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# SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

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May 2021



## Community Newsletter



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**s'píłmtn**

(nsyilxcən translation for May)

**yíqm tək mǎsɬetn**

(nłeʔkepmxcin translation the burying/planting  
moon)



# Updates

We have a new team member joining SCFSS. **Hiliary Willis** has started her role as the **Youth Wellness Coordinator** on Monday, April 26th.



As the Youth Wellness Coordinator, Hiliary will provide programming and support services to female youth to increase their opportunities for holistic wellness. Hiliary will work collectively with female youth to set goals in all domains of their lives and relationships, identify a support network to help meet goals, and implement healthy strategies to achieve their goals.

Hiliary recently completed her BSW at NVIT, and is experienced working with children and young people. She has worked with Indigenous families and communities directly for over 8 years, and is knowledgeable on strategies to support young Indigenous people. Hiliary is energetic and engaging, and she will be a great asset to SCFSS and our communities.

Welcome Hiliary, we look forward to working with you!

We have an exciting announcement about one of our team members: **Tracey Dawson** will be the **Interim Social Work Team Leader** for a 12-month leave coverage. Tracey has begun training in the role, and will be the i/TL until May 2022.

As the i/TL, Tracey will support and lead the Family Service and Resource Teams.

Tracey will be responsible for ensuring the provision of culturally-appropriate delegated social work services under the nte?kepmx and syilx practice frameworks. Emphasis will be on the preservation, restoration, and reunification of families, enhancing children and families' relationships and wellness in the Nicola Valley.

Tracey brings 10 years of experience at Scw'exmx, and she has extensive knowledge of practices and standards in Social Work. Tracey is experienced, efficient, and professional, and she will continue to be an asset in her role as i/TL.

Congratulations Tracey!



We have a new team member joining our SCFSS family! **Jessie Aljam** is our new **Social Work Team Assistant**, and joined us on Monday, May 10th.



Jessie is a Coldwater band member, has administrative experience in various fields, and is organized, confidential, and friendly. As the Social Work Team Assistant, Jessie will provide administrative support to the social work teams.

We look forward to working with Jessie in her new role, as she will be a great asset to our team.

Welcome Jessie!!



We have a new team member joining SCFSS. **Sonya BigEagle** is our new **Payroll Clerk**, and joined us on Monday, May 10th.

Sonya brings 15 years of Finance experience to the role, and she is highly organized, efficient, and friendly. As the Payroll Clerk, Sonya is responsible for full-cycle payroll functions and maintaining finance files.

Welcome Sonya, we look forward to working with you!



## **COVID-19 Office Update**

**At Scw'exmx Child & Family Services Society (SCFSS), we are committed to putting our staff, children, families, and communities first. With COVID-19 in our region, and with so many changes happening daily, we wanted to take a moment to let you know we are taking proactive steps to ensure the safety of ourselves and the public. Our doors are closed to the public, unless an appointment for services has been previously established.**

**Please be assured that SCFSS will adapt its practices as required to ensure that we continue to deliver essential services to our communities, while also making decisions in a thoughtful manner that prioritizes the safety of our staff and associates. We have moved our programs to a safe virtual setting for the time being. We are continuously working to make sure that we have the right infrastructure, knowledge and best practices in place to ensure our success and continuity of operations.**

**We will continue to adhere to WorkSafe BC standards, protocols and monitor incoming COVID-19 updates from federal, provincial, and local Health Authorities, and will amend and adjust our operations at regular intervals as the situation develops.**

**Please continue to stay safe, stay well!**

**"Traditionally we do not celebrate one day for mothers, we celebrate all the time, always acknowledging our mothers, it is not one day only, it is always"- Elder, Amelia Washington**

**- Everyday practice**

- Honour your mothers from birth to death**
  - Honour Everyone; No set day for one person**
  - Treat each other and ourselves with respect**
  - I am a mother all days, not just one day**
- Elder, Amelia Washington**

**Once the old people knew the young mother was pregnant, she was given the most attention - loving, caring attention. She wasn't allowed to see anything that was unpleasant, like spilled blood, a smashed finger, whatever. She wasn't allowed to go to a funeral where there was a lot of crying. She was only allowed to see nice things, like singing, dancing, drumming and being near the water. The old people strongly believed that whatever happened to the young mother also happened to her unborn child. (Women Elder's words in Greenwood, Gottfriedson, & Marchand, 1995 p. 22-3).**



# We Are Hiring

**Scw'exmx Child and Family Services Society (SCFSS)** is a family-centered Delegated Aboriginal Agency, guided by nē?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.

## POSITIONS AVAILABLE

- **Communications Coordinator**  
Permanent | Full-time (35 hours/week) | Closes May 20, 2021
- **Community Engagement Manager**  
Permanent | Full-time (35 hours/week) | Open Until Filled
- **Community Planner**  
17-Month Leave Coverage | Full-time (35 hours/week) | Open Until Filled
- **Executive Administrative Assistant**  
Permanent | Full-time (35 hours/week) | Closes May 25, 2021
- **File Management Clerk**  
Permanent | Full-time (35 hours/week) | Closes May 25, 2021
- **Finance Manager**  
Permanent | Full-time (35 hours/week) | Open Until Filled
- **Occupational Health and Safety Officer**  
Permanent | Full-time (35 hours/week) | Closes May 13, 2021
- **Prevention Program Manager**  
Permanent | Full-time (35 hours/week) | Open Until Filled
- **Youth Wellness Coordinator - Male**  
Permanent | Full-time (35 hours/week) | Open Until Filled

### APPLY NOW!

See our full postings on our website at [www.scwexmx.com](http://www.scwexmx.com)  
Submit your cover letter and resume to [opportunities@scwexmx.com](mailto:opportunities@scwexmx.com)  
Attention: Janessa Collins, Human Resources Manager

*Pursuant to Section 41 of the Human Rights Code, preference may be given to qualified applicant of Indigenous ancestry*

Get ready to  
**#GetReal**  
about how you feel.

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca)  
for info and tools.

Préparez-vous à  
**#ParlerPourVrai**

Visitez [semainesantementale.ca](http://semainesantementale.ca)  
pour y trouver de l'info et des outils.

Canadian Mental Health Association  
Mental health for all

Association canadienne  
pour la santé mentale  
La santé mentale pour tous

CMHA Mental Health Week  
May 3-9, 2021

Semaine de la santé mentale  
de l'ACSM  
3 au 9 mai 2021

**#GetReal about how you feel.  
Name it, don't numb it.**

**For the 70th Annual CMHA Mental Health Week  
May 3-9, 2021, our Child & Youth Mental Health Team  
developed informational videos, resources and giveaways that  
were posted on our SCFSS Facebook page during that week.  
All informational videos are still available for viewing.**

**Together we'll #GetReal**

MAY 31 – JUNE 6, 2021

**BC Child & Youth in Care Week**

notice. listen. respect. • stand with children & youth in care

[WWW.BCCHILDANDYOUTHINCAREWEEK.COM](http://WWW.BCCHILDANDYOUTHINCAREWEEK.COM)



### Goal

The goal is to raise social awareness and shift negative perceptions; to recognize children and youth in care, like all young people, as individuals with talents, contributions, and dreams. We are a collective partnership of youth, service providers and allies working to challenge the stigma faced by children and youth in care by celebrating and honouring their awesomeness. We hope all British Columbians will join the celebration and gain the knowledge and tools to acknowledge and support our incredible young people in care every other week of the year, too.

### History

A group of youth in and from care advocated for this week so their siblings in care could grow up feeling celebrated for their diverse talents and accomplishments, surrounded by a supportive community who stands with them. They also wanted to raise awareness about the barriers they face and fight the stigma that comes with being a "foster kid."

Proclaimed by the province of British Columbia in 2011, BC Child and Youth in Care Week (BCCYICW) is a time for everyone in communities across the province to stand in support and celebration of our province's incredible, diverse young people in government care. Youth envisioned a week that acknowledges and celebrates the unique strength of young people in care, and that's how BC Child and Youth in Care Week was created.

**SCFSS will be honouring the Children and Youth in Care with Wellness Baskets.**

## The Gathering Our Warriors II Virtual Men's Support Group

**Purpose:** The virtual Gathering Our Warriors II is an Indigenous men's support group on Microsoft Teams, which helps our Indigenous men who struggle with addiction & addictive behaviours from past traumas, anger management, drug and alcohol, domestic violence, and relationships. As well, it looks at the cultural connections and the effects of residential school and colonization. The Gathering Our Warriors II assist men in acknowledging those behaviours, how to overcome them through their own testimonial stories and learn to self-identify their behaviours and cope with them in a healthier way.

**Outcomes:** The program addresses different behaviours and addictions that affect our Indigenous men still to this date. It looks at the historical issues around residential school and the effects of colonization, the struggles with addictions, drug and alcohol, relationships, family violence and anger management. It also, addresses areas around parenting capacity and being a good provider for their family, spouse, partner, children and community. It focuses on what it takes to be a good role model, teacher, father, or husband and leave a good healthy footprint for their children to follow.

The Gathering Our Warriors II program is designed around the traditional teachings and core values of the Nlaka'pamux and Syilx territories; it explores the core values of the Medicine Wheel and Seven Grandfather teachings; how we utilized them in our every day life. As men we struggle with societal issues differently than women, by understanding the feminine side of ourselves, we begin to understand our relationships within ourselves, our spouses, partners, aunties, sisters and even our own children.

**Individual Learning:** The thirteen-week program, invites several of the local knowledge keepers to come online and share their personal stories to the men. Within the stories, the men hear individual sacrifices and spiritual growth that helped the quest speakers overcome their addiction(s) and become the true warrior they are today. The group-utilized times for discussion and questions to gather important information to assist participates with their own sobriety and healing.

**Easy to access the group:** only requires an individual email address, then a link is set out to participate. Accept the group invite, then clicking on the address link and be admitted into the group.

**Wednesdays**  
**12:00 - 3:00 p.m.**

**Thursdays**  
**5:00-7:00 p.m.**

**To register contact Dan Jager at 250-378-2771 or Richard Jackson Jr at 250-378-5107**

### Relationship Wellness Program Update

Using the Medicine Wheel, and the 4 Blankets of Resiliency, we are just in the last phase of this relationship wellness group! The program included the Sense of Self, Sense of Family, Sense of Community, Sense of Culture, Language and Connection to the Land.

As we are all challenged with COVID-19, we have adapted and been doing zoom and phone sessions! Each couple has their individual Goals and Wellness plans which they follow.

It is really awesome when we have our group sessions to see each community in our Nicola Valley represented in this Wellness Journey!

### Women's Group

Women's Group has now gone virtual. We run Fridays from 10 a.m. -1:00 p.m. We currently have 6 participants and a Resident Elder that attends the sessions.

Each session we open with a Prayer, have an open sharing circle and continue with our weekly theme that is chosen by the participants.

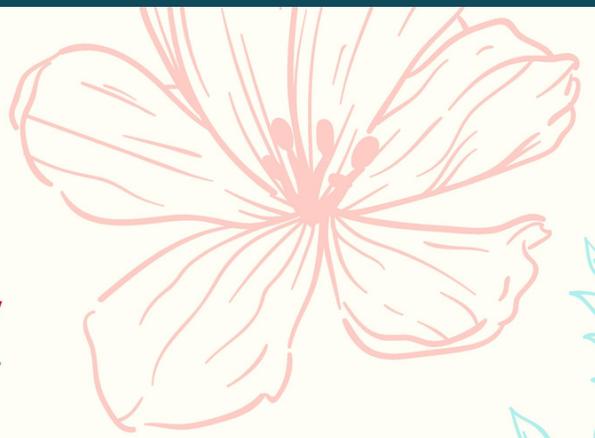
Due to COVID-19, we cannot gather or provide lunches. We do offer good conversation, laughs and some incredible crafting opportunities.

**FRIDAYS**  
**10:00 A.M. - 1:00 P.M.**

If you are interested or want further information on the Women's Group or Relationship Wellness Program please contact:  
Allyson Sterling, Relationship Wellness Navigator  
Phone: 250-378-2771 or Email: allyson.sterling@scwexmx.com



Scw'exmx Child and  
Family Services Society



# VIRTUAL JOB FAIR



June 23rd | 11 am - 2 pm | Online on Gather Town

Email your registration form to [heather.crozier@scwexmx.com](mailto:heather.crozier@scwexmx.com)



Or call (250) 315 - 9642 to register



Join us for an online Job Fair on Gather Town. This is your opportunity to engage with local organizations in a unique virtual environment, and learn about employment opportunities. There are 30 spaces available and all participants who register and attend will receive a \$25 Gift Card.



# Scw'exmx Child and Family Services Society

2975 Clapperton Avenue | Merritt, BC | V1K 1G2  
Tel: (250) 378-2771 | Fax: (250) 378-2799 | Tel Toll Free: (877) 378-2773

## VIRTUAL JOB FAIR REGISTRATION FORM

| PARTICIPANT INFORMATION   |                              |                                  |
|---|------------------------------|----------------------------------|
| <b>First Name</b>   | <b>Last Name</b>             | <b>Phone Number</b>              |
|   |                              |                                  |
| <b>Email Address</b>  | <b>Mailing Address</b>       |                                  |
|   |                              |                                  |
| INFORMATION   |                              |                                  |
| <b>What fields of work do you want to explore?</b>  |                              |                                  |
|   |                              |                                  |
| <b>What do you hope to see at the Job Fair?</b>   |                              |                                  |
|   |                              |                                  |
| SIGNATURE   |                              |                                  |
| Participation in the Virtual Job Fair is completely voluntary. I acknowledge that some personal information, such as name and contact information, will be collected by SCFSS during registration for the purpose of statistics and contact for the gift card, and I consent to the collection of this information. |                              |                                  |
| <b>Participant Name</b>   | <b>Participant Signature</b> | <b>Date Signed (dd-mmm-yyyy)</b> |
|   |                              |                                  |
| Once complete, submit your <i>Virtual Job Fair Registration Form</i> to <a href="mailto:heather.crozier@scwexmx.com">heather.crozier@scwexmx.com</a>  |                              |                                  |

PRIVATE AND CONFIDENTIAL



# 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 nfe?kepmx and syilx inherent rights as we empower children, young people and families.

## Strategic Directions



*We are all somebody's 7th generation*

## 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

# 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.**

*We are all somebody's 7th generation*

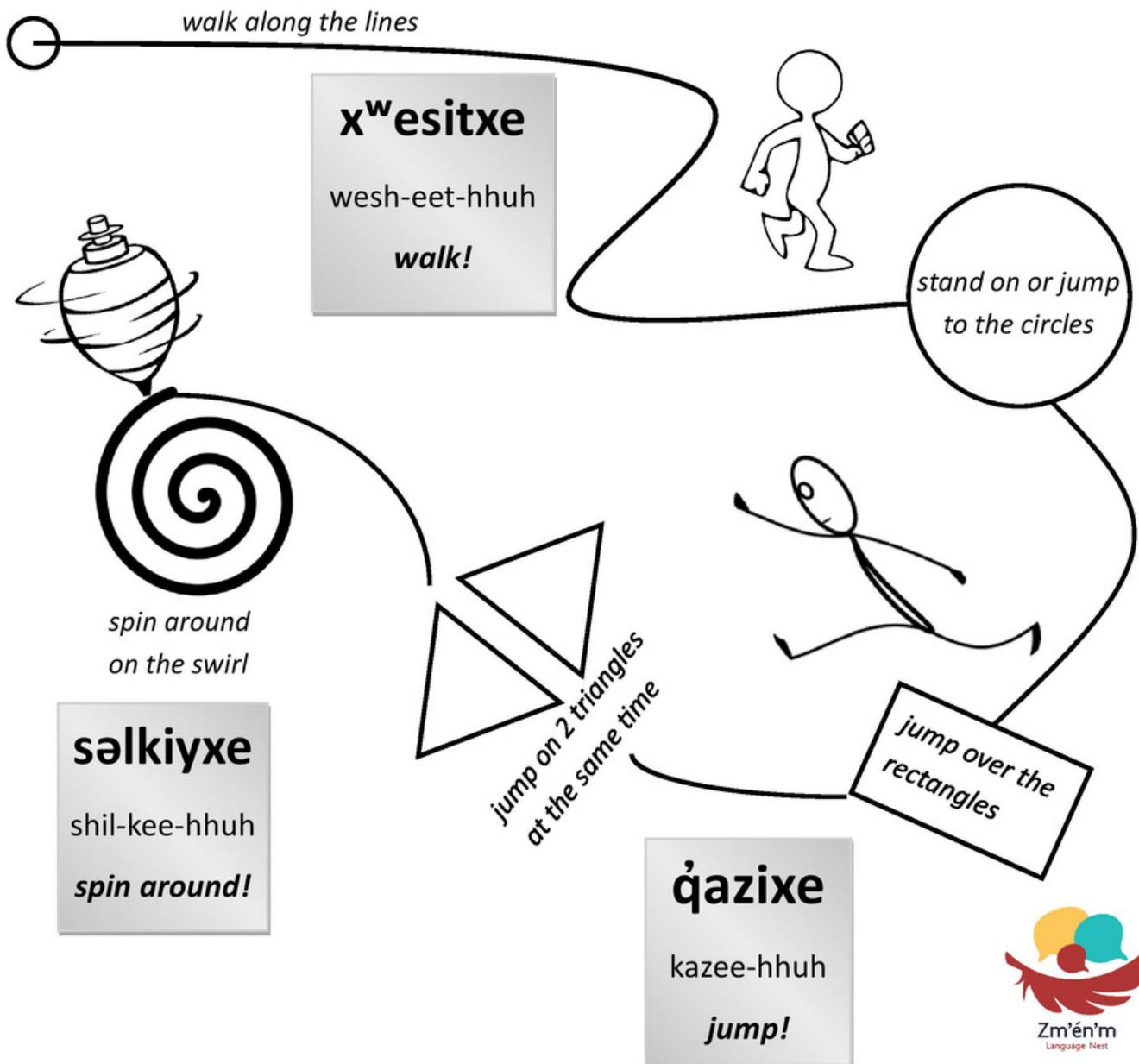
# Sidewalk Chalk Obstacle Course

Reference website: <https://www.tootsmomistired.com/sidewalk-chalk-obstacle-course/>

**Supplies Needed:**      - Sidewalk Chalk      -Sidewalk/pavement

Directions:

- Draw a course and include the following shapes
- say the Nte?kepmxcin commands as you/your child follows the course and does the actions





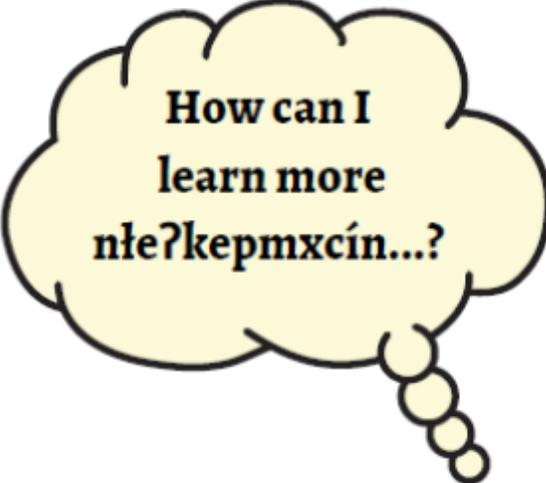
shp'áq'm

shp-ack-m

(flower)



# CNA n̄e?kepmxcín Resources



How can I  
learn more  
n̄e?kepmxcín...?

## DOWNLOAD & PRINT:

COLOURING SHEETS  
GAMES & ACTIVITIES  
POSTERS

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

## STAY UPDATED



Zoom Lessons  
Phrase of the Day  
Upcoming Events

[www.facebook.com/cnatrust](http://www.facebook.com/cnatrust)

## LISTEN IN:

Search for "Citxw" on  
SoundCloud

DOWNLOAD the App, or listen  
on your computer  
Lessons, stories, songs  
Elder interviews

## WATCH US ON:

YouTube

Tutorials, Lessons,  
Stories, Interviews



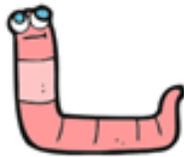
<https://soundcloud.com/user-799814567>

<https://www.youtube.com/channel/UC6bsBVDvOgTbpx-aV6vCeYw>

# INSECT SCAVENGER HUNT



sməmí?x



earthworm

sķeki?t



spider

məće



bumblebee

şálşəl



cricket

ćénćəń



grasshopper

sx<sup>w</sup>úx<sup>w</sup>eće



ant

ķećéyń



wood-tick

məze



housefly

q<sup>w</sup>óq<sup>w</sup>éski?



mosquito

Have you seen any of these insects around your yard or home? Check the box for the bugs you have seen.

nle?kepmxcin Insects, as featured on Can-8 VirtualLab



## UNB Common Nsyilxcen Language

Please feel free to copy and paste into your emails, newsletters, and other publications

|  |  |
|--|--|
| ǰast łk <sup>w</sup> ək <sup>w</sup> ǰast                        | Good Morning   |
| ǰast sǰłǰǰalt  | Good Day   |
| ǰast snǰak <sup>w</sup> qín                                      | Good Afternoon   |
| ǰast skłax <sup>w</sup>  | Good Evening   |
| ǰast snk <sup>w</sup> ək <sup>w</sup> ʔac                        | Good Night   |
| nínwis łwikńtsn  | See you later<br><i>(literal: I will see you later)</i>  |
| nínwis łwikłmn   | See you all later (more than 1)<br><i>(literal: I will see you all later)</i>                            |
| k <sup>w</sup> u k <sup>w</sup> uk <sup>w</sup> stx <sup>w</sup> | Thank you<br><i>(literal: You did a good deed for me/us)</i>   |
| k <sup>w</sup> u k <sup>w</sup> uk <sup>w</sup> stp              | Thank you (more than one)<br>Thank you to you all<br><i>(literal: You all did a good deed for me/us)</i> |
| limłamt  | Thank you  |
| wayǰ   | Hello / Goodbye / Yes  |
| incá isk <sup>w</sup> íst _____.<br>or<br>incá kn _____.         | My name is _____. / I am _____.  |
| ha łi? k <sup>w</sup> ǰast ?                                     | How are you? / Are you well?   |
| łi? kn ǰast  | I am good.   |



Upper Nicola

\* If you have a question in regards to the Nsyilxcen Language, or need a quick translation/spelling of a word or phrase, please feel free to email myself, Maynard McRae Jr., Nsyilxcen Language Manager [language@uppernicola.com](mailto:language@uppernicola.com)

# slaʔlaqʷám “Digging Time” nsyilxcən Word of the Day list



Upper Nicola  
Language Department

# May

- |    |  |  |
|----|--|--|
| 1  | sʔiʔlám  | Bitterroot   |
| 2  | ʕayúʔ  | chocolate tips   |
| 3  | swíyaʔ   | chocolate tip buds   |
| 4  | skʷh́kʷinm̓  | Indian potato / Spring beauty  |
| 5  | sʔuʔkʷm̓   | wild carrot  |
| 6  | čxʷlúsaʔ   | White camas  |
| 7  | ʔitxʷaʔ  | black camas  |
| 8  | ǰasǰs  | Bear root  |
| 9  | smúkwaxh́  | Arrowleaf Balsamroot / Sunflower   |
| 10 | pícaʔ  | digging stick  |
| 11 | wícm̓  | dig roots  |
| 12 | nixʷtúlaʔxʷ  | underground  |
| 13 | sʕaxʷíp  | Roots  |
| 14 | h́way  | Ready  |
| 15 | cʔiʔstm̓   | peel roots   |
| 16 | Í syilx tm̓xʷúlaʔxʷ,<br>h́way ʔa čaʔákʷm̓ iʔ<br>síyaʔ. | In the Syilx country, they are ready to when the<br>saskatoon berry is blooming. |
| 17 | skəkʕákaʔ  | Bird   |
| 18 | sninaʔ   | Owl  |
| 19 | xʷʕatxʷt   | Duck   |
| 20 | ílíklk   | Hawk   |
| 21 | míqɲups  | Golden Eagle   |
| 22 | wswʕásxaʔ  | Robin  |
| 23 | maímqʷc̓h  | Swallow  |
| 24 | pq̓lq̓iñ   | Bald Eagle   |
| 25 | qʷʕásqiʔ   | Blue Jay   |
| 26 | čris   | King Fisher  |
| 27 | yutíx  | Raven  |
| 28 | kʷsixʷ   | Goose  |
| 29 | sʔitw̓h  | Sandhill Crane   |
| 30 | xʷnam̓xʷnm̓  | Hummingbird  |
| 31 | ʔaʔsiw̓t   | Loon   |



<https://qrco.de/MAYWODLIST>



The nsyilxcən department would like to offer  
 nsyilxcən / nqilx<sup>w</sup>cn support via a  
 Q & A / Tutor session via ZOOM with pqlqin,  
 Maynard McRae Jr., Language Manager

Purpose of the session:

Provide an opportunity to support our language learners with  
 language understanding, e.g. grammar function, recognizing  
 suffixes, any general questions about the language

Join our sessions

May 3, May 17, May 31

6:30 pm-7:30pm

Zoom Link

<https://ca01web.zoom.us/j/64252913550>

Meeting ID

64252913550

k<sup>w</sup>u

ksnqilx<sup>w</sup>cna?x

(lets speak the language)



# Community Events & Information

## First Nations Virtual Doctor of the Day

Your wellness. Your way. *Family doctors are on call to provide culturally-safe care, seven days a week.*



1. Call 1-855-344-3800 to book an appointment by video or phone.



2. See a doctor as soon as today!



First Nations Health Authority  
Health through wellness

Learn more at  
[FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

## Public health orders and restrictions: extended



Indoor dining at restaurants and pubs suspended



Essential travel only



All adult group fitness classes are suspended



Special PHO order for indoor religious services on hold



Work from home when possible



Only individual or one-on-one activities in gyms and fitness centres

COVID-19 IN BC



# FNHA INTERIOR REGION COVID -19 SUPPORTS

## AVAILABLE – May 1-31 , 2021

The list below includes contact information and available dates for various wellness providers to support community members. Please note the service providers on this list will direct bill the FNHA Interior Region. Community members accessing services will not be required to pay for services during these dates and times.

On calling practitioner, please indicate that you are calling accessing FNHA provided service and if you have long distance limitations the practitioner can call you back.

| Name                                    | Services   | Available Dates   | Contact  |
|---|--|---|--|
| Rod Tomma<br>Traditional Healer         | Traditional Healer support via telephone.  | May 1-14, weekdays<br>9am-4pm   | Home: 250-299-8551   |
| Katherine Haller<br>Traditional Healer  | Traditional Healer support via telephone.  | May 17-28, weekdays<br>9am -4pm   | Home: 250-394-4216   |
| Mary Louie<br>Traditional Healer        | Traditional Healer support Via telephone.  | Weekends through May<br>9am-4pm<br>May 1,2,8,9,15,16,22,23,29,30                                | Home: 250-499-0293   |
| Dylan Smeaton<br>Body Talk Practitioner | The Body Talk System is a complimentary healthcare modality that supports the internal processes necessary to retain clarity of perception and emotional management during uncertain and/or stressful environments | May 1 -31, 2021<br>Weekdays<br>Monday – Friday<br>9am-4pm<br><br>*Maximum 20 sessions available | Call Jennifer at 250-486-7687 to schedule an appointment with Dylan. |
| Laura Green                             | Long Distance reiki and healing touch, energy work, clearing stress.   | May 3- 31, 2021<br>Weekdays Monday - Friday<br>3pm-9pm daily                                    | Cell: 250-317-7810   |

### FNHA Traditional Wellness Support Resources:

The Interior Region Nations are rich with Knowledge Keepers to support your Traditional Wellness, should you be unable to connect with a Traditional Wellness resource please feel free to reach out to:

**FNHA Interior Region  
Mental Health & Wellness Manager:**  
Duanna Johnston-Virgo  
250-319-9657  
[Duanna.Johnston-Virgo@fnha.ca](mailto:Duanna.Johnston-Virgo@fnha.ca)

**FNHA Interior  
Regional Addictions Specialist**  
Debra Robbins  
778-694-4548  
[debra.robbins@fnha.ca](mailto:debra.robbins@fnha.ca)

NVIT is pleased to offer the following programs:  
**Indigenous Language Fluency  
 Certificate & Diploma**

**Zu?zu?stis he nq<sup>w</sup>incutnkt**  
 "Our language makes us strong" in Nte?kepmxcin

*These stories, this language, these ways, and this land are the only valuables we can give you - but life is in them for those who know how to ask and how to learn ... (Cajete, 1994)*



The **Indigenous Language Fluency Certificate and Diploma** program is designed to meet the community, First Nations and academic standards to ensure NVIT graduates are successful and effective language fluent speakers in their respective BC Indigenous communities. This foundational and innovative program is offered in the following languages:

- Nte?kepmxcin
- Nsyilxcen
- Nadut'en
- St'at'imcets

This program is designed to be delivered year-long through the Fall, Spring and Summer semesters. If you are interested in this exciting program, please contact **Student Services** at 1-877-682-3300.



Artist: Andrew Dixel

For more information please visit:  
[www.nvit.ca/programs/default.htm](http://www.nvit.ca/programs/default.htm)



WEBSITE: [nvit.ca](http://nvit.ca)  
 TOLL FREE: 1.877.682.3300



**IMMEDIATE  
 ENTRY  
 BURSARY**

Deadline for Application Packages  
 extended to **August 16, 2021.**

For more information contact:  
[info@nvit.ca](mailto:info@nvit.ca)  
 1-877-682-3300



# NWAC Support Services

If you need someone to talk to during these stressful times or to assist you in navigating your way to help, support is at the end of a phone line.

Monday - Friday, 9-noon and 1-4 EST

## Esther Ward, B.Ed

Esther specializes in Reiki Healing, Sexual Assault Crisis Intervention and Basic Emergency Management.

**Toll free: 833-652-1381**



## Isabelle Meawasige

Isabelle is a healer who offers spiritual counselling and is an expert in community mobilization.

**Toll free: 833-652-1382**



## Joanne Bartibogue

An expert in crisis intervention, Joanne practices both Western and Eastern forms of healing.

**Toll free: 833-652-1385**



## Bethany Tremblay

Beth is a social worker, intuitive spiritual healing activator, and trauma-informed life coach.

**Toll free: 833-652-1379**



# Virtual Wellbriety Support Group

Open Daily Zoom Meetings

**EVERYONE IS WELCOME TO ATTEND**

**Every Day, Monday to Friday**

**1:00 pm to 3:00 pm Pacific Daylight Time**

Join by clicking this link or copy and paste the link into a web browser <https://us02web.zoom.us/j/84428458473>

Dial in option: 1-778-907-2071

Meeting ID: 844 2845 8473

For more information contact:

Dave Manuel, TteS Wellness Counsellor  
250-372-5030 [dave.manuel@kib.ca](mailto:dave.manuel@kib.ca)

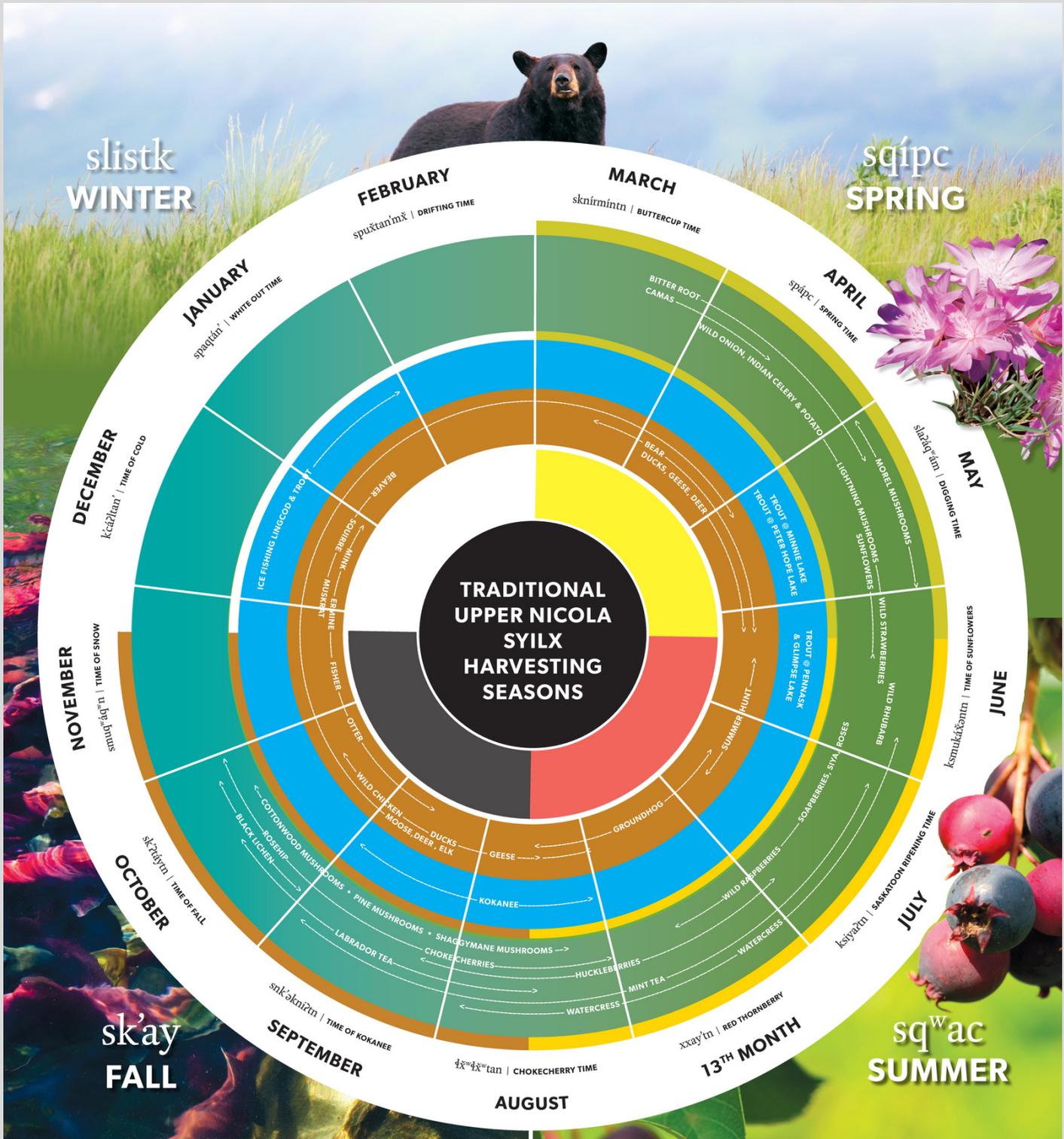
**Me7 knucwentwécw-kp (help one another)**

**Me7 yegwyúgw-t ell me7 yegwyúgw-t ke7 púsmen  
(Keep healthy and strong in body and mind)**



Native Women's  
Association of Canada

L'Association des  
femmes autochtones  
du Canada



slistk  
WINTER

sqipc  
SPRING

JANUARY  
spuqit'an | WHITE OUT TIME

FEBRUARY  
spuxtan'mx̣ | DRIFTING TIME

MARCH  
sknirmintn | BUTTERCUP TIME

APRIL  
spápc | SPRING TIME

MAY  
sláq'áan | DIGGING TIME

JUNE  
ksmukáxontn | TIME OF SUNFLOWERS

JULY  
kayápcn | SASKATOON RIPENING TIME

sq<sup>w</sup>ac  
SUMMER

DECEMBER  
k'ca?it'an' | TIME OF COLD

NOVEMBER  
samun'áq'n | TIME OF SNOW

OCTOBER  
sk'ápcn | TIME OF FALL

skáy  
FALL

SEPTEMBER  
snik'áknit'n | TIME OF KOKANEE

AUGUST  
táx'áx'tan | CHOKECHERRY TIME

13<sup>TH</sup> MONTH  
xxay'tn | RED THORNBERRY

TRADITIONAL  
UPPER NICOLA  
SYILX  
HARVESTING  
SEASONS

# Upper Nicola Band Traditional 13 Moon Harvesting Calendar



**MISSION STATEMENT** Upper Nicola is a proud, inclusive syilx community working together to promote sux<sup>w</sup>txtám, teach our captik<sup>w</sup>l and committed to building foundations through en'owkin'wix<sup>w</sup>.  
[WWW.UPPERNICOLA.COM](http://WWW.UPPERNICOLA.COM)

# YOU'RE INVITED TO COME AND JOIN US FOR A **YOUTH CONFERENCE**

For any age 13 and Older  
Done through ZOOM

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**Friday May 21, 2021**

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## Two guest speakers

**Eric Schweig** is a Canadian Actor (Stared in "The Last of the Mohican's", "Big Eden", "Blackstone", "The Missing")- His Topic will be on Addictions.

**Ashley Bendiksen** is an award-winning activist, dating violence prevention educator and top motivational speaker- Her topic will be on Teen Dating (Violence Prevention).

**Door Prizes (Gift Cards & PS5) are for registered youth participants only thanks to CONAYT FRIENDSHIP SOCIETY.**



*Sponsored by United Way Community Funds made possible  
by The Government of Canada  
and Created by Conayt Friendship Society*

Please contact Mark Coutlee to Register and for the ZOOM Link  
at 778-661-1003 or email at [yafs@conayt.com](mailto:yafs@conayt.com)



ReGeneration Youth Group

# VIRTUAL BIKE SAFETY EVENT



**SPEAKER: ROBIN HUMPHREY**

INDIGENOUS POLICING OFFICE AND  
COMMUNITY POLICING OFFICE



An informational discussion session of  
equipment, maintenance, and riding safety

**Registration Required**



ACTIVITY KITS AVAILABLE FOR THE **FIRST 24 YOUTHS** REGISTERED



**Date: May 27th 4:30pm**

**Zoom ID:  
240 364 5175**

contact Julia Munro  
email: [Munro.j@nlxfn.com](mailto:Munro.j@nlxfn.com)  
cell: 250-378-7631

**THIS IS A DRUG AND ALCOHOL FREE EVENT**

## **Administration Team**

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Bernice Garcia, Language Nest Elder  
Vonnet Hall, Language Nest Elder

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Tiffany Pop, Youth Transition Coordinator - tiffany.pop@scwexmx.com  
Hiliary Willis, Youth Wellness Coordinator - hiliary.willis@scwexmx.com



## 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



## Child Protection Concern After Hours? Please Call 1-800-663-9122



**Scw'exmx Child & Family Services Society**

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

**Address: 2975 Clapperton Avenue, Merritt BC V1K 1G2**

**Telephone: 250-378-2771**

**Fax: 250-378-2799**

**Toll-Free Number: 1-877-378-2773**

**Website: [www.scwexmx.com](http://www.scwexmx.com)**

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