



Southern St'at'imx  
Health Society

# s7át'sxem

Serving N'Quatqua, Samahquam and Skatin

Fall 2025



## Mark Your Calendars

### SSHS SPECIAL GENERAL MEETING

Save the date for this Special General Meeting on **Saturday, December 1** to approve the renewed by-laws designed to take the politics out of the work of the SSHS Board of Directors. .

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## From the Former Health Director A New Page has Turned at SSHS

After several years of focussed rebuilding, SSHS is ready to confidently face the future with a new health director. Following a board-led process, Amanda Munnings accepted their offer of employment as health director on October 1. In her new role, Amanda continues to manage programs and contracts in a more streamlined administration.

As set out in the by-laws, the health director works for the board as their only employee. The health director is then responsible for managing services and programs to the communities. The health director manages the facilities, infrastructure, personnel and budgets under direction of the board. For organizational purposes, SSHS can be broken down into three parts, the administration, the management and the governance. The administration is made up of all employees and contractors. Management is the health director but can include other managers depending on the organization's makeup. Governance is the board of directors.

To function properly, each of these "parts" must have well defined



Eppa (Gerard Peters), former Health Director.

roles and boundaries so they don't interfere with each other. Recognizing this was not always the case, the board began to review and revise SSHS governance as long as five years ago.

The present board, made up of Doris Peters (chair), Dustin French (co-chair), Xavier Williams (secretary-treasurer), Nicole Patrick, Chief Brock Peters and Ravleen Brar continued the work of previous boards and amended by-laws will be brought to a special general meeting for members approval on December 1.

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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](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  
V0N 2K0

### Phone:

604-894-0151

### Email:

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

### Website:

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

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These renewed by-laws will reduce or eliminate the potential for politics arising when chiefs and council members sit on the board or serve as health director. Some of these new provisions will be phased over time.

The renewed by-laws will require prospective directors to have certain qualifications so that the focus is on professionalism. Each member community will continue to have two representatives on the board, with one selected by the council and administration, the other by the community's members in a process that's agreed by them, giving members a greater say.

The complete rebuild of SSHS will come as it adjusts over the next year to the renewed by-laws. I'll be along as governance advisor to offer support and guidance where I can to the communities, the board and the health director. I'm grateful to have been a part of this very gratifying work and I look forward to witnessing real growth as SSHS evolves into a truly community-based, membership-accountable organization under its new management.

The best is yet to come.

In gratitude,

— Eppa  
Governance Advisor

## From SSHS's New Health Director Stepping Into a New Chapter

I'm proud to step into my new role as Health Director, bringing with me passion, creativity, awareness, and a renewed sense of drive. I know this new chapter will come with its challenges and even a few setbacks, but I also know that each one brings an opportunity to grow, learn, and build resilience.

In our summer newsletter, I wrote about the importance of taking care of yourself. Over the past few months, I've had to take my own advice—to pause, reflect, and put self-care into action. It hasn't always been easy, but it reminded me that real change starts with us. We can't pour from an empty cup.

Recently, we held our Change Workshop, where we reflected on the many shifts we've experienced—both at work and in our personal lives, and explored the emotions that come with them. Change can be unsettling. It can bring excitement, fear, hope, and sometimes grief. But with time and intention, it can also lead to growth, clarity, and acceptance.

Another meaningful moment this past month was our annual SSHS staff retreat in Mission. We had the opportunity to connect in a new way, with a facilitator guiding us through conversations on lateral violence, effective communication, and boundaries. These are big topics but incredibly relevant ones.



Amanda Munnings, SSHS's new Health Director.

Each conversation sparked deep reflection, both personally and professionally. What stood out to me most was how it reminded us to see one another not just as co-workers, but as people, with full lives, unique experiences, and their own stories. We visited the site of St Mary's Residential School, and hosted a dinner for survivors, who shared their stories and evening with us.

Many of us at SSHS are family, connected through community, or have known each other for years. This retreat helped us reconnect with each other with greater empathy and understanding, and I believe it made us stronger as a team.

As I move forward in this role, I feel deep gratitude to be part of such a committed, compassionate, and courageous team.

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I'm excited for what's ahead. Together, we'll keep learning, growing, and showing up—for each other, for ourselves, and for the communities we serve.

— *Amanda Munnings*  
*Health Director*

## Kúkwstumúlhkacw, Eppa Gerard Peters



Thank you Eppa for all the work you did as health director to improve the governance, management and administration of our organization.

Your thoughtful guidance, considered experience and commitment have built a solid foundation for SSHS's future.

We look forward to working with you in your new role of Governance Advisor.

— The SSHS Team

# SSHS is looking for some Allied Health Professionals to help expand our services.

As an health consultant for the Southern Stl'atl'imx Health Society, you'll be a key part of our patient circle of care. You'll work to your full scope of practice to provide professional, compassionate and respectful care to the people of N'Quatqua, Samahquam and Skatin.

## Current needs:

- Physiotherapists
- Occupational Therapists
- Kinesiologist
- Registered Massage Therapists
- Dietitian

These positions will be contracted until March 2026, with a possibility of extension to March 2027.

Interviews this November!

## About us:

SSHS is a non-profit Indigenous health organization with offices in Mount Currie, BC. For over 20 years, we have provided culturally appropriate health care services, programs, and initiatives to support the holistic health and wellness of First Nations individuals, families and communities.

## Interested?

Please email [julia.schneider@sshs.ca](mailto:julia.schneider@sshs.ca) with the following information:

- Services you offer
- Your rate per hour or day
- Additional costs such as travel
- Your experience working with First Nations communities
- References

## Any questions?

Please email your questions to : [amanda.munnings@sshs.ca](mailto:amanda.munnings@sshs.ca)

To learn more about SSHS, please visit our website at [sshs.ca](http://sshs.ca).



Southern Stl'atl'imx  
Health Society

# Department Reports

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## Addictions

### Message from Leroy Joe

Kalhwá7alp áma i nsnúkwnukwa,  
wa 7u7 wa áma ti lhwáltstena

Hello, all of my good relatives,

If you or anyone you know is struggling with addiction, I am here to help with treatment referrals, setting up a meeting with a therapist, or to listen if you need to talk. I can be reached by phone at **604-830-6236** or **604-894-0151**, by email at [leroy.joe@sshs.ca](mailto:leroy.joe@sshs.ca) or by **Facebook Messenger under Leroy SSHS**.

There are some amazing programs that FNHA funds through the various treatments facilities in the province, one of which is the trauma program at Tsow tun le lum, it's a five-week intensive program where you get to look at your traumas and learn how to overcome those times, in a very safe place with amazing people that look after you. Let me know if you are interested or want more information.

The summer is over and we are into fall time or lhwáltsten as we say in ucwalmícwts, a time to harvest, a time to get ready for winter, did you put your food away yet? Did you get to go fishing? How many tswan did you harvest? The garden is ready time to feast, winter is coming

and according to the pundits (experts) this winter will be wetter on the coast so more than likely more snow here in our territory. So it's time to reflect and get ready, in the meantime if you are able to, get out on to our territory and feel our Mother Earth, she is healing, everything we need is still here after thousands of years we still can use the medicines and plants to help us. It's also time to start up the sweat lodge, a very sacred place to look after yourself, I will be helping to build a lodge in Q'a'latku7em and N'Quatqua, these will be for men but if any women want to hold a ceremony please let me know, I also will have my own personal lodge.

We have a few events coming up and I am looking forward to sharing with you all as soon as I can, and of course the Wellbriety meetings are:

N'Quatqua Health Building  
Monday from 6:30 pm -7:30 pm

Q'aLaTku7eM Health Station  
Tuesdays from 6:30 pm -7:30 pm

Skatin Health Station  
Thursdays from 6:30 - 7:30 pm

Wellbriety means "sober and well" and represents a holistic Indigenous-led movement for healing from addiction that goes beyond just abstinence to achieve balance and wellness across emotional, mental, physical, and spiritual aspects of life.

Created by White Bison, Wellbriety integrates traditional Indigenous healing practices with modern techniques to provide a culturally relevant approach to recovery and promotes healing for individuals, families, and communities. I am pleased to share Wellbriety's Four Laws of Change poster on page 7. And I'm always happy to answer any questions you may have about the program.

Until next time, be well and have a great rest of your lhwátsen, whether its hunting, fishing, harvesting, camping, traveling or whatever else ends in "ing."

Take care, peace, love and light to all.

Kúkwtu7mckacw snúkwa,

— Leroy Joe  
Addictions Coordinator

## Administration

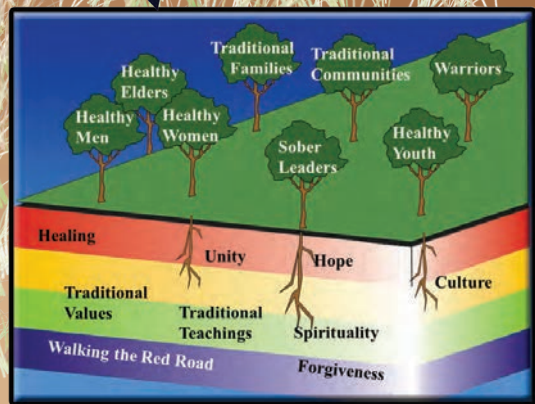
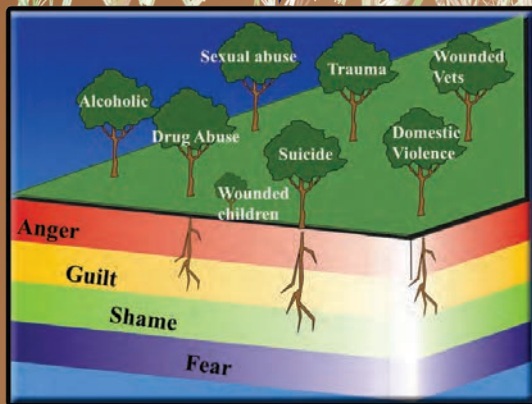
### Message from Julia Schneider

Kalhwá7alap! | Hello (to more than one person)

Happy Fall! I hope everyone had an enjoyable warm summer! I look forward to the fall weather and the festivities that come with it!

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# Wellbriety Movement



## The Four Laws of Change

1. Change is from within
2. No Vision, No Development
3. A Great Learning Must Occur
4. YOU Must Create a Healing Forest



Charlie, Clarke, Harold and Eppa, IRS survivors who attended St. Mary's in Mission, were all on hand to support the SSHS Staff Retreat seen here at The Mission Friendship Centre. The retreat brought former students together for sharing and an SSHS hosted dinner (below left).



in July. I brought two hairdressers and two nail techs into the community where 14 people got their hair cut and 12 people got their nails done! With good planning and team work, our events are successful. I am thankful to be a part of such a great team and working with our beautiful St'at'l'imx communities, who are amazing to work with.

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It feels like we keep getting closer to being a well structured and organized Society here at SSHS. This summer was full of successful events/clinics, the monthly Foot Care Clinics seem to get smoother and smoother every time, we are thankful for members who show up on time and communicate with us when they need to cancel or reschedule,

Sally is doing great and sending out the reminders two days prior so clients know where their appointment is at and what time, the Eye mobile clinic was a success again! Twenty-six members who needed glasses, got glasses! The Rural Site Eye Clinic team is great to work with, I will be arranging another clinic in 2026. We had a very successful "Treat Yourself Day" in Q'aLaTku7eM

Our team has been going through changes, good changes! Better yet: improvements. We have been seeking and participating in training opportunities that help us support you more effectively. Recently, our team participated in a "Talking Change" workshop with Jennifer Campbell, which helped open our minds and prepare us for

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some of the changes we are in the middle of and get us ready for the new daily procedures that come with a new Health Director at the end of a re-build.

We enjoyed some time together in Mission at our staff retreat where we participated in a three day workshop with Tracy Leach that addressed lateral violence, processing our emotions and how important it is to practice self care.

Alongside the training on our staff retreat we also took the opportunity to gain knowledge on the Indian Residential School and its former students, we hosted a dinner at the Mission Friendship Centre where we heard some stories and shared a meal with some of the former students of St. Mary's Residential School. This helped us understand the challenges that the students and following generations face, gaining a perspective that helps us understand a bit more about the past and the traumas that our

people faced, we hold our hands up to our resilient members who still stand strong today.

Thank you for your trust, support and understanding, while our team settles into the new normal here at SSHS, we are putting in work every day to build a stronger, brighter future for SSHS communities.

Kúkwtuṁkacw,

— Julia Schneider  
Executive Assistant

## Treat Yourself Day in Q'aLaTKu7eM Memories

Community members of all ages enjoyed a little pampering at the Treat Yourself Day in Q'aLaTKu7em .

The day was a reminder that self-care takes many forms and is something we all should be practicing.

Thank you to the talented nails technicians and hair stylist who made our beautiful people even more beautiful!





The SSHS Staff Retreat including visiting the site of St. Mary's IRS in Mission. Seeing the place that many of our members spent their school years was a moving experience for everyone driving home how resilient our people are.

## Message from Sally Peters

Hello to all SSHS members, Working at the front desk puts me in touch with many of you each day. I truly enjoy our chats and the chance to help whenever I can.

While you'll often see me in the office answering phones and connecting people with who they need, my role also offers other opportunities to support our communities. One example is the work I do for our successful footcare clinics, including sending reminders and updates. I'm grateful for everyone's patience and cooperation, especially when things change

suddenly due to circumstances beyond our control.

The summer and early fall were a time of learning and renewal. I completed a first aid course, attended a Talking Change workshop, and joined several staff retreats. I approached each experience with an open mind and heart, eager to learn things that would support my own healing journey.

Visiting the site of St. Mary's Residential School in Mission was deeply moving as I reflected on what the students had endured. Learning about our genealogy during the retreat was another highlight—it was both uplifting and grounding.

This fall and winter, I'm looking forward to taking some Microsoft Office courses. With new snow already on T̄szil and frosty mornings, it seems winter is just about here! Here are a few tips to help keep warm this season:

- 1) Wear wool socks, slippers, and toques indoors as keeping your head and feet warm helps your whole body stay comfortable.
- 2) Seal drafts around windows, doors, and baseboards with weather stripping, plastic film, or rolled-up towels.
- 3) Eat hearty soups and stews made with traditional foods such as venison, salmon, and root vegetables to fuel your body's heat.

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The two new buses will also enhance the autonomy of each community to respond to emergency events, especially climate-induced natural hazards.

The communities, together with SSSH, will be able to independently organize the transport of emergency management personnel, supplies, and medical aid, which is increasingly important when larger transport networks are disrupted by hazards (e.g. flooding, wildfires). The buses will also enhance the capacity of the communities to evacuate community members during emergencies.

— *Christine Weber*  
Project Lead  
Rural Transit Solutions Fund

## Early Childhood Development

### Message from Alexandrea Smith

Hello SSSH Communities,

As the mornings get cooler, summer seems like a distant memory. This past summer I enjoyed vacation time at home with my nieces and took some time to visit a friend. Spending time with loved ones refueled me and prepared me for another busy fall/winter season at SSSH.

The fall has been a great time for Early Childhood Development with the children in our playgroups taking part in activities to mark seasonal events.



Julia Schneider, Kaden and Oliver hug ECD Coordinator Kelly Hanson at her farewell in Samahquam. She will be greatly missed.

For Labour Day, the children colored, cut out and glued together images of various types of labour jobs and they created a T-shirt banner for National Truth and Reconciliation Day. Seeing the look of accomplishment on the children's faces as they worked on their projects was so rewarding!

Another rewarding experience

was attending the SSSH staff retreat in Mission. It was not only educational it was fun! It was also a great opportunity for team building. After the retreat I felt closer and more connected to the great people I work with every day. I came away feeling that despite our specific jobs, we truly are a team at SSSH.

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## Crafty Kids Hard at Work

At ECD, we are just working on our playgroup schedule for November/December and will be getting that information out soon. And I am excited to be attending a workshop in Victoria focussed on Childhood Anxiety, gaining awareness and skills I can bring to my work with the playgroups.

With Halloween approaching, I hope everyone stays warm and safe. The cold weather always seems to arrive so quickly, so make sure to bundle up for cozy trick or treating.

Please note that I will be away on vacation from November 17 – 20, and again from December 1 – 5.

I look forward to spending more time with the youngest members of SSSH.

Kúkwstun̄ckacw,

— *Alexandrea Smith*  
Early Childhood Development  
Assistant

### Message from Jordana Abraham

Ƙalhwá7acw | Hello

As the leaves begin to fall, I would just like to thank you all for a beautiful, fulfilling summer. What an amazing season it has been. So many fun activities and adventures! The ECD team has been on the go, with therapists, playgroups and providing extra support for the kiddos all around. I look forward to what fall has to offer.



Kids at the Samahquam and Skatin playgroups worked on crafts to celebrate Labour Day at the beginning of September and Truth and Reconciliation Day at the end of the month.

Throughout the summer I have focused on building my knowledge and experience by joining in multiple workshops. I have participated in some new training and I also recently renewed some expired certifications.

I have been dreaming of becoming a fluent speaker in our language for quite some time now and would just like to proudly announce that I have

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started that journey and enrolled myself in the Ucwalmícwts class at T̓zil. I am super excited to be able to share everything I've learned with the children in meaningful ways.

To kick off the new season, the SSHS team took part in a staff retreat in Mission. What an amazing experience. We came closer together as a team and built a much stronger relationship that will last a lifetime. I would like to thank the team for giving me the opportunity to grow and helping me find the courage to finally lead a song on my own. Such a proud beautiful memory that I will forever cherish.

This November marks one year with the Southern St'at'imx Health Society and I'm so happy to be a part of an amazing team. I am looking forward to the opportunities ahead. As always, we have our lovely therapists and their areas of expertise. Pippa Hodge, our physiotherapist, Tara Cain and Christiana Kordyback, our

## Face Painting Fun at Health Fair



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Face painting proved to be popular with the younger attendees at the One Valley Children's Health Fair held in Pemberton on Saturday, October 18.



### Jordan's Principle

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

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— whether they live on- or off-reserve.

### To learn more:

Call Tyra Frank, Jordan's Principle Coordinator  
Phone: 604-894-0151

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occupational therapists, and Emma Smyth our speech and language pathologist. I will be continuing my work alongside the pediatric team, providing support at the daycare, play-groups and the schools.

I would also like to mention that I will be visiting each community twice a week and continuing my support in the areas needed. If you have any questions or would like to connect with any of our therapists, please don't hesitate to reach out. I am happy to help! I'm so grateful for the connections we've built and I am excited for all of the opportunities ahead. I look forward to spending more time with everyone as we move into this new season together.

— Jordana Abraham  
Aboriginal Supported Child  
Development Worker

## Health

### Message from Anita Samuels

Hello to all,

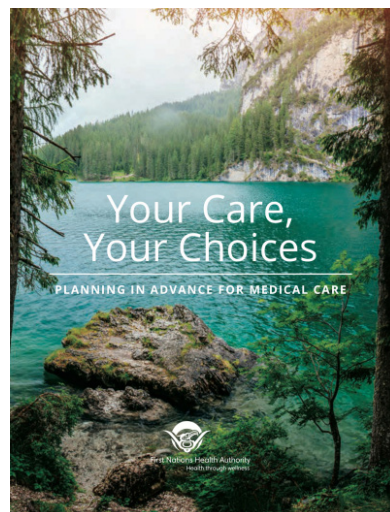
I continue to work with community members to set up their Advanced Care Planning/End of Life Planning. To recap this work, this is planning in advance what sort of medical interventions a person may or may not want when facing an unexpected medical crisis. It can also include discussions regarding what a person's wishes are for choosing their final resting spot, among other end of life planning details.

As we know, life can throw us unexpected twists. In the event that a person is facing an irreversible medical crisis that they will not recover from, and if they are unable to communicate which life sustaining or life prolonging medical treatments they do want/do not want, the hospital team will go through a legal order of people to ask what they think the client's wishes for treatment may be.

This person is called a "Temporary Substitute Decision-Maker". The legal hierarchy is:

- A spouse (married, common-law, same sex-length of time living together doesn't matter)
- A son or daughter (19 or older; birth order doesn't matter)
- A parent (either, may be adoptive)
- A brother or sister (birth order doesn't matter)
- A grandparent
- A grandchild (birth order doesn't matter)
- Anyone else related to you by birth or adoption
- A close friend
- A person immediately related to you by marriage (in-laws, stepparents, step-children, etc)

Many people do not know this legal order exists. People have said that their best friend or their doctor knows their wishes, so they don't need to fill out a legal Advanced Care Plan (ACP) document. But as seen from this list, a best friend wouldn't be asked until everyone above them on the list has been asked first.



There are tool such as FNHA's *Your Care, Your Choices* booklet that can make advance care planning an easier process.

Also, a doctor may know your wishes, but they don't have the authority to make decisions on what life sustaining treatments you may or may not receive.

Other people say they are happy with the order of this list, and so opt not to fill out the legal ACP document.

What can be a challenge by not having discussions with family members ahead of time about your wishes for care is that during a medical crisis situation, everyone is very stressed and emotionally upset. Often family members will get into debates or disagreements about what they think their family member may want for medical interventions. This is hugely traumatic for everyone involved. And ultimately, a person may be kept alive artificially against what their wishes may have been. A person may end up passing away in a

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manner that is not dignified and is disrespectful of their wishes if they had been known.

I fully acknowledge that these discussions can be very difficult and sensitive for people to have with their family members and friends. My work as a Life's Journey Coach is to meet with people who may want to start Advanced Care Planning, but are unsure of how to start this process.

End of life planning is not a quick process. I often meet with a person on more than one occasion as they contemplate their wishes, and start having these discussions with friends and family when the time is right. I use culturally sensitive resources to help the process along.

I use a booklet called "Your Care, Your Choices" that has the legal forms to create an Advanced Care Plan. One form, which is a Section 9 Representative Agreement, allows you to appoint a specific person as your "Rep A." This person will learn what your wishes are, and is responsible to convey these wishes to the medical team in the event that you are unable to do this. You can also appoint an alternative "Rep B" who will step in if Rep A resigns, dies, or divorces you (if they were your spouse). No one is able to overpower a Rep A's authority.

There is a second legal form that allows you to write out what you want and don't want for care if you don't want to choose a specific representative. This is called an Advance Directive.

Both forms can be easily



Jak Gracy visits with Stanley Morris Peters on his birthday.

witnessed to make them fully legal documents. I then bring the completed document to the Pemberton Health Care Centre to be uploaded on your chart so all medical agencies in the Vancouver Coastal region can have access to it.

FNHA has a very helpful website on Advanced Care Planning, that includes the "Your Care, Your Choices" booklet. Google FNHA Advanced Care Planning for the link. Alternatively, you can ask your CHR or Elder support worker to ask me to contact you.

I feel very grateful that I can continue to do this important work with community members. Many elders and others have conveyed how they feel a sense of peace to have their Advanced Care Plans in place. They say this preparation can make the final journey to the Spirit World much gentler and more dignified.

I can be reached at **604-698-5074** or by email at: **[anita.samuels@sshs.ca](mailto:anita.samuels@sshs.ca)**

Kúkwsturn'kacw,

— Anita Samuels, BSR  
Life's Journey Coach

## Message from Jak Gracy

I want to take a moment to share how grateful I am for the time I've been able to spend in our communities. Every visit, every conversation, and every story shared has been a gift. I truly appreciate the time that people take to sit with me, open up about their health, and trust me with pieces of their journey.

I always want to leave people feeling supported and heard, and I will continue to do my best to bridge the gaps within the health-

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care system wherever I can.

Each day I'm learning something new, and it excites me to know that I'll be spending even more time on the ground moving forward. The connections I've made already show me how much wisdom, strength, and resilience live in these communities. I'm also looking ahead to some projects that have grown directly out of what I've been seeing and hearing during my visits. These are shaped by your voices, and I believe they'll bring real value for community members.

Thank you for welcoming me, for your honesty, and for allowing me to be part of this work. I'm grateful to be here, and I look forward to continuing to learn, grow, and build together.

Please don't hesitate to reach out if you have any questions or concerns about your health at [jak.gracey@sshs.ca](mailto:jak.gracey@sshs.ca)

Kúkwstum̓ckacw,

— *Jak Gracy*  
*Health Response and*  
*Care Advocate*

## Message from Matt Hall

This summer, more than anything I have enjoyed connecting with community members. Being able to provide support for people as they experience challenges has always been my favourite part of working for the Southern Stl'atl'imx Health Society.

It is a huge honour to be in

this position of trust, which is something I try never to take lightly. I feel like there is a great teaching and learning relationship there. I try my best to use my knowledge of health and health systems to provide quality health care. In return I learn so much from community members about them, their families and Stl'atl'imx culture. Going forward, I hope to continue to apply this knowledge to all of the unique situations I find myself working in.

Being a part of a great team, whose members show so much dedication to supporting the communities will continue to ensure care is delivered in a way that is consistent with the core values of SSHS: caring for people mentally, physically, spiritually and emotionally.

Kúkwstum̓ckacw,

— *Matt Hall*  
*Community Health Nurse*

## Men's Health Message from Scotty Leo

I want to start by sharing that this will be my final newsletter, as I'll be moving on to begin school in January in Victoria. It has truly been an incredible experience working at SSHS as the Men's Health Lead for the past 10 months. I've had the opportunity to meet so many great people across the three communities SSHS works with. Making new friends and reconnecting with old friends along the way.

Being part of the Men's Health Program has meant a lot to me. I've put my heart into trying to make it something meaningful for the communities, because I understood how important and sometimes challenging life can be, also realizing how much Men need a group like this. My hope is to see it continue to grow and thrive in the future.

To all the guys who've been part of the program, thank you for making this such a great experience. I'll always remember the good times, and the memories we made on all the outings. I'm grateful to the staff at SSHS for all their support and help, and I'm especially thankful for the great friends I made along the way. I'll miss you guys!

As I move on to this next chapter in life, I'll definitely carry all the memories from this experience with me. I wish everyone the absolute best moving forward, and I'll always look back on my time here with appreciation and pride.

'Til next time my friends,

— *Scotty Leo*  
*Outgoing Men's Health Lead*



## Message from Shelby Joe

One of the things I enjoyed this summer was going trail building with Matt Hall and few of the guys from the community. It was amazing to see different parts of our territory, seeing all the old growth and old mushroom/hunting grounds was just unreal. I really liked that hike.

Another week I really enjoyed this summer was getting out to Gun Lake with all the guys to go harvest some xúsem (soap berries) for a couple of us it was our first time harvesting xúsem including myself so I'm very grateful to have got the opportunity to do so. I also got the opportunity to preserve it for winter, and I also gave some jars of xúsem away to fellow co-workers, friends and family.

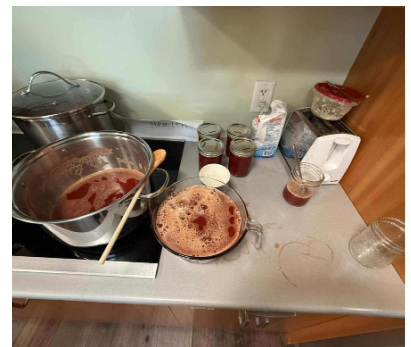
In beginning of September, we did a Țaqsá7 stick making day for each community and it was a great success. We brought out Richard Joseph (Richman) who gave us the demonstration and proper steps to make a Țaqsá7 stick. All the guys were happy about this, and I can't wait to have more cultural related activities for the Men's Health program.

Mid-September we Hosted the two day PAL course which took place in Q'alatKu7em and was a great turn out we had three instructors come down to lead the course and we had 30+ members from Samahquam, Skatin, Lílwat and Tipella join us for the course and everyone who

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Sidney Hunter holding up the Țaqsá7 sticks he made at the Men's Group with Shelby Joe.



The Men's Group harvested soap berries and then prepared xúsem from their haul.

# JOB OPPORTUNITIES AT SSHS

## Health 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.

## Jordans Principle

### **Jordans 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.

## Early Childhood Development

### **ECD Program Coordinator**

The ECD Coordinator oversees quality programming in N'Quatqua, Skatin, and Samahquam, including Early Childhood Development Drop-ins, Playgroups, and licensed childcare. They support children aged 0-6 and their families using a strengths-based approach, managing program planning, staffing, resources, recordkeeping, and reporting.



Southern Stl'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/)

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took part in the course was successful and passed the PAL and the CORE exam, very grateful to have given this to the communities as it was open to everyone.

I am very excited to explore more of the land and to give more opportunity for the Men's Health program to learn and grow with each other. If you have any questions, concerns or comments feel free to reach out!

Kúkwstum̓ckacw,

— *Shelby Joe*  
*Men's Health Lead*

## Mental Wellness

### Message from Brett Peterson

The work involved in remote counselling is consistent, if nothing else—the only significant changes being the clients, their progress and experiences.

So, attending the staff retreat in Mission provided a delightful change. I had not seen Chris, Brett or Matt literally in years. It was great to meet in person some of the staff that I have only seen on my computer screen during staff meetings.

Thanks, Amanda and Julia (and others) for putting it all together. I thought Tracy did a great job in her role as facilitator. The short film she shared about the hummingbird “doing what [it] can” to put out the forest fire

# Samahquam Health Station Now Open



SSHS Team members were proud to be part of the opening ceremony for the Samahquam Health Station. It was also an opportunity to recognize outgoing Health Director Eppa Gerard Peters and new Health Director Amanda Munnings, and blanket outgoing Early Childhood Development Coordinator Kelly Hanson.

has stayed with me. Perhaps we can all bring it to mind next time we feel helpless to make change in the face of overwhelming adversity. I was very moved to hear Eppa and the other elders courageously speak their truths at the old St. Mary's site. I hope it was healing for them.

As I told Amanda, should my

health continue to improve, I would like to try returning to in-person counselling in the not-too-distant future. I likely will have to start slowly, one community at a time, and see how it goes. Though I'm not quite there yet, fingers crossed . . .

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

# Cancer Care Closer to Home: Primary Care Oncology comes to Pemberton

By Nancy Gabor

Project Manager  
Pemberton PCO Project  
Rural and Remote Division  
of Family Practice

Cancer affects many families. For people in the Pemberton Valley, including the Stl'atl'imx Nations, getting care can be very hard. Right now, many must travel 150–350 km to Squamish or North Vancouver for every visit. In winter, roads can close, or people may be too sick to travel. This often means missed appointments, extra stress and added costs for families.

To help with this, the Pemberton Medical Clinic is leading a new Primary Care Oncology (PCO) project. The goal is to bring cancer care and support closer to home in a way that is safe, respectful, and guided by community voices.

The service will be offered both at the Pemberton Health Centre and through outreach to surrounding Nations, so families can get support in ways that work best for them. The clinic will begin by supporting people from Pemberton and nearby areas who are referred from Squamish Hospital.

The project is led by Dr. Michèle Leslie, a family doctor from Pemberton who returned home in 2022 after running a rural oncology clinic in Haida Gwaii



Dr. Michèle Leslie visiting Squamish Hospital Oncology Day Care and meeting with Natasha Hooper, nurse clinician and SGH Oncology Coordinator.

for 17 years. She is joined by Dr. Garth Campbell, GP Oncologist in Squamish, and Dr. Sasha Similjanic, Division Head of Oncology at Vancouver Coastal Health. Together, they are working with Nations to co-develop safe and culturally respectful cancer care pathways. Patient stories and community guidance will help shape every step.

The vision is hopeful and shared: cancer care that is closer, safer,

and more connected to culture and place.

If you or your family have ideas or experiences to share, the team welcomes your voice. Together, we can build better care for people facing cancer in the Pemberton Valley.

For more information please contact the Pemberton Medical Clinic at **604-894-6454**.

# Bringing Cancer Screening to SSHS Communities in November

By Dr. Michèle Leslie

Family Practitioner &  
Primary Care Oncologist  
Pemberton Medical Clinic

This November, the Pemberton Primary Care Oncology (PCO) team will be visiting SSHS communities to talk about cancer screening, answer questions, and share new tools that can help people take care of their health. The goal is to bring information and services closer to home, and to support families in making informed choices about early detection.

## Why Screening Matters

Cancer is the leading cause of death in Canada. Lung, breast, colorectal, and prostate cancers are the most common. Screening can find cancer early, when it is easier to treat and before it spreads.

Many people who get screened are told everything is normal, which provides peace of mind. If a test shows something unusual, it doesn't mean you have cancer. It simply means more tests may be needed.

## Cancer Screening in BC

The BC Cancer Agency offers four free screening programs:

- **Breast health:** Mammograms for women and people with breasts aged 40+.



The Primary Care Oncology Team driving down the In-SHUCK-ch Forest Service Road to Xa'xtsa to talk about the new cancer care program.

- **Cervix health:** HPV self-swab or Pap test for women and people with a cervix aged 25–69.
- **Colon health:** FIT stool test for people aged 50–74.
- **Lung health:** CT scan for people with a long history of heavy smoking.

## When to See a Doctor

Screening is for people without symptoms. If you have coughing up blood, blood in your urine or stool, a new lump, unexplained weight loss, or drenching night sweats, you should see your doctor or nurse practitioner. These signs don't always mean cancer, but they should be checked.

## Options to Screen for Cancer Yourself at Home

Some screening can now be done privately, without going into a clinic:

**HPV self swabs:** This test checks for the virus that can cause changes to the cervix. You can do the swab yourself, either at home or at a community event.

**FIT stool tests:** These tests check for hidden blood in your stool, which may be an early sign of colon changes.

Our team will bring swab kits and FIT test samples to outreach events and explain how to use

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them. SSHS will work with community health representatives to get collected samples back to the lab while the sample is fresh.

## Men's Health Focus

At our visit to N'Quatqua on November 28, we'll also focus on prostate health as part of "Movember." Prostate cancer is the most common cancer in Canadian men. While there is no one standard screening test, men who have urinary changes, blood in urine or semen, or a family history of prostate cancer should talk with their doctor about options.

## Outreach Visits This Fall

November 24, 2025  
Samahquam (11am – 1pm)  
Skatin (2pm – 4pm)

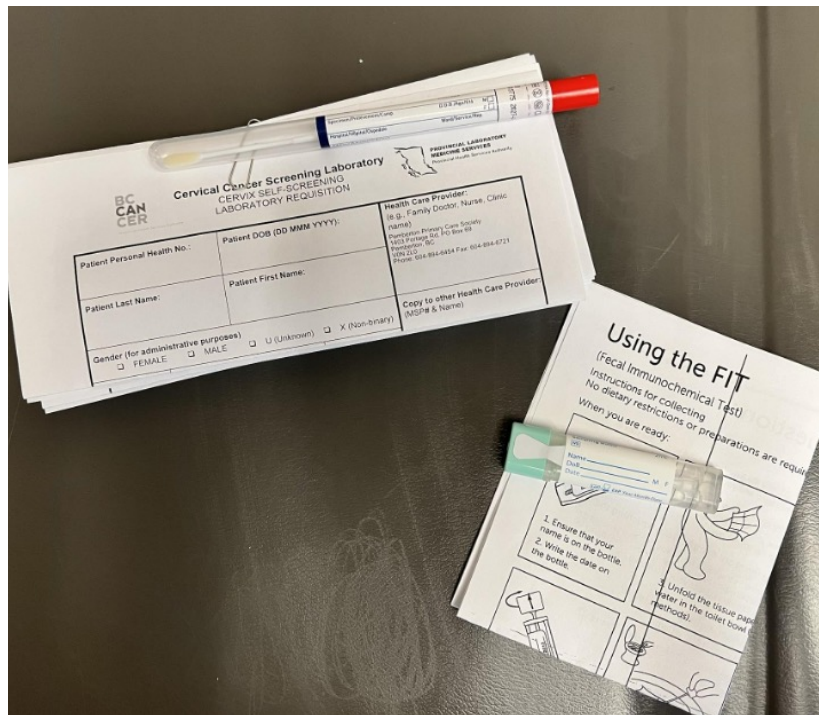
November 28, 2025  
N'Quatqua (12pm – 2pm)

At each community visit, the team will share information, demonstrate screening kits, and answer questions.

## How to Learn More

1. Speak with your community health representative.
2. Join us at one of the outreach clinics.
3. Book an appointment online at: [www.pembertonmedicalclinic.ca](http://www.pembertonmedicalclinic.ca)

Screening is one of the best ways to protect your health. It can help find problems early, or confirm that everything



Self screen for cervical or colorectal cancer with easy to use home tests that are available at the Pemberton Medical Clinic.

looks normal. This fall, take the opportunity to learn more, ask questions, and even screen yourself with the at-home screening options.

Talk with your doctor if you have questions about cancer. You can book appointments by using our online booking system at: [www.pembertonmedicalclinic.ca](http://www.pembertonmedicalclinic.ca)

## Cervical Health and HPV Self Swabs

This November, the Pemberton Primary Care Oncology team will bring information and sample kits to help people learn about a new option for cervical screening: the HPV self swab.

## Why Cervical Screening Matters

Cervical cancer is preventable when caught early. Human papillomavirus (HPV) is very common—most people who are sexually active will get it at some point. Some strains can cause changes to the cervix that may lead to cancer if left untreated. Screening can find these changes long before they turn into cancer.

## The New HPV Self Swab

In the past, cervical health could only be checked with a Pap smear at the doctor's office.

Now, an HPV self swab allows women and people with a cervix (ages 25-69) to collect their

(Continued on page 24)

(Continued from page 23)

own sample. You can do this privately at home or at a clinic.

- Collect a sample using the swab.
- Label with your name, date of birth, and health number.
- SSHS will work with community health representatives to get collected samples back to the lab while the sample is fresh.

If your result is normal, you simply repeat screening at regular intervals. If the test shows a high-risk HPV strain, further tests may be recommended.

### Why It Matters for You

HPV self screening puts control in your hands. You can screen yourself without an exam, at a time and place that feels comfortable. Regular screening greatly reduces the chance of developing cervical cancer.

### How to Get a Kit

- Ask the doctor at a Wednesday outreach clinic for a kit.
- Ask for a kit at our upcoming community engagement events in November.
- Pick up a kit from Pemberton Medical Clinic.

Screening saves lives. With HPV self swabs, it's easier than ever to protect your health.

Talk with your doctor if you have questions about cancer. You can book an appointment online at: [www.pembertonmedicalclinic.ca](http://www.pembertonmedicalclinic.ca)

## Men's Health and Prostate Screening

This November, as part of "Movember," the Pemberton Primary Care Oncology team will highlight men's health when we visit N'Quatqua on November 28.

### Why Prostate Health Matters

Prostate cancer is the most common cancer among Canadian men (not including skin cancers). About 1 in 8 men will be diagnosed in their lifetime, and 1 in 30 will die from it. Most prostate cancers grow slowly, but some can be aggressive if not detected early.

The prostate is a small gland below the bladder that surrounds the urethra—the tube that carries urine out of the body. As men get older, the prostate often enlarges, which can lead to urinary symptoms. These symptoms can be caused by many conditions—including infection or age-related prostate growth—but cancer should be ruled out.

### When to Talk to Your Doctor

- You have difficulty urinating or weak stream.
- You need to urinate often, especially at night.
- You experience pain or burning when urinating.
- You have blood in urine or semen.

These symptoms can be caused by many conditions—including infection or an enlarged prostate—but cancer should be ruled out.

### Screening and Testing

PSA blood test: This blood test measures prostate-specific antigen in the blood. High levels can mean cancer, but also other conditions. Sometimes these tests lead to further testing, such as a biopsy, if results are concerning.

### What You Can Do

If you are over 50, or younger with a family history of prostate cancer, it's a good idea to talk with your doctor about your personal risk. Even a short conversation can help decide if testing is right for you.

Looking after prostate health is an important part of men's health. If you have questions, join us at N'Quatqua on November 28 (12-2pm).

Talk with your doctor if you have questions about cancer. You can book an appointment online at: [www.pembertonmedicalclinic.ca](http://www.pembertonmedicalclinic.ca)

## 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 TODAY



Southern Stl'at'imx  
Health Society

## SSHS Addictions Program

# Wellbriety Meetings in your community

Join Leroy for regular Wellbriety meetings. This holistic approach supports clients' physical, mental, and spiritual healing through your recovery right in your community!

**6:30pm to 7:30pm**

**Mondays** - N'Quatqua Health Station

**Tuesdays** - Q'aLaTku7eM Health Station

**Thursdays** - Skatin Health Station

Light  
snacks and  
beverages  
provided

Every 3 weeks there will be a drum circle in each community to celebrate our progress!

Stay up to date by adding **Leroy Sshs** on Facebook



**Leroy Joe**

FB: Leroy Sshs

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

C: 604 830 6236



# SSHS Board of Directors Contacts

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SSHS is governed by a six-member board of directors that works closely with the 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)



The SSHS Team poses in front of T̄szil during the "Talking Change" workshop with Jennifer Campbell. It was one of several professional development opportunities staff took part in this past summer and early fall.

# SSHS Staff Contacts

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**Health Director**  
**Amanda Munnings**  
E: amanda.munnings@sshs.ca

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

Check out our website at [sshs.ca](http://sshs.ca) for the most recent staff contacts. We look forward to hearing from you.



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



**Governance Advisor**  
**Eppa Gerard Peters**  
E: gerard.peters@sshs.ca



**Fleet Manager & Carpenter**  
**Justin Thevarg**



**Community Health Nurse**  
**Matt Hall, RN**  
E: matt.hall@sshs.ca



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



**Front Desk & Admin Assistant**  
**Sally Peters**  
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**Life's Journey Coach**  
**Anita Samuels**  
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**Men's**  
**Shelby Joe**  
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**ECD Assistant**  
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**ASCD Worker**  
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**Jordan's Principle Representative**  
**Tyra Frank**  
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**Addictions Program Coordinator**  
**Pe7pe7 pius Leroy Joe**  
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**Health Responder & Care Advocate**  
**Jak Gracey**  
E: jak.gracey@sshs.ca

# Bringing Cancer Care Closer to Home

A new project is underway to improve access to cancer care for people in the Pemberton Valley and surrounding St'at'imx communities.

The **Pemberton Valley Primary Care Oncology Project** is working to bring services closer to home, reduce the need to travel, and ensure care is culturally safe and community-informed.

We're hosting community events to share more about the project, answer questions, and hear your thoughts on how cancer care and health services can better meet the needs of your community.

**Food and door prizes will be provided. All are welcome!**

## Upcoming Community Engagements

### Samahquam

Monday, November 24, 2025,  
11 AM – 1 PM • Band Office

### Skatin

Monday, November 24, 2025  
2–4 PM • Band Office

### N'Quatqua

Friday, November 28, 2025  
12–2 PM • The Big House

Questions? Please contact:  
Anita Samuels at [anita.samuels@sshs.ca](mailto:anita.samuels@sshs.ca).

# 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 (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