

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 14, 2023



Snuneymuxw First Nation and BC Housing work together as extended family in developing housing that breathes life into a Snuneymuxw way of being and responds to the complex housing needs of our community.

We encourage our Snuneymuxw People to register with the BC Housing Registry online and learn more about affordable housing opportunities. You can indicate your Snuneymuxw membership in the Registry, and specifically select prioritization for homes within our Snuneymuxw BC Housing portfolio. Or you can ask to be matched with the first suitable home that comes up. If you decline a housing opportunity for whatever reason, you won't be penalized. Register here:

<https://www.bchousing.org/housing-assistance/rental-housing/subsidized-housing>

REGISTER



SCAN HERE

Keep your BC Housing Registry online application up to date and active. To make sure your application stays active, try to update your application once every six months:

- Whenever any of your information changes; this includes:
- You change your phone number, email address or mailing address
- Your rent or income increases or decreases
- Your health or relationship status changes
- Your household size changes

NEED HELP?

Contact the BC Housing Assistance

Phone: 604-433-2218

Toll Free Number: From anywhere in B.C. 1-800-257-7756



Snuneymuxw's BC Housing Portfolio



1	La'lum'utul Lots 87-89, Warpath Road, IR#4	Affordable housing on Nanaimo River IR NO. 4, selected under BC Housing's Community Housing Fund Program.
2	355 Nicol Street	Supportive housing project, selected under BC Housing's Supportive Housing Fund Program.
3	Te'tuxwtun 564 Fifth Street, 502 & 505 Howard Avenue	The Te'tuxwtun development project is a unique collaboration between Snuneymuxw First Nation, BC Housing, the City of Nanaimo and Nanaimo Ladysmith Public Schools in support of affordable and market rate rental housing.
4	Xpey Sehlmi Chase River area	Short-term and long-term housing units for women and children feeling or at risk of violence, selected under BC Housing's Women's Transition Housing Funding Program.
5	Haliburton Street	Future affordable housing.
6	Franklyn/Selby Street	Future affordable housing.
7	611 Kennedy	Off-reserve housing opportunity in partnership between Snuneymuxw First Nation, Kw'umut Lelum, M'akola Housing Society, and BC Housing. Project responds to the housing needs of Snuneymuxw members who are working professionals.

"We continue on a path alongside BC Housing, where Snuneymuxw knowledge has been embraced as a way to strengthen housing outcomes for all who live in this sacred territory. Our primary focus is on ensuring affordable housing options are available for our people, so we can welcome more Snuneymuxw home and thrive here together as the Ancestors intended."

– Chief Mike Wyse



stem 'ału 'u' ni ǰe'ǰe

What is Sacred?



You are invited to visit stem 'ału 'u' ni ǰe'ǰe 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)



BC FIRST NATIONS
JUSTICE COUNCIL

 **Nanaimo**

INDIGENOUS JUSTICE CENTRE COMMUNITY ENGAGEMENT

Everyone welcome: Elders, community members, justice workers and anyone interested in justice issues for Indigenous people in the **Nanaimo** community.

WEDNESDAY - LISTENING

10:00 Welcome, coffee and connections

Opening

Introductions

Circle: What are the justice needs of this community?

12:00 Lunch

Circle: What justice related services and strengths, programs, and who are key people should we know about?

Break

Circle: What hopes do you have for the IJC? What are the justice sector gaps the IJC can help with?

2:30 Closing

3:00 Conversations, job posting and connections

THURSDAY

AM: ADVANCING THE STRATEGY

10:00 Welcome and coffee

10:30 Small group discussions:

- Legal Aid Services and transition to BCFNJJC
- Service mapping of local justice services

12:00 Lunch

PM: SHAPING THE IJC

1:00 Elder opening session

Circle:

- What do you want the IJC to feel like, look like and what cultural practices are appropriate?
- When the IJC opens, what kind of opening celebration should we have?

3:00 Elder closing session

RSVP

Register for either or both days via the **QR code** or visit bcfnjc.com/IJCEvents

DATE & TIME

Wednesday & Thursday
September 20th & 21st 2023
10:00am - 3:00pm

CONTACT

events@bcfnjc.com



LOCATION

Snuneymuxw
Rec & Wellness Centre
1145 Totem Rd
Nanaimo BC



GRIEVER'S JOURNEY

HEALING GROUP FOR ADULTS FROM OUR MEMBER NATIONS

Microtel Hotel | 12570 Trans Canada Highway

Wed, Oct 11th
9am-3pm

Thurs, Oct 12th
9am-3pm

Fri, Oct 13th
9am-12pm

Indigenous perspectives on grief, loss and healing

All meals provided - Limited accommodation available

Priority will be given to first-time registrants

More information contact Nicola Loiselle:
nloiselle@kwumut.org | (250)-668-9798



Kw'umut Lelum





**First Nations
Drinking Water
SETTLEMENT**

**ALL CLAIMS MUST BE SUBMITTED BY
MARCH 7, 2024**

If you are a First Nations member impacted by a long-term drinking water advisory, check your eligibility and complete your claim at

FirstNationsDrinkingWater.ca

Free supports are available to you for:

Emotional support
1.855.242.3310

Filling out your Claim Form
1.833.252.4220

Legal advice
1.833.265.7589



BIG SCIENCE FOR LITTLE HANDS

Open to Stz'uminus, Snuneymuxw, and Snaw-Naw-As families with children ages 3-5

Thursdays, Sept 28 - Nov 2 | 11am-12pm
Country Club Mall - Nanaimo Science

Exploring the seasonal changes into fall, science experiments, observations, learning activities, and more!
Registration deadline: September 21

To register contact Skyla Russell
srussell@kwumut.org | 778-678-8608



Kw'umut Lelum

**NANAIMO
SCIENCE**



9 NATION LACROSSE

Open to children and youth from our member Nations

Snuneymuxw Gym
4:30-6:30pm

Sept 15, Oct 6, 20, Nov 3, 17, Dec 8

Learn basic skills of the Creator's game together
Encourage all to bring your own equipment

For more information contact William Johnny
wjohnny@kwumut.org | (250)-802-2360



Kw'umut Lelum





Canada

BRITISH COLUMBIA

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

ICLD

WE ARE RECRUITING SECURITY GUARD TRAINING

CALL OUR OFFICE FOR MORE INFORMATION: 604 899-2400

DRIVERS LICENCE TRAINING

+

EMPLOYEES ARE READY TO HIRE!

DUNCAN, BC

- JOB READINESS TRAINING
- FIRST AID
- BASIC SECURITY TRAINING
- REPORT WRITING
- TRAUMA INFORMED PRACTICE
- WORKPLACE VIOLENCE
- AND MUCH MORE.

Start Date: September 11, 2023

ELIGIBILITY

ARE YOU ON EI OR HAVE YOU HAD A CLAIM IN THE LAST 5 YEARS OR EARNED MORE THAN \$2,000 IN INSURABLE EARNINGS AND PAID EMPLOYEE EI PREMIUMS ON THOSE EARNINGS IN AT LEAST 5 OF THE LAST 10 YEARS, OR ARE YOU A BRITISH COLUMBIA EMPLOYMENT AND ASSISTANCE CLIENT?



REGISTER NOW TO GET A CALL BACK!



[HTTPS://FORM.JOTFORM.COM/231795595354267](https://form.jotform.com/231795595354267)



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)



CLOSED
October 9



**Please note, we will be closed on Monday
October 9th and reopen on Tuesday
October 10.**



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 AND PETS.



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

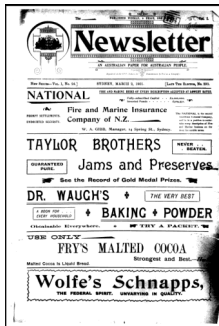
Are you interested in signing up to be on the list for delivering the Snuneymuxw News?

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.