
SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

May 2021

Community Newsletter



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s'píłmtn

(nsyilxcən translation for May)

yíqm tək mǎsɬetn

**(nłe?kepmxcin 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
Submit your cover letter and resume to 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

**#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

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.

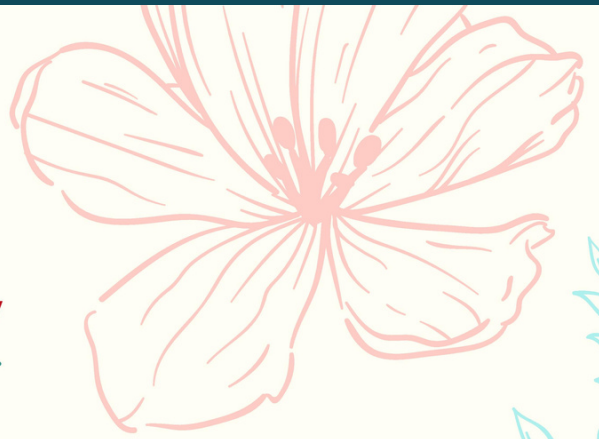
Due to COVID-19, we cannot gather or provide lunches. We do offer good conversation, laughs and some incredible crafting opportunities.

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

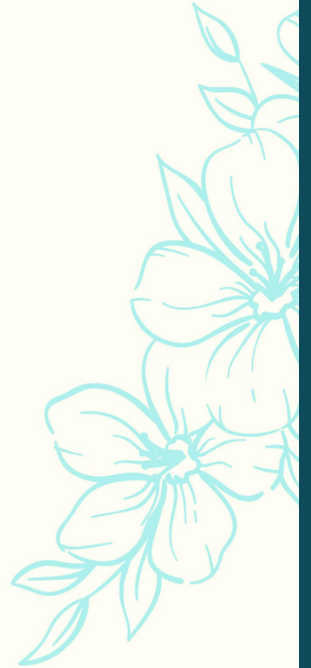
If you are interested or want further information on the Women's Group or Relationship Wellness Program please contact:
Allyson Sterling, Relationship Wellness Navigator
Phone: 250-378-2771 or Email: allyson.sterling@scwexmx.com



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



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		
First Name	Last Name	Phone Number
Email Address	Mailing Address	
INFORMATION		
What fields of work do you want to explore?		
What do you hope to see at the Job Fair?		
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.		
Participant Name	Participant Signature	Date Signed (dd-mmm-yyyy)
Once complete, submit your Virtual Job Fair Registration Form to heather.crozier@scwexmx.com		

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-base 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

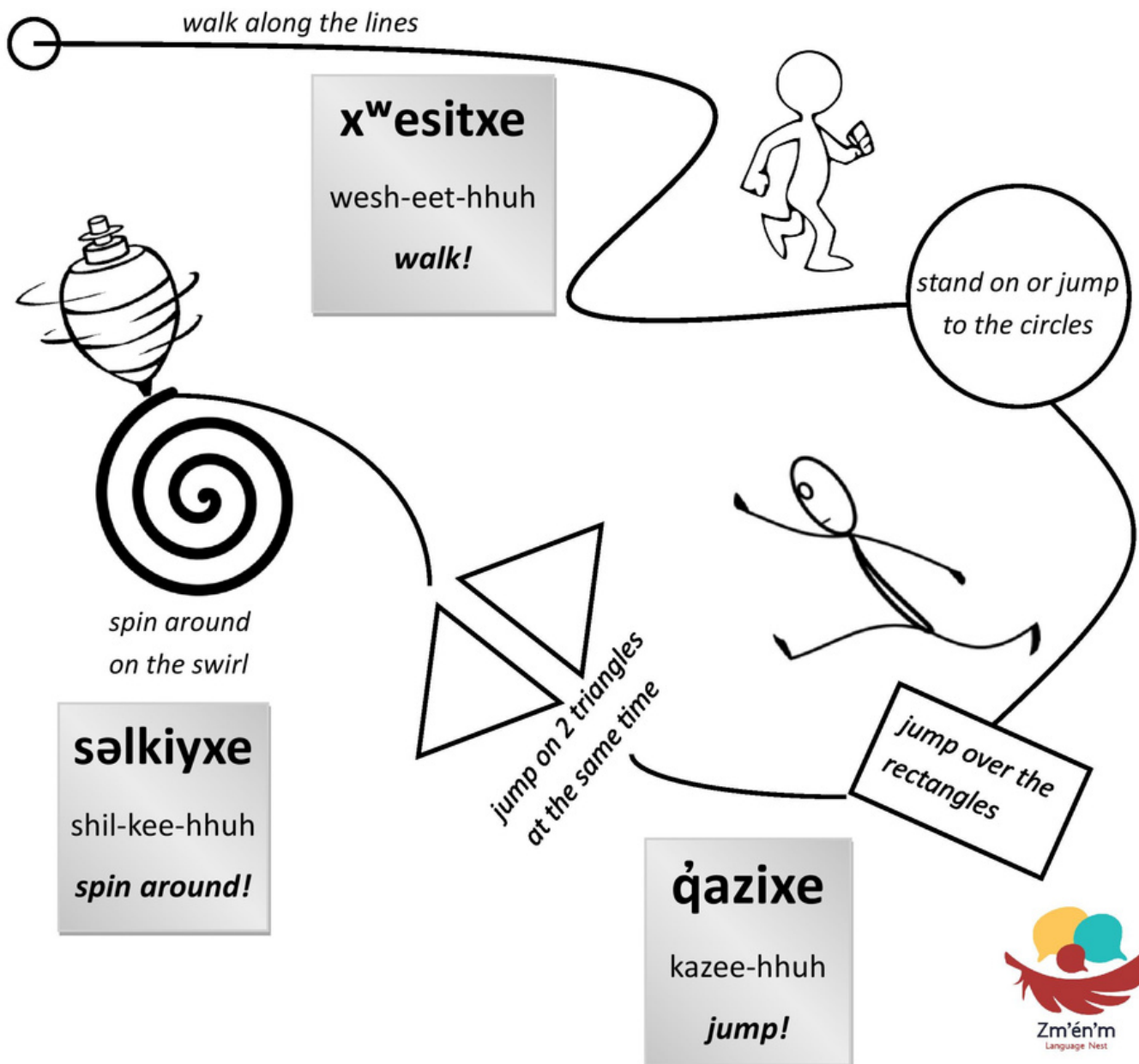
Sidewalk Chalk Obstacle Course

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 N̄e?kepmxcin commands as you/your child follows the course and does the actions





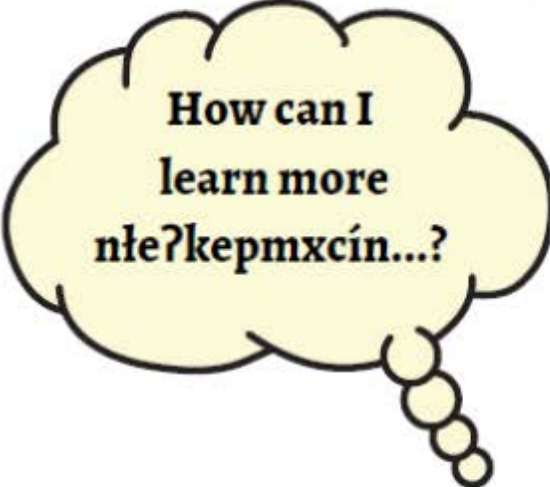
shp'áq'm

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

STAY UPDATED



Zoom Lessons
Phrase of the Day
Upcoming Events

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



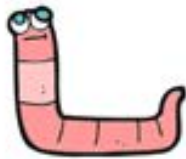
<https://soundcloud.com/user-799814567>

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

INSECT SCAVENGER HUNT



sməmí?x



earthworm

sʔeki?t



spider

məʔe



bumblebee

ʂálʂəl



cricket

ćénćəñ



grasshopper

sx^wúx^weʔe



ant

ʔećéyñ



wood-tick

məze



housefly

q^wóq^wéski?



mosquito

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

nte?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



Upper Nicola

ǰast łk ^w ək ^w ʒast	Good Morning
ǰast sǰłǰʒalt	Good Day
ǰast sn̄yak ^w qín	Good Afternoon
ǰast sk̄lax ^w	Good Evening
ǰast sn̄k ^w ək ^w ʒac	Good Night
nínwis łwikn̄tsn	See you later <i>(literal: I will see you later)</i>
nínwis łwikłmn	See you all later (more than 1) <i>(literal: I will see you all later)</i>
k ^w u k ^w uk ^w stx ^w	Thank you <i>(literal: You did a good deed for me/us)</i>
k ^w u k ^w uk ^w stp	Thank you (more than one) Thank you to you all <i>(literal: You all did a good deed for me/us)</i>
liml̄amt	Thank you
waȳ	Hello / Goodbye / Yes
incá isk ^w íst _____. or incá kn _____.	My name is _____. / I am _____.
ha łi? k ^w ǰast ?	How are you? / Are you well?
łi? kn ǰast	I am good.

* 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

slaʔlaq^wám “Digging Time” nsyilxcən Word of the Day list



Upper Nicola
Language Department

May

- | | | |
|----|--|--|
| 1 | sʔiłm̓ | Bitterroot |
| 2 | ʕayúʔ | chocolate tips |
| 3 | swíyaʔ | chocolate tip buds |
| 4 | sk ^w ńk ^w inm̓ | Indian potato / Spring beauty |
| 5 | słuk ^w m̓ | wild carrot |
| 6 | čx ^w lúsaʔ | White camas |
| 7 | ʔitx ^w aʔ | black camas |
| 8 | ǰasǰs | Bear root |
| 9 | smúk ^w aʔxń | Arrowleaf Balsamroot / Sunflower |
| 10 | pícaʔ | digging stick |
| 11 | wícm̓ | dig roots |
| 12 | nix ^w túlaʔx ^w | underground |
| 13 | sʕaǰ ^w íp | Roots |
| 14 | ńwaǰ | Ready |
| 15 | cʔiłstm̓ | peel roots |
| 16 | Í syilx tm̓x ^w úlaʔx ^w ,
ńwaǰ ʔa čaʔák ^w m̓ iʔ
síyaʔ. | In the Syilx country, they are ready to when the
saskatoon berry is blooming. |
| 17 | skəkʕákaʔ | Bird |
| 18 | sninaʔ | Owl |
| 19 | x ^w ʕatx ^w t | Duck |
| 20 | ílilk | Hawk |
| 21 | míqnuʔs | Golden Eagle |
| 22 | wswʕásxaʔ | Robin |
| 23 | mańq ^w čń | Swallow |
| 24 | pqłqıń | Bald Eagle |
| 25 | q ^w ʕásqiʔ | Blue Jay |
| 26 | čris | King Fisher |
| 27 | yutłx | Raven |
| 28 | k ^w six ^w | Goose |
| 29 | sʔitwń | Sandhill Crane |
| 30 | x ^w nańx ^w nm̓ | Hummingbird |
| 31 | ʔaʔsiwł | Loon |



<https://qrco.de/MAYWODLIST>



The nsyilxcən department would like to offer
nsyilxcən / nqilx^wcn 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^wu

ksnqilx^wcna?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 Traditional Healer	Traditional Healer support via telephone.	May 1-14, weekdays 9am-4pm	Home: 250-299-8551
Katherine Haller Traditional Healer	Traditional Healer support via telephone.	May 17-28, weekdays 9am -4pm	Home: 250-394-4216
Mary Louie Traditional Healer	Traditional Healer support Via telephone.	Weekends through May 9am-4pm May 1,2,8,9,15,16,22,23,29,30	Home: 250-499-0293
Dylan Smeaton 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 Weekdays Monday – Friday 9am-4pm *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 Weekdays Monday - Friday 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

**FNHA Interior
Regional Addictions Specialist**
Debra Robbins
778-694-4548
debra.robbsins@fnha.ca

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

Zu?zu?stis he nq^wincutnkt
 "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



WEBSITE: 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
 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

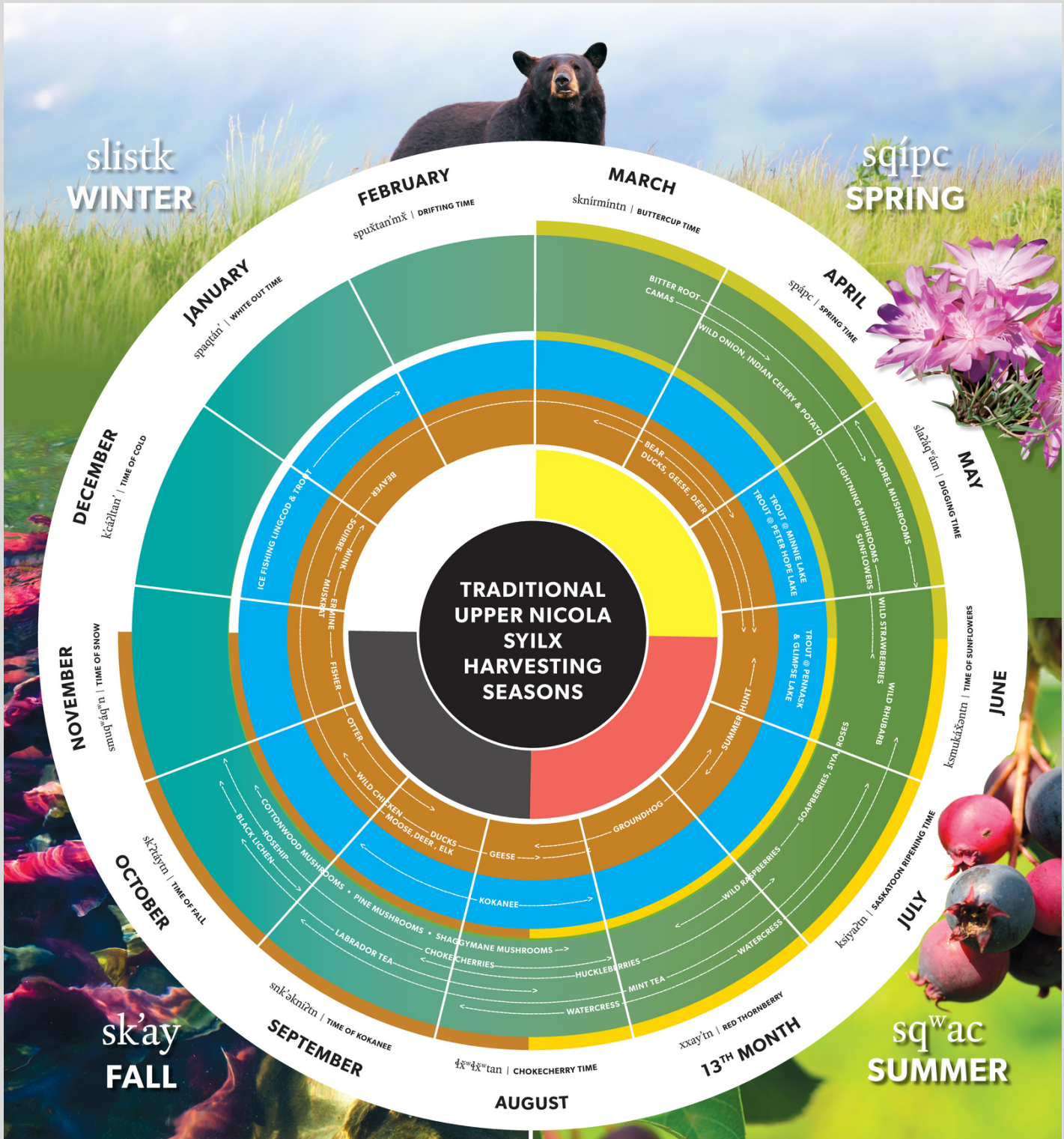
Me7 knucwentwécw-kp (help one another)

**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



Upper Nicola Band Traditional 13 Moon Harvesting Calendar



MISSION STATEMENT Upper Nicola is a proud, inclusive syilx community working together to promote sux^wtxtam, teach our captik¹ and committed to building foundations through enowkin^{wix}.
WWW.UPPERNICOLA.COM

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

For any age 13 and Older
Done through ZOOM

Friday May 21, 2021

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



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
cell: 250-378-7631

THIS IS A DRUG AND ALCOHOL FREE EVENT

Administration Team

Lisa Post, Executive Director - lisa.post@scwexmx.com
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Operations Team

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

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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

Facebook Page: facebook.com/scwexmxchildandfamily