



THE SUMAS CURRENT

HAPPY
New Year

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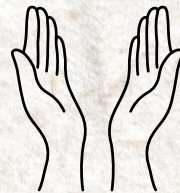
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As we step into the new year, we reflect on the year that we, the Semá:th community, have journeyed together. In the embrace of our heritage, we acknowledge the challenges that brought forth tears and the solemn moments of grieving for our loved ones. Yet, within the heartbeat of our community, we found strength, resilience, and unity that transcends time. Our youth, elders, community, and staff, the vibrant pulse of our Nation, continued to flourish, passing on wisdom and traditions, ensuring the flame of our culture burns brightly. As we stand on the threshold of a new year, we carry with us the cherished memories of joy and the shared burdens of sorrow.

With hope in our hearts and a connection to our roots, we look ahead to the promise of a bright and fruitful new year, guided by the spirits of our ancestors and the wisdom of our community. Wishing you all a spirited and joyous New Year filled with the warmth of togetherness and the promise of a hopeful future.

Hoy chexw - Thank you



Our Offices are open
Monday to Friday
8am to 4pm PST

Upcoming Events



SFN Band Meeting January 9, 2024



AGENDA

1. Review Minutes.
2. Department Strategic Plan Reporting 2023-2025.
3. Governance Policy.
4. SXDL Update.
5. Council Portfolio Reports.



Semá:th Community Hall



5pm-10pm

Dinner at 5pm

For those unable to attend in-person, a Zoom link has been emailed and is accessible on the Members-Only Facebook group. Should you require the Zoom link to be resent, please contact Ida Dutt, Communications Officer, at communications@sumasfirstnation.com.

Upcoming Events



Community
Futures Stó:lō

START SMALL, DREAM BIG

with Stó:lō Community Futures (SCF)

Are you dreaming of starting your own business but don't know where to begin? Do you have a great idea but need some guidance and support to make it a reality? If you answered yes to any of these questions, then you are in luck!

We are offering a free appointment to help you start your business today!



604-858-0009



bhill@stolocf.ca

YVETTE'S FARM
STAND AND
FIREWORKS

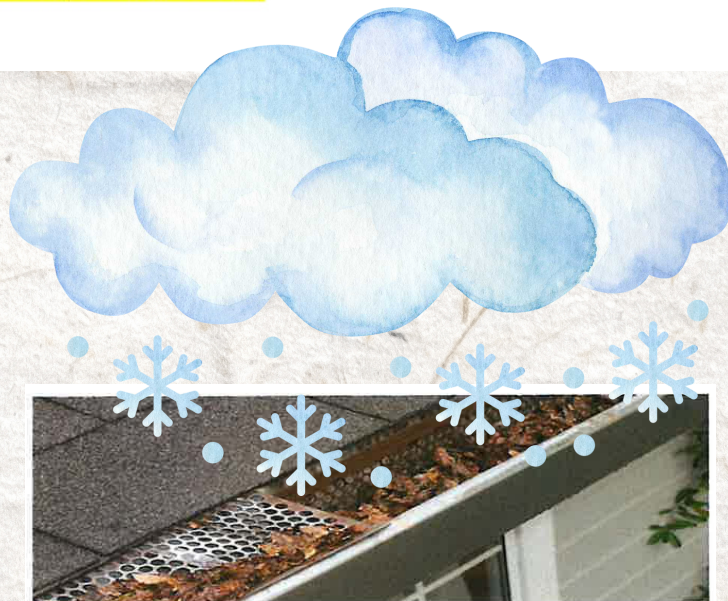


WINTERIZING YOUR HOME

SFN HOUSING DEPARTMENT WOULD LIKE TO SEND OUT REMINDERS AND TIPS FOR WINTERIZING YOUR HOME

- Make sure you disconnect and put away any hoses.
- Turn off your outside taps to prevent waterlines from freezing and causing flooding.
- Clean gutters of leaves and debris.
- Examine your exterior walls to make sure no siding is loose and will blow off in the wind.
- If your home is drafty you can purchase at a hardware store, clear plastic to apply to your windows with a blow dryer.
- Change your furnace filter.
- Ensure your pilot lights on your furnace and hot water tank are not blown out by high winds if you have a pilot light. This can lead to gas leaks and no heat or hot water.

NOTE: It will be your (homeowner/ renter) responsibility to pay the cost of repair if the waterline freezes and cracks if your hose is not disconnected from your outside tap during freezing temperatures.



THE BUSY BEAR CLUB PRESCHOOL UPDATES



ÉY SWÁYEL

Peloques (torch season)

2024 is here! We hope everyone enjoyed their holiday celebrations.

It's true, time flies when you're having fun! We had a lot of fun in December.

Santa came to visit us at our family luncheon. The children were very excited to see Santa!

The children also really enjoyed "shopping" in our Christmas store. A huge thank you to all our families and community members who donated to our Christmas Store.

Our Halq'emeylem classes have been going so well, thanks to Roxanne Dool the instructor. She is amazing with the children, and they love her. The children are picking up the language and doing great. Thanks so much to Roxanne for all your hard work!

We were able to visit Stó:lō Shxweli open house in December. We had a wonderful time learning Halq'emeylem games and networking.



In January, we are holding an emergency preparedness workshop on Tuesday, January 30, 2023, at the community hall for all our families that attend Busy Bear Club Preschool. We will start with a delicious dinner at 5 pm, with the workshop to follow. Our SFN emergency department team will be facilitating the workshop. Everyone who attends will receive an emergency preparedness backpack. We will be covering topics such as:

- What to do at school if an emergency happens
- How to use 911
- Go through some scenarios
- Teach about some natural hazards and what to do
- How to develop a Family Emergency Plan and escape plan for home

In February, we plan on holding a Halq'emeylem language workshop which will be facilitated by Roxanne Dool. All families and community members are invited to come. More details about this exciting event to come.

All programs will be receiving the in-house January newsletter. Also, check your Lillio App (formerly HiMama) for messages and updates.

Ts'ithóme tsel – thank you.

From all the staff at Busy Bear Club Preschool

MENTAL HEALTH & SUPPORT



First Nations Health Authority
Health through wellness

Recognizing and Addressing Trauma and Anxiety During Disasters

Disasters like wildfires affect individuals in many ways and may affect your emotional, spiritual, physical and mental well-being. The emotional effects may show up immediately or appear weeks to months later.

If you are feeling stressed or anxious this time of year, you are not alone. The fear of having to flee your home, and possibly leave animals and possessions behind can cause distress, fear and anxiety for you and your loved ones. Even the prospect of living with smoky skies during wildfire season can cause distress.

The risks of disasters, like wildfire season, can also trigger stressful thoughts and feelings related to loss of connection to land, home, and traditional foods and medicines. For some First Nations people it can trigger trauma associated with memories of being forcibly removed from home and sent to residential school, Indian hospitals or foster homes. We would like to offer some support.



Recognizing Anxiety and Trauma

Anxiety and trauma related to disasters affect people in different ways. Physical and emotional signs may include:

- Overwhelming feelings of fear, stress and emotional distress – a feeling of being unable to cope
- Acute anxiety, excessive worry and panic attacks
- Feeling down or depressed, angry, sad, confused, low mood
- Trouble breathing
- Trouble eating (including overeating or not eating enough)
- Trouble sleeping (including nightmares, over-sleeping or not sleeping enough)
- Irritability and agitation, feeling jumpy, tense or hypervigilant
- Avoidance or withdrawal – feeling or being unable to meet the demands of what needs to be done (e.g., preparing for evacuation)

MENTAL HEALTH & SUPPORT

Four Tips to Stay Well

It is important to understand that there is a natural grieving process following any loss and a disaster of any size can cause unusual or unwanted stress.

Below are four tips to help you stay mentally, emotionally, physically and spiritually well during wildfire season:

1. Prepare yourself, your family and loved ones

Having a clear emergency or safety plan and kit ready for your family and pets can ease your mind and allow you to focus on other needs. Even if your community has an emergency plan, it is still important to make a plan that addresses the specific needs of your family and household.

2. Take care of the basics

Stress takes a toll on our physical and mental health. Try to eat well and get enough sleep. Be kind to yourself. Give and accept support. Follow your daily routine if possible. Take a break from disaster news coverage and from thinking and talking about disaster events.

3. Ask for help

Whether it's with family, friends, an Elder, cultural supports, doctor, nurse or counsellor—talking helps. Crisis lines are available to listen and help anytime—not just during a crisis*. Those with moderate to severe symptoms that last more than two to four weeks should consult a family physician, if available. Otherwise, reach out to your nearest Mental Health and Substance Use Centre or community nurse.

4. Help others

Check in on Elders and children. Coping may be more difficult for Elders living alone and those who have mental health and wellness concerns, or those with few social supports. Reaching out to connect with them can be a big help.

Other simple actions that you may find helpful are to keep a journal, stay active (and exercise indoors if the air quality is poor), do volunteer work or participate in activities you enjoy (e.g., beading or sewing, singing and drumming).

***IF YOU ARE STRUGGLING RIGHT NOW, confidential, culturally safe support is available 24/7 through the KUU-US Indigenous Crisis Line at: 1-800-558-8717**

More support resources can be found at:

www.fnha.ca/wildfires

Gov.bc.ca/NaturalDisasterHealth.ca

Visit PreparedBC for resources to help you understand the hazards in your location and to create a family emergency plan:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc>

Visit BC Centre for Disease Control for information on wildfire smoke and steps you can take to protect your health, both indoors and outdoors:

<http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word “connect” to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <https://www.kuu-uscrisisline.com/24-hour-crisis-line>
Toll-Free: 1-800-KUU-US17 (1-800-588-8717)
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441
Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>
Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdlieelders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsxan Health Society
Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Carol Stegman: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Toll-free: 1-866-662-9609

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or Toll-free: 1-800-889-6855
and ask for an ARP Team member
Email: rjohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext. 2141

Nenqayni Wellness Centre
Call: 250-989-0301 or Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or Toll-free: 1-888-698-4333

Telmexw Awtextw (Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

All information in this document is accurate as of September, 2022.

9-8-8 CRISIS LINE

Dear Community Members,

In our ongoing commitment to the well-being and safety of everyone in our community, we are pleased to share important news regarding a vital resource recently launched by the Government of Canada.

The Government has introduced the 9-8-8 Suicide Crisis Line, designed to provide immediate and confidential support to individuals experiencing emotional distress or thoughts of self-harm. This new three-digit number has been established to swiftly connect individuals in crisis with trained professionals who can offer guidance, empathy, and essential support.

We understand that discussions surrounding mental health and crises can be sensitive and deeply personal. It is essential to recognize the significance of seeking help when needed and the importance of providing accessible resources for those going through challenging times.

The 9-8-8 Suicide Crisis Line is available **24/7**, offering a safe space for individuals to talk openly and receive the assistance they need. Whether you or someone you know is struggling, feeling overwhelmed, or simply needs someone to talk to, this service is here to provide support without judgment. We encourage everyone in our community to spread awareness about this valuable resource.

Your support and willingness to share this information could potentially save a life. Remember, **reaching out for help is a courageous step towards healing and recovery.**

If you or someone you know is in immediate danger or requires urgent assistance, please dial 911 or the local emergency number.

Let's continue to foster a community that prioritizes mental health and supports one another in times of need.

For more information about the 9-8-8 Suicide Crisis Line and available mental health resources, please visit <https://988.ca/>.

Together, we can make a difference and provide a lifeline for those who may need it the most.



Sto:lo Aboriginal Skills & Employment Training is pleased to offer:

TRAFFIC CONTROL PERSON TRAINING

Are you interested in pursuing a career as a flagger or traffic control person?

Are you an Indigenous person residing in the SASET catchment area?

Are you unemployed or underemployed?

Are you willing to commit to two days of training?

If so... We are presently accepting applications for this training opportunity. There are a limited number of seats so don't delay in scheduling an appointment with an employment counsellor today!



January 11 & 12, 2024

8:30 am to 4:00 pm

Training will take place at:

Cheam First Nation

52161 Victor Dr

Rosedale, BC

SASET - Chilliwack Office

5B-7201 Vedder Road

Chilliwack, BC

Phone: 604-858-3691

Sts'ailes Employment Centre

4690 Salish Way

Agassiz, BC

Phone: 604-796-5536

Seabird Employment Centre

2895 Chowat Road

Agassiz, BC

Phone: 604-796-6865

For more information, contact us:

 **604-858-3691**

 **www.saset.ca**

 **info@saset.ca**

 **www.facebook.com/SASET.EAS**



SASET TRAINING

First Aid Level 3 Training!

January 29 - February 9, 2024

Are you an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2 week full-time certificate training program

If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!

Training will take place on-site at Sto:lo Nation
Building 5B, 7201 Vedder Rd
Chilliwack, BC

Monday to Friday
8:30 AM TO 3:30 PM



TO APPLY PLEASE CONTACT SASET

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET— Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865





SASET TRAINING **Canada**

January 22 - February 1, 2024

EMPLOYMENT PREP TRAINING

We are presently accepting applications for this Indigenous training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!

Certificates Offered:

- First Aid Level 1
- WHMIS
- Skid Steer
- Aerial Lifts
- Forklift
- Food Safe
- Fall Protection
- And more!



Training will take place at
Sto:lo Nation
Building 5B, 7201 Vedder
Rd Chilliwack
Monday to Friday
8:30 AM TO 3:30 PM



Lunch,
Transportation
Supports and
Safety Gear
Provided!

SASET—Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

SASET—Sts'ailes Office
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

SASET—Seabird Office
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

SASET TRAINING



Get Trained **GET PAID!**

Complete the no-cost online driver training program to earn your digital completion certificate **PLUS** an attractive Thank You honorarium!



ASK US HOW!

Contact info@saset.ca



SASET TRAINING

Chainsaw Safety Training Program

March 5 & 6, 2024



Are you an Indigenous individual who:

- Is un- or under employed
- Resides in SASET's catchment area
- Is willing to commit to a 2-day training program

If so... we are presently accepting applications for this training opportunity. There are a limited number of seats, so don't delay in scheduling an appointment with your Employment Counsellor!



TO APPLY PLEASE CONTACT SASET:

www.saset.ca

SASET - Chilliwack Office
5B-7201 Vedder Road
Chilliwack, BC
Phone: 604-858-3691

Sts'ailes Employment Centre
4690 Salish Way
Agassiz, BC
Phone: 604-796-5536

Seabird Employment Centre
2895 Chowat Road
Agassiz, BC
Phone: 604-796-6865

Sto:Lo Aboriginal Skills & Employment Training and WorkBC Chilliwack, is pleased to announce....

APPLICATION

(First)	(Middle Initial)	Home Telep
(City)	(State/Zip)	Other Telep
Grade completed		
School, Military (Most recent first)		
Dates Attended	Quarterly or Semester	Credits Earned
Year	Year	Year
General Education (GED) Test Passed? Yes No		

JOB & CAREER FAIR

LEAP INTO A NEW CAREER!!!

The'itseliya SAY Health & Community Centre
7256 Chilliwack River Road

FEBRUARY 29, 2024

10:00 AM - 3:00 PM

EVERYONE WELCOME!

Door Prizes!

MC'd by DJ SupaSweeT

WorkBC Centre



Canada



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

For more information, please contact us at 604-858-3691 or email info@saset.ca

www.saset.ca



STO:LO ABORIGINAL SKILLS & EMPLOYMENT TRAINING

CALL FOR PROPOSALS

Targeted Wage Subsidy & Student Employment Placement

April 1, 2024—March 31, 2025

FOR Targeted Wage Subsidy (TWS)

Proposals can start April 1, 2024

for a term of up to 52 weeks, ending March 31, 2025

SASET will accept proposals on a continual basis through the 2024-2025 year

Please have them clearly marked as follows:

**Sto:lo Aboriginal Skills & Employment Training
Bldg 5A – 7201 Vedder Road
Chilliwack, BC V2R 4G5**

RE: 2024—2025 PROPOSAL

Targeted Wage Subsidy (TWS) application deadline is January 19, 2024

Student Employment Placement (SEP) application deadline is January 26, 2024

Proposals will be accepted via mail, e-mail, courier or hand delivered.

Application forms attached.

Be sure to include name and contact information of person responsible for proposal.

If you have any questions please contact a SASET Program Officer:

By phone at 604-858-3691 or toll free 1-888-845-4455 or Email: info@saset.ca

All program information and forms are available on SASET website

Visit our website at: www.saset.ca