



Finding Balance

Family Workbook

At SSHS we want to improve and strengthen our spiritual emotional and mental wellness services by basing them in Stl'at'imx Wisdom.

We need your help.



You and your family can help put Stl'atl'imx Wisdom at the centre of our spiritual, emotional and mental health services.

Stl'atl'imx Wisdom is what beats in your heart. It's found in the voices of Ancestors, the land and in your life experiences.

Stl'atl'imx Wisdom is about connection. It's about connecting with each other, ourselves and Ntákmén. It's what you know to be true as a Stl'atl'imx person.

SSHS needs your input to make sure our services are based in Stl'atl'imx Wisdom and include traditional healing methods. Please use this workbook to get down your thoughts. Then, either return **The Finding Balance Workbook** to your CHR or take **The Finding Balance Survey** online at: www.surveymonkey.com/r/8PRB2GD by **Friday, June 12, 2020**.

Who is helping fill out this workbook?

Everyone has their own way of finding balance.

For adults that could be a walking the land. For Elders, balance might be found in maintaining strong family ties, while children may find balance in playing outside. That's why we're asking that you complete this workbook with everyone in your household contributing.

Your Community: _____

	Adult	Elder	Child	Youth		Adult	Elder	Child	Youth
Person 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Person 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Person 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Person 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Person 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Person 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Finding Balance: Where we are today

SSHS started the Finding Balance project with Fireside Chats to discover what was needed to base SSHS health services in Stl'at'imx Wisdom.

The first Fireside Chats were held in NQuatqua and Skatin. These community sessions were led and witnessed by Edwin "Buckshot" Bikadi and Chris Thomas Wells from SSHS.

Then, suddenly how we did this project had to change because of the COVID-19 virus and the need to not gather. SSHS was not prepared to stop this really important project. Instead, we found a way to continue getting your input. This booklet is part of the solution that will allow to maintain physical distancing while continuing this research that will help our services become Stl'at'imx-enhanced.

This workbook is part of making sure the wishes of our members are reflected in our services. We encourage you to fill out this booklet, take the online survey, or both. Your voice is essential.



Edwin Buckshot Bikadi

Join us to launch The Finding Balance Workbook online



Chris Thomas Wells

We're launching **The Finding Balance Workbook** project online with a Facebook live Watch Party with Chris Wells on **Thursday, May 18 at 6:30 pm**. You can find the launch on the **SSHS Facebook** page.

Chris, our Family Cultural Worker, will be singing and drumming. Edwin "Buckshot" Bikadi will be supporting the launch with a video message.

As well, Counsellor Brett Peterson will be posting short videos on how to manage stress and anxiety.

Please join us in launching **Finding Balance 2** and take part in the singing and drumming to launch The Finding Balance

Finding Balance through our collective St'at'imx Wisdom

Balance is key to maintaining good spiritual, emotional, mental wellness and physical health. The medicine wheel symbolizes balance in all aspects of our health.

Think about how St'at'imx Wisdom can support spiritual, emotional and mental health services. Use the blank spaces in the medicine wheel at the right to write down your thoughts about all aspects of your and your family's health. We have a few examples on the wheel.

If you have any questions, please contact:

Edwin Bikadi at edwin.bikadi@sshs.ca

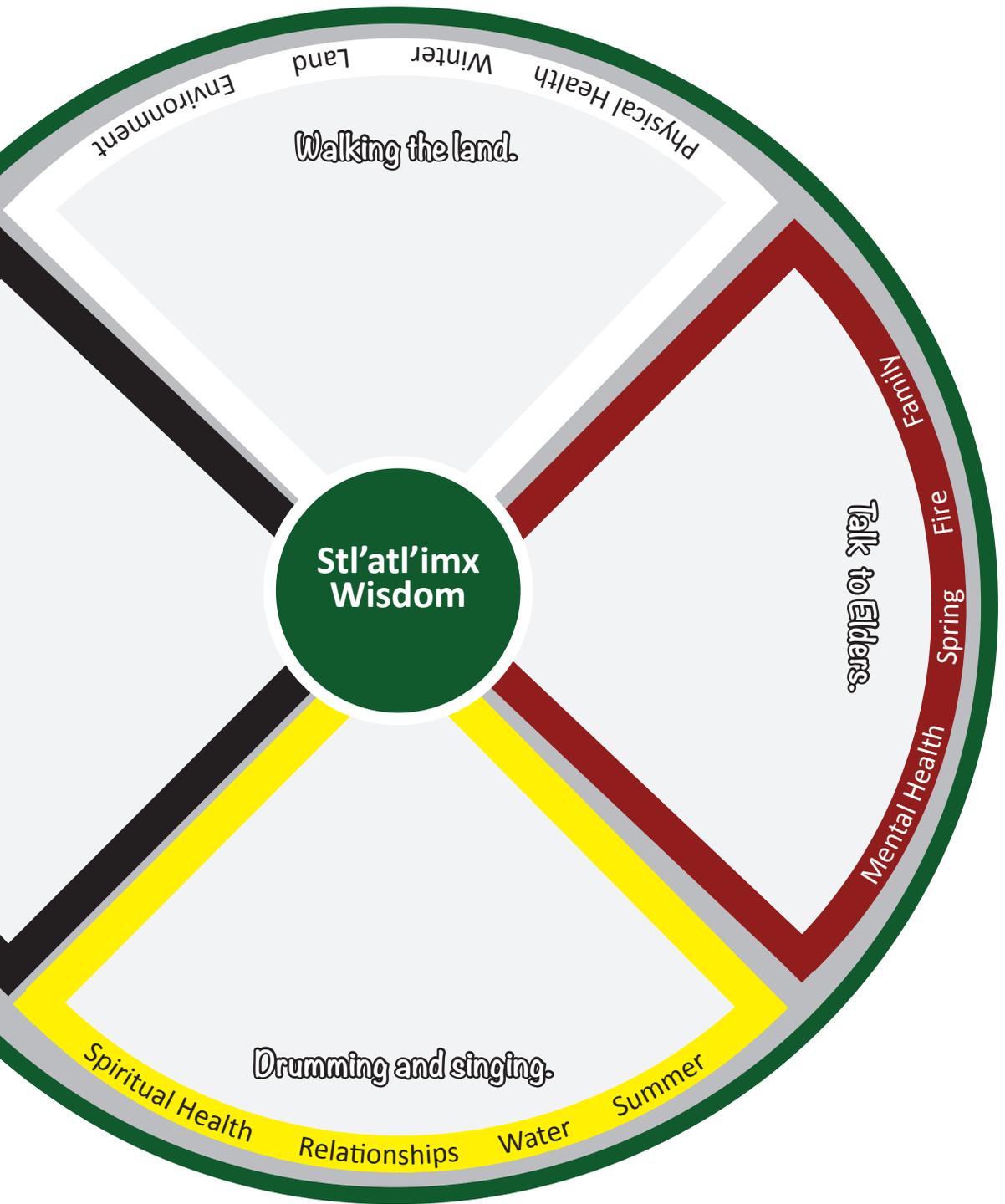
Chris Wells at chris.wells@sshs.ca

Fran Hopkins at fran.hopkins@sshs.ca

“Walk and talk the ways of our St'at'imc ancestors from past to present. Work together—one spirit—to build a stronger future”

— Chris Wells, Family Cultural Worker
& Edwin “Buckshot” Bikadi, Men’s Group Leader





**Stl'atl'imx
Wisdom**

Walking the land.

Talk to Elders.

Drumming and singing.

Spiritual Health

Relationships

Water

Summer

Physical Health

Winter

Land

Environment

Mental Health

Spring

Fire

Family

What can SSHS do to help you find balance? What kind of programs and activities would you like to see provided?

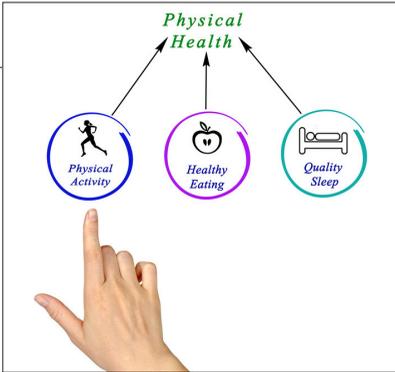


Spiritual Health

Mental Health



Physical Health



Emotional Health



What is your biggest challenge to Finding Balance?

5 Things Your Family Does to Find Balance

Fishing outings. Walking on the land. Visiting Elders. Cooking together.

There are many ways we achieve balance. What works for you and your family?

1 _____

2 _____

3 _____

4 _____

5 _____

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Southern St'at'imx
Health Society

Our Medicine is in Our Ways

