

Snuneymuxw News

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

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Snuneymuxw News is published monthly.

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

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

September 08 2025



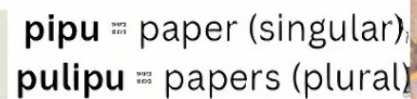
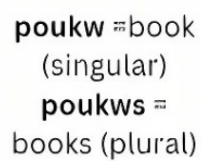
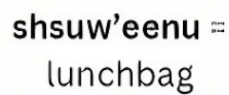
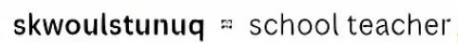
p'uq'ulenuhw (September)

“the time when the leaves turn colour”

yu xay'tl'thut

*fall, autumn, cold
(getting cold type of weather)*

exuxun' - frost
shhwun'was - cloudy
slhumuhw - rain
tth'etth'ulh - cool
welhts'um' - leaves
stsuhwum - rustling wind
yu 'um'mush - hunt on land





PETROGLYPH
DEVELOPMENT GROUP

SEPTEMBER Updates



MOUNT BENSON FIRE



The wildfire on Te'tuxwtun (Mt. Benson) in South Nanaimo is contained to approximately 8 hectares and has partially impacted approximately 2-hectares of our Mt. Benson Forestry lands.

We are working closely with the BC Wildfire Service, who have taken lead responsibility to extinguish the fire. We will continue to provide updates as new information becomes available.

Follow BC Wildfire Service at:

<https://tinyurl.com/yy8d598w>



PDG BIRDSEYE REPORT



Learn more about PDG, explore our portfolio of businesses and developments, and preview what's coming next.

The report will be available September 16.

petrolyphdg.com/news





PETROGLYPH
DEVELOPMENT GROUP



WELCOME DIANA

Join us in welcoming Diana to the PDG team!

Diana was born and mostly raised in Nanaimo, and she has been married for nearly 36 years. She's a proud mom to one daughter and a grandmother to two amazing grandsons, who are truly her happy place.

She joins us as our new Accounting Technician and is excited to contribute to the Finance Department while also learning more about Snuneymuxw First Nation. Diana brings with her a strong background in the manufacturing, construction, and grocery industries, where she has worked in both Accounts Receivable and Accounts Payable roles.

Outside of work, Diana is passionate about music and loves attending concerts. At home, she shares her space with her ginger cat, Mylie, and she never misses an episode of Survivor. Most of all, she treasures time spent with her grandsons.

We're happy to have her on the team—welcome, Diana!



JOB OPPORTUNITIES

Interested in joining the PDG family? We're always looking for passionate and talented individuals to be part of our growing team. Send your resume to hr@petroglyphdg.com or visit our website to learn more!

Stay updated: petroglyphdg.com/career-opportunities.





Coming up this month:

The team from our very own Petroglyph Development Group (PDG) is excited to connect with Snuneymuxw members, both online and in person.

Join us at two community information sessions this month to learn more about PDG, the upcoming te'tuxwtun vote and the exciting opportunities in the works for our Nation!

Learn more at: www.snuneymuxw.ca/cp



MARK YOUR CALENDARS

Online meeting	In person meeting
Thursday, September 11	Tuesday, September 16
5:00–6:00 PM	5:00–6:00 PM
Location: Zoom	Snuneymuxw gymnasium



te'tuxwtun
ADDITION TO RESERVE



PETROGLYPH
DEVELOPMENT GROUP



INTRODUCING OUR SECOND DAYCARE!

Qwam Qwum Qeq

(which means "Strong Babies") ♡



**Located next to Qwam Qwum Stuwixwulh
(1390 Stuywut St, Nanaimo)**

Our new daycare is filled with natural light and surrounded by the beautiful trees and plants of our territory. Shaped by the voices of our community, Qwam Qwum Qeq was built to support our growing families who are balancing work, education, and raising children.

It was clear that we needed more daycare spaces, so we found a path!

Questions?

Contact daycaremanager@snuneymuxw.ca



Island Brave are back from competing in Brazil!

This summer, Island Brave represented Team Canada at the 2025 IVF World Distance Championships in **Brazil!** 🌍🏆

hay cep qa' to the team's lead sponsor:

Amanat Law

Your support and encouragement is deeply appreciated!





Congrats, SFN Marine Division!



**Our Snuneymuxw Marine Division
has been nominated as a finalist
for the Water Canada award!**



This recognition highlights our Salish Sea Kelp Restoration Project, a collaborative effort with Cascadia Seaweed and Foresight Canada, which is helping restore coastal ecosystems through innovative, nature-based solutions.

Learn more at www.snuneymuxw.ca/marine

WATERCANADA
AWARDS

Salish Sea Kelp Restoration Project

Watch this video
to learn more about the project!



<https://tinyurl.com/3hwe89pk>





Snuneymuxw **JAM NIGHT**

***Bring your
drums, rattles,
regalia and vibes!***

WEDNESDAYS 6-9PM

CONTACT BENNY FOR THE LOCATION EACH WEEK:



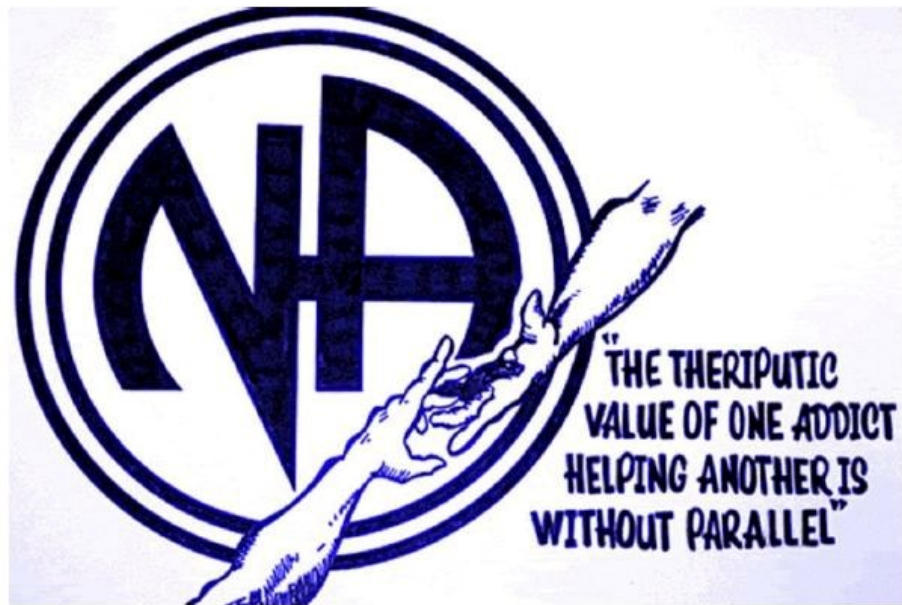
***Snuneymuxw
Longhouse
Kitchen***

OR



***Snuneymuxw
Gym***

**GOT QUESTIONS?
CONTACT BENNY PAUL
250-714-2067**



When : Wednesdays @ 7pm

Where : 669 Centre Street

(in the Portable)

More info
about NA
programs:



www.cviana.ca/who-we-are

Info about the
importance of
anonymity:



Find more
local
meetings:



www.cviana.ca/current-meetings



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.



3.

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



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



HOW TO GET HELP FOR SUBSTANCE USE

- 1.** Call SFN hulit leum and ask to speak with a counsellor. 250-740-2337
- 2.** We book your first appointment and look forward to welcoming you.
- 3.** You and a counsellor have a confidential conversation to discuss the following:
 - a) Your physical and mental health.
 - b) Whether detox support is needed before starting treatment.
 - c) Review treatment options including treatment centres.
 - d) The support we can provide while you wait for additional help.
- 4.** Plan for ongoing and post treatment support.



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



2025 SOCIAL ASSISTANCE DATES

MID MONTH

DEC. 04/24

JAN 08/25

FEB 05/25

MAR.05/25

APR 02/25

MAY 07/25

JUN 04/25

JUL 08/25

AUG 06/25

SEPT 10/25

OCT 08/25

NOV 05/25

DEC 03/25

S/A DAYS

DEC.18/2024 (FOR JANUARY 2025)

JAN. 22, 2025 (FOR FEBRUARY 2025)

FEB.19, 2025 (FOR MARCH 2025)

MAR.19, 2025(FOR APRIL 2025)

APR.16, 2025 (FOR MAY 2025)

MAY 21, 2025 (FOR JUNE 2025)

JUNE 25,2025 (FOR JULY 2025)

JULY 23, 2025 (FOR AUGUST 2025)

AUG. 27,2025 (FOR SEPT 2025)

SEPT. 24,2025 (FOR OCT 2025)

OCT. 22, 2025 (FOR NOV 2025)

NOV. 19,2025 (FOR DEC 2025)

DEC. 17, 2025 (FOR JANUARY 2025)



SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

SFN Counselling Services

SNUNEYMUXW HULIT LELUM
1451 MACMILLAN RD., NANAIMO, B.C.

Front Desk: 250-740-2337
Appointment Line: 250-740-2345

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. SN 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:



Robyn Hohn supports families in Snuneymuxw who are connected with Child & Family Services.

Robyn can be reached at **250-740-2337** or robbynh@snuneymuxw.ca

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)



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 info, for the latest updates.

To update your contact info, call the office at: **250-740-2300**
or email: membership@snuneymuxw.ca

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

hay ch qa' (thank you) for your help!

HEALTH CLINIC & EMERGENCY:

Health Centre Front Desk:
250-740-2337

Health Centre Appointment Line:
250-740-2345

Cheryl Mooney
250-668-2644
cmooney@snuneymuxw.ca

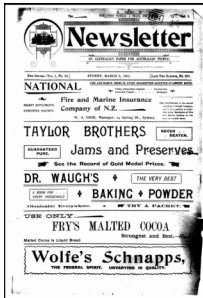
Marina White
250-668-5244
marinaw@snuneymuxw.ca

Regan Seward
250-616-3582
regans@snuneymuxw.ca

Housing:
250-716-6548

Are you interested in being on the list to deliver 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

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: 1-866-788-6243

RCMP/non-emergency:
250-754-2345

Check out the latest Nation job postings:
www.snuneymuxw.ca/jobs

Follow us on Facebook:
www.facebook.com/SnuneymuxwFirstNation

SFN newsletters are also posted on the website as PDFs:
www.snuneymuxw.ca/newsletter

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