



Southern St'at'imx
Health Society

s7átšxem

Serving N'Quatqua, Samahquam and Skatin

Winter 2024



Mark Your Calendars

NEW PRIMARY CARE CENTRE OPENING

Save the date for the grand opening of the new es zúmiñ Primary Care Centre on January 29, 2025.

This new health care facility will serve the people of N'Quatqua, Samahquam, Skatin, Xa'xtsa and Lílwat Nations.

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Raoul Peters Becomes Q'aLaTKu7eM Community School's First Graduate



We are thrilled to celebrate a monumental achievement at Q'aLaTKu7eM

Community School—the graduation of our very first student, Raoul Peters! Raoul's journey has been one of dedication, hard work, and a genuine passion for contributing to both his craft and his community.

Over the last couple of years, Raoul has completed more than 300 hours of work placement through an apprenticeship with Murphy Construction, where he has honed his skills and gained invaluable experience.

His determination in the construction field reflects his commitment to building a strong foundation for his future. But his contributions extend far beyond his work in construction.

A true advocate for community, Raoul has also played an instrumental role in our community garden efforts, lending his time and energy to help cultivate not only our local garden but also neighboring community gardens.



Raoul Peters is not only building homes, he's building a great future!

His hands-on approach and willingness to support others have made him a valuable asset to our collective growth.

In addition to his work with construction and the gardens, Raoul's passion for mountain biking, hunting, and fishing has always been an integral part of who he is. Whether racing down a trail or enjoying the beautiful territory, his enthusiasm for biking and nature reflects his adventurous spirit and drive to explore new challenges.

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Southern Stl'atl'imx Health Society

OUR VISION

Stl'atl'imx enhanced holistic health services.

OUR MISSION

Weaving traditional wellness into our health services.

OUR VALUES

**Community
Ucwalmicw**

**Respect, language
and culture**

**All Stl'atl'imx people
are loved and cared for**

www.sshs.ca

About the SSHS newsletter

s7átšxem, the SSHS newsletter, is published quarterly to reflect the seasons. **s7átšxem**, which means caring, lets members know about SSHS programs, services, plans, projects, and events. It also provides valuable physical, emotional and spiritual health information.

Members can learn what every department is doing to help fulfill SSHS's Mission and Vision through regular department reports.

Southern Stl'atl'imx Health Society

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(Raoul Peters continued from page 1)

Raoul also made a significant impact through his involvement in the school-led junk car removal project. His dedication to this initiative helped clear old, unwanted vehicles from our community, resulting in cleaner, safer spaces. This project exemplifies Raoul's commitment to making tangible improvements in his environment.

We could not be prouder of Raoul and his many achievements. He has set the bar high for future graduates of Q'aLaTKu7eM, showing that with perseverance, passion, and a willingness to help others, anything is possible.

Congratulations, Raoul, you've proven that hard work and a big heart can truly make a difference!

— *Q'aLaTKu7eM Community School*

Congratulations, Raoul! From Your Mom and Dad



To my son, Raoul:

I want you to always remember that you are not alone in this world. You have me, your mom, to lean on and share your joys and sorrows with. We are a team, and we will face anything together.

I am so proud of the awesome, hardworking, gentle, and loving man you are becoming.

— *Forever and always,
Love, Mom*

I'm so proud of my son Raoul for all of his accomplishments and graduation. He was a tough man roughing out the wicked rain and winds while we were on his fishing trip. Raoul landed his first fish on the first cast!

We both caught lots and had plenty of bites in our journey down the river on a raft and while standing in the freezing cold waters. I, myself usually wouldn't handle such cold weather and the extreme fights with them monsters. I now share my tears of happiness.

— *Steven Peters
Happiest Dad*

BRIGHTEN AN ELDER'S DAY

Social isolation is an issue that many Elders face.

This can affect their mental, emotional and physical health.

REACH OUT TO
THE ELDERS IN YOUR
LIFE THIS HOLIDAY
SEASON



Raoul biking on the territory he loves.



Raoul helping with Hubie's firewood.

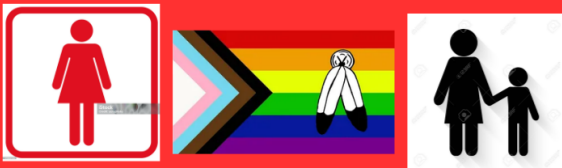
Updated Transition House Information



Stqaka7stúmc
LIL'WAT NATION TRANSITION HOUSE



Who is eligible? Single women, 2spirit, or women with children fleeing from domestic violence: physical, verbal, financial, spiritual, or sexual assault. You do not have to be Indigenous to access the transition house. We do require women to be sober from alcohol for at least 24 hours, and hard drugs at least 1 week.



How do I get to the Transition House? The Transition House does not provide transportation to or from the house. If someone you know needs a ride please call the house and we will assist with finding transportation. Walk-ins are welcome.



What to expect? Residents will receive basic life skills, advocacy, and support; and are expected to be as independent as possible. We can provide transportation to grocery shop or local medical appointments



What to bring? Identification, important documents, clothes, any medications if possible but is not mandatory. We will get you what you need when you are here.

We are committed to walking with women and their children while they make the difficult transition from an abusive violent environment to a positive independent lifestyle.



We believe every woman and child should have a choice in decisions about their care, and that they have the right to a safe, respectful environment.

open: 24/7

Phone: 604-384-7247 - 1-833-512-0664 Email: transitionhousesupport@lilwat.ca

Message from the Interim Health Director

Thank You To Everyone For Your Continued Confidence in SSHS



Eppa (Gerard Peters), Interim Health Director

The SSHS team wishes to thank you for your continued confidence as we prepare to complete our rebuild in 2025.

A review of our newsletters that are available on our website will reveal our steady progress.

Please come by and visit. You'll see that our offices are now well organized and in good repair, both inside and out. The team purged a lot of unnecessary "stuff" that was stored in unused offices. We purged unnecessary things from storage at Rosemary Stager's and relocated tires and trailers to new outdoor storage at Frankie Jim's.

Lílwat Forestry Ventures removed a big old cherry tree between our office and Felicity Nelson's and cleared trees from the area by Gwen Nelson's. This area was leveled and gravel-filled and will serve as a new parking

area for the es zúmiñ Primary Care Centre which is staffing up under the leadership of its operations director Ricky Kumar.

The primary care centre will offer professional care from doctors and nurses, as well as a dietitian, dentist, social worker, nurse practitioner and traditional healers both in the SSHS building and at the old Lílwat Health & Healing building [now called Pqusnalhcw] at the new site.

Mark your calendars for the grand opening of the es zúmiñ Primary Care Centre on January 29, 2025, made possible by the joint support of the N'Quatqua, Lílwat, Samahquam, Skatin and Xa'xtsa communities in partnership with Health Canada, BC Ministry of Health and First Nations Health Authority (FNHA).

Through December and January, Ricky Kumar will continue to recruit new professionals and set them up in the SSHS and Lílwat Health & Healing offices. They will be taking in new patients from our communities and offering culturally safe health care way before the official grand opening.

2025 is gearing up to be an eventful year.

As reported in our last issue, SSHS's by-laws are being amended through the efforts of the governance renewal committee made up of Chief Brock Peters, Doris Peters and Xavier Williams, and supported by the interim

health director, Munnings Law and EHA (Ernest Arman and Marilyn Ota).

The renewed by-laws will not allow chiefs or councillors to serve as board members or as the health director. Each of three communities will name two directors. A director at large will be chosen by the community's members, and the chief, councillors and administrator will choose a community member to serve as the other director. The relationship and accountabilities between SSHS and its member communities will be spelled out in a signed agreement and a membership-involved process will be required for a community to disengage.

The governance renewal committee will meet again in December and expects to recommend redrafted by-laws to the board in January. If timing permits, the board will recommend the renewed by-laws to the AGM or to a Special General Membership Meeting arranged for that purpose. Given these considerations, new by-laws will be in place in this fiscal year ending March 31, 2025. Remember that new by-laws require membership approval.

My contract runs to May 5, 2025. I am gearing up my team (including our consultants) to begin

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**(Interim Health Director's Message
continued from page 5)**

actively recruiting my replacement right after the Christmas break.

It's taking somewhat longer than I had hoped, but the complete rebuild of SSHS is in clear sight now thanks to the support of a solid core team of staff and consultants and dedicated board members.

I am grateful.

—Eppa (Gerard Peters)
Interim Health Director



Fifteen educators took part in an SSHS hosted session with FNHA's Aboriginal Head Start on Reserve (AHSOR) Advisor Maureen Black on the fundamentals of the AHSOR program.

Need supports for your children? Jordan's Principle can help.

Jordan's Principle puts the needs of the child first. The philosophy is simple, supply the service and then figure out who will pay for it.

Jordan's Principle ensures that First Nations children receive the medical, social and educational supports they need, when they need them. Services are available to First Nations children—newborn to 18 years old—of N'Quatqua, Samahquam, Skatin, Xa'xtsa and Lílwat Nation, whether they live on- or off-reserve.



**Jordan's
Principle**

To learn more:

Call **Tyra Frank**, Jordan's Principle Coordinator, at **604-894-0151**

Department Reports

Administration

Message From Amanda Munnings

Dear Members,

As we wrap up this year, we want to extend our heartfelt thanks to each of you for your incredible participation in and support of the activities, events, workshops, clinics, engagements, and meetings we've hosted throughout 2024. None of this could have been achieved without you. It's been a rewarding year for SSHS, and we're excited to share some highlights.

The Early Childhood Development (ECD) team has been especially busy this year, welcoming visits from our therapist, collaborating with our dedicated Community Outreach Specialist, Julie Burrows, and expanding our team with two new Community-based Workers. These additions have allowed us to broaden our reach and provide even greater support to families.

Our NNADAP and Addictions Program continues to make a significant impact with its weekly Wellbriety meetings, offering a safe space for healing and connection.

Nurse Michelle has been dedicated to her commitment, visiting communities twice a month to ensure ongoing health support. We are also excited to announce that we are exploring



Amanda Munnings and Julia Schneider at the Hiring Fair at the SLCC Longhouse.

the possibility of adding another Health Support person to the team. Stay tuned for updates on the SSHS Facebook Page!

One of the year's standout moments was the "Let's Talk About It" event held in N'Quatqua on October 3, 2024. Anita Samuels, our new Life's Journey Coach, delivered an engaging session on Advance Care Planning and End-of-Life options. Anita's insights invited meaningful conversations, and we encourage anyone interested in learning more to reach out to her directly.

As we look ahead to 2025, we remain committed to serving you and strengthening our connection with the communities. Thank you for making this year so special.

Wishing you and your loved ones a wonderful holiday season and all the very best for the New Year ahead!

—Amanda Munnings
Program and Contract Manager

Message From Julia Schneider

kalhwá7alap! | Hello everyone,

Another great season has gone by! The winter is usually a busy time for us at SSHS, as we tick off items from this year's to do list and start preparing for next year's potential!

I'm super excited for this season's newsletter to be published because this winter

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**(Executive Assistant's Message
continued from page 7)**

2024 newsletter fulfills our commitment to produce quarterly newsletters to keep our member communities informed. I would like to thank the SSSH team for contributing to these newsletters with their words and their work because we wouldn't have anything to write about if they weren't hammering their computers and driving those crazy roads every day, and Cindy Filipenko for being the creative writer and graphic designer putting all of our pieces together. And of course, the biggest thank you goes out to our member communities, who open their hearts and minds to attend our events and give feedback on ways that we can improve.

In fall 2023, I started attending the FNHA Regional and Sub-regional Caucuses, so I have now witnessed a year's worth of FNHA improvements and learning how that part of my job works. I am still learning to find my voice and get better at networking but I'm getting there! This year at the FNHA Fall 2024 Regional Caucus one of the youth delegates was Aidan



Aidan Ducharme, youth delegate from Samahquam, addresses the FNHA Fall 2024 Regional Caucus.

Ducharme from Samahquam Nation, Aidan did very well at the FNHA Caucus! He paid close attention to the discussion topics, asked questions to better his understanding and expressed his appreciation to the attention to detail that the leadership pays when it comes to supporting the rural and remote communities.

Aidan was so appreciative of everyone's contributions and was grateful to have the opportunity to be a youth delegate this week.

On day two of the Caucus, the Southern Stl'at'imx Region got to witness the Skatin Community School perform for the traditional sharing aspect of the caucus.

It was very heart-warming for everyone to see so many young leaders leading their own songs and dances. One thing I loved was when Guinevere Quipp was on the mic introducing everyone, when she introduced every child she would say "This is Junior, he is ANOTHER lead dancer," and "This is baby, she is ANOTHER lead singer." Everyone was a leader!

It's been a great year, and it brings me so much joy to know that we've all made it through this year together!

Ts7acw Sklismes | Merry Christmas!

—Julia Schneider
Executive Assistant



Skatin Community School dancers show their best moves at the FNHA Regional Caucus in Vancouver.



A recent hunting trip, coordinated by Addictions Program Coordinator P̄e7p̄e7p̄ius (Leroy Joe), was a highlight of Men's Health programming at SSHS this year.

Addictions Program

Kalhwá7cw nsnékw nukwa |
Hello my friends,

Time sure is flying by as we go along our lives working, breathing, living, helping, striving, and trying, just don't give up, there is always hope. If you or anyone you know is having a challenging time with addictions, you can reach out to me with a phone call, text or email. I can help you navigate your journey to wellness, either through meetings (AA, Wellbriety, NA, GA, SAA) or one-on-one support.

Here is my contact information:

SSHS office: 604-894-0151
Cell: 604-830-6236
Email: leroy.joe@sshs.ca
FB Messenger: @Leroy Sshs.

I have been holding Wellbriety meetings at Skatin on Tuesdays and at Q'alatku7em on Thursdays from 7 to 8 pm, come and check it out, I always bring snacks and drinks.

Wellbriety is an Indigenous sobriety movement that uses Indigenous ways and knowledge to help us with addictions. I will be doing training in January on how to facilitate these meetings according to their guidelines, right now I'm doing sharing circles and basic 12-step meeting protocols that follow the AA ways. I hope to see more people coming out in the New Year as we do need that support.

We recently had amazing nights for Naloxone training that including dinner followed by drumming at both Q'alaTKu7em

and Skatin.

I have also been doing some men's health programming and have a few ideas planned for later this winter including having regular sweat lodge days (most likely on Wednesdays but we can do one whenever possible or needed). I would also like to do some firewood and perhaps go on another hunting trip soon. Contact me if you want to talk about any activities or ideas you have for men's health events.

Below is a list of 12 Step AA and NA meetings in the area available to attend in-person or online.

Kúkwtu'mckálap nukw7áws
(Thank you friends)

—P̄e7p̄e7p̄ius (Leroy Joe)
Addictions Program Coordinator

12 Step AA and NA Meetings Nearby

Lílwat Nation Meeting

Wednesdays

Lílwat AA - Open Meeting
Mezz Room at 7 pm
Úllús Community Complex
2nd Floor
82 IR 10 Rd, Mount Currie

Whistler Meetings

Tuesdays & Thursdays

Mountain Top Meetings
Open Meetings
Whistler Health Center at 8 pm
2nd floor 4380 Lorimer Road
To join the meetings by Zoom:
ID: 8329931946
Password: 582961

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(Addictions Coordinator's Message continued from page 9)

Pemberton Meetings

All Pemberton meetings are held at St. David's United Church at 7422 Dogwood St.'

Monday

12 Step Discussion Group
7 pm

Tuesday

Women's Meeting
Open Meeting
7 pm

Friday

Topic Meeting
7 pm



National Addictions Awareness Week dinner in Samahquam was well attended,

Advance Care Planning/Life's Journey Coaching

My name is Anita Samuels. I worked with SSHS as a community physiotherapist for 20 years. During that time, I had the opportunity to work with 20 Elders to assist them in formulating their end-of-life planning, including completing the legal

Advance Care Plan forms. These forms were submitted to the Pemberton Health Centre to become part of their medical record. The Elders shared with me that they found completion of this planning gave them a great sense of peace, knowing their wishes were outlined and this would be clear to their families and health care providers. I recently retired from my role as a community physiotherapist with SSHS and was hired back as a "Life's Journey Coach."

On October 3, 2024, SSHS hosted an event focused on end-of-life planning with the First Nations Health Authority (FNHA) and Vancouver Coastal Health (VCH) at the N'Quatqua Big House. Elders from all three SSHS communities and Liíwat Nation were in attendance. More than 40 community members came out to learn more and share their experiences.

The event was opened in a good way with an Elder's prayer and songs to welcome everyone. A variety of Elders spoke about cultural beliefs surrounding death and dying and the fact that all Indigenous communities have their own protocols surrounding death and dying.

I gave a presentation outlining the scope of end-of-life planning, including how being prepared for the unexpected can facilitate dying with dignity.

Two Elders share their experiences of having their Advance Care Plans put in place. Labhrás Quigley, a volunteer from Dying With Dignity Canada, also gave a presentation on medical assistance in dying (MAID).

We had an open sharing session

with the participants and closed the day by outlining what culturally sensitive resources are available on this topic. I also emphasized I was available to do 1:1 personalized sessions to provide guidance on End of Life Planning/Advance Care Planning. A common theme was that people felt grateful and relieved that this topic was brought forward in such an open and respectful manner. Many people stated they did not know they had rights to express their wishes for medical care, and felt empowered that they can use their voices to outline how they wish to complete their final journey with dignity.

Since the workshop, I have made five trips to the communities to facilitate 1:1 personal sessions and have 35 interested community members that I am working with, and the number is growing as CHR's and Elders' Support Workers continue to spread the word about this new program.

It is our hope at SSHS that as we bring this important work forward in our communities, other First Nations may follow suit with their community members. Please feel free to contact me by calling the SSHS offices at 604-894-0151 or by emailing me at anita.samuels@sshs.ca.

I look forward to working with you. Kúkwstwuńckálap.

—Anita Samuels
Life's Journey Coach

Please see page 16 for links to Anita's and Labhrás's blogs and a list of culturally appropriate Advance Care Planning resources.

Child & Family Services

Dear Southern St'at'ímx communities,

It is with a heavy heart that I announce my departure from SSHS. This was not an easy decision to make but I wanted to take this space to acknowledge each and every one of you for allowing me to work in your beautiful territory. It has been almost three years since I joined the Nxwezíłtems team and I have been grateful ever since. While there are always bumps along the road (FSR joke), the people that I have gotten to know here have made this job what it is.

What's next for me? I have accepted a position with the Xełólacw Community School (XCS), so I won't be far away.

It has been an absolute pleasure serving the Southern St'at'ímx families and I hope that I get to see you all around. There have been some wonderful memories made and times shared. It's been very special to me to get to know everyone that I have and for trusting me to do so.

The St'at'ímx people are strong, courageous and dedicated. So, with that, I say kúkwsturn'ckacw for letting me witness it. Kúkwsturn' for letting me stand by your sides in both the good times and when life wasn't as easy as it should have been.

As for my role, the remaining dedicated team at SSHS is working hard to fill it. I know whoever they find will be very

lucky and a great person to take over! In the meantime, if you have any questions or concerns, please don't hesitate to reach out to the office.

I hope everyone has an amazing holiday and that the New Year is so good to all of you.

—**Nicki Paul**
Family Preservation Worker

Farewell and Best Wishes to Nicki Paul



It is with mixed emotions that we announce that Nicki Paul will be leaving her role as our Family Preservation Worker. Nicki joined our team in March 2022 and has made a tremendous impact during her time with us. Her ability to connect with youth and families has been truly inspiring, and she has built lasting relationships and friendships along the way.

Nicki's kindness, unwavering commitment, and her ever-willingness to lend a helping hand have set her apart. She has been a strong member of our team, and her presence will be deeply missed.

While Nicki is stepping away from this role, she won't be far—she's just up the hill at XCS! If you see her around, be sure to stop and say hello.

We wish Nicki all the best in her next chapter and thank her for her incredible contributions to our team and community.

—**Amanda Munnings**
Program and Contract Manager

Early Childhood Development

Message From Kelly Hanson

The leaves have turned, snow is starting to touch down on the ground and we are headed towards the Winter Holidays. What a fantastic Autumn we have enjoyed. With the start of a new school year the Early Childhood Development program (ECD) supported Lice Clinics in each community. ECD brought lice education and training in so that community professionals could upgrade their skills to tackle any occurrences before they turn into health issues. Going forward, ECD will be offering regular Lice support and treatments to families and programs that request it.

This fall we brought back our Pediatric Therapy Program with therapists Emma Smyth, Speech and Language Pathologist, Behavioural Consultant and a Registered Clinical Counsellor Tara Cain, and Pippa Hodge, Occupational Therapist and Pediatric Physiotherapist. We also welcomed a new program facilitator, Julie Burrows, to bring a fresh spin on child and youth programming. She will be visiting different community schools and Early Years programs on a bi-weekly schedule.

ECD introduced parents and caregivers to the Supporting Parents Along the Road to Kindergarten and the Imagination Library programs for 0 - 5 year olds. We also hosted birthday and Halloween parties

in our playgroup programs.

We provided Giving Thanks Grocery Gift Cards to each household in all four communities to support food security. We offered an online parenting workshop based on tips and tricks for raising happy and healthy children, which was very well received and proved to be a fantastic opportunity for parents to ask questions and relate to other families going through similar developmental stages of children 0 -18.

We facilitated two Red Cross babysitting courses, where 22 youth from the four communities gained further skills to feel confident handling any situation that could arise when caring for children. There was also a Red Cross Emergency First Aid Course held so parents, educators and staff could refresh and re-certify their skills to handle emergency situations with Infants, children, youth and adults. Acquiring these skill helps people feel confident in managing an emergency before medical personnel can get to you in a crisis.

October saw the first of what will be many collaboration meetings between the Southern St'at'lmx Educators. This initiative was born of conversations with the esteemed Elder Anita Patrick and ECD's vision of bringing the communities and families closer together. It was a chance for professionals to network, learn and support each other. We are planning to meet with the seasons, four times a year, with each meeting having a new

theme. This first meeting was held in Tipella at the Mixalhalts Daycare building where FNHA Aboriginal Head Start On Reserve (AHSOR) advisor Maureen Black facilitated a workshop on the fundamentals of AHSOR. It was a beautiful day to head out on the In-SHUCK-ch Forest Service Road and the event saw 15 educators attend.

To kick off the holiday season, ECD organized an opportunity for families to go to the North Pole. A special thank you to Brittani Smith and Miho Hiki for assisting with coordinating the more than 100 participants/families in sharing this special day together.

Families either drove or joined a bus ride to Squamish to the West Coast Railway Museum, boarded a first-class Rocky Mountaineer train car, and road the tracks in and around the Squamish Valley.

After delighting in hot chocolate, cookie decorating, a mini train ride, exploring a real Steam Engine and meeting Santa and Mrs. Claus, families had the opportunity to go shopping before heading back home. It was a thrilling day of laughter and big smiles beautifully captured by Brittany Andrew Photography. Digital photos are being shared at no cost to families.

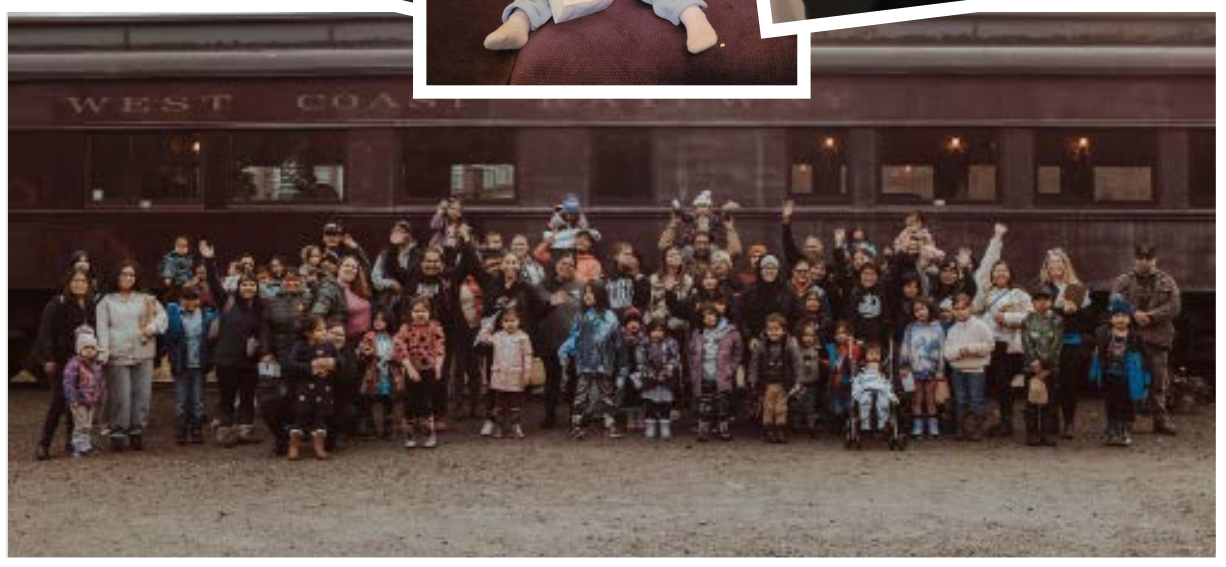
Looking forward, the ECD program is excited to share that we have recently made three new hires. Jordana Abraham is joining our team as the new Aboriginal Supported Child Development

(Continued on page 14)

ECD Trip to the North Pole!

One hundred SSHS members joined the ECD Team for a trip on the North Pole Express at the Railway Museum of BC in Squamish.

It was a great day of family fun and the perfect kickoff to the Christmas season. We're sure everyone who came out is definitely on Santa's Nice List!



(ECD Coordinator's Message continued from page 12)

worker. She will be working closely with the Pediatric

Therapy team, playgroup, community schools, children and families. ECD also hired two new Community-based Support Workers.

Candice Wells will be leading our Playgroup program in Q'aLaTKu7eM and opening playgroups on Mondays and Fridays regularly.

Brandy Shepherd will be leading our Playgroup program in Skatin, opening regular playgroups on Tuesdays and Thursdays. Stay tuned for special playgroup days in each community to accommodate for the Pediatric Therapy team and facilitator visits.

The Q'aLaTKu7eM Playgroup outdoor play area has been undergoing revitalization with the completion of a fenced area and shelter having been built. We have now purchased playground equipment to fill the space and are anxiously awaiting its arrival. We are looking forward to spring, when we will add landscaping and a play house for our littlest members. The indoor playgroup room has also undergone a revamp to best utilize the precious space we have there.

With the onset of inclement weather, we are looking forward to planning even more special events with programming and more online workshops to help break up the days spent inside.

I wish everyone a warm, healthy and happy holiday season. I look

forward to seeing all the good things the 2025 New Year brings to everyone.

Kúkwstumckálap.

—**Kelly Hanson**
ECD Coordinator

Message From Alexandrea Smith

Hello everyone,

I am thrilled to share that I have been working with SSHS Early Childhood Development Assistant for a year now! This journey has been incredibly rewarding, and I am excited to reflect on the meaningful experiences we've had with our families and children.

Over the past months, we have been hosting playgroups in Q'aLaTKu7eM and Skatin, where each session is filled with laughter, learning, and connection. These playgroups have become a vital part of our community, providing a space for children to explore their creativity and develop essential social skills. We focus on healthy snacks, which not only nourish our bodies but also teach children about making good food choices. Learning through play is at the heart of our approach, and we incorporate various art activities that inspire imagination and expression.

I am particularly grateful for the expertise that Julie Burrows brings to our sessions. Her visits twice a month have enriched our playgroups, offering new ideas and strategies that enhance our interactions and learning

experiences. The children look forward to her engaging activities, and it's wonderful to see their excitement when she arrives.

To start our holiday season, we recently took a trip to the North Pole Express in Squamish. This magical outing allowed families from all four communities—Q'aLaTKu7eM, Skatin, N'Quatqua, and Xa'xtsa—to come together and create lasting memories. The joy on the children's faces as they experienced the festive atmosphere was truly heartwarming. It was an opportunity for families to bond and celebrate the holiday spirit, reinforcing the importance of community connections.

As we move forward, I would like to extend a warm welcome back to Jordana, our Aboriginal Supported Child Development Worker. Her knowledge and support are invaluable to our team, and we are excited to have her back with us. Together, we aim to provide the best possible experiences for our children and families.

As we embrace the holiday season, I want to wish each of you a joyful and peaceful time with your loved ones. May your holidays be filled with warmth, laughter, and cherished moments. Merry Christmas and a Happy New Year! I look forward to seeing everyone in the New Year, ready for more adventures together!

—**Alexandrea Smith**
ECD Assistant

Message From Jordana Abraham

Hello everyone, my name is Jordana Abraham. I live in Mount Currie, BC, part of the St'át'íemc Territory. I am a Liíwat Nation member. I enjoy being outdoors and spending quality time with family and friends. I am very passionate about Indigenous Early Childhood education. I recently graduated with an Indigenous Early Childhood Education Certificate from Nicola Valley Institute of Technology.

I am very happy to be back at SSHS as the Aboriginal Supported Childhood Development Worker. I look forward to visiting the communities and getting to know all of you.

Kúkwstum'kálap.

—**Jordana Abraham**
Aboriginal Supported Childhood Development Worker

Jordan's Principle

Message From Tyra Frank

As we wrap up another year, I want to take a moment to reflect on the wonderful journey I've had this past year as the new Jordan's Principle Representative for SSHS.

It has been an incredible experience getting to know each and every one of my clients and supporting families throughout the year. I truly value the connections we've made and the opportunity to assist in making a difference.

I'm also excited to announce the newest member of our team, Rechenta [Jones], who has joined us as the Jordan's Principle Administrative Assistant. We look forward to her contributions and the continued growth of our team.

I hope you all had a fulfilling year and are ready to enjoy the upcoming holiday festivities.

Wishing you all a joyful holiday season and looking forward to a great year ahead!

—**Tyra Frank**
Jordan's Principle Representative

Message From Rechenta Jones

My name is Rechenta Jones, also known as Chenta.

I was recently hired at SSHS as the Jordan's Principle Administrative Assistant.

About myself: I was born and raised by my mother, Rochelle Jones, in Mount Currie, Liíwat Nation. My father is Bobby Joe.

In my community I am known as one of the local artists, creating logos and paintings which are shared in most of Mount Currie. Other examples of my work include: the Liíwat Employment and Training (LEAT) logo, Stqaka7stúmc (transition house) logo and paintings, Kwestsa7 arbour logo, and a mural at the Liíwat Nation Youth Centre.

My goal in this position is to learn, support, and grow with all families in our communities.

I look forward in working with our people.

Kúkwstum'kálap.

—**Rechenta "Chenta" Jones**
Jordan's Principle Administrative Assistant

Mental Wellness

Christmas comes earlier every year. Some folks are now putting out Christmas decorations before Halloween has come. Imagine: Santa and his gang being haunted in one yard by witches and ghosts from another. Maybe people need more things to celebrate these days—to counteract the emotional darkness in the world and give hope to their lives—and more time to celebrate them.

Though I'm no longer as big a fan of Christmas as I once was, I still enjoy the lights and the spirit of love and good will the season brings. But with all the trappings, many people feel a pressure to be happy. And for some, it's simply not a happy time. Instead of the old clichés we see on greeting cards and hear in songs (sleigh rides, chestnuts, open fires, etc.) many people struggle with loneliness and intrusive memories of drunkenness, violence or poverty. Many can't wait for the whole thing to be over so they can get back to normal functioning.

If this is a happy time of year for you, I hope you delight in

(Continued on page 16)

(Mental Wellness Message continued from page 15)

the festivities! Life is short, so take in the “good” whenever you can. Everyone’s heart can use more joy. But if Christmas feels more like a haunting than a celebration, please reach out. You don’t have to be alone. Help is available if you need it.

If you would like to talk with a professional, I am available by telephone or Zoom, and Dr. Bonnie Bhatti is available both remotely and in-person. Our contact info is below.

May your hearts be filled with peace and love this holiday season and beyond.

Brett Peterson

Email: brett.peterson@sshs.ca
Cell: 778-991-9450

Dr. Bonnie Bhatti

Email: bonniebhatti@gmail.com

KUU-US Aboriginal Crisis Line

1-800-588-8717

— **Brett Peterson, MA, RCC**
Mental Wellness

Online Resources for Advance Care Planning

To read **Anita’s reflections on Advance Care Planning** for SSHS communities please visit:

<https://www.dyingwithdignity.ca/blog/end-of-life-planning-sshs/>

To learn more about **MAID and other end-of-life choices from Labhrás Quigley** from Dying with Dignity Canada, please visit:

https://www.dyingwithdignity.ca/blog/navigating-transitions_sshs/

FNHA Advance Care Planning pages:

<https://www.fnha.ca/what-we-do/healthy-living/advance-care-planning>

The website has a very powerful YouTube clip called “Honour Your Journey” that is well worth watching. It’s like preparing a basket of resources and supports that you can reach into when needed.

It also has a link to the booklet “Your Care, Your Choices” which provides an excellent culturally sensitive overview of Advance Care Planning that includes legal forms to help ensure your wishes are respected.

Coming Full Circle

An excellent guide with many thought-provoking questions to consider on end-of-life planning. Please visit:

<https://ccmbindigenouscommunityprofiles.ca/resource/coming-full-circle-planning-for-your-care>

When The Time Comes

A guide for end-of-life planning for Indigenous Peoples created by the Saskatoon Survivors’ Circle:

<https://nctr.ca/news-and-events/community-events/community-information/>



The SSHS Team got into the spirit of the season with a little wreath making. Wreath making workshops were also given in the SSHS communities.

SSHS Recruitment Process: Page 1

As SSHS continues to grow, we have had more questions about our recruitment process. We are pleased to share the two-page section on recruitment from our policy handbook. Kúkwstum'ckálap.



2 RECRUITMENT

SSHS is committed to providing the best service for its communities. As such, we are committed to hiring the most qualified candidate for open positions. We provide equal opportunity for everyone, regardless of age, gender, color, race, creed, national origin, religious persuasion, marital status, sexual orientation, political belief, or disability that does not prohibit performance of essential job functions.

2.1 Job Positions and Posting Procedures

An open competition for each employment opportunity will be conducted.

Standard job postings will include qualifications, duties, date of posting, application deadlines, anticipated interview date and other relevant information related to the position deemed necessary by the Health Director.

The Health Director will advertise the employment position by posting the employment opportunity and job description in SSHS administration office, member Band offices, aboriginal organizations, and in any recruitment office or newspaper appropriate to attract qualified candidates for a minimum of ten days.

The Health Director will receive applications and handle all correspondence with the applicants.

Only job-related questions or questions that assess the candidate's experience, skill and training will be asked by the interviewers.

The Health Director or senior staff member and board members have the responsibility for interviewing for all positions. The Health Director or senior staff member and the board members will make the final hiring decision.

All applicants will receive verbal or written notification of their standing as soon as possible.

The Health Director will keep and maintain resumes of unsuccessful applicants on file for one year for future employment consideration.

The Health Director, or senior staff member and board members reserve the right not to fill a position if they determine that there are no qualified candidates.

2.2 Short Listing and Selection of Candidates

The Health Director or senior staff member will assess each applicant's ability to meet the minimum qualifications stated on the job description and job posting. The Health Director or senior staff member will then select and contact individuals to be interviewed for the position. Interviews will be conducted by the interview panel which may include the Health Director or senior staff member plus one or two board members.

In the event that the job position requires specialized skills and qualifications, candidates residing outside of the health-delivery area may have their travel expenses paid for to and from the interview site at the discretion of the Health Director.

2.3 Criminal Record Check

All staff require a cleared Criminal Record Check pursuant to the *Criminal Records Review Act*. New employees must bring their Criminal Record Check results to the Health Director on their first day of work. If the check is not completed in time for the first day of employment, a delay in the start date may occur.



SSHS Recruitment Process: Page 2

If you have further questions after reading through our Recruitment Process, please contact Eppa or Julia Schneider at 604-894-0151.



2.4 Verification of Information and Reference Checks

The Health Director or senior staff member will be responsible for verification of information provided by the applicants. The applicant may be requested to provide copies of official transcripts of their educational background that lead to certificates, diplomas, licenses or degrees. The Health Director or senior staff member will contact references and previous employers with respect to details of the position(s) held and the candidates overall work habits.

2.5 Employee Appointment

The candidate selected for a position will be provided a Letter of Offer from the Health Director or Manager. The Letter of Offer will outline the job title, start date, salary and length of probationary period and other conditions.

2.6 Employee On-boarding

During the first week of employment, the Health Director or delegate will provide the following orientation and on-boarding materials to the new employee:

- Employment Policy for review and signature;
- Oath of Confidentiality for review and signature;
- Privacy and Security Policy for review and signature;
- introduction of the new employee to other employees;
- share background information, programs and services of SSHS;
- personnel and payroll administration forms for review and signature;
- copy of the job description;
- review of program and job specific operating procedures; and
- schedule for job training.

The intent of the above is to provide the employee with a good foundation of expectations and understanding of their role, the broader team and the overall organization. It will help set the employee up for success and create positive working relationships and communication.

2.7 Probation Period

A new employee will be placed on a three-month probation period, beginning on the employee's start date. A new employee with management responsibilities will be placed on a six-month probation. New employees will be given on-going feedback, if applicable, and two weeks before the end of the probationary period, the Manager or Senior Staff member will conduct a review with new employee (see attached Schedule A).

At the end of the probationary period SSHS will by written notice

- continue the employment of the employee pursuant to the terms of the Employment Agreement, or
- dismiss the employee from their appointment, effective immediately.



SSHS Staff Contacts



Interim Health Director
Eppa Gerard Peters
 E: gerard.peters@sshs.ca

Interim Health Director Eppa and all SSHS staff can be reached by email or by contacting reception at **604-894-0151**.

Feel free to get in touch with any of them to answer your questions or concerns at anytime.



Executive Assistant
Julia Schneider
 E: julia.schneider@sshs.ca



Program & Contracts Manager
Amanda Munnings
 E: amanda.munnings@sshs.ca



Fleet Manager & Carpenter
Justin Thevarge
 E: justin.thevarge@sshs.ca



Home Care Nurse
Michelle Carriere
 E: michelle.carriere@sshs.ca



Mental Wellness Lead
Brett Peterson
 E: brett.peterson@sshs.ca



Front Desk & Admin Assistant
Sally Peters
 E: sally.peters@sshs.ca



Life's Journey Coach
Anita Samuels
 E: anita.samuels@sshs.ca



ECD Coordinator
Kelly Hanson
 E: kelly.hanson@sshs.ca



ECD Assistant
Alexandra Smith
 E: alexandra.smith@sshs.ca



Aboriginal Supported Child Development Worker
Jordana Abraham
 E: jordana.abraham@sshs.ca



Jordan's Principle Representative
Tyra Frank
 E: tyra.frank@sshs.ca



Jordan's Principle Admin Assistant
Rechenta Jones
 E: rechenta.jones@sshs.ca



Addictions Program Coordinator
Pe7pe7 pius Leroy Joe
 E: leroy.joe@sshs.ca



SSHS Board of Directors Contacts

SSHS is governed by a six-member board of directors that works closely with the interim health director to ensure the organization meets the goals of its strategic plan. Each of the three communities appoint two members to the SSHS Board of Directors.

N'Quatqua Board Members

Doris Peters

Chair

E: doris.peters@nquatqua.ca

Nicole Patrick

Board Member

E: nicole.patrick@nquatqua.ca

Samahquam Board Members

Dustin French

Vice-Chair

E: dustin.french@samahquam.ca

Chief Brock Peters

Board member

E: brock.peters@samahquam.ca

Skatin Board Members

Xavier Williams

Secretary-Treasurer

E: xavier@skatin.ca

Please note that Skatin currently has a vacant board position.

Interested in making a difference in your community?

Consider joining the SSHS Team. We're committed to community.

Check out our current opportunities:

www.SSHS.ca/careers/

We might just have a job that's perfect for you!



Southern St'at'imx
Health Society

SSHS ADDICTIONS PROGRAM

Wellbriety Samahquam

A Uniquely Indigenous Approach to 12-Step Healing and Support.

Do you, or anyone you know, need help or want information about how to get clean and sober? Wellbriety offers a weekly healing circle *and* one-on-one support.

Join Program Coordinator Leroy Joe to explore the paths to becoming clean and sober—no matter what your addiction.

All welcome.

One to One Support Sessions

Leroy Joe is available to meet with you in Samahquam for addictions info, sobriety support, or just to talk.

Tuesdays • 1 pm – 6:30 pm

Wellbriety Circle

Modelled on AA, Wellbriety Circles offer support and understanding.

**Administration Office
Tuesdays • 7pm – 8pm**

About Wellbriety

Wellbriety is a grassroots addictions healing program built on Indigenous ways of knowing and being. SSHS is pleased to introduce this new program to our members. As the Wellbriety program grows, we will be adding a weekly Zoom or other online meeting to our offerings.



Southern St'at'imx
Health Society

For More Information or to Schedule a One on One:

Leroy Joe

E: leroy.joe@sshs.ca

T: 604-894-0151

Emergency Health Contacts

Please post this information in an easily accessible place, such as the side of your fridge, inside a cupboard door, by your landline, or where you charge your cell phone.

Having this information close at hand can save valuable time in an emergency.

Fire, Police, or Ambulance

911 is now available in all three SSHS communities.

Mental Health Crisis

Pemberton Health Centre
(Emergency/Urgent Care)
604-894-6633

Pemberton Mental Health Intake
604-698-5861

KUU-US Crisis Response Services
24-hour, culturally safe helpline services for First Nations and Aboriginal Peoples.

Child/Youth line:
1-250-723-2040
Toll free: 1-800-588-8717

Adult/Elder line:
1-250-723-4050
Toll free: 1-800-588-8717

24-Hour Crisis Support
A 24/7 crisis support and suicide prevention line.
Toll free: 1-800-784-2433

24-Hour Crisis Line
A 24/7 crisis support and suicide prevention line
Toll free: 310-6789

Drug and Poison Information

British Columbia Drug and Poison Information Centre
Information is available 24/7.
Call: 604-682-5050
Toll free: 1-800-567-8911

Domestic Violence

Stqaka7stúmc Transition House (Líl'wat Nation)
Transition housing and resources for single women, and women and children, who are fleeing domestic violence.
Call the 24/7 intake line at:
604-384-7247

National Domestic Violence Hotline
Open to everyone who is experiencing domestic violence.
Toll free: 1-800-799-7233

PearlSpace
Crisis line: 1-877-890-5711

VICTIMLINK BC
1-800-563-0808 (toll free)

Seniors Abuse and Information Line
Toll free: 1-866-437-1940
Crisis Line: 1-604-872-3311

Mental Health After Hours Line
Call: 1-604-874-7307

Family Services

Ministry of Children and Families Development Services
Emergency After Hours Line:
Toll free: 1-800-663-9122

National Indian Residential School Survivors Crisis Line
Toll free: 1-866-925-4419

Children's Services

Kids Help Phone
Toll free: 1-800-668-6868

Helpline for Children (MCFD)
Howe Sound & Sunshine Coast
Toll free: 1-866-661-3311

Sexual Assault Support & 3rd-party Reporting

PearlSpace Emergency Sexual Assault 24/7 Support Line
Call or text the support line at anytime to speak with a specialized resource worker.
Call/Text: 604-389-9168

Rape Crisis Centre
Toll free: 1-877-392-7583

SSHS ADDICTIONS PROGRAM

Wellbriety Skatin

A Uniquely Indigenous Approach to 12-Step Healing and Support.

Do you, or anyone you know, need help or want information about how to get clean and sober? Wellbriety offers a weekly healing circle *and* one-on-one support.

Join Program Coordinator Leroy Joe to explore the paths to becoming clean and sober—no matter what your addiction.

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Southern St'at'imx
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Leroy Joe

E: leroy.joe@sshs.ca

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