



Southern St'at'imx Health Society

s7át'sxem

Serving N'Quatqua, Samahquam and Skatin

Winter 2026



Mark Your Calendars

OCEANWALK PEDORTHIC CLINICS

OceanWalk Pedorthics will be giving comprehensive foot examines and fitting people for orthotics at clinics held in N'Quatqua on March 11 and in Q'aLatku7em (for Q'aLatku7em and Skatin) on March 12.

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Message from the Health Director Kalhwá7alap | Aanii (Hello)

I'd like to take a moment to re-introduce myself. My name is Amanda Munnings, and I am honoured to serve as the Health Director for Southern St'at'imx Health Society. I am from Curve Lake First Nation in Ontario on my mother's side, and I carry my family, ancestors, and teachings with me in the work I do.

Over the years, I've had the privilege of working with SSHS as the Jordan's Principle Coordinator, Program and Contract Manager, and now in the role of Health Director. I step into this position with both passion and confidence, grounded in community, care, and responsibility.

I want to acknowledge Eppa, who continues to play an important role as an advisor and support to me. I am deeply thankful for his leadership, guidance, and the wisdom he brings as we move forward together.

Our team has recently returned from a much-needed break—time to rest, spend time with family, and take care of ourselves. Since coming back, the administration team has been working hard behind the scenes to support our



Health Director Amanda Munnings

program staff, so they can continue offering strong and meaningful programming in our communities.

Our Health Programs are running regularly, and throughout this newsletter you'll find information on who to contact for different services and supports. If you're ever unsure who to reach out to, please connect with anyone on our team—we're always happy to help pass along messages and get you connected.

A few updates from our programs: Wellbriety meetings are happening once a week in community.

(Continued on 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

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:

Southern Stl'atl'imx Health Society
Box 363
Mount Currie, BC
V0N 2K0

Phone:

604-894-0151

Email:

info@sshs.ca

Website:

www.sshs.ca

(Continued from page 1)

Our Health Response and Care Advocate is visiting communities on a regular schedule.

The Early Childhood Development (ECD) team is back to regular scheduling, including playgroups and therapist visits

Keep an eye out—the ECD team is planning something fun for the end of winter!

Jordan's Principle is in the planning stages for an upcoming community event.

If you are needing mental health support or someone to talk to, please reach out. We can help connect you with the right supports. Our counsellors are absolutely wonderful and truly care about being there for you.

As the days slowly grow longer and we move closer to spring, there is a lot to feel hopeful about. One recent highlight was our Health Response and Care Advocate and Life's Journey Coach presenting at the First Nations Health Authority (FNHA) Caucus. It was powerful to share how SSHS is getting creative in the way we approach health and wellness. The room was quiet from beginning to end, which told me the message landed. The response afterward has been incredibly encouraging, and we look forward to sharing more with community soon.

Another memorable event from late fall was *An Evening with Jordin Tootoo*. Many community members came together to hear his story. Our amazing cooks prepared bannock and chili, and

Jordin spoke openly about substance use, mental health, and his journey through hockey, hardship, sobriety, and healing. His words, especially those to our youth about believing in themselves and knowing they can do good things, left a lasting impact.

Alongside delivering services, our team has also been doing important learning—reflecting on change, boundaries, teamwork, and how we care for one another while doing this work.

As we step into a new season, I feel hopeful. The future is bright for SSHS, and I am grateful to walk this path with our team and our communities, guided by those who came before us and those yet to come.

May we continue to do this work in a good way, with kindness, courage, and care, honouring our ancestors, strengthening our families, and creating healthy paths for the next seven generations.

Kúkwestuṁckálap
Chi-Miigwech (Thank you)

—Amanda Munnings
Health Director

Message from the Governance Advisor

Seriously, SSHS Predictions for 2026!

In March of 2023 I agreed to take a seat on the SSHS board not because I had answers, but because I had questions.

In May 2023, I took over management as the Interim Health Director for the chance to actively bring others into the circle to

explore for answers, and more importantly, to put those answers into play.

I had learned that the organization's directors and managers, supported by consultants, had done considerable planning in recent years but nothing had really changed. Planning needed to move into action.

Governance

We start 2026 with newly revised by-laws and newly mandated directors starting two or four-year terms with one director from each community actually selected by their members. The swing toward a truly community-based, membership-driven organization is underway and will continue in 2026.

We have a young, dedicated new Health Director leading an equally dedicated team of staff and contractors and in 2026 SSHS will continue to experience sustainable growth.

That said, I predict that we will not hear much about the organization's governance in 2026. I recall Anita Patrick's words at the first AGM on my watch where we barely made quorum. Anita said that people would have come out if they were concerned or unhappy.

For a news junkie like me, no news is good news!

So much for predictions. I wish you well in the new year!

— Eppa
Governance Advisor

**Diabetic?
Painful feet? Painful knees, hips
or lower back? Difficulty walking?**



OceanWalk Pedorthic Clinic

N'Quatqua

Health Station
Wednesday, March 11
10 am – 6 pm

Book with Nicole
604-452-3290

Q'aLaTku7eM

Health Station
Thursday, March 12
10 am – 6 pm

Book with Sally at:
604-894-0151

About the Clinics:

- Q'aLaTku7em clinic **open to Skatin** members.
- Clinic services are **by appointment only**.
- OceanWalk Pedorthic will be offering comprehensive foot exams and fittings for **orthotics covered 100% by FNHA**.
- Appointments with a nutritionist are also available .
- Priority given to those with diabetes, Elders and people for whom pain is impacting mobility.



SSHS to Launch Transit Service Summer 2026

SSHS is preparing to launch a new transit service connecting their communities with services in Mount Currie and Pemberton.

Two all-wheel-drive vans, equipped for safe, year-round travel on the In-SHUCK-ch forest roads will be in service by the summer. At least one of these will be wheelchair accessible with an electric lift. If budgets allow, a third vehicle serving the N'Quatqua community on Highway 99 will be added.

At this time only capital funding is in place that will cover the purchase and equipping of the vehicles, plus a budget for getting established but will not pay for operating and maintenance.

This means that operating and maintenance costs must be secured elsewhere or self-generated through user fares.

SSHS, supported by Clear Course Consulting and Whistler Connections, will be recruiting and possibly training drivers, developing routes and schedules, and setting up user fares to help in recovering costs.

The SSHS Board of Directors support this initiative to reduce the transportation barriers faced by their members attending medical appointments, and for elders needing safe, reliable access to services, shopping, and taking part in inter-community activities.

By improving safe and dependable transportation options, the program will support independence, well-being, and will strengthen community connections.

Updates will be shared as this program continues to take shape.

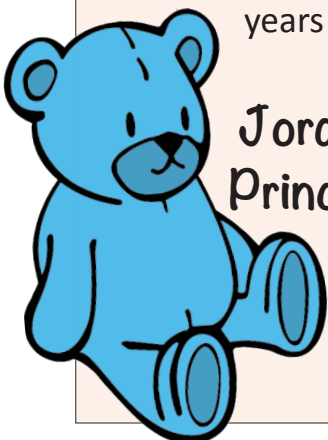
Please direct your comments and questions to Eppa by email at Gerard.peters@sshs.ca

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

Jordan's Principle works to ensure 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.

Jordan's
Principle



To learn more, call:

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

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 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

To learn more about SSHS, please visit our website at sshs.ca.



Southern Stl'atl'imx
Health Society

Department Reports

Addictions

Message from Leroy Joe

Kálh wa7 acw, tákem snekwnúk-wa éntsas,

Hello, all my good friends and relatives.

My name is Leroy Joe and my úcwalmicw name is pí7pí7 pìus, which translates to “baby face” cute. I am the Addictions Coordinator/NNADAP worker for SSHS. My job is to provide addictions referrals and counseling services to the communities of Skatin and Samahquam. I have been clean and sober from drugs and alcohol for 27 years and have been involved with our cultural and traditional wellness practices through various ceremonies, including sweat lodge and Sundance ceremonies, learning our teachings.

Well, the new year has begun and there was a lot happening during the holidays and I’m sure we are all ready to get on with the new beginnings, right? First, I’d like to mention a couple of great events I had the good fortune to part in the last few months.

One of the highlights for me was the hunting trip with the Men’s Health group. We harvested deer and ram for our freezers. It was an amazing time to be out on the land doing good things,



Former NHL Player Inspires at XCS

(Above) The crowd that came out to enjoy *An Evening with Jordin Tootoo* at the Xetólacw Community School gym. (Right) Jordin drumming with Qaqawam Chris Wells and Sík Sík Josh Anderson.



connecting with the land and hanging out with other brothers. I’m already looking forward to doing it again next year.

Another highlight that was November’s visit from ex-NHL tough guy Jordin Tootoo for an *An Evening With Jordin Tootoo*. Not only is he an inspiring speaker, he just happens to be one of my all-time favorite players! I remember first hearing about him when he was playing for the Brandon Wheat Kings in the

WHL (Western Junior Hockey League) and then when he was blowing up guys with huge hits at the World Junior Hockey Tournament in 2003 in Halifax.

What a great turnout we had from our SSHS member communities and our friends in Xa’xtsa and Lílwat Nation, 150 people in all for *An Evening With Jordin Tootoo*!

I’m so proud of our SSHS team for all the work we did coming together to host this event and

make it a success. It was amazing to see everyone on SSSH staff show up for this great special evening that saw 50 families go home with a copy of Jordin's book, *Mind Over Matter: Hard-Won Battles on the Road to Hope*.

I hope we can continue to host Indigenous celebrities from all aspects of life to come and share with us their hopes and dreams and perhaps inspire our younger generations in whatever they want to do.

I'd also like to thank Karen Thevarge who made delicious chili and bannock to feed all of the people that showed up.

Addictions Support

If you or anyone you know is struggling with addiction, whether it be from drugs, alcohol or any other stimuli, we are here to help navigate your journey into wellness.

We can support referrals for treatments centers, detox and recovery homes, or help you with attending the Wellbriety meetings that are hosted in the communities of N'Quatqua, Q'aLatku7em and Skatin. We can also support you with connecting to SSSH's experienced therapists and counsellours for private one-on-one session. Reach out. Don't be scared. We are here for you.

An upcoming event I'm planning for later this spring is a Wellness Round Up with guest speakers,



Clinton, BC, the beautiful destination for the late fall hunting trip taken by p'i7p'i7 p'ius Leroy Joe with the SSSH Men's Group.

Enjoying the Gifts of the Hunt

Eating deer cooked on a stick with the guys from the hunting trip.



12-step meetings, food and a dance, with live music. Stay tuned for more news about this event, until then take care and hope to see you around.

Please reach out to me if you have any questions or just want to talk, I can be reached by email

at leroy.joe@sshs.ca or by Facebook messenger @Leroy Sshs

Kúkwtu'mckálap (Thank you)

— p'i7p'i7 p'ius Leroy Joe
Addictions Coordinator
NNADAP worker

Administration

Message from Julia Schnieder

Íalhwá7alap! (Hello to more than one),

Happy New Year! I hope everyone is enjoying the winter weather now that we finally have it!

Our pieces are slowly falling into place day by day! We had an eventful fall with a visit from hockey player Jordin Tootoo in November, Christmas Family Photo Day in December where everyone received multiple digital copies and one printed copy of their beautiful family photos.

SSHS's amended bylaws were adopted at our AGM on December 1, which resulted in having a refreshed Board with Directors selected by membership. This governance change has been a slow transition, but slow and steady wins the race!

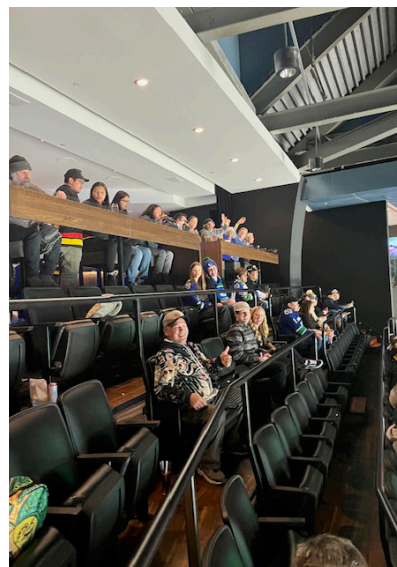


Drumming at the Canucks game SSHS staff attended to celebrate the end of the year.

We are thankful to the members who show up and participated in our events; we enjoy being in community and spending time with you! We had a successful "Treat Yo'self Day" in Skatin in January. I brought two hairdressers and two nail techs into the community where members got haircuts and nail treatments.

A Treatment Day in N'Quatqua is coming soon! With good planning and teamwork, our events have had great turnouts. I am thankful to be a part of such a great team and having the opportunity to work with our beautiful Stl'atlimx communities, who are amazing to work with.

The SSHS gets ready to cheer on the Canucks



We ended the year with a professional development workshop with Tracey Leach right before the winter break, where we continued to learn about ourselves and how to work with ourselves with kindness and grace.

We also enjoyed some time together at the end of December when we went to watch the Vancouver Canucks lose to the San Jose Sharks.

Upcoming, you can expect to see another Eye Clinic where you can get a free eye exam and use your benefits to renew your glasses prescription if needed. We will be having a clinic in Q'aLaTku7eM for Q'aLaTku7eM and Skatin members, and Nicole (NQ CHR) is setting one up for N'Quatqua. As well, we will be hosting Diabetes Clinics with OceanWalk Pedorthics, one in N'Quatqua and one in Q'aLaTku7eM for Q'aLaTku7eM and Skatin members in March.

Building my capacity and confidence this past season has been a good journey! I am still attending the FNHA Subregional and Regional Caucuses where leadership from all around come together to work towards a better future for all First Nations across BC. I attended a Hiring Fair in Whistler by myself where I shared info about our communities and organization. Coming back in January, I participated in an online course, Meeting Planning and Minute Taking, where I was able to learn new tools to improve my skills in this area.

In my personal time I have been working towards improving my physical health by going to the



Looking Beautiful on Treat Yo'self Day in Skatin

Community members young and young at heart came out to get haircuts and manicures as part of Treat Yo'self Day in Skatin. Thank you to hair stylists Alya and Roxann and nail technicians Autumn and Elvyra who all worked to make the day the amazing success it was!

A day of self-care is currently in the planning stages for our members living in N'Quatqua. Watch for more info online.



gym and eating healthier foods, my Spiritual Health by picking up my drum and learning songs on my own, my emotional and mental health by journaling, talking to mental health professionals, reading books that help me gain a wider perspective on the world and learn new thing, and listening to self-improvement podcasts (Recommendation to anyone: Mel Robbins Podcast.) I've also been getting creative by painting and drawing. Overall, I see this work as great stepping stones to a better me that I can be proud of, which I am!

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.

I am wishing everyone a good, healthy 2026!

S7atšxstsútwi (Take care of yourselves to more than one person),

— *Julia Schneider*
Executive Assistant

Message from Sally Peters

Hello SSHS members,

Working at the front desk means I assist with many of the day-to-day details that keep things running smoothly, answering calls, booking appointments, sending reminders, and coordinating programs across our communities. I also assist with sharing updates so that everyone knows what support and services are

upcoming.

Here are a few upcoming programs that I am supporting:

Foot Care Clinic on February 2, 2026, in Samahquam at the Health Station

Foot Care Clinics in N'Quatqua Tuesday, Feb 3, 2026, and Wednesday, March 3, 2026

Foot Care Clinic in Skatin on March 6, 2026, at the Health Station

Diabetes Clinic coming to N'Quatqua on March 11, 2026, and Samahquam on March 12, 2026, for Samahquam and Skatin

Screenings for the documentary film *Sugarcane* are also coming up, with dates to be announced soon.

As we move through the summer season, I encourage everyone to stay connected, check in on Elders and family, and reach out if you need help or information. If you ever have questions or need support with bookings or programs, I'm always happy to help.

— *Sally Peters*
Front Desk & Administration Support

Message from Justin Thevarge

The past few months, I've been busy maintaining the fleet, keeping building access free of snow and ice and repainting SSHS team members' offices over the past few months.

With still three-to-four months of winter driving our team needs to stay safe, and part of that is having safe vehicles. Our SSHS fleet vehicles have updated with new GPS devices. Now we only have seven units instead of 16 needing updated devices. Rock chips in windshields are also being repaired.

Part of my recent works has been making sure that access to our offices is safe, shoveling snow and salting/sanding as needed. I've also started painting SSHS offices with new and improved colours. So far, four offices have been done and there's another five or six to do.

As we move through winter, please remember to use extra caution on the roads.

— *Justin Thevarge*
Fleet Manager
& Building Maintenance

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

Foot Care Clinic

February 2 2026

Q'aLaTku7eM Health Station

Struggling with nail care? Mobility challenges or other issues making it hard to take care of your nails? Thick nails or nails with fungus that are hard to cut? Calluses? We can help.

Appointments start at 9:00 a.m. Book today!

To book your appointment:

Call the SSHS office at **604-894-0151**

or email: **info@sshs.ca**

Please share this information with friends or family who may not have access to social media. Kúkwstumckálap.

Early Childhood Development

Message from Alexandria Smith

Happy New Year!

I hope everyone enjoyed a restful and happy holiday season.

Over the winter months, I had the opportunity to spend time in both Skatin and Samahquam, supporting children through play-based learning, creativity, and connection. In Skatin, I worked alongside the daycare, helping with group activities, one-on-one support, and assist-

ing staff as needed. The children enjoyed a variety of hands-on activities, including building snowmen using popsicle sticks and googly eyes, practicing writing their names, and creating winter-themed art like painted light bulbs and snowflakes.

We also made sure to enjoy outdoor play when the weather was still warm. Splashing in puddles and exploring the rain brought lots of laughter.

One of the highlights was a slime-making activity with Tara and Jordana, which gave the children a chance to explore textures, following steps and working together. Other things

we enjoy are reading books and putting puzzles together and of course we love having our lunch time.

In Samahquam, I continued hosting a mixed-age playgroup for children From newborn to nine years old, creating a welcoming space where children can learn, socialize, and grow through play.

I'm looking forward to continuing this work and sharing more updates as the year goes on.

Thank you so much!

— Alexandria Smith
ECD Assistant



ECD Playgroups Feature Indoor and Outdoor Fun

The children of Q'aLaTKu7eM and Skatin have fun while learning through engaging activities with creative and committed leaders and contracted allied professionals. SSHS works to give our kids the best start.



Message from Jordana Abraham

Ķalhwa7alap (Hello to more than one person),

Happy New Year! I hope you all had a wonderful winter break. As we carry on into the winter season, I've continued to enjoy supporting the children engaged in our Early Childhood Development (ECD) program through everyday learning.

In my role as the Aboriginal Supported Child Development Worker, I work really closely with the pediatric therapists. We figure out the best ways to help each child build key skills, making sure the support fits exactly where they are in their development.

Although the winter brings more freezing temperatures, it allows more time for indoor play, small group activities and creativity. I've had the opportunity to join in some fun activities like making sourdough bread and going ice skating with the kiddos, so much fun!

I've also been spending time working one-on-one with the children to focus more closely on their individual developmental needs. These ties allow for targeted support in areas such as communication, fine and gross motor skills, and independence. It has been wonderful to see the children make progress at their own pace while feeling supported. The ECD program is happy to continue having each therapist come for a visit each month, with Christiana Codyback, one of our occupational therapists,



Playgroups Bring Kids and Crafts Together

(Above) Tara making slime at the QaLaTKu7eM Playgroup with James Jr, Remi, Valkyrie, Jaxsen and Jaison.

(Right) Aurora and Robert making Santa hats with Christiana at the Skatin Playgroup.



now joining us for an extra visit, meaning she will now be with us twice a month.

Please don't hesitate to reach out if you ever have any questions or concerns. I'm always happy to connect with you and support your child.

— Jordana Abraham
Aboriginal Supported Child
Development Worker



Breaking Bread with Friends in Skatin

Molly, Mia, Darryl Jr, Dyamond, Aurora, Kakwela, Robert, Myrna and Annabelle enjoying the sourdough bread they made with teacher Renee in Skatin.

Boursin cream cheese, butter and honey made for a tasty treat enjoyed by all.



Health

Message from Jak Gacey

Happy New Year!

As we start this year, I thought it would be a good opportunity to explain my role in the communities and connect with anyone looking for help in their health journey.

My role with SSHS is centred around supporting community members with their health in a practical, respectful, and relationship based way. I work alongside you to help navigate the health system and make sure your voice is heard.

Some of the ways I can help include:

- Preparing for doctor or specialist appointments (questions to ask, information to bring, and follow-up after)
- Picking up prescriptions and helping reduce barriers to getting medications
- Going over medications together so you understand what you're taking, why, and how they fit into your care
- Checking in on health goals and what matters most to you
- Doing regular health check-ins and assessments to understand your baseline and notice changes over time
- Talking through what's working well in the system and what isn't
- Identifying barriers that make care harder to access



One of the amazing views seen while driving down the forest service road.

(transportation, scheduling, communication, cost, stress, etc.)

- Connecting you with the right resources, including community, cultural, and clinical supports
- Supporting people so they don't fall through the cracks

There may be times when I or other healthcare professionals suggest things we think could be helpful. Those suggestions come from training and experience but at the end of the day, what matters most is what you think will be helpful. Your goals, priorities, and lived experience guide this work. My role is to listen, share options, and work with you to build a plan that makes sense for your life.

Health journeys include wins and challenges, and both are important. Sometimes it's about problem-solving and other times it's just having space to talk things through. If you'd like to meet at the health station in your community, at home, or simply start with a conversation, I'm happy to connect. This work is about collaboration, trust, and supporting you in a way that fits your needs.

Please feel free to reach out if you have questions, ideas, or would like support. Or even if you're not sure where to start, I'm here.

— Jak Gacey
Health Response
& Care Advocate



Southern Stl'at'imx
Health Society

Foot Care Clinic

March 6 2026

Skatin Health Station

Struggling with nail care? Mobility challenges or other issues making it hard to take care of your nails? Thick nails or nails with fungus that are hard to cut? Calluses? We can help.

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To book your appointment:

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or email: **info@sshs.ca**

Please share this information with friends or family who may not have access to social media. Kúkwstuw̓ckálap.



Advanced Care Planning Presentation a Success

Life's Journey Coach Anita Samuels spoke about Advanced Care Planning at November's First Nation Health Authority conference in North Vancouver. The presentation received very positive feedback.

Heath Director Amanda Munnings (seated left) and Health Response & Care Advocate Jak Gacey (seated right) also attended the conference. Jak presented on her unique position with SSHS.

Message from Anita Samuels

Hello to you all,

I continue to work with community members on their Advanced Care Plans and end of life planning. I see people on an individual basis, either in their home, at Health Stations, or at the Big House in N'Quatqua. Quite a few people have completed this work, and say they feel relieved to have it in place, so their wishes for care in preparation for their final journey to the spirit world are followed.

Last year, I was asked to do a presentation at the FNHA Caucus on this new exciting and ground breaking program. It appears that there are no other Nations that have this Advanced Care Program in place, especially to have one person such as myself designated to lead this type of program. I was honored to share what this program entails

and outline how the program has developed and progressed over time. This presentation took place November 27 at the Pinnacle Hotel in North Vancouver. SSHS received very positive feedback regarding the content of the presentation.

As a result of this work, I have been asked to do a couple of more presentations. I will be presenting to the Vancouver Coastal Health Regional Palliative and End of Life Team on February 4. I will have Qaqawam Chris Wells, Knowledge Keeper/Cultural Worker, to assist with this.

The second presentation will take place March 3 with the Remote and Regional Doctors in Family Practice. This is a group of over 100 doctors and nurse practitioners that work in many remote Indigenous communities all over the province. The title of this presentation is: Indigenous Perspectives on Death and Dying

and Advanced Care Planning. Chris Wells will also be assisting with this.

I encourage all people to consider whether they may want to explore Advance Care Planning, as this work is relevant to people of all ages. There's no pressure to commit to make a plan. It's enough to just start the discussion on this topic to see where it may go.

I can be reached by email at anita.samuels@sshs.ca, or by calling 604-698-5074. Alternatively, people can let their CHR or Elder Support Worker know they wish to have me reach out to them.

Kúkwstumckálap

— Anita Samuels, BSR
Life's Journey Coach

Jordan's Principle

Message from Tyra Frank

I hope everyone had a great holiday season and is settling into the new year. The days are slowly getting longer, and even though it's still cold out, it's nice knowing spring isn't too far away. I hope you're all staying warm and finding little things to look forward to.

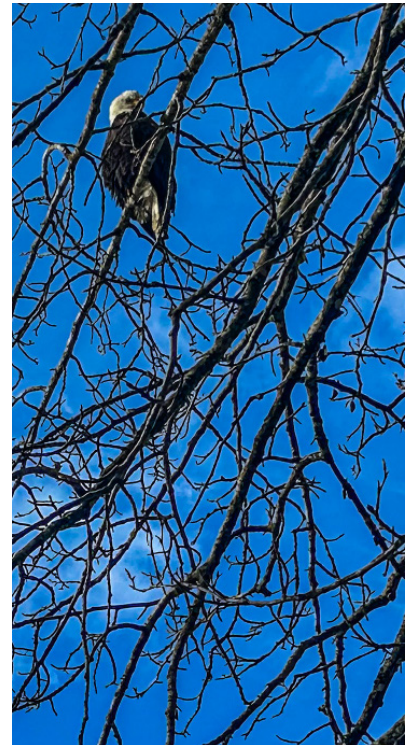
I recently attended a Jordan's Principle conference and really appreciated the chance to learn, connect, and gain new insights. It was a great reminder of how important it is to look at the whole person and to take time to do things that help us feel

good, both in our work and in our own lives.

With the new year here, it feels like a good time to set a few goals and also remember to do something for yourself along the way. Even small steps can make a big difference.

As we move forward with Jordan's Principle this year, I'm hopeful we'll see more applications approved and more families getting the supports they need. I'm looking forward to what the year ahead brings and continuing this work together.

— Tyra Frank
Jordan's Principle Coordinator



SSHS Board of Directors Contacts

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

Nicole Patrick

Board Member

E: nicole.patrick@nquatqua.ca

Samahquam Board Members

Dustin French

Vice-Chair

E: dustin.french@samahquam.ca

Chief Brock Peters

Board member

E: brock.peters@samahquam.ca

Skatin Board Members

Xavier Williams

Secretary-Treasurer

E: xavier@skatin.ca

Ravleen Brar

Board member

E: ravleen.brar@sshs.ca

Christmas Photos with Tyra Frank

Tyra Frank, Jordan's Principal Coordinator, pulled double duty taking family Christmas photos for SSSH families in December.

Members from all SSSH communities took advantage of this great festive opportunity.

Theresa Sampson's grandson (right) had his photo taken against a cheery holiday background, while Executive Assistant Julia Schneider, her mom Mathilda Pierre and sisters Soaramia and Staniella struck an awesome pose in front of some wintry snow and sparkly holiday lights



Men's Health

Message from Shelby Joe

Ƙalhwa7alap áma sqit snekw-
nukwa7 entsa Láwa7 mutas
Mowich Úcwalmicw skwátsits,
muta7 Shelby sama7 skwátsits.
Lílwatúllhkan, Stl'atl'imxlhkan
Nilh Wilma ti nskícez7a, muta7
nilh Theodore ti nsqátsez7a

(Hello everyone, good day. My
traditional name is Lawa7 and
Mowich, which translates to
sockeye salmon and deer. I am
a part of Lílwat Nation. My par-
ents are Wilma and Theodore.)

I am proud to be working with
SSHS in the Men's Health de-
partment. I am very thankful for
the guys from each community
that show up and participate in
the programs that are hosted by
myself in Men's Health. We've
done some awesome activities
thus far but still have lots to
come! I have a lot of great things
I have envisioned for this pro-
gram, and I try my best to make
our activities fun but also benefi-
cial to you, your family and your
community. Strong men help
build strong relationships.

This winter, we started off the
Young Warriors program with
trapping demos in Samahquam,
Lílwat, and in N'Quatqua. It is
still very new but already Young
Warriors has expanded to be-
come a "multi-Nation" program.
I strongly encourage the young
men from each of the communi-
ties to take the opportunity and
join us! We will be coming up
with a plan to rotate our activi-
ties between the communities,



Leroy (left) , Shelby and Taylor ready to head out to hunt in Clinton.

(Samahquam, Skatin, N'Quatqua,
and Lílwat) Young Warriors
meets one night a week, and one
weekend a month, with a goal of
helping young men become good
role models.

During the rest of this winter,
I hope to bring some guys out
for predator hunting, fishing, or
simply checking in on Elders to
see if they're needing anything,
as these months are usually the
hardest times of the year for them.
I also plan to try to gets sessions
to make traditional rattles and
drum bags and to follow up those
activities by painting participants
rattles and drum bags. I aim to
get more guys out to Young War-
riors, because the more guys out
the better! Also, I have created

an activity sheet for each of the
guys to fill out, so I have a better
understanding of what activities
the guys are interested in doing.

Men's Health is always looking
to improve, grow and help be
the support for the men in each
of the communities. So, if you
have any questions, concerns or
comments, please don't hesitate
to reach out to me by email at
shelby.joe@sshs.ca or call me at
778-770-4344.

Kúkwstumckálap

— Shelby Joe
Men's Health Lead

Mental Wellness

Message from Brett Peterson

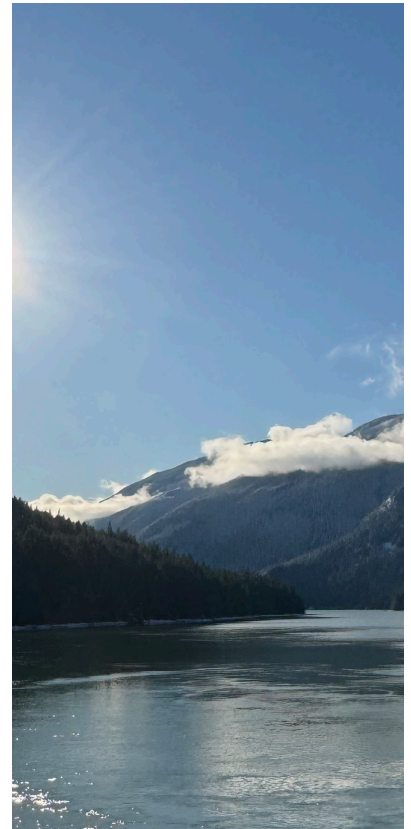
Although I have always loved the Holiday Season (especially the lights and music), I must admit to a mild sense of relief when the whole thing finally is over, and we return to a sense of normalcy. It can be a wonderful time of joy in seeing family and friends; but it can also be hectic and stressful. So, I'm happy to be back in the saddle and working in Mental Wellness, meeting remotely with clients.

It was great to visit N'Quatqua in late November to provide support during a workshop on cancer and cancer treatment. It was the first time I had a chance to visit one of the communities

for many months. I was happy to see old friends and colleagues. N'Quatqua is as beautiful as I remember it and I finally got to see the new community hall, The Big House, which is a fantastic space.

I will have a chance to do something similar in February providing support at a community screenings of Sugarcane, a documentary that addresses residential school history. As my recovery from Long COVID is still not complete enough for me to travel regularly to the communities to provide therapy, this will be a nice interim opportunity. I look forward to being in the communities once again.

— Brett Peterson, RCC



Important message regarding Dr. Bonnie's availability

Bonnie will no longer be making community visits but is opening up time slots for zoom session on Tuesday evenings from 4pm to 7pm

This online service is available for members aged from 15 - 90 years old, who reside in Q'aLaTKú7em, Skatin, and N'Quatqua.

Is Dr. Bonnie the Counsellor for You?

You can find out if you and Dr. Bonnie are a good match with a free, no obligation, 15-minute Zoom call. Schedule your call here:

calendly.com/drbonniebhatti/15-minute-coaching-consult

A Little About Dr. Bonnie Bhatti



Dr. Bonnie Bhatti has 40 years experience as a counsellor. She specializes in trauma, cultural adjustments and general mental health. She uses many kinds of different approaches to support clients' wellness.

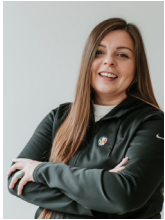
She can help with:

- Anxiety/Stress
- Shyness
- Low self-esteem
- Fears/Phobias
- Trauma/PTSD
- Depression
- Chronic Illness
- Childhood Trauma/Abuse
- Major Life Changes
- Cultural challenges
- Relationship Problems
- Challenges with parenting
- Loss and Grief
- Caregiver burnout

Weaving traditional wellness
into our health services



SSHS Staff Contacts



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

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

Check out our website at 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



Mental Health Specialist
Bonnie Bhatti
E: bonnie.bhatti@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 Health Specialist
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ASCD Worker
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Jordan's Principle Representative
Tyra Frank
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Pe7pe7 pius Leroy Joe
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Health Response & Care Advocate
Jak Gracey
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EYE MOBILE CLINIC

EYE EXAMS AND GLASSES!



Website:
www.ruraloptometry.ca

Date: Tuesday, March 24 2026

Location: Q'aLaTku7eM Health Station



Southern St'at'imx
Health Society

For Skatin and Q'aLaTku7eM community members

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
C: 604 966 1228
PH: 604 894 0151 ext. 215
FB: Julia Sshs Schneider*

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