



Southern St'at'imx  
Health Society

# s7átšxem

Serving N'Quatqua, Samahquam and Skatin

Spring 2025



## Mark Your Calendars

**SSHS SGM**  
**MAY 31, 2025**

Join us at our offices in Mount Currie for from 11 am–2 pm for a Special General Meeting to amend our bylaws.

An online option for those who cannot make it the office will also be available. Link to come.

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## Message from the Interim Health Director

### 2025 is the Year of the Re-Build

It's taken longer than I had hoped but 2025 will see the turnaround of SSHS.

On March 29, 2023, the Samahquam council appointed me to the board with instructions to do what I could to help rebuild SSHS's governance. The first thing I did was to review the constitution and by-laws which I obtained from Chief Don. I had been having informal conversations with Chief Don about concerns that Xa'xtsa had with SSHS and by this time Xa'xtsa had begun a process of disengagement, preparing to leave the organization.

There was no health director. Management was in the hands of a "transition" committee and the disaffected staff were pushing to meet with the board. The staff had dwindled to less than 10 from more than three times that number a year earlier. Administration was lacking. The SSHS funding model depends on securing and sustaining the support of funders, mainly FNHA and ISC and MCFD. Dozens of reports to funders were past due and cashflow was interrupted.



**Eppa (Gerard Peters)**, Interim Health Director

The board chair, Doris Peters, introduced me to Adam Munnings. Munnings Law had been involved for a number of years with previous board members and health directors in amending the society's by-laws. There was broad consensus that the by-laws had to be amended to limit the potential for politics to define the organization.

On May 5, 2023, I accepted the position of "interim" health director. And so, we began the turnaround.

(Continued page 3)



## 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](http://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

### Mailing Address:

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Box 363  
Mount Currie, BC  
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### Phone:

604-894-0151

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[info@sshs.ca](mailto:info@sshs.ca)

### Website:

[www.sshs.ca](http://www.sshs.ca)

(Message from the Interim Health Director continued from page 1)

I have reported in previous newsletters the progress that we made in fixing the administration and improving the management. Instead, I will focus now on the broader governance issues represented by amendments to the by-laws that will ensure that the organization never crashes again.

On May 31, SSHS members will be called to a Special General Meeting (SGM) to decide a resolution to amend its by-laws. If adopted, the amended by-laws will limit the politics by preventing the chief of a community from sitting as a board member. After a transition period, this will also apply to council members. Understanding that there is the potential for political interference at the executive level, a member of council may not also be the health director.

In the interests of creating a community-based, membership driven organization, one of each community's two directors will be chosen by the community members. The second director will be chosen by the council and administration. Directors will serve 2 or 4 years to allow for staggered terms that should provide continuity.

Directors will be qualified with experience in key areas of management, administration, entrepreneurship, program delivery, and the like. Consideration will be given to include Elders and youth.

The by-law amendments follow years of board discussions, and



SSHHS's AGM was held on March 29, 2025 at the Samahquam Multiplex.

more recently, represents the work of the present board made up of Doris Peters, Nicole Patrick, Brock Peters, Dustin French and Xavier Williams. (Ravleen Brar has just recently joined the board representing Skatin as there was a vacancy when Rex Grant resigned this past winter.)

The board governance work was supported by Adam Munnings and Lana Nielson of Munnings Law and by Ernest Armann of EHA and by the interim health director. With the approval of the amendments to the by-laws anticipated on May 31, 2025 the governance renewal will be very nearly complete leaving one last governance matter to be addressed: finding a permanent, qualified health director. It's too early to get into details at this stage, but I can confidently report that this activity is well underway, and that the complete rebuilding of SSHS will be accomplished in 2025 with renewed administration, management, and governance which we will report as we progress through the year.

Finally, I will be reaching out to the communities with an offer to host or attend community meetings and events and to provide whatever other information is requested to support governance renewal.

Please review the redrafted by-laws and summaries developed and presented by Lana Nielson of Munnings Law on our website at **SSHHS.ca**. under the Administration Program on its News page. There, you will also find meeting minutes and other supporting documents.

You can also pick up an SGM package at our office.

SSHHS members will have the opportunity to bring forth any comments or concerns regarding the bylaw amendments, or other aspects of the SGM, in writing by May 1, 2025 by emailing: **Julia.schneider@sshhs.ca**.

As always, feel free to send me your feedback at **gerard.peters@sshhs.ca**

Your respectfully,

—Eppa (Gerard Peters)  
Interim Health Director

# SSHS SPECIAL GENERAL MEETING

Saturday, May 31  
11 am–2 pm

SSHS Office  
321 IR 10 Rd  
Mount Currie, BC

- SSHS members can also attend the Special General Meeting online. To receive the meeting link, please register with Julia Schneider by email at [julia.schneider@sshs.ca](mailto:julia.schneider@sshs.ca) or by calling **604-894-0151**.
- Members can review the amended bylaws and other supporting documents at [www.sshs.ca](http://www.sshs.ca) on the Administration News page or pick up a meeting package at SSHS.
- Members have until **May 1, 2025** to forward any concerns regarding the amended bylaws to Julia Schneider by email at [julia.schneider@sshs.ca](mailto:julia.schneider@sshs.ca).



Southern St'atl'imx  
Health Society

# Department Reports

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## Administration

### Message from Amanda Munnings

Dear Members and Supporters,

My transition from Jordan's Principle Coordinator to Program and Contract Manager has not been easy—but it has been incredibly rewarding.

This role has stretched me in new ways: I've learned to ask more questions, to communicate more clearly and respectfully, and most importantly, to listen—really listen—to both the individual and the shared needs of our communities.

What I've learned most through this journey is that this work is never done alone. It is carried out through the strength, heart, and dedication of our incredible team. Day in and day out, they deliver services, supports, and events that make a difference in people's lives. They show up and bring our collective vision to life. I am honoured to walk alongside them.

With the guidance of our Interim Health Director, Eppa, and the commitment of each team member, we continue to grow. We've recently welcomed some new faces to SSHS—individuals who bring new energy, experience, and perspectives to the work. I have no doubt that they



People wait to tour es zúmin' Primary Care Centre now open in the SSHS building.

will contribute meaningfully to our shared success.

As we move into this new season, we look forward to what spring has in store for our all of our communities. Please keep an eye on our Facebook pages for upcoming news and events. Thank you for allowing us to continue doing this important work—we're truly grateful for the opportunity to serve.

—Amanda Munnings  
Program and Contract Manager

### Message from Julia Schneider

Kalhwa7alap! | Hello everyone!

I am so stoked to be able to say that March 28, 2025, marked four years of working at SSHS.

My journey with SSHS started when I was 18 years old, fresh out of high school with so much to learn about obtaining and maintaining a job and trying to figure out if I enjoyed the office life. I think I do, because I have stuck around for so long!

I enjoyed the fast-paced days of greeting and supporting everyone who walked in the doors as

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(Julia Schneider continued from page 5)

the Front Desk Administrative Assistant. I then learned how to juggle and navigate multiple

important projects when I was promoted to the position of Interim Health Program Assistant. Eventually, I recognized the deficiency in the Administration and reached for the stars and applied for the Executive Assistant, without realizing the true issues that SSHS was dealing with, and with slow progress I eventually became the Executive Assistant in June of 2023. Since I have been in this role, I have been able to build my knowledge and skills in the business world, specifically the non-profit business world.

I was brought in to support the Interim Health Director with the governance renewal of SSHS, it has been my role to coordinate and participate in regular Board of Director meetings, Governance Renewal Committee meetings, the Annual General Meetings and Special General Meetings, clean up and maintain SSHS records, filing systems and processes, coordinate and ensure the succession of visiting specialist clinics. Upcoming you can expect to see a mobile eye clinic in community, regular foot care clinics, Sugarcane Screening and much more.

To stay informed please make sure you are following our Facebook page (Southern St'at'imx Health Society) and checking our website at [www.sshs.ca](http://www.sshs.ca). Each of our programs has a "news" page where event

posters and notices are posted.

I am pleased to be able to say that I have had a great start to 2025. At the end of 2024, it felt like all of my pieces fell apart, but I managed to pick myself up and keep humming along.

To keep the long story short, I let my mental health get away from me and I wasn't taking care of myself the way I should have been. Working for SSHS it's really essential we take care of ourselves first before we can give our best care to others and put our best effort into the work that we do so we can continue to take care of our communities. Thankfully, I was able to get myself out of that dark place and back on my A game.

An important piece on my healing journey was utilizing the mental health support resources that we have access to at SSHS. I was able to talk to a professional and tackle my dark and deepest traumas. I sorted through my thoughts that come along with those every day events that bring you down or lift you up. It was, and is, great to have someone to talk to that understands the way the human brain works and the way intergenerational trauma affects the brain.

Whether it's over the phone, over ZOOM, or in person, I am grateful to have had counselling available as a piece of my journey. Please don't forget to utilize the mental health resources that are available at SSHS. Dr. Bonnie Bhatti and Brett Peterson are here for you with remote counselling options.

Dr. Bonnie Bhatti can be reached through her website at:

[www.drbonniebhatti.com](http://www.drbonniebhatti.com)

Counsellor Brett Peterson can be reached by email at:

[brandnewtrail@gmail.com](mailto:brandnewtrail@gmail.com)

or by phone at: **778-991-9450**.

With such a good start to the year, I can already tell that the future of SSHS holds amazing things, and it's only up from here!

Thank you to everyone in the SSHS communities for your ongoing support and trust in us to ensure your health and wellness needs are met, and an even bigger thank you for being able to voice your concerns when things don't feel right.

Kukwsturn'kálap | Thank you all

—Julia Schneider  
Executive Assistant

## Message from Sally Peters

At SSHS, the Administrative Assistant role is essential for seamless daily operations. I handle all front desk duties like answering phones, greeting visitors, and helping with day-to-day office tasks such as checking mail, I also support the Fleet Manager, help the Accounting team, assist clients, and help with all deliveries coming into the office.

—Sally Peters  
Administrative Assistant



The Sobriety Bash at Q'aLaTKu7eM in March brought out a crowd to sing, dance and have a great time. A second Sobriety Bash was held in N'Quatqua.

## Addictions

### Message from Leroy Joe

Kalhwa'acw Ucwalmícw,

Hello everyone, wow it's so crazy that spring is here, time to start planning for your garden, or perhaps a health cleanse, whatever works, spring is the time for new beginnings.

I have been here at SSHS since July 2, 2024, and I just want to say that I am really proud of our team for all the good hard work we do in the communities. I have been going to N'Quatqua twice a week to help them with their addictions program on Mondays from 3:30–7:30 pm

and Wednesday from 11 am–4 pm, come on by and have a coffee and a chat.

Also, if you or anyone you know is having a challenging time with addictions you can reach out to me at the office **604-894-0151** or on my work cell at **604-830-6236**. I can also be reached by email at [leroy.joe@sshs.ca](mailto:leroy.joe@sshs.ca) or via Facebook messenger [@leroy Sshs](https://www.facebook.com/leroy.sshs).

I can help you navigate your journey to wellness through meetings such as AA, NA, and GA or the Wellbriety meetings I hold in Skatin and Q'aLaTKu7eM on Tuesdays and Thursdays from 7–8 pm, and now in N'Quatqua on Monday evenings from 6:30–7:30. Come and check it out, its open to all who would like to

stop their addictions. Wellbriety is an Indigenous sobriety movement that uses Indigenous ways and knowledge to help us with addictions.

We had a great time at the 1st Annual Sober Bashes in the communities of Q'aLaTKu7eM and N'Quatqua, next year will be bigger and better, thank you to those that came out to enjoy some amazing award-winning Indigenous music. Also, big shout outs to Rita Wells for her catering in Q'aLaTKu7eM and to Fran Thevarge for her catering in N'Quatqua. We all did our part, and the event was a success! Stay tuned for more

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(Leroy Joe continued from page 7)

wellness and sober events in the future, I have some ideas that I'm looking into.

It's been a busy start to the years as people are looking for help. We have been helping and there are success stories that are happening! I am very proud again of our team, I could not do this without our team here at SSHS. Keep on going forward and no matter what, remember that the Creator has your back.

Kúkwestumkacw snúkwa

—Leroy Joe  
Addictions Coordinator

## Early Childhood Development

### Message from Kelly Hanson

Hello Spring, we missed you!

After a relatively mild winter we are ready for warmer weather and are excited to get back out on the land. Over winter the ECD team focused on opening more days and improving our regular programming with our Skatin and Q'aLaTKú7eM Playgroups. We spent much time converting our new space at the Skatin Community School to promote safety, inclusion and exploration for our Playgroup families. We worked so well that the school decided to relocate their library to a new room so we could further utilize the space, stay tuned for new equipment coming to that program soon. ECD



Playgroups are an essential part of ECD's work in Q'aLaTKú7eM and Skatin.

staff have been working hard to immerse early years playgroups with meaningful programming with a growing influence of Ucwalmícwts immersion for our most precious members.

We have been receiving training from Early Years professionals to improve our knowledge to share with children and families. We also attended the annual British Columbia Aboriginal Child Care Society (BCACCS) Conference and taking the ASIST (Applied Suicide Intervention Training) program. The Community Based Playgroup Leaders completed their Child Care First Aid and have completed, or are working on, the Responsible Adult Course and ECD offered online workshops to parents and families specifically on Positive Discipline and promoting the Supporting Par-

ents Along the Road to Kindergarten program.

The Pediatric Therapy Program, comprised of a Speech Language Pathologist, Behavioural Consultant, Occupational Therapist and Physio Therapist supported by ECDs and an Aboriginal Supported Child Development (ASCD) worker, has been working in playgroups, daycare, community schools and one-on-one with children ensuring all members are given every opportunity to thrive. Our focus has been maximizing the time we get with our monthly therapist visits and bridging the gaps of time in between their visits with our own staff and resources.

We welcomed different facilitators to offer specialized

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# EYE MOBILE CLINIC

## EYE EXAMS AND GLASSES!



Website:  
[www.ruraloptometry.ca](http://www.ruraloptometry.ca)

**Date:** Monday, June 16 2025



Southern St'at'imx  
Health Society

**Location:** Skatin Health Station

### SERVICES OFFERED:

- Comprehensive Eye Exams
- Prescription Glasses
- Children's Vision Care
- Diabetic Eye Exams
- Glaucoma & Cataract Screening
- Dry eye & allergy treatment
- Eye Health Education

### WHY REGULAR EYE EXAMS ARE IMPORTANT:

- Detect vision changes and early eye diseases
- Prevent headaches and eye strain
- Support children's learning and development
- Maintain overall eye health

### HOW TO PREPARE:

- Make a list of any vision problems or eye discomforts
- Bring your current glasses or prescriptions
- Provide your Status Number, Care Card Number, and DOB at booking



To book your appointment,  
please contact:

*Julia Schneider, SSHS*  
E: [julia.schneider@sshs.ca](mailto:julia.schneider@sshs.ca)  
Ph: 604 894 0151 ext. 215  
FB: *Julia Sshs Schneider*

(Kelly Hanson continued from page 9)

programming within playgroup and the communities to improve our skills with STEM activities, traditions and cultural protocols, with Ucwalmícwts Immersive programming from our community and neighbouring Nations Knowledge Keepers, bringing Elders to Playgroup in a safe way was truly joyful.

ECD, along with Men's Health, took a step into an older demographic and supported 20 youth participants from the five Southern St'at'imx communities in attending Gathering Our Voices (GOV) over Spring Break, a truly inspirational and uplifting conference where our next generation's leaders got to try different skills, gain knowledge and learn about some amazing opportunities specifically tailored to them.

Looking forward, ECD will be completing Phase 2 of our play yard construction in Q'aLaT-Kú7eM for our playgroup program there. Playgroup will be opening up an extra day in Q'aLaTKú7eM for May and are beginning our season for foraging on the land with Knowledge Keeper Holly Bikadi who will be joining us twice monthly for Medicine walks. The Jordan's Principle Coordinator will be joining playgroups a couple times this spring to talk about services and answer any questions families may have.

Also this year, all ECD staff have received additional training in First Aid, Food Safe recertification, and certification in ASQ & SEQ training, a screening tool to



DanDan Peters shares some time with a young drummer at Skatin Playgroup.

support early years development.

Wishing you all a safe, healthy and happy beginning to the medicinal harvesting season.

Please reach out any time if there are any children's programs or services you are interested in seeing in your community.

Kúkwstum'ckálap

—Kelly Hanson  
Early Childhood Development  
Program Coordinator

## Message from Alexandrea Smith

Hello Everyone,

I just wanted to take a moment to reflect on how amazing it has been to work with all of you and be part of these incredible communities. It has been such a rewarding experience.

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(Alexandrea Smith  
continued on page 10)

I feel truly grateful for the opportunity to contribute to the growth and development of the children and families here.

Over the past few months, I've had the pleasure of working alongside Brandy and Candice at the Skatin and Samahquam playgroups. I've had the chance to bond with many of the parents and children, and I believe we've built a strong and supportive community. On March 27th, we were joined by Sandy, Marie, and DanDan at the playgroup, which added even more joy to our time together with the families in both Skatin and Samahquam.

At playgroup, we focus on creating a positive and nurturing environment for the children. We enjoy healthy snacks and lunches, learn through play, encourage creativity through arts and crafts, read books, and explore new ways to engage in fun activities. It's truly a wonderful space where children can develop important skills in a playful, supportive environment.

I also wanted to share some exciting highlights from the past few months. In February, I attended the BCACCS conference in Vancouver (February 19–22), where I had the chance to learn and connect with others in the field. Then, in March, we had the opportunity to bring youth from all five communities to the Gathering Our Voices conference in Kamloops (March 18th–21st). It was an amazing experience, and I'm so proud of all the youth who participated. The turnout

**Our Men's Health Program**  
has something for every  
man. Find  
out today  
what it has  
for you!



was incredible, and it was a great opportunity to bring everyone together and celebrate the vibrant cultures of our communities.

As Easter week approaches, we're looking forward to some fun activities at playgroup. We'll be doing arts and crafts, hosting an egg hunt, going on a scavenger hunt, and of course, enjoying some tasty snacks. It's a wonderful time for the children to get creative and celebrate the season!

Thank you all for your continued support and for being a part of this incredible journey. I'm so excited to see what the future holds, and I look forward to many more experiences and moments shared with all of you. With love,

—Alexandrea Smith  
*Early Childhood Development  
Assistant*

### Message from Jordana Abraham

ᑲáhwá7acw | Hello

As the seasons shift, our learning journey continues to unfold. What a beautiful winter it was.

I am so happy to be back with the ECD team at SSHS. As I start this new chapter in my career, I am filled with excitement and gratitude for the opportunities ahead. I am very thankful for the warm welcome I've received so far—it has been a lovely few months. Over the winter, I had the privilege of working with the pediatric therapy team, Emma Smyth, Pippa Hodge and Tara Cain. Through this experience, I gained valuable knowledge and learned new techniques and strategies to support children's development. Their expertise and guidance have significantly enhanced my practice. I am grateful to have the opportunity to work with such a skilled and dedicated team.

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*(Jordana Abraham continued from page 11)*

In addition to working with the therapists, I have been providing support to the play groups and primary classes in Q'aLaTKu7eM and Skatin. I am deeply passionate about my work in Aboriginal Supported Child Development, and I am excited to continue learning and growing in this field as I pursue my bachelor's degree in Early Childhood Education in the near future.

As I continue my journey, I am committed to making a difference in the lives of the children and families I work with. Here's to making more memories, achieving new milestones and growing together!  
Wishing you all the best,

—Jordana Abraham  
*Aboriginal Supported Child Development Worker*

## Fleet Management

### Message from Justin Thevarge

Two GMC Terranes were near the end of their leases, so we traded up two for a 2025 Chevy Colorado for the Health Team. The Colorado will give the team a bit more confidence in driving on the rough roads to the communities. We have one more Terrane to trade up in the near future as well in June. As of now the fleet size is seven vehicles.

The es Zúmin' Primary Care parking lot is now completed

with curbs and parking signs installed! If you have an appointment at the es Zúmin' Primary Care, keep an eye out for their parking spots.

Just a reminder, it's that time of year: Spring/summer tire changeovers are in full swing!

—Justin Thevarge  
*Fleet Manager*

## Health Responder & Care Advocate

### Message from Jak Gracey

*SSHS is pleased to welcome Jak Gracey to her new role as the Health Responder & Care Advocate.*

Over the past few months, I've had the privilege of working with SSHS as a Health Responder and Care Advocate, supporting the communities of N'Quatqua, Samahquam, and Skatin. My role is to be a consistent point of contact for health-related support, whether that's through home health visits, helping clarify information from doctor appointments, prescription questions, following up on referrals, or sending out reminders for upcoming appointments. I'm here to help however I can, even if it's just answering a quick question or general check in.

It's been a really meaningful experience getting to know more about each community; its history, people, culture, and values. Every day, I learn some-

thing new, and I feel incredibly fortunate to be welcomed into these spaces and to be building relationships along the way.

This work is very important to me. I'm passionate about supporting health in rural and Indigenous communities, and I'm so grateful to those who've trusted me with their time, stories, and care. It's an honour I don't take lightly.

I don't always have all the answers, but I'll always do my best to try and find them—and no question is ever too small.

If you see me around, feel free to say hi, stop to have a chat, or reach out to me by email any-time at: [jak.gracey@sshs.ca](mailto:jak.gracey@sshs.ca).

—Jak Gracey  
*Health Responder & Care Advocate*

## Jordan's Principle

### Message from Tyra Frank

Hi everyone,

As the Jordan's Principle Service Coordinator, I'm grateful for your ongoing patience and understanding as we work through the Jordan's Principle process together.

### New Year Session Recap

We recently held a series of Jordan's Principle sessions, and we appreciate the participation and engagement from everyone who attended. In addition to our monthly information booth in Liíwat, we are now visiting

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## Life's Journey Coach

### Message from Anita Samuels

Hello to all,

I have been continuing my work as a Life's Journey Coach. I have been helping people of all ages work on their Advanced Care Planning/End of life planning. A large part of this work is planning for the unexpected twists and turns life can throw at us, especially if this is a medical health crisis or some sort of accident. Making decisions about what sort of life sustaining interventions a person may or may not want before a crisis hits can be difficult, but it can also provide peace of mind that a person's wishes are established. Appointing a representative and a possible alternate rep) to be that person's voice to convey these wishes when they are not able to can also be a comfort and prevent so much emotional upheaval for family and friends. This preparation can make the final journey to the Spirit World much gentler and more dignified.

End of life planning is not a quick process. I meet with a person on more than one occasion as they contemplate their wishes, and when the time is right, they have what can be difficult discussions with their family members and friends. I have completed over 30 Advanced Care plans which have been uploaded to the person's medical chart at the Pemberton Health Centre. I have

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Jordan's Principle's Tyra Frank setting up an info booth in Skatin.

(Tyra Frank continued from page 12)

N'Quatqua bi-monthly. We're also scheduling visits to Samahquam, Skatin, and Xa'xsta. These sessions are a great opportunity for community members to connect with others, ask questions, and get more information.

### Looking Ahead

If you missed this round of sessions, don't worry! There will be more opportunities to meet and discuss any questions or concerns you may have. Please know that you are always welcome to reach out with any inquiries, and I'm here to help you navigate the Jordan's Principle process.

We're also excited to announce that we are planning a puppet show for child wellness, featuring Rabbit and Bear Paws! We're aiming to schedule three shows between June 30 and

July 4 to coincide with events in Líl'wat. We plan to have dinner and a show on the first day, and lunch with two shows on the following day. Their goal is to create a safe, supportive, and entertaining space in-person or at home remotely, to allow children and families to play and have fun together laughing and learning about mental health, build resilience, and understand the importance of seeking help when needed.

Thank you again for your continued support. I look forward to working with you all to ensure every eligible child receives the services and support they deserve.

Warm regards,

—Tyra Frank  
Jordan's Principle  
Service Coordinator

(Anita Samuels continued  
from page 14)

more than 25 people working on their plans. And I continue to have new people reach out to me to start this process.

On April 16, Elder Joyce Thevarge and myself met with the FNHA Serious Illness medical team and their Knowledge Keepers to share how this new Advanced Care Planning program is working.

I recently wrote a blog for *Dying With Dignity Canada* about this work which was released on April 11. This blog includes testimonials from four Elders who have completed their plans. In March we will plan to have a workshop in each of the three communities to continue to present this information.

I am grateful that SSHS has given me the opportunity to do this important work with community members. If anyone wishes to learn more about this, please feel free to contact me via email or on my cell. Alternatively, people can let their CHR or Elders support worker know that they would like me to contact them.

I can be reached by cell at **604-698-5074** or by email at **anita.samuels@sshs.ca**.

—Anita Samuels, BSR  
*Life's Journey Coach*



Hunting out on Stl'at'imx territory as dawn breaks over the mountain making a beautiful morning.

## Men's Health

### Message from Shelby Joe

Ƙalhwa7alap entsa sLawa7  
Ucwalmícwts skwatsits nilh ti  
Shelby sama7 skwatsits

We're seeing a lot of enthusiasm and interest from SSHS and the communities we serve! Although, I am just getting started in this role, I know how important it will be for the men

of Stl'at'imx Nation. It was great to get a nice warm welcome into the three communities we support and to get to know the guys to build a brotherhood amongst each other.

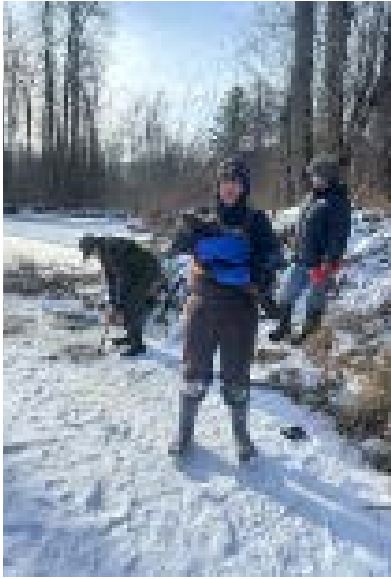
At the beginning of my time here at SSHS, we had the opportunity to meet with Ricardo and some of the young men he has been teaching. We also had the amazing opportunity to tour the land with Buckshot! Some of us were

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# A Look at Men's Health

Whether trapping a bobcat, gathering firewood or spending some time around the fire, Men's Health programming brings people together. From honing traditional skills to just getting out on the land, Men's Health, through its member-driven Men's Group, has something for everyone.

The Men's Group is always open to new members and new ideas for activities. Come out and see how the Men's Group can help build friendships, greater health and pride.



(Shelby Joe continued from page 14)

introduced to trapping, with some great success we trapped two beavers on the Grand-mother's Slough here in Mount Currie. I also got to take a group of guys out to do some predator hunting in one of the areas I know well, and we harvested a bobcat!

Half-way into March, we held our first drum making night in N'Quatqua. I helped about a dozen guys make their first drum or an additional drum to add to their collection! We had a great time, sharing stories, joking, and making a very special drum that participants can keep forever and/or hand down to the younger generation.

Thank you so much for reading. I am very grateful to be in this position and excited to see what stories, memories, and useful knowledge we can learn together along the way.

If you have any questions, concerns, or think of anything I can do better, don't be shy to let me know.

To continue building our community of Men's Health I would like to invite you to join our Facebook page to keep informed about the activities and happenings in the Men's Health Program at: **SSHS Men's Health**  
[www.facebook.com/share/g/1aRN67t5rn/](https://www.facebook.com/share/g/1aRN67t5rn/)

—Shelby Joe  
Men's Health Coordinator



Stephen Peters enjoying the day fishing with his two grandsons alongside the river.

## Message from Scotty Leo

Since starting the role of Men's Group Coordinator in January, one of the highlights has been building connections with the individuals in the communities that SSHS works with. I've had the privilege of engaging with the guys in N'Quatqua, Samahquam, and Skatin. I've really felt the strong bond and brotherhood that exists within the Men's Group that was created. I believe we've made some great connections in getting to know the community members so far, and I'm excited for the continued opportunities to connect with the guys in each of the communities moving forward.

One initiative I'm eager to introduce is having designated engagement days each week in every community: Monday, Tuesday, and Wednesday. These will be our core engagement group days. Then, Thursdays and Fridays would be focused on activity days, where we could get into a variety of activities—whether it's fishing, hunting, firewood, or even exploring our shared territory. I'm also open to any ideas or suggestions the guys may have for making group days and activity days even more meaningful and enjoyable.

I am excited to see where the Men's Group is now and where it could be going forward.

—Scott "Scotty" Leo  
Men's Group Coordinator

## Mental Wellness

### Message from Brett Peterson

Remote counselling continues to go well with the three upper communities. I am also working Mondays with Xa'xtsa folks under a separate contract. Spots filled up quickly.

I am so happy to welcome the beauty of spring, especially given the worsening political storm in the U.S. Uncertainty is causing many people to feel more anxious. A common response

to the anxiety is to consume more news, as if being better informed will ease the mind and be protective—a tactic that ironically only leads to more anxiety. Changing focus can help.

A friend told me of a poem by a Vietnamese monk that reminds us that the beautiful things in life are right in front of us, and almost never mentioned in the news. I include an abbreviated version of the poem to below along with my best wishes.

—Brett Peterson, RCC

## The Good News

By Thich Nhat Hanh

The good news they do not print.

The good news we do print.

We have a special edition every moment  
that we need you to read.

The good news is that you are alive  
and the [cedar trees are] still there  
standing firm in the harsh winter.

The good news is that you have wonderful eyes  
to touch the blue sky.

The good news is that your child is there before you  
and your arms are available.

Hugging is possible. . . .

. . . The dandelion is there by the sidewalk  
smiling its wondrous smile  
singing the song of eternity.

Lo! You have ears capable of hearing it.

Bow your head. Listen to her.

Leave behind your world of sorrow and preoccupation  
and get free. The latest good news is that you can do it.

# New es zúmin' MOA: In Her Own Words

Hello!

My name is Emma Pike, and I'm originally from Newfoundland. I've worked in the hospitality industry from a young age and spent three years managing a storefront.

Over the years, I've developed a strong passion for problem-solving and improving workplace efficiency. I'm excited to bring these skills to our startup and tackle any challenges that come our way. I'm excited to contribute my experience in management,



organization, and communication to support the Primary Care Center in achieving its goals.

On a personal level, I'm deeply passionate about helping people and animals in any way I can. In my free time, I love to immerse

myself in nature—whether it's foraging for mushrooms, fishing, camping, or paddle boarding. Growing up in Newfoundland, surrounded by forests and the ocean, I developed a deep appreciation for the natural world, and I'm thrilled to continue exploring it here in British Columbia.

I can't wait to begin working with all of you!

Thank you!

—Emma Pike

## New Indigenous Patients Navigator at Pemberton Health Centre

### Navigator

Victoria Barley is ready to help you navigate the health care system.

### Hours

Monday to Friday from  
8:30 am–4:30 pm

### Meeting with Victoria

You can reach Victoria Barley by email or phone.

**Email:** [victoria.barley@vch.ca](mailto:victoria.barley@vch.ca)

**Phone:** 236-995-1546

**Text:** 236-995-1546

# JOB OPPORTUNITIES

**Join the Team at SSHS!**

## Nursing Program

### **Clinical Services Manager**

Provides leadership of a comprehensive range of nursing programs within community and public health.

### **Community Health Nurse**

Provide care to adult members (19+), being responsible of full scope nursing care to a variety of clients, constantly promoting health and wellness education, and aligning care out of community.

### **Home & Community Care Nurse**

Provide care to adult community members (19+), being responsible for full scope nursing care to home care clients and members with chronic diseases, constantly promoting health and wellness education, and aligning care out of community.

## Child & Family Services

### **Family Preservation Worker**

Supports SSHS families through culturally sensitive programs and services, promoting children's safety and quality of life. This role coordinates resources to enhance family unity, empowering families as primary caregivers.

## Jordan's Principle

### **Jordan's Principle Administrative Assistant**

Provides administrative support to the Jordan's Principle Service Coordinator, service coordination delivery, and support community building activities as needed. Disseminate information to the public and to service providers and community-based professionals to promote Jordan's Principle and reduce service barriers for Indigenous children in BC.



Southern St'at'imx  
Health Society

## ABOUT US

SSHS is a non-profit Indigenous Health Organization dedicated to improving the health and wellbeing of Indigenous communities. Our organization provides culturally appropriate healthcare services, programs and initiatives to support the holistic health of Indigenous individuals and families.

SSHS offers a competitive benefits and employment package for full-time staff. All positions require on-site availability.

SSHS team members travel from our office in Mount Currie, BC into the communities, often driving along a Forest Service Road for up to two hours or being helicoptered in. This ensures that SSHS members—from newborns to Elders—have access to the health and wellness supports at their health stations, or health space, in their home communities.

## APPLY NOW

**Apply by sending your resume and cover letter via email:**  
[Julia.schneider@sshs.ca](mailto:Julia.schneider@sshs.ca)

**View the full job postings on our website:** [sshs.ca/careers/](https://sshs.ca/careers/)

[info@sshs.ca](mailto:info@sshs.ca) | 1 604 894 0151

# SSHS Staff Contacts

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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 an-  
swer your questions or  
concerns at anytime.

**Interim Health Director**

**Eppa Gerard Peters**

E: gerard.peters@sshs.ca



**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



**ASCD Worker**  
**Jordana Abraham**

E: jordana.abraham@sshs.ca



**Jordan's Principle  
Representative**

**Tyra Frank**

E: tyra.frank@sshs.ca



**Addictions Program  
Coordinator**

**Pe7pe7 pius Leroy Joe**

E: leroy.joe@sshs.ca



**Health Responder &  
Care Advocate**

**Jak Gracey**

E: jak.gracey@sshs.ca

**Check out our  
website at  
sshs.ca for the  
most recent  
staff photos  
contacts.**

## 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**

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### 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 States/Ink  
Health Society

### For More Information or to Schedule a One on One:

### Leroy Joe

E: [leroy.joe@sshs.ca](mailto:leroy.joe@sshs.ca)

T: 604-894-0151



Southern Stl'at'imx  
Health Society

## SEABIRD MOBILE DIABETES TEAM

# CLINIC NOTICE

### Who Is It For:

People Living with Diabetes  
People Who Are Curious About It

### What the Appointment Includes:

- Testing Blood Sugar and Cholesterol Levels
- Checking Kidney Function
- Foot Exam
- Diabetes Education

### Book your appointment:

- **N'Quatqua:** Nicole Patrick
- **Skatin & Q'aLaTku7eM:** Sally Peters

### N'Quatqua

Health Station  
Wednesday, May 21  
2025

### Skatin & Q'aLaTku7eM

Health Station in  
Q'aLaTku7eM  
Thursday, May 22 2025



# SSHS Board of Directors Contacts

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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](mailto:doris.peters@nquatqua.ca)

**Nicole Patrick**

Board Member

E: [nicole.patrick@nquatqua.ca](mailto:nicole.patrick@nquatqua.ca)

## Samahquam Board Members

**Dustin French**

Vice-Chair

E: [dustin.french@samahquam.ca](mailto:dustin.french@samahquam.ca)

**Chief Brock Peters**

Board member

E: [brock.peters@samahquam.ca](mailto:brock.peters@samahquam.ca)

## Skatin Board Members

**Xavier Williams**

Secretary-Treasurer

E: [xavier@skatin.ca](mailto:xavier@skatin.ca)

**Ravleen Brar**

Board member

E: [ravleen.brar@sshs.ca](mailto:ravleen.brar@sshs.ca)

## New Board Member: In Her Own Words

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My journey in the communities began in 2014 when I worked as an Early Childhood Educator with SSHS. During that time, I facilitated early childhood and family programs in Skatin, Q'aLaTKu7eM, and Tipella. Since then, I have held several positions, including Lead Aboriginal Head Start Teacher in Tipella.

In Skatin, previously worked as an Educational Assistant, Program Coordinator, and Vice-Principal at Skatin Community School (SCS). Currently, I am the Principal-Administrator of SCS, a role that I truly love. I

am incredibly grateful to be able to continue my work here.

I have always held a deep appreciation for the important work that the SSHS staff do for the communities. I am sincerely thankful for the opportunity to represent Skatin Nation on the Southern Stl'at'imx Health Society Board of Directors.

Kúkwstumckálap,

—*Ravleen Kaur Brar*



**Ravleen Kaur Brar**, has joined the SSHS Board of Directors as one of the two representatives from Skatin Nation.

# Emergency Health Contacts

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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 (Lílwat 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