

# 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 Na-  
tion, 668 Centre St.,

**May 10, 2023**



SNUNEYMUXW FIRST NATION

# **FAMILY FUN DAY**

Thursday May 11  
5pm - 8pm

**Dinner**  
**Haircuts**  
**Face Painting**  
**Bouncy Castle**  
**Prizes**



**SNUNEYMUXW LEARNING ACADEMY**  
**1984 WOODBANK ROAD**

Questions? Please contact Billie-Ann at  
[billie-anns@snuneymuxw.ca](mailto:billie-anns@snuneymuxw.ca)



# **stem 'a'lu 'u' ni xe'xe** **What is Sacred?**



**You are invited to visit stem 'a'lu 'u' ni xe'xe What is Sacred? Curated by Snuneymuxw's Eliot White-Hill, Kwulasultun**

**Featured artists: Ay Lelum, Dylan Thomas, Gena Wilson-Seward, Jesse Recalma, Joel Good, LessLIE, Noel Brown, Peter Seymour, Richie Brown, Ryan Hughes, Steph Thomas, William Good**

**Open Tuesday - Saturday, 10am - 4pm, until November. Nanaimo Museum, entrance is directly beside Serious Coffee on Commercial Street (100 Museum Way)**



**VANCOUVER ISLAND  
UNIVERSITY**

# WOMEN 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.

#### EXPLORE THE TRADES

Receive exposure/certification in some of the following industries:

- Automotive Mechanic
- Carpentry
- Electrical
- Plumbing
- Refrigeration and Air Conditioning
- Welding

#### TRAINING MAY INCLUDE:

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

#### HOW TO APPLY:

[viu.ca/witt](http://viu.ca/witt)

**Amanda Aust** | Program Coordinator  
amanda.aust@viu.ca | (250) 748-4529 ext. 3532  
Vancouver Island University | Cowichan Campus

#### WHEN:

\*12 Week Program  
Tuesdays - Fridays  
8:30 am - 3 pm  
Summer 2023 Nanaimo (Jun 6 - Aug 25)

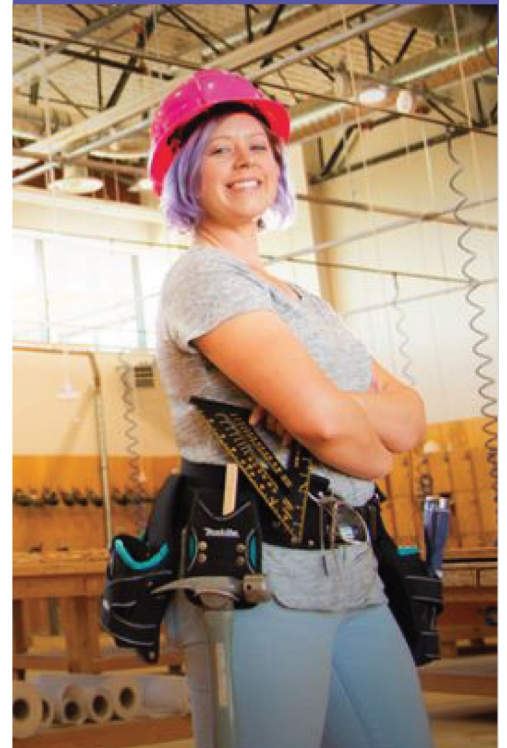
*\*schedule subject to change with notice*

#### 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.





Presented by  
Snuneymuxw Education Department



'ilhe  
p'ep'ukw'ut  
hul'q'umi'num'qun  
kwun'atul

Let's revitalize our  
language together

Dinner

Celebrate  
language  
knowledge

Envision  
language  
revitalization  
& reclamation  
together

**DATE**

**Thursday  
May 11**

**TIME**

**5:00pm - 8:00pm**

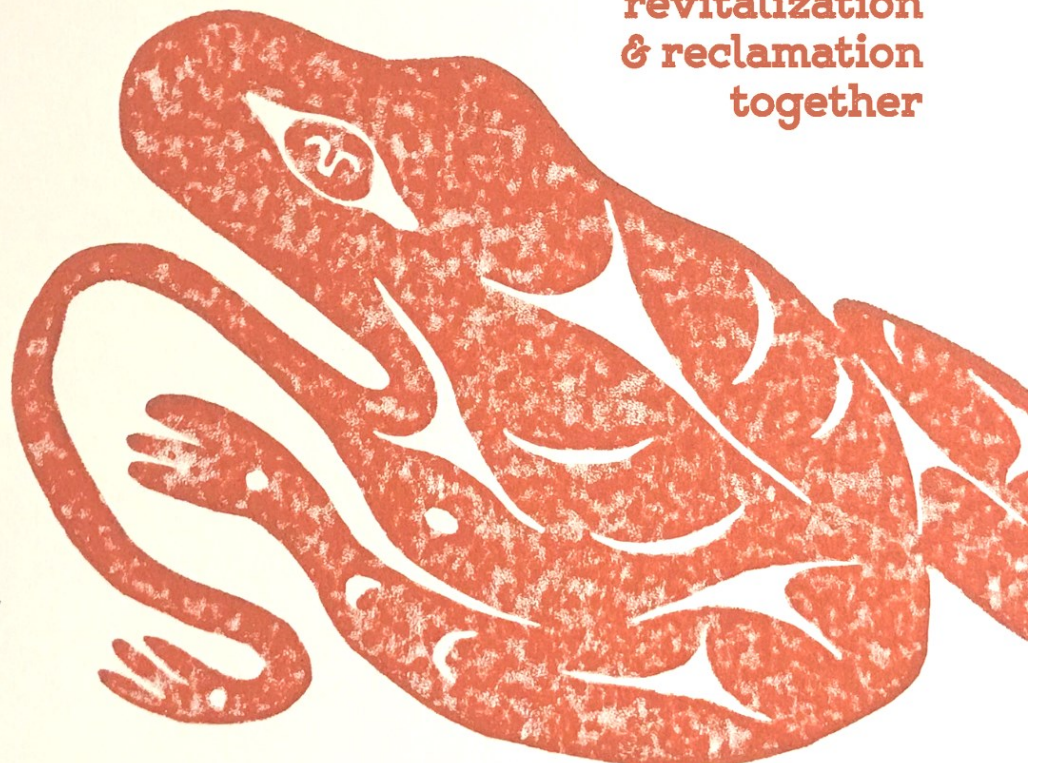
**LOCATION**

**Snuneymuxw  
Learning Academy  
1984 Woobank Rd.**

To register call

Chenoa 250-754-1300

Any questions? [nancys@snuneymuxw.ca](mailto:nancys@snuneymuxw.ca)



\*'20



# May long weekend



**Please note, we will be closed on Monday May 22nd and closing early on Friday May 19. Have a wonderful long weekend and see you on the 23rd!**



# Snuneymuxw

First Nation

[www.snuneymuxw.ca](http://www.snuneymuxw.ca)

## EMERGENCY CONTACTS

<b>Health</b> (WELLNESS ADMINISTRATOR)	<b>Marina White</b>	<b>250-668-5244</b>
<b>Social Development</b> ( <i>Family Emergencies</i> )	<b>Charlene Paul</b>	<b>250-714-2137</b>
<b>Maintenance</b> ( <i>Roads, Water &amp; Garbage</i> )	<b>James Wesley</b>	<b>250-713-7402</b>
<b>Housing</b>	<b>Ashley Williams</b>	<b>250-619-0137</b>
<b>Wellness Centre/Education</b> QQS School	<b>Nancy Seward</b>	<b>250-751-9409</b>
<b>Elders</b>	<b>Kate Good</b>	<b>250-619-7703</b>
<b>Fisheries/Wildlife</b>	<b>Juan Moreno</b>	<b>250-816-2877</b>
<b>RCMP</b>	<b>General Duty</b>	<b>250-754-2345</b>
<b>Emergency</b>	<b>RCMP</b>	<b>911</b>

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

Tel: 250-740-2300 / 1-888-636-8789 Fax: 250-753-3492 [info@snuneymuxw.ca](mailto:info@snuneymuxw.ca)



## YOUTH JOB BLAST May 2023



**Michelle Backé (she/her)**  
Youth Employment Outreach  
Coordinator

Call/Text: 250-328-8152

Email: [michelleb@maximuscanada.ca](mailto:michelleb@maximuscanada.ca)

### WorkBC Employment Services

are available both in-person and virtually at any time during our office hours.

Drop by our centre today!

### HOURS OF OPERATION

Monday 8:30-4:30PM

Tuesday 8:30-4:30PM

Wednesday 8:30-6:00PM

Thursday 8:30-3:00PM

Friday 8:30-4:30PM

### FIND US ON SOCIAL!



[WorkBC Nanaimo](https://www.facebook.com/WorkBCNanaimo)



[@NanaimoWorkBC](https://twitter.com/NanaimoWorkBC)



[@WorkBCNanaimo](https://www.instagram.com/WorkBCNanaimo)

## HOT EMPLOYMENT TIPS

### CHECK OUT THE CANADA SUMMER JOBS PROGRAM

<https://www.jobbank.gc.ca/youth>



Canada Summer Jobs is a government program that gives funding to trusted employers to help them create quality jobs for youth in Canada.

#### WHAT'S IN IT FOR YOU:

- Full-time or part-time work in Canada, for a minimum of 6 weeks
- An Inclusive and non-discriminatory work environment.
- Support for learning and skills development.

#### NEW POSTINGS ADDED REGULARLY, CHECK BACK OFTEN!

Mobile App: <https://www.jobbank.gc.ca/mobileapp>



#### NEW: YOUTH DIGITAL GATEWAY

Explore tools and resources to help you find opportunities, explore careers, and plan your education.

[youth-jeunesse.service.canada.ca/en](https://youth-jeunesse.service.canada.ca/en)

## LOCAL JOB OPPORTUNITIES

**Summer Bike Camp Instructor, Pedalheads**  
[bit.ly/3p25IGU](https://bit.ly/3p25IGU)

**Banquet Server, Coast Hotels**  
<https://bit.ly/3LLuzHW>

**Guest Services Agent, Wildplay**  
<https://bit.ly/3Ntwx0T>

**Landscape Labourer, Island Eco-Scapes**  
<https://bit.ly/3p0lbpP>

**Maintenance Helper - Painter, School District #68**  
<https://bit.ly/3nnJlLv>

**Retail Customer Service Representative - St. Jean's**  
<https://bit.ly/3oWz0ql>

## UPCOMING EVENTS & WORKSHOPS



#### Steps to Success (Web)

Friday, May 5th @ 11 - noon

#### Resume & Cover Letters (In-Person)

Monday, May 8th @ 9:30 - noon

#### Workplace Communication (Web)

Wednesday, May 10th @ 9:00 - 12:00

#### Virtual Interviews (Web)

Wednesday, May 24th @ 9:00 - 10:30

Our Job-Seeker E- Magazine is the best way to keep up with Events @ WorkBC  
<https://fliphtml5.com/bookcase/wvtms>

Parlez-vous Français? Contactez-nous - services disponibles en Français et en Anglais.





# FUNDAMENTALS OF FOREST HARVESTING PRACTICES PROGRAM AT VANCOUVER ISLAND UNIVERSITY



## ABOUT THE PROGRAM

- Live, learn, and explore beautiful Woss, BC
- 20% of program spent learning concepts in the classroom
- 80% of program spent in the field applying concepts
- Earn your S-100 Fire Suppression and Safety, Fall Protection, WHMIS, Level 1 First Aid with Transportation Endorsement, and Switchback
- tickets Get prepared for an entry-level logging position
- High graduate employment rate with higher-than-average starting wages in the forestry sector
- Tuition and accommodation are fully funded by various grants (only pay for your food and travel costs!)

\*Funding available to BC residents only



Learn more at [tradesappliedtech.viu.ca/fundamentals-forest-harvesting-practices](https://tradesappliedtech.viu.ca/fundamentals-forest-harvesting-practices)

Contact us at [250-740-6227](tel:250-740-6227) or [heo@viu.ca](mailto:heo@viu.ca)



# PARENTING GROUP

OPEN TO FAMILIES WITH CHILDREN 0-6  
AND EXPECTING PARENTS FROM SNUNEYMUXW

May 11-June 29 | 11:00am-1:00pm  
Snuneymuxw Health Centre  
1451 Macmillan Rd, Nanaimo

Parent-led topics to help strengthen family bonds  
Activities to support strong relationships with your little ones

For more information contact Karli Johnston:  
[kjohnston@kwumut.org](mailto:kjohnston@kwumut.org) | (250)-591-0933



Kw'umut Lelum  
[kwumut.org](http://kwumut.org)

Children. Culture. Community.



**COMING SOON!**

**NEXT SESSION BEGINS  
APRIL 13 2023**

# PARENTING WITHOUT POWER STRUGGLES

Aimed for parents of preteens, this popular program encourages parents to build on their family strengths, gain confidence in parenting an emerging teen, and discover practical ideas on how to prepare for the transition from preteen to teen.

**THURSDAYS**  
7:00-8:30PM

**VIRTUAL SESSIONS**  
ACCESSIBLE WHEREVER YOU ARE!

**REGISTRATION REQUIRED**  
RESERVE YOUR SPACE TODAY!

 **bgc** Central  
Vancouver Island

For more info visit:  
[BGCCVI.COM/PWPS/](https://bgccvi.com/pwps/)  
[parentingprograms@bgccvi.com](mailto:parentingprograms@bgccvi.com)





# COAST SALISH CANNNA

## DAILY-DEALS

- Sunday - 10% off on **Vapes**
- Monday - 10% off on **Pre-Rolls**
- Tuesday - 10% off on **Eighths (3.5g)**
- Wednesday- 10% off on **Ounces (28g)**
- Thursday - 10% off on **Topicals and Bath bombs**
- Friday - 10% off on **Beverages**
- Saturday - 10% off on **Shatter**

**Weekend Special: Friday to Sunday**

**Buy 2 Ounces of Flower and get a Toque!**

**MUST BE 19+ YEARS OLD. MEDICATE RESPONSIBLY: KNOW YOUR LIMITATIONS, DON'T DRIVE UNDER THE INFLUENCE, AND KEEP OUT OF REACH OF CHILDREN + PETS.**



# FIREARM SAFETY

**Interested in taking a firearms safety course to obtain a Possession Acquisition License (PAL)? We are compiling a list, so please reach out if you'd like to be included.**

**To register, email [juanm@snuneymuxw.ca](mailto:juanm@snuneymuxw.ca) or call 250-740-2329**



SNUNEYMUXW FIRST NATION

***We're hiring!***



**QQS SUPPORT WORKER**

**SENIOR INTERGOVERNMENTAL RELATIONS CLERK**

LEARN MORE + APPLY

**[www.snuneymuxw.ca/jobs](http://www.snuneymuxw.ca/jobs)**



## 2023 SOCIAL ASSISTANCE DATES

### MID-MONTH

**JAN. 04/23**

**FEB. 01/23**

**MAR. 08/23**

**APR. 05/23**

**MAY 03/23**

**JUN. 07/23**

**JUL. 05/23**

**AUG. 09/23**

**SEPT. 06/23**

**OCT. 11/23**

**NOV. 08/23**

**DEC. 06/23**

### S/A DAYS

**JAN. 18, 2023 (FOR FEBUARY)**

**FEB. 15, 2023 (FOR MARCH)**

**MAR. 22, 2023 (FOR APRIL)**

**APR. 19, 2023 (FOR MAY)**

**MAY 17, 2023 (FOR JUNE)**

**JUN. 21, 2023 (FOR JULY)**

**JUL. 19, 2023 (FOR AUGUST)**

**AUG. 23, 2023 (FOR September)**

**SEPT. 20, 2023 (FOR October)**

**OCT. 25, 2023 (FOR NOVEMBER)**

**NOV. 22, 2023(FOR December)**

**(TBA) DEC. (FOR JANUARY)**



# 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](http://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](http://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](http://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.**

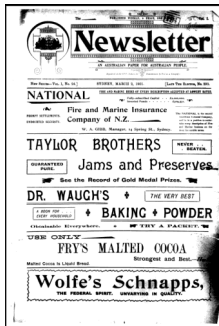
Are you interested in signing up to be on the list for delivering the Snuneymuxw News? .....

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.



### 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](http://www.snuneymuxw.ca)

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

**Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info and to sign up to have the newsletter sent by email.**