



Southern St'at'imx
Health Society

s7átšxem

Serving N'Quatqua, Samahquam and Skatin

Spring 2026



Mark Your Calendars

WHAT THE L!

Interested in getting your driver's license? SSHS will be hosting **What the L!** workshops this July 7 and July 14 to help get you on your way. Location for the workshops has yet to be determined.

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Message from the Health Director Serving our Families and Friends

Áma Sq̓it (Good day!)

As we move into a new fiscal year, I want to take a moment to reflect on the meaningful work happening across our communities. Every day, our staff show up with dedication and care, providing health and wellness services alongside cultural supports that honour who we are as Indigenous people.

We are proud of the direction SSHS is heading and feel hopeful for the year ahead as we continue to serve our community members. At the heart of our work are the relationships we build that grow over time into something deeper.

You are not just clients to us; you are our relatives, our friends, and our community. It is an honour to walk alongside you in this work. We do this work to be of service. We encourage you to continue reaching out. While we may not always have every answer, we are committed to doing what we can, when we can, with the resources we have.

Over time, we have learned the importance of listening. Truly listening. There is wisdom in the reminder that we have two ears and one mouth, and we strive to



Health Director Amanda Munnings

listen with intention, humility, and respect. Your voices guide our work and help us grow in a good way.

I look forward to the months ahead, continuing to provide care, compassion, and support, whether that be a helping hand, a listening ear, or simply being present with you.

Thank you for your trust. It means everything to us!

Kúkwstuṁckálap,
Chi-Miigwech (Thank you).

—Amanda Munnings
Health Director



Southern Stl'atl'imx Health Society

OUR VISION

Stl'atl'imx enhanced holistic health services.

OUR MISSION

Weaving traditional wellness into our health services.

OUR VALUES

**Community
Ucwalmicw**

**Respect, language
and culture**

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

www.sshs.ca

About the SSHS newsletter

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

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

Southern Stl'atl'imx Health Society

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Message from the Governance Advisor From Troubleshooter to Monitor

If I had to describe my original role at SSHS in one word, it would be "troubleshooter."

Now with a newly mandated board of directors following revised bylaws, leading a membership driven community-based organization managed by a dedicated health professional my role is more benign.

I monitor. I advise when called upon and comment, if necessary, on matters related to governance and community relations.

So, as I said, benign. Low key. Which means no news is good news.

Meanwhile the organization is quietly delivering on its original purpose, serving the health program needs of its members.

Amanda Munnings, our capable Health Director, has asked me to continue representing her



Governance Advisor Eppa Gerard Peters

on the es zúmin Primary Care Society board where I actively comment on governance matters and participate in preparing to assume direct management of the primary care needs of the lower St'at'imx communities.

Also, under Amanda's direction, I coordinate plans to purchase and operate three buses that will serve the N'Quatqua, Skatin and Samahquam.

We expect delivery of three new buses by the summer which will soon thereafter be introduced into the communities on trial runs. Meantime we're working to train and recruit drivers and we're planning routes and getting prepared to operate. A plan for this is being prepared, which we'll take into the communities.

Unfortunately, the SSHS transit program will be funded only for the purchase, modification and planning but not for operations and maintenance involved in a transit service. Given this financial reality, we'll be inviting input from leadership and members in the coming months.

— Eppa
Governance Advisor



SSHS Playgroups in Skatin and Samahquam make learning fun for our communities youngest members.



Southern St'at'imx
Health Society

WHAT THE L!



Open to N'Quatqua, Samahquam, and Skatin community members

Workshop overview

The What The L! workshop prepares participants for the Class 7 Knowledge Test using an engaging and supportive approach. It aims to boost confidence and simplify material comprehension. Participants will explore key chapters of the Driver's Guide, identify important points, and learn effective study strategies. The workshop encourages group discussions and questions in a collaborative setting, ensuring readiness to take the test on day 2.

Sign up

Sally Peters
E: info@sshs.ca
Ph: 604 894 0151
FB: Sshs Front Desk

or

Julia Schneider
E: julia.schneider@sshs.ca
Ph: 778 770 2475
FB: Julia Sshs Schneider

If Lil'wat members are interested, you will be placed on a waitlist for any available spots not filled by SSHS community members.

Mondays, July
7th and 14th
2026

Location: TBD

Department Reports

Administration

Message from Julia Schnieder

Kúkwstumckálap!
Hello (to more than one)

This warm spring weather has been great! Seeing programs shift to offering more outdoor activities is so exciting!

We've had some successful clinics, events, and training sessions over the past winter and early spring, and we are very excited to offer more in the seasons to come!

Clinics we've hosted this year for far have included:

OceanWalk Pedorthic Clinic + Nutritionist

Clinics were held in Skatin and Samahquam this March. The OceanWalk Pedorthic team evaluated members' backs, hips, knees, and feet and worked on getting prescribed orthotics for community members.

Fifteen members were screened in Skatin, and 12 members were screened in Q'aLaTkú7eM.

An OceanWalk clinic will be held in N'Quatqua on June 5, 2026.

Eye Mobile Clinic

Eye clinics held in March resulted in 43 SSHS members from Skatin, Samahquam and N'Quatqua



Sík Sík Josh Anderson and Qaqawam Chris Wells put the finishing touches on the sweat lodge for Q'aLaTkú7eM's first ever community Sweat Ceremony on April 21.

receiving eye exams, 38 of whom also received prescriptions for glasses.

A hearing clinic is being planned for June 22, 23 and 24 with a follow-up clinic on July 27, 29 and 29.

Two practitioners will be available to do hearing screenings and evaluations, cleaning maintenance of hearing aids, and ear wax removal. Support will also be available for benefit applications. Details will be posted online as soon as they are confirmed.

CRA and Service Canada

Support Representatives spent a full day in Samahquam and N'Quatqua and will be in Skatin in July to support members with filing taxes and learning about benefits, credits, pensions, programs, and services they may be entitled to.

In March, Leroy Joe hosted a successful **2nd Annual Sobriety Bash**, keeping the excitement alive and bringing in new faces providing new inspiration for the community. These Annual Sobriety Bashes are open to everyone who would like to attend and celebrate sobriety.

Tyra Frank and Sally Peters led a project to screen **Sugarcane**, the award-winning documentary by Julian Brave Noisecat, in each community. I was delighted to support the final viewing in Skatin on April 20 with the cultural support of Qaqawam Chris Wells, Ánwasúlmecc Brett Wallace, and Sík Sík Josh Anderson and mental wellness support of Bonnie Bhatti. It was great to watch the film for the first time with community members!

On April 21, we held our first community **Sweat Lodge Ceremony in Q'aLaTkú7eM**. It was a powerful event for me and those who attended. We are thankful for Qaqawam Chris Wells, Ánwasúlmeç Brett Wallace, and Sík Sík Josh Anderson who facilitated the sweat, and to those who came to participate or support the event, your presence was greatly appreciated!

This spring, we held a training sessions for community members. **Train The Trainer: Not Just Naloxone** was held partnership



The SSHS Team takes time out to enjoy lunch at Sunstone earlier this spring. Social opportunities like these are a chance to learn what colleagues are doing in their programs.



During a long weekend getaway to Tofino, **Health Director Amanda Munnings, partner Dan Ross and pooch Tilli Brie** visited Tla-o-qui-aht First Nation's Young Warriors cabin. SSHS introduced its Young Warriors Program earlier this year. Men's Health Assistant Shelby Joe will be supporting the program in the communities.

with FNHA in N'Quatqua where fifteen people received this vital training to help address the toxic drug crisis. We will be holding another session in Skatin on June 24 –25. These training sessions are important pieces of our work to continue our efforts in keeping our communities safe!

A **Class 4L Workshop** attracted six participants who will potentially undergo a Driving Course with Whistler Connection later this month. A Class 4L license is a commercial license that allows a driver to operate a variety of vehicles up to small buses with a capacity for 24 passengers.

Keep your eye out for more information about the following workshops and events:

- **What The L! Workshops** (see poster on page 4)
- Ribbon Shirt/Vest making, Ribbon Hoodie making
- Sweat Lodge Ceremonies
- Saqúta Nights



Sik Sik Josh Anderson, Qaqawam Chris Wells and Ánwasúlmeç Brett Wallace preparing to open a session for the Sea to Sky Community-Based Experiential Learning Session at the SLCC on February 4. The trio was back at the SLCC on April 8 to launch their book, *Útszan ti Smáwala*. The book has gone into its second printing and will soon be available for sale at the SLCC.

In closing, I am very excited for what spring and summer have coming. Your time, patience, and cooperation are greatly appreciated as we settle back into regular programming! The SSHS team is continuously seeking new ways to better support the communities and is grateful for your shared ideas and offerings. Enjoy the warm weather and be sure to stay hydrated!

— Julia Schneider
Executive Assistant

SSHs staff and community members took part in a well attended workshop on the effects of trauma held in the gym at the N'Quatqua Big House.



Message from Justin Thevarge

All of SSHS's fleet vehicles have been changed over to summer tires. All vehicles are getting serviced regularly as needed for oil changes and filters.

SSHS moved a sea-can from Skatin to Mount Currie for storage at the office location. es zúmin' Primary Care Clinic has also brought in a sea-can for storage as well.

Earlier this year more office spaces were painted to match the existing colours. We have a few more to do in the near future.

SSHS's health building in Skatin is being monitored for pest control and we will upgrade the exterior lighting ASAP.

— Justin Thevarge
Fleet Manager
& Building Maintenance

Message from Sally Peters

Hello SSHS members,

Working at the front desk allows me to connect with many of you each day, and I truly value that. Whether it is a quick hello, a phone call, or helping connect you with the right person, I enjoy being a familiar and welcoming face in our office.

It has been a busy and meaningful time for me. I've had the opportunity to help Tyra Frank with Jordan's Princi-

This spring, SSHS staff **Sally Peters and Tyra Frank** worked together to present the award-winning documentary ***Sugarcane*** which was nominated for an Academy Award. The film's director, Julian Brave Noisecat, who has family ties to St'atl'imx Nation, developed the film as part of his healing process with his father, carver/artist Ed Noisecat.

ple, and together we hosted screening of the film ***Sugarcane*** in Líl'wat Nation, Samahquam, Skatin and N'Quatqua. We would like to thank the ***Útsan ti Smáwala (Healing the Spirit)*** team, Qaqawam Chris Wells, Ánwasúlmecc Brett Wallace, and Sík Sík Josh Anderson for being our support team.

I also helped with the **Treat Yourself Day** in N'Quatqua. It was a bit overwhelming at times, but it was really nice to see so many Elders and youth come together and leave happy. Moments like that remind me why I enjoy being part of this work.

I've also taken some computer



We proudly present a screening of the award-winning documentary from directors Julian Brave Noisecat and Emily Kassie

SUGARCANE

"*Sugarcane* illuminates the beauty of a community breaking cycles of intergenerational trauma and finding the strength to persevere."

— Rotten Tomatoes

Samahquam Multiplex

Wednesday, March 4
4:30 – 7:30 pm

Cultural Support

Qaqawam Chris Wells
& Sík Sík Josh Anderson

Light Refreshments & Door Prizes



Content Warning: This documentary deals with issues of abuse, rape, suicide, and murder. This material may not be suitable for everyone. Please use your best judgment in deciding whether or not to attend. This film is R-rated. No children under 14 please.

training in Excel and Word. I honestly really enjoyed it — my instructor made it fun and easy to follow, and the day went by so fast. I feel like I learned a lot and gained some helpful skills.

Thank you to everyone I've connected with along the way, I always enjoy seeing you and being part of our communities.

Kúkwestum'ckacw.

— Sally Peters
Front Desk Administrative
Assistant

Early Childhood Development

Message from Alexandrea Smith

Hello everyone,

I would like to share a few highlights of what ECD has been up to over the past few months. I've been regularly visiting Skatin Daycare to support the Skatin Alkwilháhcw Childcare Centre, and I've also been hosting a playgroup for Q'aLaTKú7eM. It has been such a rewarding ex-

perience spending time with the children playing, learning, and building connections together.

This winter/spring we celebrated a number of special occasions, including Valentine's Day, Family Day, St. Patrick's Day, and Easter. In the coming months, we're looking forward to celebrating Mother's Day, Declaration Day, Victoria Day, Father's Day, and National Indigenous Peoples Day.

I've also been supporting visiting therapists by hosting playgroups and assisting at the daycare during their time in the com-

munity. During spring break, we were lucky to have Sandy Henry join us at Skatin Daycare. We had a wonderful time playing games, doing memory activities, counting, and sharing stories.

Spring Tip: As the weather warms up, it's a great time to get outside with children for short daily walks or playtime. Even 15-20 minutes outdoors can boost mood, support healthy sleep, and encourage curiosity and learning.

— Alexandrea Smith
ECD Assistant



**Early Childhood
Development
Playgroups
make learning
fun for the children
of Samahquam
and Skatin.**





**ECD Playgroups
put smiles on kids'
faces as they learn
new skills and build
on existing ones.**



Health

Message from Jak Gracey

Lately my focus has been on staying connected with people and making sure everyone is getting the care they need. That looks like helping figure out who to see, what follow-ups are needed, and noticing any changes week to week so things don't get missed.

I'm also really trying to create space to connect with people I haven't met yet, whether that's sharing more about what I do or just being present in the community between visits and introducing myself. I also recently set up a professional page on Facebook to keep information I share easily accessible.

If you're wondering how I can help, it can be anything from checking vitals, helping with medications, treating minor injuries, or getting you organized and prepared for appointments. A big part of my role is also helping people navigate the system and making things feel a bit less overwhelming.

I'm constantly trying to better understand what resources are out there and introduce them where I can. If something is outside my scope, I'll do my best to connect you with the right person or service.

One thing I've started that I'm really enjoying is giving people a small notebook. We use it to track what we talk about, medications, vitals, symptoms, and questions. You can bring it to ap-



Madeline Williams and Anita Samuels with a copy of *Your Care, Your Choices*, FNHA's Advance Care Planning booklet.

pointments so that nothing gets lost and doctors have a good picture of what has been going on. Also, if people can write notes between visits on anything that might have popped up that would be helpful to know or see.

In addition, I've been encouraging people to sign up for the BC Health Gateway App so you can see your labs, medications, appointments, and imaging records. Happy to go through it together anytime. I am always here if you need support.

— *Jak Gracey*
SSHS Health Response
& Care Advocate

Message from Anita Samuels

Hello to you all,

It is hard to believe we're already well into spring! I continue to work with community members on their Advanced Care/End of

Life Planning. I make visits to our three communities and set up sessions to work with a person on private basis. This work can take a few weeks or longer to complete as there are many important things to think about, and decisions to be made.

I completed two Advanced Care Planning presentations early in the New Year. On February 4, I presented to the Vancouver Coastal Health Regional Palliative and End of Life Team. Qaqawam Chris Wells, our Spiritual Healer, assisted with this. I did a second presentation on March 3 with the Remote and Rural Doctors in Family Practice. This is a group of more than 100 doctors and nurse practitioners that work in many remote Indigenous communities all over the province. Chris also assisted me with opening and closing our session. Both sessions were very well received.

I hosted three workshops in each community in March, to continue to spread the information about this important

work. I was able to connect with new people that were very interested to learn more. They stated they felt safely supported to discuss the sensitive subject of death and dying and were happy to receive guidance and knowledge on ways to consider what sort of medical care they may want or not want to receive, in case the unexpected happens, whether it be by accident or from an illness.

Many people stated that they appreciated the opportunity to also consider other parts of end-of-life planning, including thinking about their final resting place, how they may want their possessions dispersed, etc. As always, I recommend people consider setting up a Power of Attorney, and making a will, even though I don't work in the area of setting up a Power of Attorney or a will.

At this time, I would like to acknowledge Jak Gracey, our Health Response and Care Advocate. Jak volunteers with the Pemberton Fire Department. On March 1, Jak and Pemberton Fire participated in climbing up 48 stories at the Wall Centre in Vancouver, wearing full gear, including their face masks to receive air. This is a huge load of gear to be packing up so many stairs. The goal was to raise money for cancer research and support families that were dealing with cancer.

Jak knew that my older sister Diane had been battling lung cancer. She passed away on October 23 in a hospice located in Kelowna after doing the MAID provision that I was present for.



On March 1, SSSH Health Response and Care Advocate **Jak Gracey** climbed 48 stories in 16 minutes to raise funds for cancer research! The teddy bear attached to her uniform honours Anita Samuel's sister Diane, who succumbed to lung cancer last fall.

Prior to the climb, Jak asked if I had a small trinket of Diane's that she could take along with her, so Diane could "come along for the climb."

Jak attached a little teddy bear of Diane's, which can be seen on her fire jacket. Jak completed the climb in 16 minutes! Jak said she could have been a few minutes faster if she hadn't stopped to help someone. That's our Jak, always helping someone! Pemberton Fire raised \$12,000! I was thoroughly touched by Jak's thoughtfulness and her efforts!

As this Advanced Care Planning work continues, I can be reached through email at anita.samuels@sshs.ca

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.

Kúkwstum'ckacw.

— Anita Samuels, BSR.
Life's Journey Coach

Men's Health

Message from Shelby Joe

Íalhwa7alap nsnuqwnuqwa7 áma sqit entas Láwa7 muta7 Mowich ucwalmícwts skwátsits, múta7s Shelby Joe Sama7 skwátsits, Liíwatúllhkan, Stl'atl'imxlhkan, Ucwalmicwlhkan nilh Wilma múta7 Theodore slalíItemswa, nilh Dorrina muta7 Angelina kwékwa7 Nilh Cameron múta7 Larkin tsétspa7.

Hello everyone, my friends and family,

My traditional names are Láwa7, which translates to salmon, and Mowich, which translates to deer. My English name is Shelby Joe. I am a part of the Liíwat Nation: Stl'atl'imx and Ucwalmicw. My parents are Wilma and Theodore Dan. My grandmother on my mom's side is Dorrina Gabriel and my grandfather on my mom's side is Cameron Wallace. My grandmother on my dad's side is Angelina Dan, and my grandfather on my dad's side is Larkin.

This past January marked my first year of working for SSHS in the Men's Health program. I am very happy in the work I am doing and am actively trying to attract more men from the communities to participate in our activities.

I have been testing the waters to see what's working and what's not. I'm open to trying new and different things, so if any of the guys have fun new ideas for all of us to learn together, please suggest them! I can't promise to make every suggestion happen, but I can sure do my best! Please

feel free to reach out to me anytime. (I also do have a sheet for for all the guys to fill out.)

In early December, the **Young Warriors Program** was introduced in N'Quatqua and Skatin. A national initiative aimed at empowering Indigenous youth by providing them with the tools and support they need to navigate life's challenges, the program has been going great so far! If you have any questions about the program, please contact me, as I will be supporting N'Quatqua, Skatin, and Samahquam.

This winter I've been busy with hunting and trapping, bringing guys out onto the land to practice our traditional ways. Part of this work was holding a butchering workshop one evening in N'Quatqua. We didn't have any luck harvesting a deer for this workshop, but we still went through with the workshop and butchered a pig instead. This spring, I am doing some traditional medicine harvesting. I am just learning as I go but I am always encouraging men of all ages from N'Quatqua, Samahquam, and Skatin to join in.

I am also harvesting red and yellow cedar bark harvesting and will be learning how to do the full process of preparing the cedar for weaving. I am looking forward to harvesting because it grounds us back to our roots and it's a very helpful skill to have. I would also like to do some cedar weaving using the red and yellow cedar bark we harvest this year.

Spring salmon fishing will be here soon, and we are preparing to go do some fishing. We will

also be looking for where the elk, moose and deer have shed their antlers, which we will be using to create some artwork.

One of the guys in the group suggested a springtime camp. We will be holding this camp before the fire bans kick in again. I would like the camp to be three to five days in duration. The spot I have in mind to pitch our tents is accessible by a 30- to 45-minute hike on our territory, and it'll give us many opportunities to learn and take part in a variety of activities including fishing, canoeing, hiking and gathering traditional medicines. We can even do a cold plunge every morning if we feel like it, as we will be close to a lake.

Another idea that was brought to my attention was hosting monthly dinners. We will be exploring that in the near future.

Men's Health programming is open to all ages. We encourage youth, our future Knowledge Keepers, to come learn about the cultural side of Stl'atl'imx life. We also encourage the older guys to come out to share their knowledge with the youth who attend our events.

I appreciate any feedback, good or bad, as it'll help me grow and learn. Don't be afraid to message me about anything regarding Men's Health, whether you have a suggestion for programming or any questions.

Nilh ti7.

Kúkwestu'mkacw.

—Shelby Joe
Men's Health Assistant

Mental Wellness

Message from Brett Peterson

I am currently arranging with Qaqawam Chris Wells and the communities to show our film, *Through Bone and Fire: A Return to St. Mary's*, in late May. The film features two former students leading us through the school and telling their stories of their time there. The stories are both painful and inspiring, as both community members describe coming through the other side of their ordeals. We plan to show it in N'Quatqua, Samahquam, Skatin, and possibly Lílwat.

The original purpose of taking the former students back to St. Mary's was therapeutic. The goal was to help them heal from what took place there. But the idea occurred to us that, if we filmed their experience, it may vicariously be of benefit to other former students who didn't have the opportunity to do the same. Both participants reported that returning to St. Mary's was healing. And when Chris and I showed the film to the communities just prior to the COVID outbreak, it produced the effect I had hoped: it got people who had never shared their experiences at residential school to begin talking about it. I had not realized to what extent they kept these experiences hidden even from other residential school survivors.

Some people have expressed concern that viewing the film



Qaqawam Chris Wells using an eagle feather fan in a still from the film *Through Bone and Fire: A Return to St. Mary's*, which he and Brett Peterson will be screening in N'Quatqua, Samahquam and Skatin later this May.

may be re-traumatizing. From my experience, those who choose to view it (knowing of the subject matter) are self-selecting—that is, they are ready to begin revisiting their memories and they do not become overwhelmed by the experience, though it may be difficult. Sharing their feelings with other survivors can be profoundly healing. Those who are not ready to do so, tend to stay away, which, all things considered, is a skillful thing to do at this point in time.

We will announce when dates have been determined. We hope to see you there!

— Brett Peterson, RCC
Mental Wellness Lead

Message from Bonnie Bhatti

Since I am entering my third year as a mental health consultant/counselor with SSHS, it seems timely for me to add a few words

to the spring newsletter. I am encouraged by the number of community members who continue to reach out for support through video and phone sessions with me. I am very pleased to return to my monthly in person visits to the communities through the fall. This is always a special time as I cherish the opportunity to meet so many of you in person.

From a mental health perspective, winter can be a challenge as we follow the natural cycle of life and slow down to hibernate. Several people struggle with isolation and darkness during this time. Coming out of darkness and/or isolation can be a relief for many of us as and it is also a time for caution as we can start to shift into high gear too quickly. It is much like over planting a vegetable garden. In our zeal to grow flowers and vegetables, we underestimate the factors like weather conditions, pests, our physical ability and other resources.

Spring is an important time to

listen to our bodies and do things in moderation as we gradually increase our capacity to get back into things. Spring brings a time for new growth and nourishing what is budding within and around us. As the hours of daylight and sunshine increase it is important to remind ourselves to continue to develop healthy habits that improve mind, brain and heart health.

Here are some important tips to help increase neuroplasticity in your brain and help your own healing.

1. Consume Omega 3 daily (in food like salmon, sardines and fatty fish)
2. Practice calming exercises like mindfulness (both Brett Peterson and I are a good re-

source if you would like more info on this, there are also many videos on YouTube) Expose your skin to the morning sun or daylight for at least 10 to 30 minutes a day as soon as you wake up. This helps your circadian rhythm which will improve your moods, energy and sleep.

3. Do some kind of daily exercise such as cardio, walking dancing, stretching and basic movement. Yoga, and weight training are very helpful and important additions to exercise routines. Strength training 2 – 3 times a week helps maintain muscles strength and balance.
4. Get counseling support to help grief, trauma, isolation

and anger. Methods such as EMDR, somatic therapy, Hakomi, hypnosis and cognitive therapy are all therapies that are helpful for recovery. Please contact me if you would like to know more about this.

I will now be coming into the communities monthly through October. I offer video sessions as well as in person. You can reach me through FB messenger (Bonnie Bhatti SSHS), email me at bonniebhatti@gmail.com or select a prepaid video appointment through my website: www.drbonniebhatti.com.

I look forward to seeing you in the spring/summer months.

— Dr. Bonnie Bhatti
Counsellor

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

**Luzarno Saqa7
Kage Thevarge**
Vice Chair
E: saqa7kt@gmail.com

Doris Peters
E: doris.peters@nquatqua.ca

Samahquam Board Members

Candice Wells
Secretary-Treasurer
E: candice.wells0619@gmail.com

Trina Paul
E: trina.paul@samahquam.ca

Skatin Board Members

Margaret Sepass
Chair
E: mfrwms1970@hotmail.com

Xavier Williams
E: xavier@skatin.ca

Consider Organ Donation



Brenda Lester's family saw organ donation as a way some good could come from their tragic loss in 2022.

On Saturday of the Easter long weekend in 2022 my mom, Brenda Lester, collapsed while visiting her brother in Líl'wat. She was rushed to the Pemberton Clinic and then airlifted to VGH where the family gathered around her.

When we saw her in the clinic and at VGH she was hooked up to machines. She didn't regain consciousness and was declared dead on Sunday afternoon.

Then the medical staff asked me about organ donation. I hesitated because of her age and her medical history, and because it would delay our planning. I gave them until Monday to determine if organ

donation was possible and they set me up with someone from BC Transplant.

We completed the consent forms and on Tuesday her lungs and liver were harvested for transplant donation. She made other donations to medical research. Our decision was made considering who Ma was and knowing what she'd want. We wanted some small good to come from our huge loss.

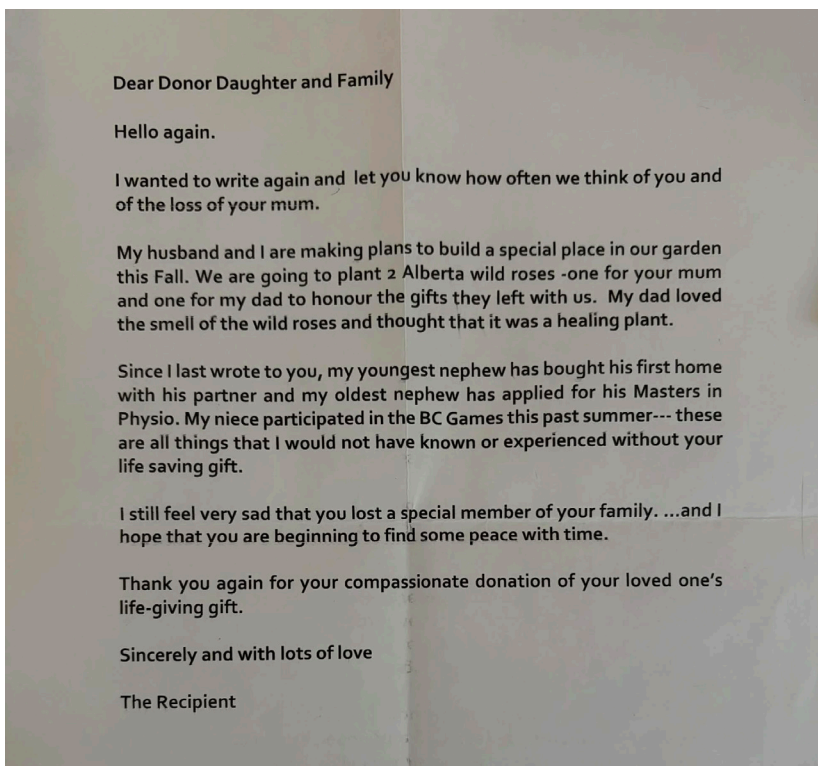
I first started thinking about being an organ donor as a teenager.

If you're considering organ donation, I urge you to do your own

research. Go to <https://register.transplant.bc.ca/> BC's Organ Donor Registry. (This has been the official registry since 1997. Organ donation is no longer tied to driver's licenses.) To register, you will need your BC Personal Health Number, name, date of birth and address in BC.

My family knows that I want to donate my organs if they're up to going through the process. I hope my story helps.

— Tammy Peters



A letter sent from the recipient who benefited from Brenda Lester's donation thanking her family confirms how beautiful this life saving gift can be.

Build your career while helping build healthy communities

SSHS is passionate about delivering quality health care and empowering our members to take active roles in their own health and healing. A leader in land-based healing, SSHS is committed to infusing all of its services with traditional Stl'atl'imx ways and values, reinvigorating culture and tradition while addressing health and wellness needs. We offer competitive wages, a great benefits package, a \$500 signing bonus and a positive workplace culture.

Current Job Opportunities:

Clinical Services Manager

Wage: \$100,000 – \$125,000 a year for this full-time position based on experience. To view job posting, please visit [SSHS.ca](https://sshs.ca)

Home and Community Care Nurse

Wage is \$90,000 – \$110,000 a year for this full-time position based on experience. To view job posting, please visit [SSHS.ca](https://sshs.ca)

Community Health Nurse

Wage is \$90,000 – \$100,000 a year for this full-time position based on experience. To view job posting, please visit [SSHS.ca](https://sshs.ca)

Family Strengthening Worker

Wage is \$62,000 – \$75,000 a year for this full-time position based on experience. To view job posting, please visit [SSHS.ca](https://sshs.ca)

Junior Health Clerk

Wage is \$18/hr for this permanent position based at the Samahquam Health Station. To view job posting, please visit [SSHS.ca](https://sshs.ca)

Early Child Development Program Coordinator

Wage is \$42,000 – \$60,000 a year for this 4-day, 8 hr/day position based on experience.

To view job posting, please visit [SSHS.ca](https://sshs.ca)

Aboriginal Supported Child Development Worker

Wage is \$42,000 – \$58,000 a year for this full-time position based on experience.

To view job posting, please visit [SSHS.ca](https://sshs.ca)

Bookkeeper

Wage is \$25 – \$35 per hour for this 4-day, 8 hr/day position based on experience.

To view job posting, please visit [SSHS.ca](https://sshs.ca)



Southern Stl'atl'imx
Health Society

Introducing Deny Thomas, RN

We are pleased to welcome Deny Thomas to SSHS.

Deny Thomas is a Registered Nurse who has recently joined us and will be working across N'Quatqua, Samahquam, and Skatin to support community health and wellbeing. He has experience working with First Nations communities across Canada in public health and program implementation and holds an MA in Health Leadership. He will be present in each community weekly and looks forward to connecting with community members, supporting local initiatives, and improving access to health and learning resources.

Deny has, and will continue to, introduce new wellness activities



RN Deny Thomas will be bringing new wellness activities to SSHS communities.

for our communities. These activities include a monthly Lunch & Learn to share helpful health information based on health awareness topics from Health Canada and the World

Health Organization, in a relaxed and welcoming setting. There will also be weekly strength training sessions followed by yoga, offering a mix of movement, stretching, and time to unwind.

All sessions are open to everyone, no experience needed. The goal is to create a welcoming space where people can learn, stay active, and support one another. More programs and activities will be added over time based on community needs and interests.

You can get in contact with Deny by email at deny.thomas@sshs.ca, by phone at 604-992-0174 or 604-894-0151 Ext. 226, or on Facebook at SSHS Nursing - Southern Stl'at'imx Health Society.

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

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 Thevarge
E: justin.thevarge@sshs.ca



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
E: sally.peters@sshs.ca



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



Men's Health Assistant
Shelby Joe
E: shelby.joe@sshs.ca



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



Registered Nurse
Deny Thomas
E: deny.thomas@sshs.ca



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



Addictions Program Coordinator
Łę7Łę7 Łęus Leroy Joe
E: leroy.joe@sshs.ca



Health Response & Care Advocate
Jak Gracey
E: jak.gracey@sshs.ca

FREE LIBRARY ACCESS

N'Quatqua • Samahquam • Skatin

Sign up for your FREE Library Membership and enjoy:

- ✓ **Audiobooks & eBooks**
access anytime with Libby
- ✓ **Online Courses**
Learn with LinkedIn Learning
- ✓ **Books in Your Community**
Regular book donations from Pemberton Library
- ✓ **For All Ages**
Children, youth, adults, and elders
- ✓ **Accessible anytime, anywhere**
Phone, tablet, or computer

Simple access • Lifelong learning • Community connection

Sign up with Deny:

Deny Thomas, RN

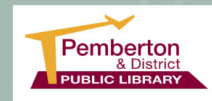
E: deny.thomas@sshs.ca

Ph: (778) 770-2521

FB: SSHS Nursing - Southern
St'atl'imx Health Society



Southern St'atl'imx
Health Society



This information is current as of march 30, 2026

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 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