

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

June 8, 2023



Community clean-up



JUNE 12 - 23, 2023



Contact

Elders – Please contact Kate Good at 250-619-7703 if you require assistance to move your items to curbside.



Sorted materials

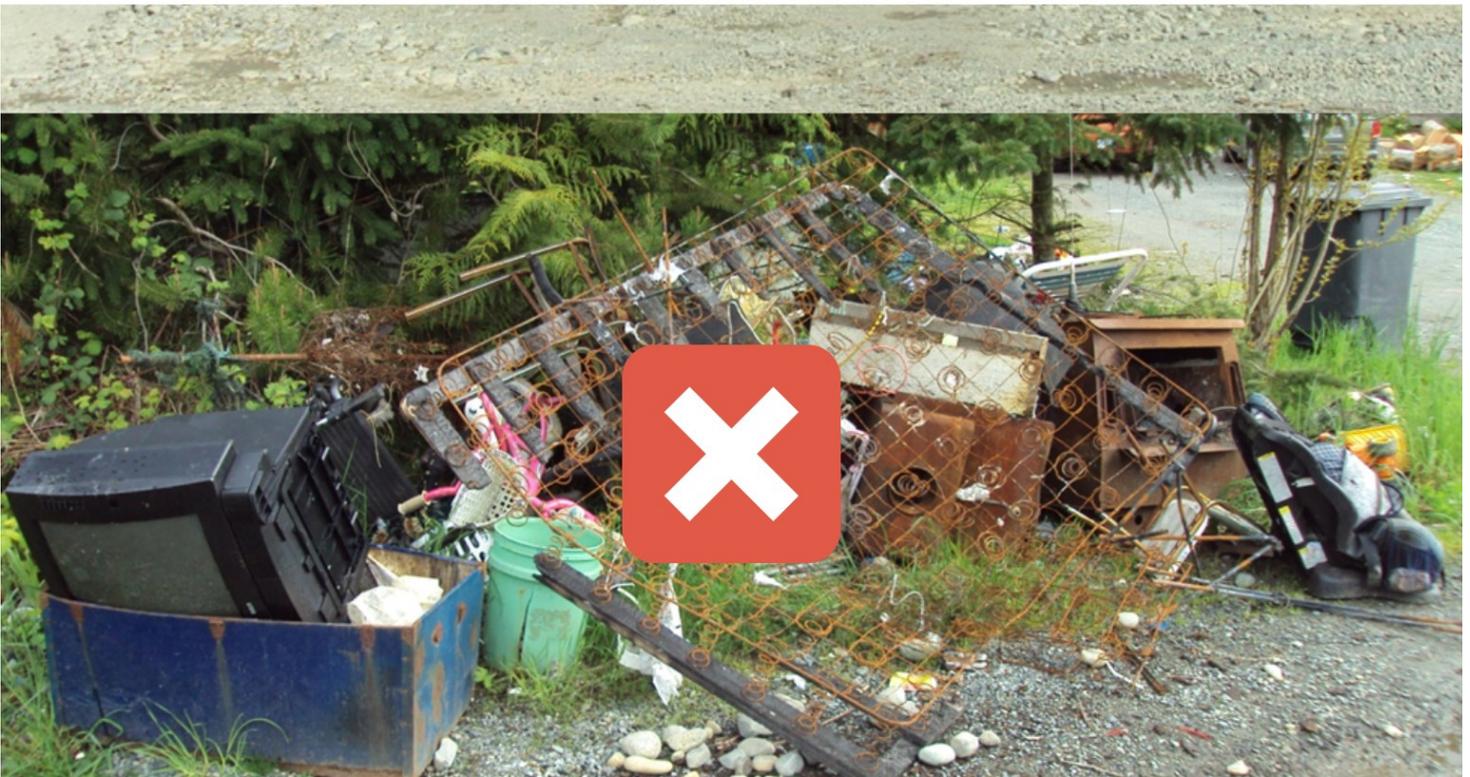


PLASTIC

ELECTRONICS

MATTRESSES/BOX SPRINGS

METAL ITEMS





Snuneymuxw



MENS

WELLNESS

LUNCHEON

JUNE 15



**11:00AM - 2:00PM
COMMUNITY KITCHEN
(SNUNEYMUXW BIG HOUSE)**

- MOTIVATIONAL SPEAKER - DARREN GOOD
- INFORMATION OF NEW MENS GROUP
- CATERED LUNCH
- DOOR PRIZES
- OPTIONAL SUPPORTIVE WELLNESS OFFERRINGS

PLEASE CONTACT

Sabrina Ross or
Samantha Wesley at
250-740-2337



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

**Friday
June 9**

TIME

5:00pm - 8:00pm

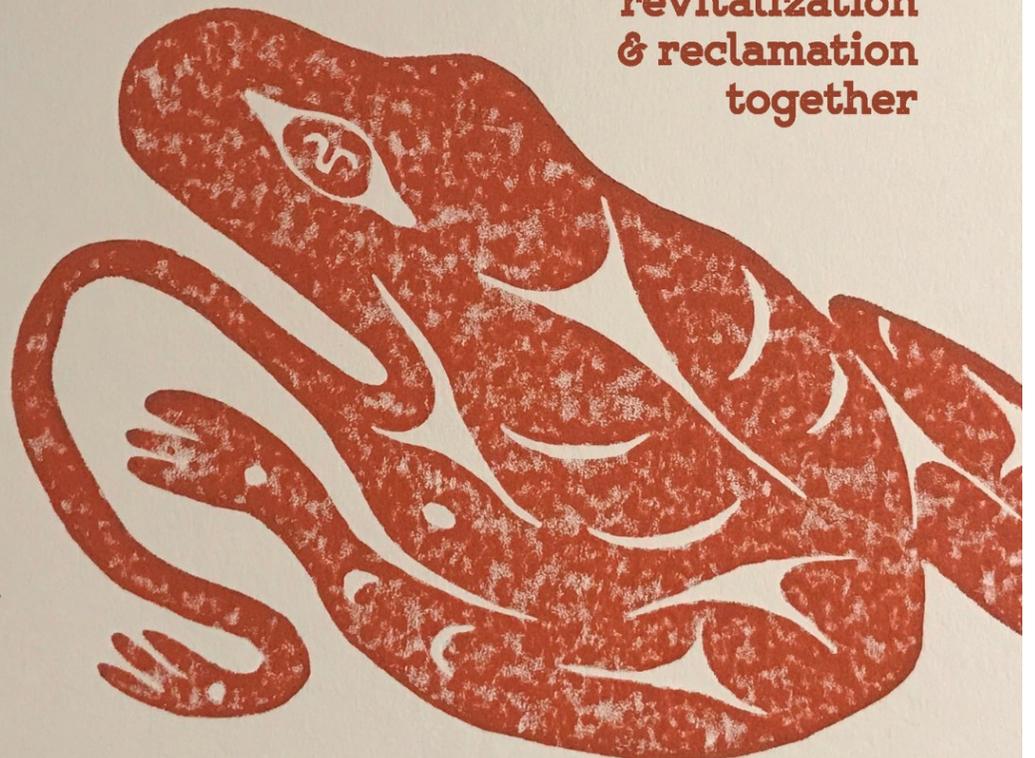
LOCATION

**Snuneymuxw
Learning Academy
1984 Woobank Rd.**

To register call

Chenoa 250-754-1300

Any questions? nancys@snuneymuxw.ca



*'20



June 21
National Indigenous Peoples Day



Please note, we will be closed on Wednesday June 21st. We reopen at 8am on Thursday June 22nd.



Snuneymuxw

First Nation

www.snuneymuxw.ca

EMERGENCY CONTACTS

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

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



DIY FATHER'S DAY PICTURE FRAME

Open to member Nations

Picture frame and craft supplies included

Kits delivered to your door June 15th

Register by June 14th



To register contact Jordana Seymour
jseymour@kwumut.org

email with the following: name, DOB, address, phone number and registered band



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



DROP-IN KAYAKING

OPEN TO FAMILIES FROM OUR MEMBER NATIONS

Thursdays, June 29 - August 31
Transfer Beach | 11:30-3:30pm

Join us all summer long for free kayaking
All equipment, lessons, PFD provided
Children must be supervised

For more info contact Nicola Loiseau
nloiseau@kwumut.org | (250)-668-9798



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



SNUNEYMUXW FIRST NATION

We're hiring!



MEMBERSHIP REGISTRATION ASSISTANT

SUMMER STUDENTS

EARLY CHILDHOOD EDUCATOR

ENVIRONMENTAL HEALTH NAVIGATOR

LEARN MORE + APPLY

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)



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 or call 250-740-2329



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

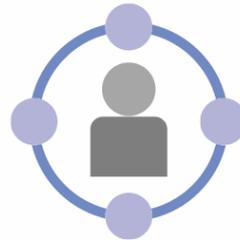
1.

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.

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!

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

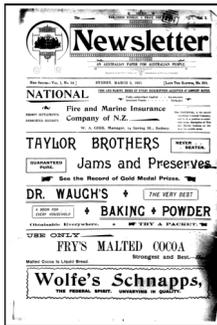
Housing
Ashley 250-619—0137
ashleyw@snuneymuxw.ca

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.



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

Check out the latest Nation job postings:

www.snuneymuxw.ca

www.facebook.com/SnuneymuxwFirstNation

Visit www.snuneymuxw.ca for more info and to sign up to have the newsletter sent by email.