

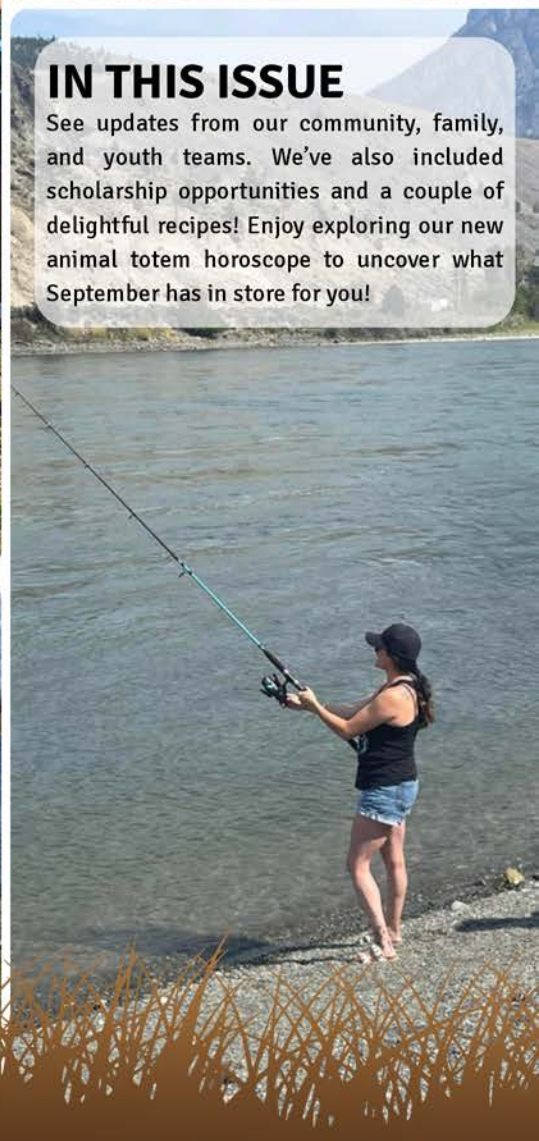


# September 2025 NEWSLETTER



## IN THIS ISSUE

See updates from our community, family, and youth teams. We've also included scholarship opportunities and a couple of delightful recipes! Enjoy exploring our new animal totem horoscope to uncover what September has in store for you!



## Mission

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



## Vision

Work collectively to exercise nte?k'epmx and syilx inherent rights as we empower children, young people and families.

## tekm míns | tá k'wúl'əm - Our Call to Action

We are at a critical moment in time. A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children.

For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come.

Through the wisdom of our ancestors, we have been taught the ways to care for one another. We must work toward a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy, not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization to bring traditional knowledge, guidance and practices of the nte?k'epmx and syilx people forward in collaboration and guidance of our communities.

It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve; and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nte?k'epmx and syilx ancestors have anticipated this change and passed on their wisdom as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children, young people, families and communities will remain together and rekindle their cultural ways of being.

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# SCFSS STRATEGIC DIRECTIONS

## CULTURE OF CARING

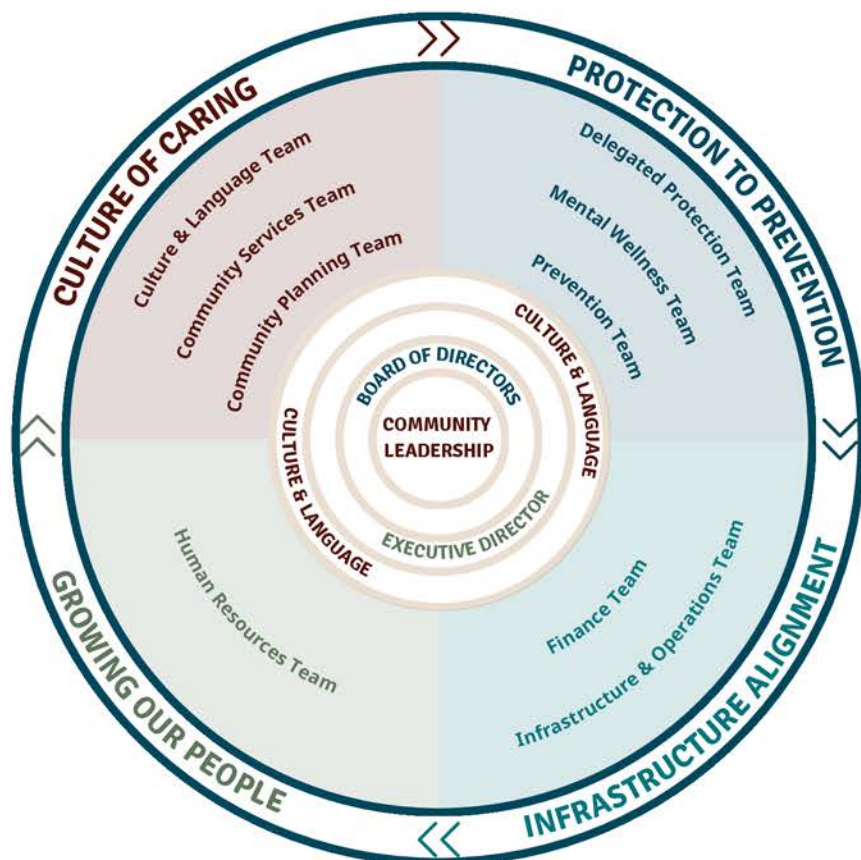
- Communicate with one voice
- Integrate language and traditional teachings into programs and services
- Grow caregiver networks in alignment with traditional and community values
- Incorporate learning from Elders and Knowledge Keepers
- Return rights and responsibilities to our people through the development and implementation of Governance and Laws

## PROTECTION TO PREVENTION

- Bring and keep our children home
- Align programs and services with our vision
- Shift our focus from fear to love
- Build community engagement and capacity
- Build trusting relationships

## GROWING OUR PEOPLE

- Engage community expertise to support our vision
- Retain those committed to our vision
- Adopt, embrace, and implement cultural practice frameworks
- Acknowledge Post-traumatic Growth (PTG)
- Build professional capacity



## INFRASTRUCTURE ALIGNMENT













- Realign budgets to shift from protection to prevention
- Improve Information Technology support in current and post COVID-19 environment
- Structure change management to achieve our collaborative vision
- Improve prompt management reporting
- Integrate programs and services to build community capacity



# September Vocabulary

This season, we gather the following items. Reach out to your knowledge keepers to learn about sustainable harvesting practices, how to pronounce these phrases, and the safe uses of these natural gifts. The phrases in red represent the **nłeʔképmxcin**, while those in turquoise are in **nsyilxcən**. Additionally, we have provided a QR code for you to listen to the accompanying audio file.

Connect with an Elder to share stories about gathering, and join us for our next "On The Land" event to reconnect with both nature and yourself.

		
Labrador Tea	ʔkecéʔ	sććris
		
Moose	syʔáxlxkn	paʔpaʔiʔáćaʔ
		
Deer	smíyc	sł'aʔcínm
		
Indian Celery (Seeds)	ćeweteʔ	ł'áqʔwaʔ

*"All plants are our brothers and sisters. They talk to us and if we listen, we can hear them."  
- Arapaho*

# CELESTIAL CIRCLE

*nle?képmx & Syilx September Horoscope by Animal Totem*



**Brown Bear**  
(Aug 22 – Sep 21)  
*Wise • Patient • Grounded*

You are the quiet watcher. September calls you to reflect and prepare. Like the bear gathering roots, you carry xəkpstes—lifelong learning and wisdom. Your calm presence helps others feel safe.



**Raven**  
(Sep 22 – Oct 22)  
*Clever • Transformative • Mysterious*

You are the messenger. September invites you to speak truth and stir curiosity. Like the raven, you carry nmimł q'winút—ancestral knowledge. Your words are medicine.



**Snake**  
(Oct 23 – Nov 22)  
*Healing • Intense • Transformative*

You are the healer. September is a time to shed and renew. Honour your cycles and trust your transformation. You carry teachings of discipline and accountability.



**Owl**  
(Nov 23 – Dec 21)  
*Observant • Wise • Nocturnal*

You are the dreamer. September is your season of insight. Like the owl, you embody xəkpstes—wisdom through reflection and storytelling. Your dreams guide the way.



**Goose**  
(Dec 22 – Jan 19)  
*Loyal • Organized • Determined*

You are the leader in motion. September invites you to organize and uplift. Like the goose, you live x'wəstx'w—giving lovingly to nk'seytkn and community. Your direction inspires.



**Otter**  
(Jan 20 – Feb 18)  
*Playful • Inventive • Curious*

You are the joyful learner. September asks you to balance play with purpose. Like the otter, you carry ptinusm—reflecting and relearning. Your curiosity brings light.



**Wolf**  
(Feb 19 – Mar 20)  
*Loyal • Emotional • Intuitive*

You are the heart of the pack. September is a time to strengthen bonds. Like the wolf, you live tek m snuk'we?—knowing we are all connected. Your care is sacred.



**Falcon**  
(Mar 21 – Apr 19)  
*Bold • Visionary • Leader*

You are the visionary. September calls you to lead with clarity. Like the falcon, you embody cunwns—succeeding in endeavours. Your courage lifts others.



**Beaver**  
(Apr 20 – May 20)  
*Builder • Practical • Loyal*

You are the builder. September is your time to fortify and create. Like the beaver, you live x'wəstx'w—giving lovingly to nk'seytkn. Your work holds generations.



**Deer**  
(May 21 – Jun 20)  
*Graceful • Alert • Intelligent*

You are the graceful guide. September invites you to move with awareness. Like the deer, you carry ce?c'éx'w'sc—joy in people and land. Your presence brings peace.



**Woodpecker**  
(Jun 21 – Jul 21)  
*Protective • Empathetic • Devoted*

You are the nurturer. September asks you to listen deeply. Like the woodpecker, you live tek m snuk'we?—connection to all living things. Your care is healing.



**Salmon**  
(Jul 22 – Aug 21)  
*Driven • Passionate • Resilient*

You are the soul of the harvest. September is your time to return and renew. Like the salmon, you carry resilience and purpose. Your journey nourishes others.

*This has been developed for entertainment purposes only. The lessons incorporated are based on nle?képmx & Syilx values.*





## CULTURE & LANGUAGE TEAM UPDATES - AUGUST

### RIGHTS OF PASSAGE CULTURE CAMP | AUGUST 19-22, 2025

The Rights of Passage Culture Camp was a sacred and transformative gathering for male youth ages 10-14, designed to guide them through the journey of coming of age. Rooted in ancestral knowledge and Indigenous teachings, the camp offered four days of immersive experiences in nature—where healing, growth, and cultural connection unfolded through land-based learning.

Set in a serene natural environment, the camp invited youth to explore traditional skills and spiritual teachings. From fishing and net-making to harvesting plant medicine and crafting juniper baths, each activity served as a doorway to deeper understanding. Youth learned how to set up a tipi, played traditional games like Stix, and listened to stories passed down through generations—each moment rich with meaning and connection.

The teachings were woven through the lens of the Four Food Chiefs, the Medicine Wheel, and nature's laws, offering guidance on identity,

responsibility, and the sacred relationship between land, water, and spirit. Cold plunges, hikes, and quiet moments by the lake helped youth reconnect with themselves and the world around them.

Supported by Elders, facilitators, and cultural staff, the camp created space for laughter, reflection, and ceremony. It was a place where stories were shared, skills were passed down, and youth emerged with a stronger sense of who they are and where they come from.

As one youth shared, "It's important to give people time—not to rush them, but to let them arrive in their own way."

An Elder reminded the group, "Water is life."

This camp was more than an event—it was a homecoming to culture, community, and the inherent rights of being, belonging, and becoming.



Paula Moyes, Traditional Counsellor

**rites of passage training**  
THIS CERTIFIES THAT  
**OUR YOUNG INDIGENOUS WARRIORS**

Have completed the 2024/2025 Rites of Passage Training. We celebrate you as you take these important cultural steps towards adulthood.

<hr style="width: 50%; margin: 0 auto;"/> <p><b>BARBARA HUSTON</b> Scw'exmx Child &amp; Family Cultural Coordinator</p>		<hr style="width: 50%; margin: 0 auto;"/> <p><b>CORRINA MANUEL</b> Scw'exmx Child &amp; Family Culture &amp; Language Manager</p>
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"When you are inspired to be and do your best, you find everything is right in your world. Your influence is operating as its highest level and it is the time to influence others in gratitude."  
-Tony Ten Fingers Wanbli Nata'u Oglala Lakota





## CULTURE & LANGUAGE - MEDICINE TEACHINGS

### BENEFITS OF LABRADOR TEA, HOW TO MAKE, HEALTH BENEFITS

#### TRADITIONAL USES:

Labrador tea is a plant that has been used for various traditional purposes by different indigenous groups. The plant has been used by the nle?képmx, syilx, WSÁNEĆ, and secwépemc peoples, among others. The traditional uses of Labrador tea are diverse and include treating colds, flu, lung ailments, as a decongestant, energy, pain relief, and for a general uplifting feeling.

Labrador tea has been used for treating weak blood, colds, tuberculosis, arthritis, dizziness, stomach problems, and heartburn. It is also used as a spice for meat. The plant has been historically used for preventing thirst and lethargy by chewing and swallowing its leaves while on long trips. Additionally, Labrador tea has been used for smudging, cleansing, and purifying homes, hunting, and fishing gear, and as a protective shield for hunters.

#### PREPARATION, DOSAGE, SAFETY, TOXICITY OF LABRADOR TEA:

Labrador tea is a popular herbal tea, but it's important to prepare it correctly to avoid any harmful effects. It's best to steep the tea instead of making a decoction, as a strong brew can release harmful compounds that may cause problems.

To prepare, some sources suggest using no more than 2-5 leaves, while others recommend using a crushed teaspoon or tablespoon. We recommend using a crushed tablespoon and steeping for no more than five minutes.

íkecé? | ǰwǎǰwǎmiþ | Labrador Tea



*Shannon Boyce, Culture Coordinator*





# COMMUNITY TEAM UPDATES - AUGUST

## NICOLA CANOE PULL: STRENGTHENING COMMUNITY THROUGH CULTURE AND CONNECTION

The Nicola Canoe Pull is an annual event held in Merritt, British Columbia, that brings together Indigenous youth, the RCMP, and various community organizations to strengthen relationships and celebrate cultural traditions. Participants paddle together in canoes, fostering teamwork, leadership, and a deep connection to the land and water. The event also features cultural teachings and guidance from local Elders, ensuring that traditional protocols and knowledge are respected throughout the experience.

Community Prevention Workers—Jalissa Weymouth, Harmony Williams, and Satara Twan—played a key role in supporting this year’s Canoe Pull, which took place in August. Originally scheduled for July, the event was postponed due to an algae bloom. Despite the delay, the rescheduled gathering was both successful and enjoyable.

Approximately 20 youth took part in the canoe journey across the lake, embracing the spirit of connection, culture, and adventure. The Prevention Workers collaborated closely with LNIB’s Culture Department and were actively involved in the planning process. They attended several coordination meetings alongside Indigenous Policing, local organizations, and Teck Highland Valley Copper Mine.

SCFSS’ Prevention Workers contributed far beyond logistics—they helped prepare meals and provided hands-on support throughout the event. The strong collaboration among all members of the planning committee ensured the event ran smoothly and was a meaningful experience for everyone involved.



*Satara Twan,  
Community Prevention Worker*



# COMMUNITY TEAM UPDATES - AUGUST

## LNIB WOMEN'S GROUP - HUCKLEBERRY PICKING | AUGUST 13, 2025

Community Prevention Worker Satara Twan supported the LNIB Women's Group by providing transportation for a joyful day of huckleberry picking. The event brought together over 25 participants and was a beautiful collaboration between the LNIB Culture Team, Land Guardians, Family Support Worker, and other community members.

While the berries may not have been the size of golf balls, they were undeniably delicious—and everyone left with a small harvest, whether tucked into their buckets or enjoyed fresh on the spot. The day was filled with laughter, connection, and the sweet taste of tradition. Harvesting Area: Thynne Mountain



Satara Twan,  
Community Prevention Worker

## Jalissa's Huckleberry Cheesecake! See her recipe on the next page!



Jalissa Weymouth,  
Community Prevention Worker



# RECIPE: No Bake Cheesecake with Huckleberry topping


**PREPARATION TIME:**

20-30 minutes

**COOKING TIME:**

Cooling time: 2 hrs to overnight

**SERVINGS:**

16 small, 10 big

**INGREDIENTS:**

Crust: 2 cups graham crackers

1/4 cup brown sugar

1/2 cup melted butter or coconut oil

Cheesecake: 16 oz cream cheese (2 blocks)

3/4 cup sugar

1 cup sour cream

1 tbsp lemon juice

2 tsp Vanilla extract

1 1/2 cups heavy cream or 1 tub Cool whip

2 tbsp icing sugar (or sugar)

Huckleberry Topping: 2 cups huckleberries

1 cup sugar, 1 cup water

1 tbsp lemon juice

2 tbsp corn starch, 1 tbsp water

1 tbsp butter

**DIRECTIONS:**

Mix graham cracker crumbs, brown sugar and melted butter (or coconut oil) until combined

Press crust mixture firmly into a 9x13 cake pan, or 9-10 inch springform pan and put in fridge to cool

Whip heavy cream and icing sugar (or sugar) until stiff peaks form (or use Cool Whip) and set aside

In a separate bowl beat cream cheese, and sugar until smooth

Add sour cream, lemon juice and vanilla to cream cheese mixture until fluffy and combined

Fold in whipped cream (or cool whip) folding keeps the mixture fluffy

Spread filling evenly over chilled crust and put in fridge

In a pot, combine huckleberries, sugar, water &amp; lemon juice, bring to a boil; decrease heat to medium

In a bowl, mix corn starch and water and add to berry mixture; stir in butter to berry mixture

Chill berry sauce completely and spread evenly on top of cheesecake; put in fridge for at least 2 hrs

**NOTES:**

If 2 tbsp of corn starch and 1 tbsp of water do not thicken the sauce enough, repeat adding the same amounts until you get the thickness you like


 Jalissa Weymouth,  
 Community Prevention Worker

# RECIPE:

I am hungry, fry some bannock (téyt kn nkíxm xe tek skwyem tek seplil)

**PREPARATION TIME:**

15 minutes (indian time)

**COOKING TIME:**

25 min (unless your busy visiting)

**SERVINGS:**

8-10 peices

**INGREDIENTS:**

3 cups flour- Robin Hood All Purpose

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2tbs baking powder- not SODA, my cousin  
made it with soda once, the families still  
recovering, so is his reputation on the rez.

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1tbs- Salt - always measure with your heart

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1 1/2 cup warm water (not too hot, not too cold)

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Oil for frying- Canola, no No Name brand stuff  
either, aunty knows.

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**DIRECTIONS:**

Step Péye?- Mix your flour, baking powder and salt in a big bowl. Give it a good stir.

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Step Séye- Pour in the warm water slowly. Mix it with your hand. Yes, your hand. This is bannock not surgery my girl. If it's too sticky, toss in more flour. If it's too dry, add a splash of water, like you're in a sweat. Bannock doesnt follow rules- like your one cousin who shows up late, but still eats first.

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Knead your dough real good, don't over do it either or you'll make some good hockey pucks.

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Step ke?lés- Heat your oil in a pan. Medium heat. Not full blast, were making bannock not fireworks.

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Step Mús- Grab a hunk of dough, about the size of your knuckle, flatten it out like your squishin a mosquito. Gently lay it into the oil.

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Step Cíykst- Fry until golden brown on one side, the flip it. Don't flip it too early. Good bannock takes time, like waiting for your uncle to finish a story that has no ending.

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**NOTES:**

Step stáqmekst- I ran out of room- Take it out and let it rest and holaay, you've got bannock!

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Serve with huckleberry jam, butter, or pair it with some hamburger soup. If it comes out lumpy, burnt or turtle shaped dont worry, your ancestors blessed it with character, just like you my girl. Enjoy <3

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*Harmony Williams,  
Community Prevention Worker*



# JURISDICTION JOURNEYS



This newsletter section is focused on news of legislative changes regarding Indigenous Child and Family Services and showcases of Indigenous Legal Traditions/work on upholding Inherent Jurisdiction.

"Jurisdiction is not something that you sign, it is something that you do. You don't have to wait to sign something to exercise jurisdiction in some of the most important ways for children" - Cindy Blackstock

**This month's focus is a spotlight on :**

## National Children's Chiefs Commission

As informed by the report/resources at [ourchildrenourway.ca](http://ourchildrenourway.ca) and [nationalchildrenschiefscommission.org](http://nationalchildrenschiefscommission.org)

### WHAT IS THE NATIONAL CHILDREN'S CHIEFS COMMISSION?

The National Children's Chiefs Commission (NCCC) is a group established by First Nations leaders in December 2024 to oversee negotiations related to the reform of the First Nations Child and Family Services Program and Jordan's Principle. The goal is to end the discrimination embedded in Canada's funding, policies, procedures, governance and accountability measures, and stop discrimination from ever happening again. The National Children's Chiefs Commission is composed of chiefs (elected & hereditary) and knowledge keepers from regions across Canada, along with a team of negotiators, legal and technical supports.

### WHERE DID THE COMMISSION COME FROM?



#### 2016 Canadian Human Rights Tribunal (CHRT) confirmed Canada's discrimination

- Found Canada was aware of, yet failed to address the services gaps, denials, and adverse impacts in their implementation of the First Nations Child and Family Services Program
- Tribunal made immediate orders directing Canada to end discrimination and undergo long-term reform to stop it from happening again



#### Dec 2021 Agreement in Principle on Long-Term Reform

- An Agreement in Principle on Long-Term Reform was put into place Dec 2021 to help guide immediate steps to reform while a final agreement was being developed



#### Oct 2024 - First Nations in Assembly Rejected Draft Final Settlement Agreement

- At the Assembly of First Nations (AFN) Special Chiefs Assembly, the majority of Chiefs voted against the Draft Final Settlement Agreement
- Some of the reasoning includes belief that the agreement would not genuinely end systemic discrimination, unstable funding mechanisms, no recognition of off-reserve families, and overly bureaucratic structures and policies.



#### Dec 2024 - Assembly of First Nations Passes Resolutions to Establish the National Children's Chiefs Commission

- Resolutions 60/2024 and 61/2024 direct the Assembly of First Nations (AFN) Executive Committee to establish the National Children's Chiefs Commission
- Representation appointed by every region (including regions not represented by the AFN) that will work transparently to provide direction and oversight to Long Term Reform negotiations



# JURISDICTION JOURNEYS



## WHAT HAS THE NATIONAL CHIEFS COMMISSION DONE?

### 1. Established the National Children’s Chiefs Commission (NCCC)

- Established the members of the commission including: representation from eleven (11) regions, negotiating team, legal counsel, secretariat support and technical support
- Developed workplan and budget that AFN submitted to Canada. Funding not yet secured, but have started taken donations to help continue this work

### 2. Working to Bring Canada back to Negotiations

- Eight (8) letters have been sent to Canada with minimal response
- In January 2025, the First Nations Child and Family Caring Society filed a motion with the Canadian Human Rights Tribunal seeking orders for Canada to return to the negotiation table

### 3. Developed Negotiation Positions Aligned with Direction from First Nations

- Commission identified ten (10) issues which must be addressed in a new agreement (informed by research evidence and comments from Rights Holders)
- Some of these issues include funding commitments that address distinct First Nations needs, Indigenous Services Canada Departmental reform, and accountability to community



On August 20, 2025, the Canadian Human Rights Tribunal (Tribunal) issued 2025 CHRT 80, ordering Canada, along with the AFN and Caring Society (with the NCCC) to develop a national plan to end systemic discrimination by Dec 20<sup>th</sup>, 2025.

*"We do this work from our hearts. None of our Commissioners, technical team or legal team are getting paid. We will continue to push forward and to advocate for a plan that will meet our children's needs. This is the only way forward."* - Chief Pauline Frost, Chair of the Commission

### Share Your Input!

The ten identified negotiation positions are only a starting point. They are wanting to hear more from rights holders (nation members). You can share your thoughts by contacting them:

- on the feedback section on their website <https://www.nationalchildrenschiefscommission.org/>
- by emailing [NCCC@OurChildrenOurWay.ca](mailto:NCCC@OurChildrenOurWay.ca)
- by connecting with your regional commissioner

## WHERE CAN YOU LEARN MORE?

Learn more about the commissioners, negotiators, and areas of research

<https://www.nationalchildrenschiefscommission.org/>

SCAN ME



Read the Commission's Progress Report

<https://ourchildrenourway.ca/wp-content/uploads/2025/08/National-Childrens-Chiefs-Commission-progress-report-2.pdf>

SCAN ME



Watch the Aug 2025 Webinar

<https://www.youtube.com/watch?v=jlyeMtcvm1g>

SCAN ME



*The information in this article has been compiled based on the information shared in the resources above*





The Claims Period for the Removed Child Class and their eligible Caregiving Parents or Caregiving Grandparents opened on March 10, 2025. You may be eligible for compensation under this Settlement if: **[1]** You are a First Nations individual who was removed from your home on-reserve between April 1991 and March 2022, and placed into care funded by Canada or **[2]** you were the Parent/Grandparent that exercised parental responsibilities over the Removed Child.

## How to Get Ready

Are You?



**Former child-in-care** removed from your home on reserve (Removed Child Class)

**The Caregiving Parent** of a child that was placed into care (Family Class)

**A Representative** filing on behalf of 1) a "Person Under Disability" or 2) Deceased Class Member

### You will need:

- Valid government-issued identification
- Mailing address
- Bank account in your name for deposit

### You will need:

- Valid government-issued identification
- Mailing address
- Bank account in your name for deposit
- Month/Year and Location of Child's Removal
- May Need Documentation proving relationship to child* (Such as: Long-form Birth Certificate or Marriage Certificate)

### You will need:

- For Person Under Disability, Documentation appointing "Personal Representative":*
  - Signed Power of Attorney or protection mandate OR
  - government appointment order (including Public Guardian Trustee)
- For a deceased class member:*
  - Grant of Authority** document naming estate executor (will, grant of probate, etc.) or **Heir** as defined in the Settlement Agreement
- For deceased class members, will need **death certificate, burial certificate or funeral director's statement of death**

**Ready to Apply?** The claims process opened March 10<sup>th</sup>. Adults will have three (3) years (until March 2028) to apply. Minors in BC can submit a Claim Form starting at age 17 until their 22<sup>nd</sup> birthday. Compensation will not be issued until after claimant reaches the age of Majority. Applications, guides, and videos that explain how to go through the application step-by-step can be found at <https://fnchildclaims.ca/claims/forms/>

**Need Free Support?** Contact the administrator for any questions, legal advice, or to connect with *Claims Helpers* for free one-on-one help with the application over phone or online **call toll-free at 1-833-852-0755 (5am-5pm Mon-Fri)**, visit [www.FNChildClaims.ca](http://www.FNChildClaims.ca). Please reach out to SCFSS (250-378-2771) if you are a community member and have additional questions or need advocacy support.

Free mental health and wellness support is available at [HopeForWellness.ca](http://HopeForWellness.ca)

### Have more Questions?

check out the FAQs at <https://fnchildclaims.ca/help-resources/faq/>

SCAN FOR MORE  
INFO ON THE CLAIM  
& SUPPORTS





# WOMEN'S GROUP UPDATES - AUGUST

## WOMEN'S GROUP PAINT NIGHT | AUGUST 18, 2025

The Women's Group Paint Night was a relaxed and joyful evening where women gathered to explore their creativity under the gentle guidance of artist Linda Suzuki. With brushes in hand and laughter in the air, participants created beautiful, personalized pieces of art while enjoying each other's company in a welcoming and supportive space.

Beyond the canvas, the evening reflected the deeper purpose of the Women's Group: to uplift, empower, and connect. These gatherings offer far more than just activities—they create a circle of strength where women can grow individually and as a collective. In this space, women support one another, share stories, and build lasting relationships rooted in trust and care.

### Some of the many benefits of participating in the Women's Group include:

**Empowerment:** Building confidence and recognizing personal strengths.

**Connection:** Forming meaningful bonds with others who understand and uplift you.

**Stress Relief:** Finding a safe space to unwind and recharge.

**Personal Growth:** Gaining new skills, perspectives, and tools for navigating life's challenges.

Stepping out of your comfort zone—whether through painting, sharing, or simply showing up—can lead to powerful transformation. It's about trying new things, embracing vulnerability, and discovering strength in community.

Attendance: 14 participants



Ali Antoine, Family Wellness Navigator





## MEN'S GROUP UPDATES - AUGUST

The Men's Group hosted two engagement dinners in August—one in Coldwater on August 7th and another in Lower Nicola on August 14th. The Coldwater dinner, held at the Health Center, welcomed 14 relations for an evening of connection and conversation. As part of the engagement, participants completed a poll to enter a draw for a dipnet—congratulations to the lucky winner! The Lower Nicola dinner, hosted at Shackan Band Hall, brought together 15 relations and featured another dipnet giveaway, adding excitement and appreciation to the gathering.

Heartfelt thanks go out to those who made these events possible: May George for opening the Coldwater Health Center, Joe Shuter for securing the Shackan Band Hall, and Scw'exmx Health Services Society, Citxw Nlaka'pamux Assembly (CNA), and Nlaka'pamux Health Services for generously donating door prizes. Your contributions helped create welcoming spaces for men to gather, share, and grow.

On August 16th, in collaboration with CNA, the Men's Group hosted a powerful cultural wellness event at Surrey Sussex Lake, bringing together 25 relations for a day of learning, ceremony, and connection. Both the Sweat Lodge and the PAL (Possession and Acquisition License) Course were filled to capacity, reflecting strong interest in spiritual healing and practical skills. Deep gratitude is extended to CNA's Cultural Engagement Coordinators and Caretaker for building the sweat lodge in a good way, honoring tradition and spirit; CNA's Catering Team for preparing nourishing meals; CNA's Communications Team for capturing candid moments and creating an inviting atmosphere; David and Loretta Daniels for guiding the sweat lodge ceremony and sharing the spiritual teachings of the Medicine Wheel; and Ted Tom for leading the gun safety training ahead of the fall harvesting season.

This event was a beautiful reminder of how cultural teachings, ceremony, and community support can strengthen our men—spiritually, emotionally, and practically.

Looking ahead, the Men's Group is planning more collaborative events for late September and October. We hope to see you there—bring a friend, uncle, brother, father, or grandpa. These gatherings are about building strength, connection, and wellness together. There are exciting plans in the works, and we don't want you to miss out. As always, stay safe, my friends and relations.

kwukwscemxw | limlɛmt | Thank you

### We're also running a contest!

If Men's Group events have helped your wellness, mindset, or relationships, we'd love to hear from you. We're collecting short testimonials—and as a thank you, you'll be entered to win one of four \$250 prepaid Visa cards. Topics may include how the Men's Group has supported your mental clarity, emotional strength, or real connection. Your voice matters. Help others take the first step by sharing your story!



Jason Ermineskin, Men's Group Coordinator



# Men's Group



## ENGAGEMENT DINNERS

The Coyote Brotherhood warmly invites you to participate in engagement dinners across our communities. These gatherings aim to foster meaningful discussions about what men's wellness entails and how the Men's Group can support the development of wellness activities.

Join us for dinner, where you'll have the chance to win an incredible door prize centered around cultural food harvesting practices, among other exciting offerings.

Date	Community	Location (tentative)	Time
Sept 18, 2025	Urban	NVIT - Cafeteria	5-8 PM

We would love to see you out at our upcoming engagement dinners. If you can not make it but would like to give your suggestions please scan the QR code to complete the Men's Group Engagement Poll.

(Dinner participants have a chance to win a 4' dip net)



Questions? Call (250) 378-2771 Ask for Men's Group Coordinator





# YOUTH TEAM UPDATES - AUGUST

## YOUTH TEAM ADVENTURES - AUGUST 2025

August was a vibrant and adventure-filled month for the youth team, packed with meaningful experiences and unforgettable memories. Each outing offered opportunities for growth, connection, and joy. Here are some of the highlights.

### Bridal Falls Waterslides

Fifteen youth spent a fun-filled day splashing through the waterslides, forging new friendships and reconnecting with old ones. Laughter echoed through the park, and smiles were everywhere. It was a day of pure joy and connection.

### River Rafting at Kumsheen

Seven youth embarked on a thrilling rafting adventure, spending the entire day on the water while learning about the surrounding land. It was a powerful experience of courage and camaraderie—youth supported one another in facing fears, with screams of both terror and excitement echoing down the river. Every participant expressed a desire to return next year!

### Canoe Pull Participation

A few youth joined the Nicola Canoe Pull, immersing themselves in a full day of cultural connection and community engagement. It was a beautiful moment of learning, belonging, and pride in tradition.

Throughout the summer, the youth team has been dedicated to building strong, positive relationships and creating spaces where young people can grow in confidence, resilience, and self-belief. Watching youth support one another and step into their strengths has been truly heartwarming.

Some of the key benefits of participating in youth programming include:

- **Facing fears and discovering inner strength**
- **Building real connections and friendships**
- **Learning new skills and gaining confidence**
- **Experiencing the land and embracing new adventures**

When surrounded by positive people who uplift and encourage you, facing fears becomes less daunting. Sometimes, it's in those moments of challenge that we discover how powerful we truly are.

"That was terrifying, but I'm glad I did it!"

"Can we stay longer?"



Candice Dolman,  
Youth Transition Coordinator





## EMPLOYMENT OPPORTUNITIES

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

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

# Current Postings

- **No current listings**

\*Check our website regularly, we will post there first!

## APPLY NOW

See our full postings and apply on our website at

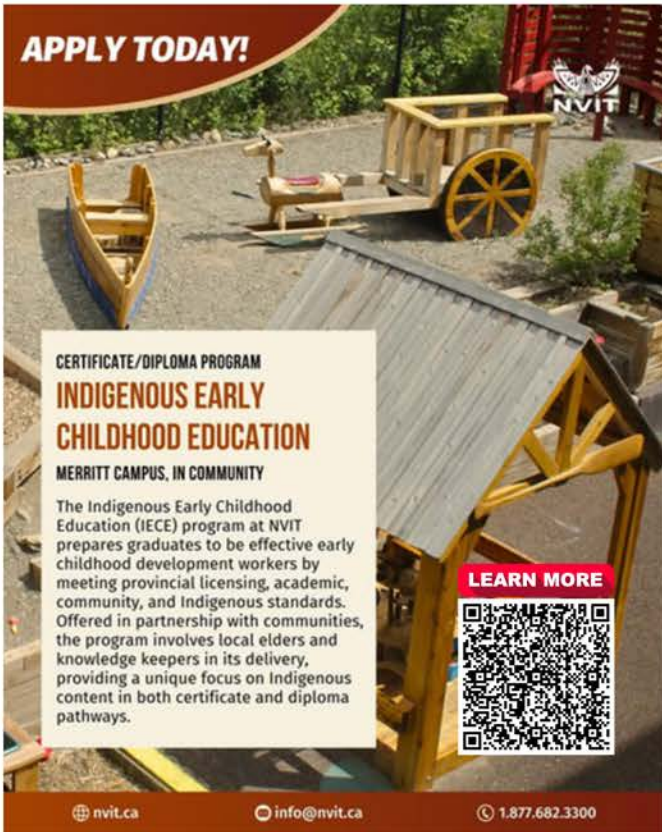
[www.scwexmx.com](http://www.scwexmx.com)

Submit your cover letter and resume to: [jobs@scwexmx.com](mailto:jobs@scwexmx.com)



# LOCAL TRAINING OPPORTUNITIES


**APPLY TODAY!**



**CERTIFICATE/DIPLOMA PROGRAM**  
**INDIGENOUS EARLY CHILDHOOD EDUCATION**  
**MERRITT CAMPUS, IN COMMUNITY**

The Indigenous Early Childhood Education (IECE) program at NVIT prepares graduates to be effective early childhood development workers by meeting provincial licensing, academic, community, and Indigenous standards. Offered in partnership with communities, the program involves local elders and knowledge keepers in its delivery, providing a unique focus on Indigenous content in both certificate and diploma pathways.

**LEARN MORE**



[nvit.ca](http://nvit.ca) | [info@nvit.ca](mailto:info@nvit.ca) | 1.877.682.3300

**APPLY TODAY!**



**CERTIFICATE PROGRAM**  
**TRANSFORMATIVE EDUCATION PATHWAY**  
**MERRITT CAMPUS**

The Transformative Education Pathway Certificate is designed to prepare learners—particularly Indigenous learners—for entry into the Bachelor of Education program, offered through a collaborative partnership between UBC and NVIT. The certificate provides foundational and prerequisite coursework grounded in Indigenous perspectives, relational learning, and culturally responsive practice. It also aligns with provincial standards for teacher education, ensuring that learners are well-prepared to transition into a B.Ed. program.

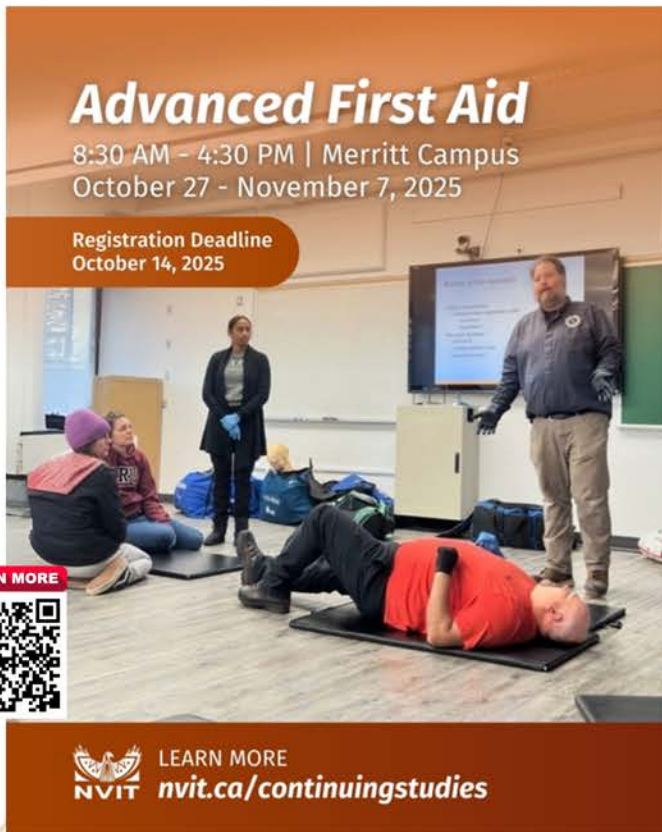
**LEARN MORE**




[nvit.ca](http://nvit.ca) | [info@nvit.ca](mailto:info@nvit.ca) | 1.877.682.3300

**Advanced First Aid**  
 8:30 AM - 4:30 PM | Merritt Campus  
 October 27 - November 7, 2025

**Registration Deadline**  
 October 14, 2025



**LEARN MORE**



**LEARN MORE**  
[nvit.ca/continuingstudies](http://nvit.ca/continuingstudies)

**CONTINUING STUDIES COURSES**  
 August - December 2025

**Basic First Aid**  
 8:30 AM - 4:30 PM | Merritt Campus  
 Friday, September 19, 2025  
 Wednesday, October 15, 2025  
 Friday, November 14, 2025  
 Friday, December 12, 2025

**FOODSAFE Level 1**  
 9:00 AM - 5:00 PM | Merritt Campus  
 Tuesday, August 26, 2025  
**Registration Deadline:**  
 August 18, 2025

**FOR MORE INFORMATION, VISIT OUR WEBSITE**  
[nvit.ca/continuingstudies](http://nvit.ca/continuingstudies)

**Download the registration form now!**



**ALL COURSES WILL BE DELIVERED IN-PERSON AT THE NVIT MERRITT CAMPUS.**

**NICOLA VALLEY INSTITUTE OF TECHNOLOGY**  
 Website: [nvit.ca](http://nvit.ca)  
 Email: [info@nvit.ca](mailto:info@nvit.ca)  
 Toll free: 1.877.682.3300

FOLLOW US ON SOCIAL MEDIA  


# LOCAL TRAINING OPPORTUNITIES



FREE TRAINING | REGISTRATION REQUIRED

MEN + NONBINARY | AGES 15 - 35

# Empower Protect + Connect

POWER SKILLS BUILDING + SELF-DEFENCE

2026

WEDNESDAYS | WEEKLY  
**JAN 7 - MARCH 25**  
 12 SESSIONS | 6:00PM - 8:00PM  
 FREE | MERRITT CIVIC CENTRE

The Empower, Protect + Connect program develops essential safety and empowerment skills, builds strength and confidence, and provides a safe and supportive space where participants can build community.

- Learn practical self-defence techniques for physical safety
- Develop situational awareness in everyday and high-risk environments
- Strengthen assertiveness and boundary setting skills
- Rebuild personal confidence through trauma-informed practices
- Access emotional support and empowerment strategies
- Connect with local community resources and services
- Foster physical and emotional resilience in a supportive group setting

**FORMAT**  
 This 12-week program offers weekly two-hour sessions that include:

- Self-Defence Training is taught by certified instructors, with a focus on real-life scenarios and practical safety techniques.
- Counselling & Empowerment Workshop is facilitated by a Registered Clinical Counsellor and local organizations, offering trauma-informed support, strategies for personal growth, and community connection.

**ELIGIBILITY**  
 For men and nonbinary people (aged 15-35 years) affected by or at risk of gender-based violence. This program for women and nonbinary people will be from September 30 to December 31, 2025.

**ACCESSIBILITY**  
 If you require any accessibility accommodations, please contact [info@merritt.ca](mailto:info@merritt.ca).

**COST**  
 Free to attend. Registration is required as participants are expected to attend most, if not all, sessions.

**Merritt**  
 FLOURISH UNDER THE SUN

► [MERRITT.CA/PROTECT](https://merritt.ca/protect)  
 ► [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)

\* CIVIL FORTFEITURE GRANT | MINISTRY OF PUBLIC SAFETY AND SOLICITOR GENERAL

FREE TRAINING | REGISTRATION REQUIRED

WOMEN + NONBINARY | AGES 15 - 35

# Empower Protect + Connect

POWER SKILLS BUILDING + SELF-DEFENCE

2025

WEDNESDAYS | WEEKLY  
**SEPT 10 - DEC 17**  
 12 SESSIONS | 6:00PM - 8:00PM  
 FREE | MERRITT CIVIC CENTRE

The Empower, Protect + Connect program develops essential safety and empowerment skills, builds strength and confidence, and provides a safe and supportive space where participants can build community.

- Learn practical self-defence techniques for physical safety
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**ELIGIBILITY**  
 For women and nonbinary people (aged 15-35 years) affected by or at risk of gender-based violence. This program for men and nonbinary people will be from January 7 to March 25, 2026.

**ACCESSIBILITY**  
 If you require any accessibility accommodations, please contact [info@merritt.ca](mailto:info@merritt.ca).

**COST**  
 Free to attend. Registration is required as participants are expected to attend most, if not all, sessions.

**Merritt**  
 FLOURISH UNDER THE SUN

► [MERRITT.CA/EMPOWER](https://merritt.ca/empower)  
 ► [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)

\* CIVIL FORTFEITURE GRANT | MINISTRY OF PUBLIC SAFETY AND SOLICITOR GENERAL

WorkBC Centre

We can't assemble your furniture. But we can help you **assemble your resume.**

Contact us today

Canada

This program is funded by the Government of Canada and the Province of British Columbia.

**RESIDENTIAL SCHOOL SURVIVORS & DESCENDANTS' SCHOLARSHIP** \$5,000

APPLY BY NOV 15, 2025

OPEN TO SURVIVORS & DESCENDANTS - USA & CANADA

SCAN TO LEARN MORE! >>>>

# LOCAL TRAINING OPPORTUNITIES

**WorkBC**  
Employment Services

**STARTING A NEW JOB?**  
WorkBC Centre Merritt has you covered.

- ✓ Up to \$500 for Essential Work Clothing
- ✓ Up to \$1,000 for Tools and Equipment
- ✓ Gas Cards for Commute

\* Conditions apply, including a confirmed job offer.

Contact us today or Apply Online  
250-378-5151 | info-merritt@workbc.ca



Canada | BRITISH COLUMBIA  
The program is funded by the Government of Canada and the Province of British Columbia.

EVERY FRIDAY AFTERNOON FOR YOUTH AGES 12-18

**THIS MONTH AT IRON MOUNTAIN YOUTH LOUNGE**

**SEPT 2025**

FREE! | AGES 12-18 | DROP IN!

SEPT 05	SWIMMING POOL
SEPT 12	SPELLING BEE
SEPT 19	MOVIE NIGHT
SEPT 26	PIZZA PARTY!

2040 GRANITE AVE | FRIDAYS 3:30 - 6:30

SIP AND SUPPORT

**THE BIG COFFEE MORNING**

COMMUNITY LIVING BRITISH COLUMBIA

OCTOBER 3, 2025 AT 10 AM

JOIN US FOR COFFEE AND TREATS TO CELEBRATE COMMUNITY LIVING MONTH BY DONATION.

DONATIONS WILL GO TO SPECIAL OLYMPICS MERRITT AND THE MERRITT FOODBANK

INTERIOR COMMUNITY SERVICES OFFICE  
2040 GRANITE AVE.



**Chilli and Coats Event**

Join us for warmth and community

Warm Winter Wear | Delicious Chilli | Hot Beverages



ICS Merritt at Spirit Square  
October 17th, 2025  
11-2

# LOCAL TRAINING OPPORTUNITIES



**Better at Home Nicola Valley**  
Navigation & Peer Support  
(information, resources, referrals)

This program aims to provide localized information and referral supports for Elders and seniors in community, who need one-to-one support to access needed services and government benefits.

Better at Home Coordinator, Judith Myram, will be available at the Merritt Library, in Meeting Room 2 from 10:00am to 12:00pm on Thursdays, September through December 11, 2025

(Please note: the LAST Thursday of the month is focused on basic Technology supports)

For more information about this program, or if you are interested in helping out as a "peer support", please contact the  
**Better at Home Nicola Valley Program Coordinator,**  
Judith Myram  
at 250-280-3015 or [jmyram@interiorcommunityservices.bc.ca](mailto:jmyram@interiorcommunityservices.bc.ca)

**Better at Home Nicola Valley**

**Seniors' Tech Table**

With the goal of supporting seniors to develop more comfort, understanding, and knowledge of basic digital literacy skills, the Seniors' Tech Table will be available twice a month through the Autumn of 2025. Bring your device and questions.

<u>Saturday Dates:</u> September 6; October 4; November 1; December 6 12:30p - 1:30p at ICS, 2040 Granite Avenue	<u>Thursday Dates:</u> September 25; October 30; November 27; December 11 10:30a - 11:30a at Merritt Library (meeting room #2)
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For more information about this program or about volunteering to help out, please contact the  
**Better at Home Nicola Valley Program Coordinator,**  
Judith Myram  
at 250-280-3015 or [jmyram@interiorcommunityservices.bc.ca](mailto:jmyram@interiorcommunityservices.bc.ca)



**FIRST 3 SATURDAYS OF THE MONTH FROM 11:00AM TO 1:30PM AT ICS, 2040 GRANITE AVENUE.**

**TITLE & RIGHTS STEWARDSHIP DEPARTMENT INVITES YOU TO ATTEND**

Our Inherent Right to Self-Governance Workshop – PART 2

**CIVIC CENTER**  
1950 MAMETTE AVE,  
MERRITT

**September 18<sup>th</sup> & 19<sup>th</sup>**  
**9:00 am - 4:30 pm**

**FACILITATED BY:**  
SATSAN (HERB GEORGE) & CHRIS ROBERTSON

*Open to all Band Members*  
Lunch Provided Both Days

*Transforming the way First Nations Govern*  
Registration Required at : [analysttr@scwexmxtribal.org](mailto:analysttr@scwexmxtribal.org)  
Carol McCauley

**PACIFIC SPORT INTERIOR BC**

**Fueling Youth Performance 2025**  
September-October  
Location: Merritt BC

For more information and to Register email [kprimus@pacificsport.com](mailto:kprimus@pacificsport.com)

Indigenous Sport, Physical Activity & Recreation Council

**WHETHER YOU'RE HEADING OUT TO HARVEST, VISIT FAMILY, OR ATTEND CEREMONY, TRAVELING THROUGH OUR LANDS MEANS BEING MINDFUL, PREPARED, AND RESPECTFUL. OUR ROADS CONNECT US TO EACH OTHER AND TO THE LAND—LET'S KEEP EACH OTHER SAFE OUT THERE.**

#### Watch Out For:

- Loose gravel and blind corners
- Logging trucks and industrial traffic
- Wildlife, potholes, and steep hills
- Sudden weather changes—especially in the mountains

#### Smart Driving Tips:

- **Slow down:** Drive to the road conditions. Even if the limit is 80 km/h, go slower if needed.
- **Lights on:** Keep headlights and taillights on at all times, even during the day.



**FORESTRY SERVICE  
ROAD SAFETY -  
TRAVELLING OUR  
TERRITORY SAFELY**

#### Be Prepared:

- Pack food, water, blankets, and a first aid kit—especially for remote areas.
- Let someone know your route and expected return time.
- Avoid driving at night or in poor visibility when possible.
- Watch for wildfire signs and report any hazards to local authorities.

- **Yield respectfully:** Give way to big trucks and pull over safely when needed.
- **Radio check:** If you have a two-way radio, use it! Follow standard call-ins to stay connected.
- **Pass safely:** Only pass when the other driver signals it's safe—never rush.



*Heather Fairley,  
Acting Operations Manager and OH&S Specialist*



## SHARING FIREWOOD, SUPPORTING OUR COMMUNITIES

In nê?kêpmx and syilx culture, harvesting firewood is more than preparing for winter—it's an act of love, responsibility, and connection. It reflects our teachings about caring for one another and respecting the land that sustains us.

Ways to share firewood safely and respectfully:

- **Share the load:** Offer firewood to Elders, single parents, or anyone who may not have the tools, strength, or time to harvest their own. This is a way to honour our teachings of looking after one another.
- **Prioritize Elders:** Ensure Elders have dry, seasoned wood ready for the cold months. Help stack or deliver wood if needed—these small acts carry deep meaning.
- **Offer help, not just wood:** Splitting, stacking, and checking stoves or chimneys can be just as valuable as the wood itself. These tasks build relationships and show care.
- **Create a community wood bank:** Organize a shared supply for emergencies or those in need. This reflects our value of collective responsibility and preparedness.
- **Communicate clearly:** Let people know what kind of wood you're offering (e.g., dry pine, mixed hardwood) and how to burn it safely. Sharing knowledge is part of sharing resources.

### Gear Up First!

Before heading out to harvest, make sure you're prepared with the right tools and safety gear. Respecting the land also means respecting your own safety.

### Essential Tools:

- Chainsaw
- Gloves
- Trailer or pickup truck
- Splitting axe or hydraulic splitter
- Personal Protective Equipment (PPE)

### PPE Must-Haves:

- Hard hat
- Eye & face protection
- Hearing protection
- Cut-resistant gloves
- Steel-toe boots
- High-visibility clothing

Make sure your gear fits well and isn't worn out. Replace anything damaged to keep yourself and others safe.



# WOOD HEAT SAFETY

In nłę?kėpmx and syılx communities, fire is sacred—it warms our homes, cooks our food, and brings people together. But how we burn matters. Choosing the right wood helps protect our health, our homes, and the land we live on.

## Burn Only Seasoned Wood:

- Dried for at least 6 months
- Moisture content under 20%
- Burns cleaner, hotter, and safer

## Never Burn:

- Wet or green wood—it creates heavy smoke and creosote buildup
- Painted or treated wood—releases toxic fumes
- Garbage or driftwood—harms air quality and your stove

## Fire Starting Tips:

- Use dry kindling and newspaper (avoid glossy paper)
- Keep vents open at first, then adjust slowly
- Watch the smoke—less smoke means a better burn
- For overnight fires, use large logs layered with charcoal

## Land Stewardship While Harvesting Firewood

Harvesting wood is a responsibility—not just to our families, but to the land and future generations. Our ancestors taught us to take only what we need and to leave the land in a good way.

## Protect Environmental Values:

- Avoid disturbing water sources, fish habitat, and wildlife areas
- Prevent soil erosion by minimizing ground disturbance and avoiding steep slopes
- Use designated access routes to reduce damage to vegetation and soil

## Plan Before You Cut:

- Assess the site for sensitive areas like streams or wetlands



Heather Fairley,  
Occupational Health & Safety Specialist



# FUNDING OPPORTUNITIES

During your twelfth grade year, you might be contemplating applying for scholarships to assist with your post-secondary plans. Please keep the following in mind:

## #1 - Community Scholarships

Our generous community offers various scholarships to support our grade 12 students. Applications for these will be available later in the school year. The MSS administration will provide you with details regarding the scholarship application package.

## #2 - Post-Secondary School Scholarships and Bursaries

Colleges and universities have their own scholarships and bursaries available for students who have submitted their admission applications. You will receive communications from each institution throughout the admission process.

## #3 - External Scholarships

There are numerous websites where students can explore relevant scholarships and grants they might want to apply for. Be aware that:

*\* Applications for this year may not be open on all of these sites yet, so be sure to check back for updates. \*\**

Scholarships Made Simple | ScholarTree  
<https://scholartree.ca/>



ScholarshipsCanada - Find Scholarships, Student Awards, Bursaries & Financial Aid  
<https://www.scholarshipscanada.com/>



Beedie Luminaries | Scholarships for B.C. Students  
<https://beedieluminaries.ca/>



Guidelines | WorkBC



<https://www.workbc.ca/find-loans-and-grants/students-and-adult-learners/strongerbc-future-skills-grant/guidelines>

Scholarship for Indigenous Youth | RBC Future Launch



<https://www.rbc.com/en/future-launch/resource-type/scholarships-awards/indigenous-scholarship/>

Indspire Funding



<https://indspirefunding.ca/>

Scholarships, Grants, Bursaries and Awards - Province of British Columbia



<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships>

BC Scholarship Society | Scholarships & Awards for BC students



<https://www.bcscholarshipsociety.ca/>

Scholarship Partners Canada | Universities Canada



[https://portal.scholarshippartners.ca/s\\_Login.jsp](https://portal.scholarshippartners.ca/s_Login.jsp)

2025 College Scholarships | Application Deadlines for Students



<https://studentscholarships.org/scholarships>



# SCW'EXMX CHILD & FAMILY NEWSLETTER SIGN UP!



Would you like to receive newsletters and updates from Scw'exmx Child & Family? Scan or click the QR code below to sign up for our newsletter today!



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

# Scw'exmx Child & Family

Child Wellness Concern After Hours? Please Call:

**1-800-663-9122**

## Children's Help Line for Children and Youth

Do you need help?

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

**310-1234**

## Scw'exmx Child & Family Services Society

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

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

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

Prevention Hub Address: 2475 Merritt Ave, Merritt, BC V1K 1B8

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

Telephone: 250-378-2771

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

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



Healthy Children



Healthy Communities



Healthy Families

