The winner will be eligible for a grand prize of \$2,000 in start up funding, business plan development, access to financing and more prizes

HOW TO ENTER

Contact Adam Ova at the information below to get your entry form and prep your pitch

- 236-575-2230 ext 173
- adam.ova@lnib.net
- Land and Economic Development Office

DEADLINE

- The deadline to enter the competition is November 30, 2023.
- Compensation is available for pitch materials

IDEAS

- Delivery service
- Car detailing
- Cleaning company
- E-commerce business



Coldwater Band Updates

Coldwater Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely with Coldwater Band and collaborating on community events.



Weekly Activities	Location	Day of the Week	Times
Gym Nights Everyone is welcome to join us for some fun!	Coldwater Band Gym	Tuesdays & Thursdays	6:00 - 7:30 PM



Monthly Activities	Location	Dates	Times
Grocery Shopping Support! Join us twice a month for grocery shopping	Meet at Band office	Nov 16	11 - 1:30 PM
Craft Night (hosted by Journey's Into Tomorrow) Bring your own craft or just come and hang out!	Coldwater Band School	Nov 7 & 21	5-8 PM



Contact

Main office

Phone

250-378-6174

Address

301- 230th Street
Coldwater Reserve #1

CRAFT NIGHT

Coldwater School

October 17
November 7 | 5pm-8pm
November 21

Bring your own craft or just come and hang out.

**COME JOIN US
EVERYONE WELCOME!**

FREE EVENT
For more details call 250 280 2934

Made with PosterMyWall.com

COLDWATER INDIAN BAND

Ribbon Stockings

COME AND MAKE A CUSTOM RIBBON STOCKING!

NOVEMBER 23, 2023

THURSDAY 6PM TO 7:30PM
COLDWATER BAND SCHOOL
GRANDPARENTS ROOM
DURING GYM NIGHT

Limit to first 15 people
RSVP to Harmony Williams 250-315-3081
harmony.williams@scwexmx.com

COLDWATER INDIAN BAND

GROCERY SHOPPING

SUPPORT

**THURSDAY
NOVEMBER 2ND OR
NOVEMBER 16TH**

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

**ONLY 6
SPOTS
AVAILABLE!**



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

- Community members can sign up for one trip per month (2nd OR 16th)
- One participant per household

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



Organized by Coldwater Social Development with support from SCSS Community Prevention

Nooaitch Band Updates

Nooaitch Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely to support Nooaitch and collaborating on community events.



Weekly Activities	Location	Day of the Week	Times
After School Drop In (ages 6+) Join us for crafts, games and snacks after school!	SCHSS Satellite Office (Across from Band Hall)	Every Tuesday!	3:45 - 5:30 PM Parents please pick up from the SCHSS Satellite Office!
Gym Night (ages 6+)	Nicola Canford School (pick up in Nooaitch from each child's home)	Every Wednesday!	6 - 7:30 PM
After School Swimming (ages 7+) And a quick stop at the library before swimming!	Nicola Valley Aquatic Center Transportation provided (Contact Darlene for more details)	Every Thursday!	3:30-5:00 PM

***Please note, after school activities will only be offered for the first two weeks of November. Darlene will be away for Vacation the last two weeks.**



Contact Name	Phone	Location
Kathie Jumbo	250-378-6141 Ext. 103	Nooaitch Band Office
Darlene Rodominski	250-378-2300	SCHSS Satellite office (across from the Band Hall)

Shackan Band Updates

Shackan Band has some fun community events upcoming. SCHSS, SCFSS & CNA are working closely to support Shackan and collaborating on community events.



Weekly Activities	Location	Dates	Time
Wellness Circles Dinner provided!	N'kseytknhetx ^w Building	November 20 & 27	5-7 PM

Monthly Activities	Location	Date	Times
Community Dinner	Shackan Band Hall	November 22	5-7 PM

Zach Woodcock - Homemaker NOVEMBER 2023

Hey everyone! Scwexmx Community Health Services Society (SCHSS) is going to be around doing homemaker assessments again. If you have anything else that needs to become a routine task for me, please let SCHSS know when they show up for their assessments. This allows me to make changes to my schedule to accommodate everyone's needs. On another note, if there are any concerns please feel free to email me at Homemaker@shackan.ca. I check that email daily and it's the fastest way to contact me. If you can't email, please call the office and have them contact me, I will then contact you by phone.

office - 250-378-5410



Contact Name

Adrienne Johnny

Phone

(250) 378-5410

Location

Shackan Band Office



Nicola Watershed Stewardship and Fisheries Authority (NWSFA)

Salmon for Pick-Up

NWSFA has a stockpile of hatchery Coho culled for the sake of maintaining the natural genetic diversity of our local fish stocks.

These food-quality fish are available for **STC Membership Bands Only**.

- Upper Nicola
- Coldwater
- Shackan
- Nooaitch

Fish is available in limited quantities for families and individuals. Larger quantities are available for funerals, weddings, and other gatherings upon request.

Please contact NWSFA or STC for more information:
250-378-4235
Mon-Fri 8:30-4:30





Scw'exmx Community Health Services Society

Healing From Grief and Loss

FACILITATORS:

Karen Lara

Elizabeth Perdok-Waboose



Dec 8, 2023 - 6:00pm - 8:00pm
Dec 9 2023 - 10:00am - 3:00pm
Dec 10, 2023 - 10:00am - 3:00pm



#103-2090 Coutlee Ave.

Call or email May George to sign up

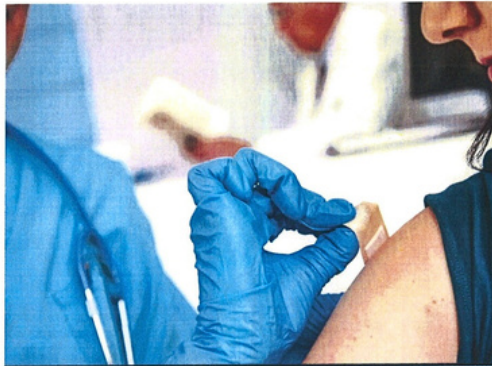


250-378-9745



george.m@schss.com

Transportation and Food Provided



FLU & COVID-19 VACCINE CLINIC

Fall 2023 Drop In Vaccine Clinic:

Call any of the SCHSS nursing staff for any questions or concerns. Flu vaccine is open to all ages over 6 months. Covid-19 booster vaccine priority will be given to those 70+ or those immunocompromised (18+).

Drop in clinics at the SCHSS Office, no appointment necessary.

Wednesday, November 15th from 1 PM to 6 PM.

Wednesday, November 22nd from 10:30 AM to 3:30 PM.

NLAKA'PAMUX HEALTH SERVICES SOCIETY



CALL OUT for Presenters

We are seeking Workshop Presenters

Date: Mid November

Location: Merritt TBD

More Details to come



WE WANT TO LEARN FROM YOU

- Leather work
- Medicines
- Crafts - Beading/Weaving
- etc.

CONTACT INFO:

Julia Munro, Wellness Coordinator
munro.j@nlxfn.com

CALL :

C: 250-378-7631 | O: 250-378-9772

Dedicated to serving:

Ashcroft, Coldwater, Cooks Ferry, Kanaka Bar, Lower Nicola, Lytton, Nicomen, Nootka, Oregon Jack Creek, Shackan, Siska, and Skuppan



Merritt Office:
2088 Quilchena Ave

Lytton Office:
988 McIntyre Rd

Phone: 250-378-9772
Fax: 250-378-0283
Email: mtrreception@nlxfn.com Website: www.nlxfn.com
Mailing Address:
P.O. Box 1624 Merritt B.C., V1K1B8

THIS IS A DRUG AND ALCOHOL FREE EVENT

DROP IN CLINIC

@ SCHSS OFFICE

Wednesday
November 15th

1PM - 6PM

&

Wednesday
November 22nd
10:30AM - 3:30PM

250-378-9745

#103-2090 Coutlee ave.





GRANT APPLICATION GUIDELINES

KidSport BC Provincial Fund

KidSport provides funding for kids from families that need financial support to help cover the cost of sport registration fees #SoALLKidsCanPlay! KidSport BC's Provincial Fund supports kids from communities that don't have a KidSport chapter. Max grant: up to \$400 per child per calendar year.

HOW TO APPLY

1

REGISTER YOUR CHILD IN A SPORT

- Sport must be affiliated with the member sport organizations of Sport BC (see sportbc.com/members)
- Programs should be a min. of 6 weeks with at least one session per week

2

SUBMIT A GRANT APPLICATION

- Applications can be submitted online or using our paper form, ideally prior to the start of the sport program
- Online applications require your Notice of Assessment showing line 15000 from the most recent tax year* for all income earners in the household, OR
- If you're applying using the paper form you must submit one of:
 - Your most recent Notice of Assessment for all income earners in the household
 - Proof of foster parent status, income assistance or disability assistance
 - OR have a trusted professional endorse your application to verify your financial need
- Completed paper applications can be submitted by email, mail or fax.

3

IF APPROVED, FUNDS ARE SENT TO THE SPORT CLUB

- Please allow up to 60 days for notification of application status
- The KidSport chapter must be notified if the athlete withdraws from the sport activity

WHO IS ELIGIBLE?

- ✓ Kids years old 18 and younger
- ✓ Facing financial hardships*
- ✓ Registered in an eligible sport program
- ✗ Camps, equipment, dance, travel, fundraising, and championships **do not qualify**.

*KidSport considers social and economic barriers facing the athlete's family when determining eligibility for funding. Statistics Canada's Low Income Guidelines (LICO) are used as a guideline to determine financial eligibility. If your income is higher, extenuating circumstances can also be taken into account.

CONTACT US

KidSport BC
250-999 Canada Place
Vancouver, BC V6C 3C1

kidsport@sportbc.com

tel 604-333-3434
fax 604-333-3401

kidsport.ca/british-columbia

Privacy and Confidentiality

KidSport™ respects your privacy. We never sell, trade or loan your information to any other organization. Information provided in this application is being collected for the purpose of administering KidSport grants. This information will only be disclosed to KidSport personnel who need the information to carry out the responsibilities of their job, and to other organizations who may need to be contacted to process the application. Statistics are reported at the regional, provincial, and national level. Individuals are not personally identified. By completing this application form you agree to have all collected information stored in our online database system.





KidSport™ Grant Application Form

SECTION 1: ATHLETE/CHILD INFORMATION

First Name:	Last name:
City:	Age (18 and under):
Gender:	Birth Date (YYYY-MM-DD):
Please select if you are one of the following populations: <input type="checkbox"/> Indigenous <input type="checkbox"/> Athlete with a disability <input type="checkbox"/> New Canadian (resided in Canada for less than 10 years)	
Has this child received KidSport™ funding before? <input type="checkbox"/> Yes <input type="checkbox"/> No	

SECTION 2: PARENT OR GUARDIAN

First Name:	Last Name:
Mailing Address:	
City:	Postal Code:
Phone:	Email:
<input type="checkbox"/> Single Parent / Guardian <input type="checkbox"/> Dual Parent / Guardian	Number of children in home: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7+
How did you find out about KidSport: <input type="checkbox"/> Sport Organization <input type="checkbox"/> Recreation Centre <input type="checkbox"/> Website <input type="checkbox"/> School <input type="checkbox"/> Other	

Please complete the following section. All boxes must be checked, and application must be signed for application to be processed:

- The information presented in this application is true and complete to the best of my knowledge.
- I have read and agree to the privacy policy (see guidelines).
- I give KidSport permission to contact me.
- I agree to and understand that while KidSport is providing funding to cover the fees associated with my child's activity/sport, I will not hold KidSport responsible, nor will I take legal action under any circumstance (i.e. injury, etc.).

Signature of parent/guardian:	Date:
--------------------------------------	--------------

SECTION 3: SPORT ORGANIZATION

Sport:	Club/League/School Name:
Sport Start Date: (MM/DD/YYYY)	Sport End Date: (MM/DD/YYYY)
Mailing Address:	
City:	Postal Code:
Telephone:	Email:
Total Registration Cost:	Grant Request: (max \$400)

SECTION 4: FINANCIAL OR ENDORSER INFORMATION (provide one of A or B below)

A) **Financial Information - Please attach a copy of ONE of the following for ALL income earners in the household:**

- Notice of Assessment (line 15000) from most recent tax year
- Proof of Foster Parent Status
- Proof of Income Assistance or Disability Assistance

B) **Endorser Information - To be completed by a professional who is familiar with the family's social/economic barriers (i.e., social worker, religious leader, counsellor, physician, principal, etc.) The endorser cannot be associated with the benefiting organization.**

Name:	Position and Organization:
Mailing address:	City and Postal Code:
Email Address:	Phone Number:

I have thoroughly read and understand the guidelines of KidSport™ and agree this applicant meets the guidelines. I believe the family of this applicant has financial need and a grant from KidSport™ is essential to the child's participation in a season of sport. I agree to participate in a brief telephone follow-up if required.

Endorser Signature:	Date:
----------------------------	--------------



IndigiFund



Apply for \$250



BURSARY

Who is eligible?

Indigenous youth age 15 to 30 needing financial assistance in the areas of sport, education, and culture.

apply now at www.indigifund.com

Deadline to apply is November 15th



Scw'exmx Child & Family Services Society

Mission

We are all somebody's 7th generation. We are committed to work with our communities and Relations to create necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.

Vision

Work collectively to exercise ne?kepmx and syilx inherent rights as we empower children, young people and families.

Strategic Directions



Guiding Values

LOVE: Supporting families by loving and nurturing our children

ACCOUNTABILITY: We are honest and ethical in all our interactions

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

CULTURE & LANGUAGE: We practice our cultural teachings and identity

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

HOLISTIC: We utilize community driven and strength-based approach

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

We are all somebody's 7th generation

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

Lisa Post | Executive Director

We are all somebody's seventh generation.





Children's Help Line for Children and Youth
If you don't feel safe, as a young person you can call this
number 24 hours a day.

310-1234



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



Scw'exmx Child & Family Services Society

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

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

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

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

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

Telephone: 250-378-2771

www.scwexmx.com

Facebook Page: facebook.com/scwexmxchildandfamily



Healthy Children



Healthy Communities



Healthy Families