

# Snuneymuxw News

Informing the people of the Snuneymuxw First Nation about issues that matter

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Snuneymuxw News is published monthly.  
Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4  
Tel: 250-740-2300, 1-888-636-8789, [communications@snuneymuxw.ca](mailto:communications@snuneymuxw.ca)

**October 4 2024**



# HWISULENUHW OCTOBER

XISUL' SQWEL = SCARY WORDS

bat = slhulpulexun

blood = thuy'thi'un

moonlight = luts tu lhqelts

candy = kanti

black = ts'qix

orange = kwalula'alus

scared = si'si

cat = pous

spider = qutqutts'ala

spider web = ts'usts'ustin'

owl = tsiitmuhw

broom = 'axwtun

nightmare = xuyxayukw'ustum



**POUS = ONE CAT**



**POU'PS = LITTLE CAT**



**PULOU'PS = MANY LITTLE CATS**



# **kw'am kw'um'stuhw ch t'thun' shqwalunwun**

***(Keep your Hearts and Minds Strong)***

*A Snuneymuxw harm-reduction event.*

*Drug Overdoses are a serious issue that affects individuals, families, and communities. Understanding the risks, and knowing how to respond can make a crucial difference.*




**You are invited!**

 **Date:** Thursday October 10, 2024

 **Time:** 5pm

 **Location:** Snuneymuxw Recreation & Wellness Centre (SFN Gym)

**Need a ride? Transportation is available.**

 **Contact** [samanthaw@snuneymuxw.ca](mailto:samanthaw@snuneymuxw.ca)

## **What to expect:**

- **Delicious Dinner:** Enjoy a free, delicious meal ♥
- **Informative Presentation:** Learn about harm reduction strategies, their importance, and how they impact our community.
- **Resource Fair:** Connect with local organizations and resources dedicated to harm reduction and support services.

*Join us for a special evening of learning, sharing, and community building.  
Together, we can build a safer, healthier community.  
We look forward to seeing you there!*

**If you have any questions, please contact:**  
[samanthaw@snuneymuxw.ca](mailto:samanthaw@snuneymuxw.ca)



# XE'XE' QLUMI

## Sacred Girls Program Ages 11 – 13

What's your  
SUPERPOWER?

Self- Empowerment

born  
to  
sparkle

Self -Esteem – Share your Gift – Mentorship

Wednesday 4-00pm – 5:30pm

Oct 9<sup>th</sup> 2024

Education Portable

669 Centre Street

Contact Chenoa to Register at 250-740-2316





SNUNEYMUXW FIRST NATION

***We're hiring!***



**LANDS COORDINATOR**

**RECREATION WORKER**

**BAND FAMILY DESIGNATE**

LEARN MORE + APPLY

**[www.snuneymuxw.ca/jobs](http://www.snuneymuxw.ca/jobs)**





# MEMBERSHIP CHECKLIST

**Some members have had some challenges because of ID requirements. Here's a checklist:**



## **Expired ID not acceptable**

Visit Service BC Centre Nanaimo to renew ID. Bring your expired ID.  
Location in Nanaimo: 460 Selby Street



## **Consistent home address**

Ensure that the address on all your identification documents (IDs) is exactly the same.



## **Update contact info with SFN**

Update your address and contact info with SFN, to ensure you receive important mail.



## **Need a birth certificate?**

Visit Service BC Centre Nanaimo. Bring your ID. Location in Nanaimo: 460 Selby Street

**Questions? Please contact:  
Louella White, SFN Membership Assistant,  
[louw@snuneymuxw.ca](mailto:louw@snuneymuxw.ca)**



# ORCALELUM

A PLACE FOR HEALING

Open hearts and open minds

## Who We Serve

Orca Lelum is a culturally safe space where Indigenous youth between 12 and 18 years old can go if they're having a tough time with drugs or alcohol, or their mental health. We are here to help them feel better and to get them the support they need.

## What we Offer

We provide live-in care that looks at the whole person. We combine traditional Indigenous healing methods with modern health practices. We have medical staff to help youth safely stop using drugs or alcohol (detox). We also help if they are having a hard time with their thoughts and feelings (mental health crisis).

## Now Accepting Referrals: Live-In Wellness Program (October 15 - December 20, 2024)

### Self-Reflection Questions for Youth thinking about applying:

- Are drugs or alcohol causing you problems, and are you willing to try to stop using them?
- Are you ready to talk about why you use drugs or alcohol in a safe place where people support you?
- Would you be okay living away from home for a bit, like at Orca Lelum?
- Do you feel okay participating in traditional Indigenous healing methods, like ceremonies and drumming, which are meant to help you heal?

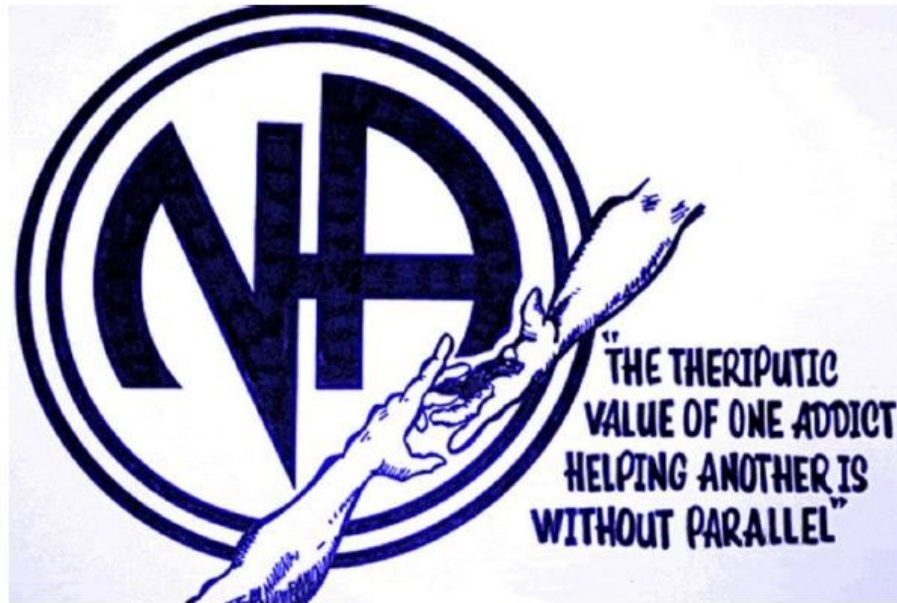
***To refer a youth or if you have questions for our team please contact us:***

ORCA LELUM WELLNESS SOCIETY - 699 CAPILANO ROAD LANTZVILLE, BC  
EMAIL: INTAKE@ORCALELUM.CA PHONE: (250) 755-2144 FAX: 250-390-0808



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





**When : Wednesdays @ 7pm**  
**Where : 669 Centre Street**  
**(in the Portable)**

More info  
about NA  
programs:



[www.cviana.ca/who-we-are](http://www.cviana.ca/who-we-are)

Info about the  
importance of  
anonymity:



Find more  
local  
meetings:



[www.cviana.ca/current-meetings](http://www.cviana.ca/current-meetings)



## HOW TO ACCESS SFN COUNSELLING

**1.**

Call SFN hulit leum  
and ask to speak  
with a counsellor.  
250-740-2337



**2.**

We connect you with  
a counsellor.



**3.**

We book your first  
appointment and  
look forward to  
welcoming you.



SNUNEYMUXW HULIT LELUM  
1451 MACMILLAN RD.,  
NANAIMO, B.C.  
Reception: 250 740 2337



## HOW TO GET HELP FOR SUBSTANCE USE

- 1.** Call SFN hilit leum and ask to speak with our counsellor Dean at 250-740-2337
- 2.** We book your first appointment and look forward to welcoming you.
- 3.** You and Dean have a confidential conversation to discuss the following:
  - a) Your physical and mental health.
  - b) Whether detox support is needed before starting treatment.
  - c) Review treatment options including treatment centres.
  - d) The support we can provide while you wait for additional help.
- 4.** Plan for ongoing and post treatment support.



SNUNEYMUXW HULIT LELUM  
1451 MACMILLAN RD.,  
NANAIMO, B.C.  
Reception: 250 740 2337



## 2024 SOCIAL ASSISTANCE DATES

### MID-MONTH

### S/A DAYS

JAN. 10/24

JAN. 24, 2024 (FOR FEBRUARY)

FEB. 07/24

FEB. 21, 2024 (FOR MARCH)

MAR. 06/24

MAR. 20, 2024 (FOR APRIL)

APR. 03/24

APR. 17, 2024 (FOR MAY)

MAY 01/24

MAY 15, 2024 (FOR JUNE)

JUN. 05/24

JUN. 19, 2024 (FOR JULY)

JUL. 03/24

JUL. 17, 2024 (FOR AUGUST)

AUG. 07/24

AUG. 21, 2024 (FOR September)

SEPT. 04/24

SEPT. 18, 2024 (FOR October)

OCT. 02/24

OCT. 23, 2024 (FOR NOVEMBER)

NOV. 06/24

NOV. 20, 2024 (FOR December)

DEC. 04/24

(TBA) DEC. 2024 (FOR JANUARY)



# SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

## SFN Counselling Services

**SNUNEYMUXW HULIT LELUM**  
**1451 MACMILLAN RD., NANAIMO, B.C.**

**Front Desk:**  
**250-740-2337**

**Appointment Line:**  
**250-740-2345**

Our counsellors at SFN hulit lelum have completed trauma-informed, master's level university education and are certified counsellors.

Our counsellors are available Monday to Friday to support Snuneymuxw members.

Some of the areas that our counsellors may be able to help with include, but are not limited to:

- Anxiety
- Depression
- Grief & Loss
- Loss of relationships (friends, partners)
- Coping with anger
- Dealing with difficult emotions
- Coping skills / emotional regulation
- Self-esteem / self-worth
- Communication
- Creating healthy boundaries
- Coping with racism and discrimination
- Coping with impact of residential school and day school
- Concerns about your own, or someone else's substance use

If our counsellors determine that you may be better supported by another service provider (for example, someone who specializes in a particular area) they can help you navigate other options.



### ADDITIONAL HELPFUL RESOURCE INFO:

#### **SNUNEYMUXW EMPLOYEE BENEFITS:**

If you are employed with Snuneymuxw First Nation, you may be eligible for extended health benefits, such as confidential counselling services through the Employee & Family Assistance Plan. Please refer to your benefits package and/or speak to Human Resources to find out more and to verify if you are eligible.

#### **FNHA MENTAL HEALTH BENEFITS:**

If you are a status First Nations person living in B.C., you can access certain health & wellness benefits through First Nations Health Authority (FNHA) such as confidential counselling services. There are numerous counsellors to choose from on their mental health provider list. SFN counsellors are happy to support you with navigating the FNHA mental health provider list. For more information, please visit: [www.fnha.ca/benefits/mental-health](http://www.fnha.ca/benefits/mental-health)

#### **SNUNEYMUXW FAMILY ADVOCATE:**



Jake Dietrich supports families in Snuneymuxw who are connected with Child & Family Services.

*Remember: You are not alone. You have options.*

#### **CRISIS / DISTRESS RESOURCES:**

##### **KUU-US Crisis Line Society (24-hour)**

Adults/Elders: 250-723-4050

Child/Youth: 250-723-2040

Toll Free Line: 1-800-588-8717

##### **Vancouver Island Crisis Society (24-hour)**

Phone: 1-888-494-3888

Text: 250-800-3806 (6pm - 10pm)

Online chat: [www.vicrisis.ca](http://www.vicrisis.ca) (6pm – 10pm)

##### **National Residential School Crisis Line (24-hour)**

1-866-925-4419

##### **Hope For Wellness Help Line (24-hour)**

Offers immediate help to all Indigenous peoples across Canada

Toll-free Help Line: 1-855-242-3310

Online Chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

##### **Crisis Line Association of B.C. (24-hour)**

1-800-SUICIDE (1-800-784-2433)



## Garbage & Recycling

Recycling pickup: Wednesday  
Garbage pickup: Monday & Thursday

Please have your garbage and recycling out by 8:00 am on the day of the service.

**Please remember that all recyclables MUST be in a clear plastic bag or in a bin. (The recycling depot does not accept anything in a dark garbage bag.)**

## SFN MEMBERS:

### Please update your contact info.

To update your contact info, call the office at: **250-740-2300**  
or email: [mail@snuneymuxw.ca](mailto:mail@snuneymuxw.ca)

Please provide your latest contact information including: address, phone numbers, email and any other updated information.

*Thank you for your help!*

## HEALTH CLINIC & EMERGENCY

**Health Centre Front Desk:**  
250-740-2337

**Health Centre Appointment Line:**  
250-740-2345

**Cheryl Mooney**  
250-668-2644  
[cmooney@snuneymuxw.ca](mailto:cmooney@snuneymuxw.ca)

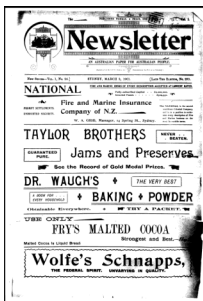
**Marina White**  
250-668-5244  
[marinaw@snuneymuxw.ca](mailto:marinaw@snuneymuxw.ca)

**Regan Seward**  
250-616-3582  
[regans@snuneymuxw.ca](mailto:regans@snuneymuxw.ca)

**Housing:**  
250-716-6548  
[housing@snuneymuxw.ca](mailto:housing@snuneymuxw.ca)

## Are you interested in being on the list to deliver the Snuneymuxw News?

If so, please call the Main office at 250-740-2300 and ask for your name to be added to the list of people who deliver the SFN Newsletter.



## Handy Numbers

SFN Office: 250-740-2300

Chief Administration Officer -  
Joan Brown: 250-740-2300

Health Centre: 250-740-2337

QQS School: 250-754-3033

Daycare: 250-740-2348

Tuytaxun Store: 250-753-4214

Saysutshun: 250-754-7893

RCMP/non-emergency:  
250-754-2345

## Check out the latest Nation job postings:

[www.snuneymuxw.ca/jobs](http://www.snuneymuxw.ca/jobs)

## Follow us on Facebook:

[www.facebook.com/SnuneymuxwFirstNation](https://www.facebook.com/SnuneymuxwFirstNation)

SFN newsletters are also posted on the website as PDFs:

[www.snuneymuxw.ca/newsletter](http://www.snuneymuxw.ca/newsletter)

Visit [www.snuneymuxw.ca](http://www.snuneymuxw.ca) for more info, and to sign up to have the newsletter sent to you by email.