

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

August 9, 2023



CANADA POST SERVICE UPDATE

Due to ongoing dog issues, mail service is currently on hold within IR1.

For those who currently do not have home mail service, your mail is now available at the Admin office, 668 Centre Street.

- **ID and sign-out required, as per Canada Post guidelines**
- **Mail pick-up is available Monday-Friday during working hours**

SFN Operations is in the process of reviewing community mailboxes instead of door to door service due to the ongoing dog issues and disruption of mail service.

If you have any questions please reach out to Canada Post's Debbie Delaney at debbie.delaney@canadapost.postescanada.ca



FUNDAMENTALS OF FOREST HARVESTING PRACTICES PROGRAM AT VANCOUVER ISLAND UNIVERSITY

Accepting
Applications now!

Start dates:

*September 5, 2023

*April 2, 2024



FREE TUITION
~~\$12,000~~
& ACCOMODATION

Provided by the
Regional District of
Mt. Waddington,
Western Forest
Products, and the
Province of BC

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, groceries and accomodation are fully funded by various grants (only pay for your travel costs!)

*Funding available to BC residents only

**Subject to funding



Learn more at tradesappliedtech.viu.ca/fundamentals-forest-harvesting-practices

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



CLOSED

September 4

Please note, we will be closed on Monday September 4th and reopen on Tuesday September 5.



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>)	Richard White	250-668-2696
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



FUN AND GAMES

Open to parents and caregivers with children ages 0-6

Thursdays, July 20 - August 31
Westwood Lake | 2:00-3:30pm

Open to all abilities for adaptive and inclusive activities such as paddle boarding, kayaking and much more - Partnered with Far Out Recreation
Limited transportation and light snacks provided

For more info contact Skyla Russell
srussell@kwumut.org | 778-678-8606



Kw'umut Lelum





KINDERGARTEN SUPPORT

FOR FAMILIES REGISTERING A CHILD FOR THE
2023/2024 SCHOOL YEAR

To help families with the online registration process,
support getting documentation.

By appointment at 534 Centre St Nanaimo.

Limited transportation available

Contact Skyla Russell for appointment:
srussell@kwumut.org | (778)-678-8608



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



SNUNEYMUXW FIRST NATION

We're hiring!



COMMUNICATIONS SPECIALIST

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)



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.