

Snuneymuxw News

Informing the people of the Snuneymuxw First Nation about issues that matter

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Snuneymuxw News is published weekly.

Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4

Tel: 250-740-2300, 1-888-636-8789 news@snuneymuxw.ca

September 12, 2022



SNUNEYMUXW
Snuneymuxw First Nation

September 12, 2022

Uy Skweyul Snuneymuxw,

With so much progress being made over the last few months, I wanted to take the time to share an updated list of our beloved shared community spaces. Our intention is to foster a built environment that supports our way of being and responds to community needs.

- **Snuneymuxw Kitchen:** Space to host events that breathe life into our culture, such as family gatherings, funerals, and brushings.
- **Snuneymuxw Youth Centre:** Formerly known as the Snuneymuxw Recreation and Wellness Centre/Gym/MUB, the Snuneymuxw Youth Centre is now a dedicated, safe and inclusive youth space with integrated supports for our young people. There will still be times for all members to access the weight room and gymnasium, please stay tuned.
- **Snuneymuxw Learning Academy (SLA):** Snuneymuxw Learning Academy (formerly known as Woodbank) is also home to our Snuneymuxw Traditional Medicines Clinic, because to learn is to heal and to heal is to learn. SLA programming includes computer and employment training courses, hul'q'umi'num' language courses and Indigenous medicines classes.
- **Snuneymuxw Learning Academy Centre Street Classroom:** The SLA satellite classroom located on Centre Street is for students under the age of 19, who are pursuing their high school graduation requirements. Tutoring also available in this space.
- **Snuneymuxw Traditional Medicines Clinic:** The Snuneymuxw Traditional Medicines Clinic continues a longstanding relationship with the Chinese community. We recognize the beautiful connection between Snuneymuxw Ancestral wellness knowledge and other traditional practices. We hope you will continue this tradition of care, in benefit of yourself and your loved ones.
- **Qwam Qwum Stuwixwulh School (QQS):** Elementary school with curriculum that prioritizes traditional Snuneymuxw teachings, supported by contemporary and ancestral technology. After school programming is now available at QQS for elementary school-aged students. We strive to support all aspects of education, going beyond intellect alone.

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www.snuneymuxw.ca

**SNUNEYMUXW**

Snuneymuxw First Nation

Please see the table below for more information about our Snuneymuxw spaces. I hope you and your families will make the most of these special spaces and their relevant programming.

Sincerely,

Acting Chief Sqwulutsultun William Yoachim

Snuneymuxw Shared Spaces

Snuneymuxw Community Kitchen	Location: Longhouse Road Hours of operation: Based on bookings. Contact: Regan at regans@snuneymuxw.ca
Snuneymuxw Youth Centre	Location: 1145 Totem Road Hour of operation: Hours will be determined over the next few weeks. Stay tuned!
Snuneymuxw Learning Academy	Location: 1984 Woodbank Road Hours of operation: Based on programming Contact: Nancy at nancys@snuneymuxw.ca
Snuneymuxw Learning Academy, Centre Street Satellite Classroom	Location: 669 Centre Street Hours of operation: Based on class schedule Contact: <i>Classes:</i> Billie-Ann at billie-annm@snuneymuxw.ca <i>Tutoring and other programs:</i> Nancy at nancys@snuneymuxw.ca
Snuneymuxw Traditional Medicines Clinic	Location: 1984 Woodbank Road Hours of operation: Monday - Thursday, 9am-4pm (closed 12pm-1pm for lunch). Contact: 250-740-2323
Snuneymuxw hulit lelum (Health Centre)	Location: 1451 MacMillan Road Hours of operation: Monday - Friday, 8am-4pm Contact: 250-740-2337
Qwam Qwum Stuwixwulh School (QQS)	Location: 1390 Stuywut Street After school hours of operation: 3pm-7pm Contact: Nancy at nancys@snuneymuxw.ca

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Honouring our children by honouring a Snuneymuxw way of being

On September 30 we will enhance the sport and recreation experience within the Stadium District by breathing life into the Land with Snuneymuxw art, ceremony and a new hul'q'umi'num' place name.

National Day for Truth & Reconciliation



FRIDAY SEPTEMBER 30
10:00 am - 4:00 pm



Stadium District | 745 Third St, Nanaimo

10 am - 12 pm Join us to honour all those that were impacted by government Indigenous assimilation policies: Ancestors, survivors and families.

12 - 4 pm Stay for food vendors, FREE sport activities, swimming, skating, performances & fun for all.

www.nanaimo.ca/goto/truth





Call for artists to sell their work at September 30th event



National Day for Truth & Reconciliation

FRIDAY SEPTEMBER 30
Artist booths open: 12pm - 4pm

Stadium District | 745 Third St, Nanaimo

**Please contact Kate Good if you are
interested in hosting an artist booth
kateg@snuneymuxw.ca**

WHAT'S ON THIS WEEK?

TUE, SEPT 13

11:30am Stz'uminus Prenatal Program

1:00pm Wellbriety in Malahat

3:30pm Home Alone

5:00pm Halalt Men's Group

5:15pm Family Fit in Snuneymuxw

8:00pm Team Trouble Boxing

WED, SEPT 14

1:00pm Wellbriety in Malahat

5:00pm Baking 101

5:00pm Halalt/Lyackson Family Fit

THU, SEPT 15

8:30am Qwam Qwum Activity Days

10:30am Penelakut Early Years Drop-in

10:30am Creative Young Minds

5:00pm Stz'uminus Family Fit

8:00pm Team Trouble Training

FRI, SEPT 16

9:00am Penelakut Youth Group



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



TikTok Accelerator for Indigenous Creators

Grow your TikTok presence, hone your storytelling skills and learn the building blocks for a successful digital career.

At a glance

- **Selected participants notified:** week of October 10, 2022
- **Training dates:** October 24 to December 2, 2022, twice weekly on Tuesdays and Thursdays



Program dates

October to December 2022



Location

Part-time, online



Cost

There is no application fee or tuition cost



<https://bit.ly/3Rpmh8L>

<https://nsi-canada.ca/programs/tiktok-accelerator-for-indigenous-creators/>



CREATIVE YOUNG MINDS

Open to Snaw-Naw-As and Snuneymuxw children ages 2-5

Thursdays, September 15th - October 6th

10:30am - 11:15am | At Creative Escape Art School

Opportunity for children to connect with their parent/caregiver through the fascinating world of art and to encourage creativity with hands on activities such as clay sculpting, 3D painting and much more! Limited spots and transportation available

To register contact Jenny Ouellett
jouellett@kwumut.org | (250)-668-5519



Kw'umut Lelum





SNUNEYMUXW.CA





snunéymuxw hulit leluw

Widow's Support Group

The Snunéymuxw Health Centre is now offering
a safe and supportive group for those who
have lost a spouse.



**Thursday's from 1:30-3:30pm
Starts September 8, 2022.**



building brighter futures

Bursaries, Scholarships, and Awards



The Kw'umut Lelum Foundation collaborates with a vibrant community of private and public donors, united in our efforts to expand cultural, economic, social, educational and recreational access in support of Indigenous children and their families.

The limitless potential of Indigenous youth is at the centre of the work we undertake.

Kw'umut Lelum Foundation Award

This award is to be distributed to students who are attending post-secondary institutions across Canada [i.e. College, University, technical college or apprenticeship program], with demonstrated financial need for contribution to education costs.

Although demonstrated financial need will be the primary consideration, other factors may also be considered such as involvement in and contribution to the community as a whole; and demonstrated academic merit and performance



Awards Criteria:

Awards Category: Post-Secondary Education

Program of Study: Any

Level of Study: Any

Indigenous Affiliation: Members of Stz'uminus First Nation; Halalt First Nation; Lake Cowichan First Nation; Lyackson First Nation; Malahat First Nation; Snaw-naw-as First Nation; Penelakut Tribe; Qualicum First Nation; Snuneymuxw First Nation

Application Deadlines: August 1, November 1, February 1.

To Learn More:

Visit the bilingual *Building Brighter Futures: Bursaries, Scholarships and Awards* program guidelines on the Indspire website to learn about all the funding offered to support post-secondary education.

Please read the program guidelines before filling out the application form at indspire.ca/apply

Applications Open May 1!



L2N

Congratulations on passing your driving test!

Looking to get your "N" - New Driver's license? Please contact Chenoa about signing-up for Snuneymuxw's L2N Driving Practice Program. chenoap@snuneymuxw.ca





INDIGENOUS PEOPLE IN TRADES TRAINING

Trades Discovery Program

Interested in the Trades but don't know where to start?

FUNDED TUITION FOR ELIGIBLE PARTICIPANTS

This fully funded Trades Discovery Program introduces theoretical and practical learning in the trade industry. This is an opportunity for hands-on trades sampling and specific safety certifications. Learn safe work practices, and receive direct knowledge to make an informed decision about your trade pathways. Indigenous cultural component included.

EXPLORE THE TRADES

Receive exposure/certification in some of the following industries:

- Auto Mechanics
- Carpentry
- Culinary Arts
- Electrical
- Hairdressing
- Plumbing
- Refrigeration and Air Conditioning Mechanic
- Welding

TRAINING MAY INCLUDE:

- Occupational First Aid
- Level 1- WHMIS
- Fall Protection
- Confined Space Entry
- Site tours
- FOODSAFE

WHEN:

12-week non-credit program
Tuesdays - Fridays (9 am - 3:30 pm)

Fall 2022 Nanaimo (Sept 17 - Dec 16)
Spring 2023 Cowichan (Dates TBA)

CREDENTIAL:

Trades Discovery Program

Students in this course will receive an introduction to the terminology and culture of the construction industry. The safe use of tools and equipment, and the proper use of personal protective equipment will be covered along with an overview of safety regulations.

Applicants must meet eligibility criteria to gain admission to the fully funded initiative.

HOW TO APPLY:

viu.ca/iptt

Amanda Aust | Program Coordinator

amanda.aust@viu.ca | (250) 748-4529 ext. 3705

Vancouver Island University | Cowichan Campus



Funding provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.





SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

SFN Counselling Services

SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD., NANAIMO, B.C.
OFFICE: 250-740-2337

Our counsellors at SFN hulit lelum have completed trauma-informed, master's level university education and are certified counsellors.

Our counsellors are available Monday to Friday to support Snuneymuxw members.

Some of the areas that our counsellors may be able to help with include, but are not limited to:

- Anxiety
- Depression
- Grief & Loss
- Loss of relationships (friends, partners)
- Coping with anger
- Dealing with difficult emotions
- Coping skills / emotional regulation
- Self-esteem / self-worth
- Communication
- Creating healthy boundaries
- Coping with racism and discrimination
- Coping with impact of residential school and day school
- Concerns about your own, or someone else's substance use

If our counsellors determine that you may be better supported by another service provider (for example, someone who specializes in a particular area) they can help you navigate other options.



ADDITIONAL HELPFUL RESOURCE INFO:

SNUNEYMUXW EMPLOYEE BENEFITS:

If you are employed with Snuneymuxw First Nation, you may be eligible for extended health benefits, such as confidential counselling services through the Employee & Family Assistance Plan. Please refer to your benefits package and/or speak to Human Resources to find out more and to verify if you are eligible.

FNHA MENTAL HEALTH BENEFITS:

If you are a status First Nations person living in B.C., you can access certain health & wellness benefits through First Nations Health Authority (FNHA) such as confidential counselling services. There are numerous counsellors to choose from on their mental health provider list. SFN counsellors are happy to support you with navigating the FNHA mental health provider list. For more information, please visit: www.fnha.ca/benefits/mental-health

SNUNEYMUXW FAMILY ADVOCATE:

Samantha Wesley supports families in Snuneymuxw who are connected with Child & Family Services.

Remember: You are not alone. You have options.

CRISIS / DISTRESS RESOURCES:

KUU-US Crisis Line Society (24-hour)

Adults/Elders: 250-723-4050

Child/Youth: 250-723-2040

Toll Free Line: 1-800-588-8717

Vancouver Island Crisis Society (24-hour)

Phone: 1-888-494-3888

Text: 250-800-3806 (6pm - 10pm)

Online chat: www.vicrisis.ca (6pm – 10pm)

National Residential School Crisis Line (24-hour)

1-866-925-4419

Hope For Wellness Help Line (24-hour)

Offers immediate help to all Indigenous peoples across Canada

Toll-free Help Line: 1-855-242-3310

Online Chat: www.hopeforwellness.ca

Crisis Line Association of B.C. (24-hour)

1-800-SUICIDE (1-800-784-2433)



HOW TO ACCESS SFN COUNSELLING

1.

Call SFN hulit leum
and ask to speak
with a counsellor.
250-740-2337



2.

We connect you with
a counsellor (referral
process).



3.

We call you when
process is complete.



4.

We book your first
appointment and
look forward to
welcoming you.



SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD.,
NANAIMO, B.C.
Reception: 250 740 2337



Garbage & Recycling

Recycling pickup Wednesday
Garbage pickup Monday & Thursday

Please have your garbage and recycling out by 8:00 am on the day of the service

Please remember that All recyclables MUST be in a clear plastic bag or in a bin. The recycling depot does not accept anything in a dark garbage bag.

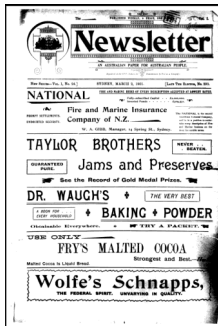
Are you interested in signing up to be on the list for delivering the Snuneymuxw News?

If so please call the Main office at 250-740-2300 and

ask for your name

to be added to the list of people who deliver the

SFN Newsletter.



Visit www.snuneymuxw.ca for more info and to sign up to have the newsletter sent by email. SFN newsletters are also posted on the website as PDFs.

SFN MEMBERS—

PLEASE UPDATE YOUR CONTACT INFORMATION

Please call the office at: 250-740-2300 or email: mail@snuneymuxw.ca

Please provide your latest contact information including address, contact numbers, email and any other updated information.

Thank you for your help!

Handy Numbers

SFN Office: 250-740-2300

Chief Administration Officer -

Joan Brown: 250-740-2300

Health Centre: 250-740-2337

QQS School: 250-754-3033

Daycare: 250-740-2348

Tuytaxun Store: 250-753-4214

Saysutshun: 250-754-7893

RCMP/non-emergency: 250-754-2345

HEALTH CLINIC & EMERGENCY

Cheryl Mooney 250-668-2644

cherylm@snuneymuxw.ca

Marine White 250-668-5244

marinaw@snuneymuxw.ca

Regan 250-616-3582

regans@snuneymuxw.ca

Housing

Ashley 250-619—0137

ashleyw@snuneymuxw.ca

Check out the latest Nation job postings:

www.snuneymuxw.ca

www.facebook.com/

SnuneymuxwFirstNation