

Snuneymuxw News

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

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Newsletters also available online at: www.snuneymuxw.ca/newsletter

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Centre St., Nanaimo, B.C. V9R 4Z4 Tel: 250-740-2300, 1-888-636-8789,
communications@snuneymuxw.ca

December 10, 2025



tuḡxúy̓tl

(December)

shxwuwéli

(Relatives/community)

laḡmuthut

(Take care)

ćic'uw'atul'

(Help each other)



THIS MONTH AT PDG:



PETROGLYPH
DEVELOPMENT GROUP

DECEMBER UPDATES



EXPLORE MAGAZINE HIGHLIGHT

Last month, travel writer Kelsey Olsen from Explore magazine visited Snuneymuxw Territory to learn, explore, and experience Nanaimo. In her article, she beautifully highlighted her journey and thoughtfully wove Elder Dave Bodaly's teachings throughout. During her visit, she was guided through Saysutshun and stayed at the Courtyard by Marriott, Nanaimo, which she noted as the ideal place to stay when visiting the region. Scan the QR Code below to learn more:



EAGLEVIEW IS HERE!



PDG's Eagleview publication is here!

Learn about our recent and upcoming projects, companies, and more!





PETROGLYPH
DEVELOPMENT GROUP



UPCOMING OFFICE CLOSURE

December 20, 2025 - January 4, 2026
Reopen January 5, 2026 at regular hours

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.





ELECTION INFORMATION

ADVANCED POLL

Saturday, December 6, 2025

9am - 8pm

Snuneymuxw Gymnasium
(1145 Totem Road, Nanaimo)

ONLINE VOTING

December 6 - 13, 2025

Online Voting at: snuneymuxw.simplyvoting.com



ELECTION DAY

Saturday, December 13, 2025

9am - 8pm

Snuneymuxw Gymnasium
(1145 Totem Road, Nanaimo)

QUESTIONS?

Contact Electoral Officer Ron Laufer

✉ ronlauferelections@gmail.com

☎ 1-833-443-VOTE (8683)

More election info at: www.snuneymuxw.ca/governance





tum' 'xuytl'
CELEBRATE THE SEASON

DECEMBER 8 - 5:00PM

Children's Christmas Party



DECEMBER 9 - 5:30PM

18+ Adult Christmas Gala

(♥ SFN members are welcome to bring their significant other)

**CHRISTMAS COMMUNITY DINNER
GIFTS FOR THE KIDS AND GIFT CARDS FOR YOUTH
PRIZES, LIVE MUSIC, PHOTO BOOTH AND CHEER!**

**WE HUMBL Y ASK THAT THESE EVENTS REMAIN
SNUNEYMUXW MEMBERS ONLY**

Rides will be available.

Please contact Chenoa at
Chenoap@snuneymuxw.ca OR
call 250-740-2316



Snuneymuxw Gym
(1145 Totem Rd)



i' cun 'uw i' COMMUNITY PLANNING 2025

hay cep qa' to all our members
for an amazing year of
connection and planning for
the future of our sacred Lands.

In 2025, our members
connected with our Lands
Team at **more than
a dozen community
events**, including Elders
Luncheons, Snuneymuxw
Days, Chief & Council
Meetings and more.



Our members learned more
through in person engagement,
Zoom meetings, our new Online
Community Hub, our
Land Booklets, Social Media, mail,
email and our Online Survey,
which received **over 600
responses across more than 20
SFN land parcels.**



As we look ahead
to 2026, we look
forward to another year
of **connection and
planning** with
you all!



Sign up for our
mailing list by visiting
[www.snuneymuxw.ca/
subscribe-to-our-newsletter](http://www.snuneymuxw.ca/subscribe-to-our-newsletter)





Our Snuneymuxw Land Guardians are sharing their love with the Land.

Recently, Snuneymuxw Land Guardian Robert Phillips worked with the land at Buttertubs Marsh, planting, mulching, setting-up protective fencing, and removing invasives.

We are grateful to our Land Guardians, who put up their hand, to serve in this important work.

Have questions about the Land Guardians? Reach out to landguardian@snuneymuxw.ca



Harm Reduction Video Series:

As part of National Addictions Awareness Week, we connected with our amazing partners to highlight supports for wellness in our communities.

💙 Watch the full video series at: <https://tinyurl.com/NAAW2025Videos>

💙 Explore more healing resources: www.snuneymuxw.ca/healing



2025 National Addictions Awareness ...

by Snuneymuxw First Nation

Playlist • 10 videos • 11 views

▶ Play all

- 1 **Event Recap: National Addictions Awareness Week 2025**
Snuneymuxw First Nation • 9 views • 11 days ago
3:05
- 2 **Harm Reduction Resources at NAAW 2025 - First Nations Health Authority**
Snuneymuxw First Nation • 8 views • 4 days ago
1:35
- 3 **Harm Reduction Resources at NAAW 2025 - Gambling Support BC**
Snuneymuxw First Nation • 1 view • 4 days ago
1:59
- 4 **Harm Reduction Resources at NAAW 2025 - Kw'umut Lelum Child & Family Services**
Snuneymuxw First Nation • 1 view • 4 days ago
1:09
- 5 **Harm Reduction Resources at NAAW 2025 - Nanaimo Youth Services & Kw'umut Lelum**
Snuneymuxw First Nation • 1 view • 4 days ago
1:35
- 6 **Harm Reduction Resources at NAAW 2025 - Moms Stop The Harm**
Snuneymuxw First Nation • 1 view • 4 days ago
1:57
- 7 **Harm Reduction Resources at NAAW 2025 - KUU-US crisis line**
Snuneymuxw First Nation • 2 views • 4 days ago
1:45
- 8 **Harm Reduction Resources at NAAW 2025 - Tillicum Lelum Aboriginal Friendship Centre**
Snuneymuxw First Nation • 20 views • 4 days ago
1:43
- 9 **Harm Reduction Resources at NAAW 2025 - Nanaimo Association for Community Living**
Snuneymuxw First Nation • 1 view • 4 days ago
1:09
- 10 **Harm Reduction Resources at NAAW 2025 - Island Health**
Snuneymuxw First Nation • 6 views • 4 days ago
2:37



healing hul'q'umi'num' words

la'lu'muthut

(take care)

siyé'yu

(friends)

huli't

(heal)

ćic'uw'atul'

(help each other)

shxwu'wéli

(relatives/community)

ćewut

(to help)

íkwa'm'kwu'm

(strong, fit, healthy)

hay ch qa' to Gena Seward-Wilson for the translations ♥



**SIGN UP FOR OUR
EMAIL LIST TO STAY
IN THE LOOP!**

www.snuneymuxw.ca/subscribe-to-our-newsletter



Catch up on all previous newsletters at:
www.snuneymuxw.ca/newsletter



CLOSED
DECEMBER 22ND-JANUARY 4TH

**PLEASE NOTE, THE SFN ADMIN OFFICE WILL
BE CLOSED ON MONDAY DECEMBER 22, 2025,
AND WILL REOPEN ON MONDAY JANUARY 5,
2026.**



OFFICE CLOSURE

The SFN Admin Office will be closed on Monday December 22, 2025 and will reopen on Monday January 5, 2026

EMERGENCY CONTACTS

Health & Elders (Wellness Administrator)	Marina White	250-668-5244
Social Development (Family Emergencies)	Charlene Paul Kate Good	250-714-2137 250-619-7703
Maintenance (Roads, Water & Garbage)	Richard White	250-668-2696
Housing	Housing Team	housing@snuneymuxw.ca
Wellness Centre, Education, QQS School	Nancy Seward	250-751-9409
Fisheries/Wildlife	John White	250-616-7968
RCMP	General Duty	250-754-2345
Emergency	RCMP	911



♥ **Snuneymuxw hulit lelum will be available for you throughout the holidays.**

If you need to reach us, please call the Doctor's Appointment Line at **250-740-2345**, and leave a voicemail. Our team will be checking messages and will call you back.

Take good care of yourselves and one another. 🌿



A Message From Snuneymuxw Hulit Lelum On Holiday Support

Dr. Gardner will be offering virtual appointments during the following times:

 **Dec 22-23: 4:15pm-6:30pm**

 **Dec 30: noon-6pm**



Snuneymuxw hulit lelum is accepting new patients!

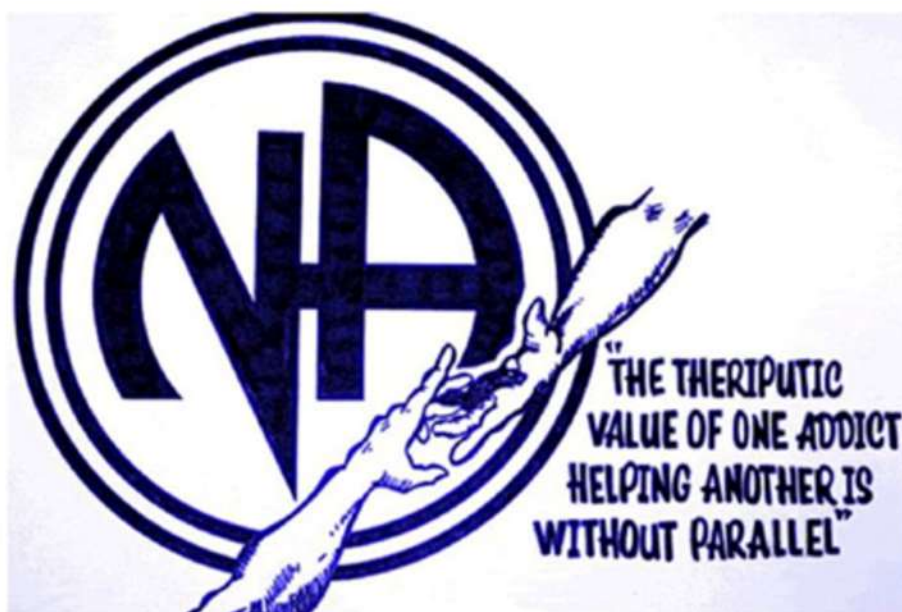
If you are interested in registering, please:

- **contact the Doctor's Appointment Line at 250-740-2345**
- **or visit the Health Centre to pick up an intake package and book your intake appointment.**

**We look forward to supporting our
community members.**

250-740-2345

1451 MACMILLAN ROAD



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: **Appointment Line:**
250-740-2337 **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 Snuneymux 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:



Jake Dietrich 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)



GARBAGE & RECYCLING

**RECYCLING PICK UP:
WEDNESDAY**

**GARBAGE PICK UP:
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.)

MEMBER CONTACT INFO:

**Has your email, phone number,
or address changed?**

Please update your contact information, with our membership team. This helps us keep you informed about important updates.



ONLINE FORM:

www.snuneymuxw.ca/membership



QUESTIONS?

Contact our membership team at:

250-740-2300

membership@snuneymuxw.ca

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**

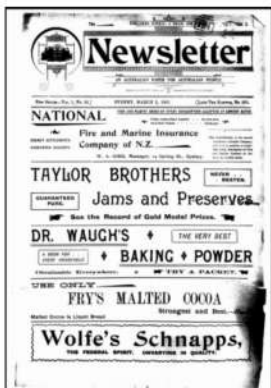
**Cheryl Mooney
250-668-2644
cmooney@snuneymuxw.ca**

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

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

**Housing:
250-740-2354**

**Are you interested in
delivering the
Snuneymuxw News?**



If so, please call the
Main Office
250-740-2300
and ask for your name
to be added to the list of
people who deliver the SFN
Newsletter.

**Check out the latest
Nation Job Postings:**

www.snuneymuxw.ca/jobs

Follow us on Facebook:

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

SFN NEWSLETTERS

Also available on the
website as PDFs:

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

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

HANDY NUMBERS

**SFN Admin 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**

