

Snuneymuxw News

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

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Newsletters also available online at: www.snuneymuxw.ca/newsletter

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

November 15, 2025



pune'q
(January)

tum'xuytl'
(winter)

lhets
(dark, night)



THIS MONTH AT PDG:

Snuneymuxw News

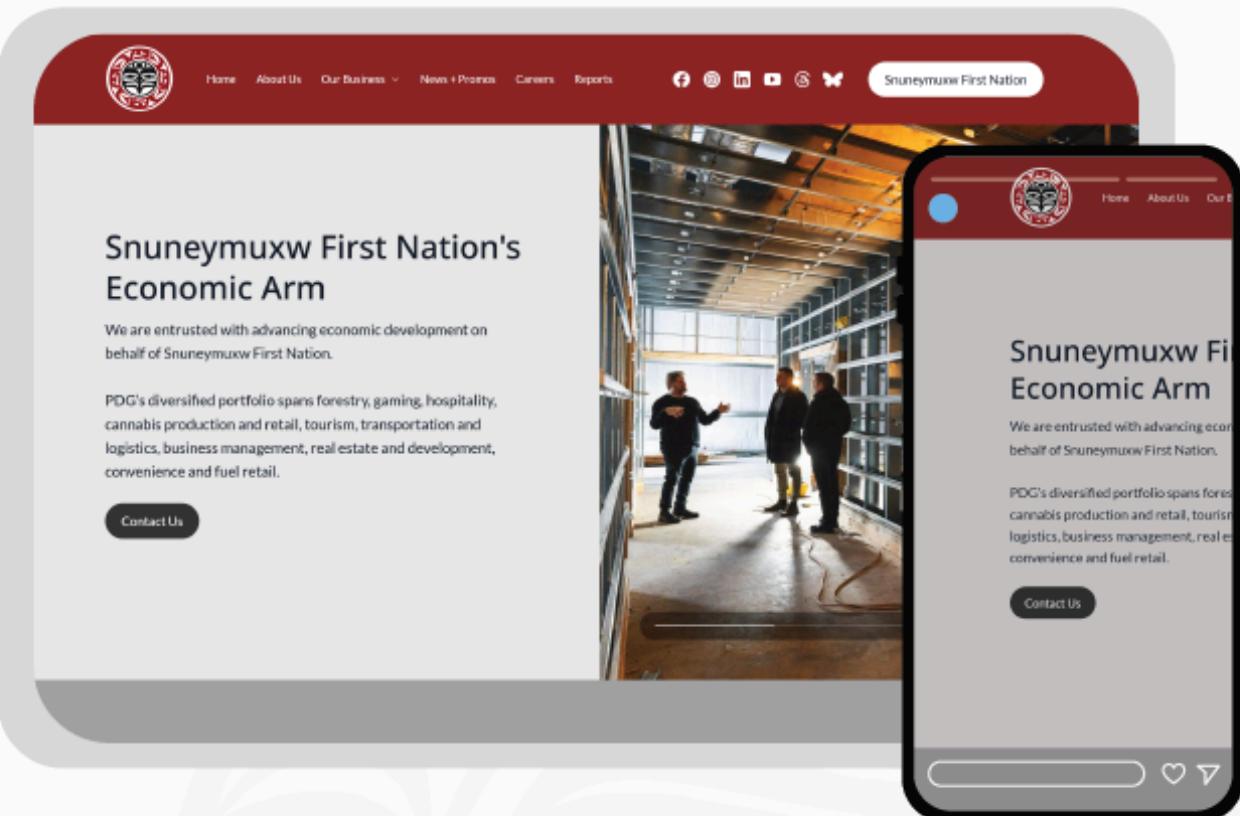


PETROGLYPH
DEVELOPMENT GROUP

January UPDATES



OUR NEW WEBSITE



Snuneymuxw First Nation's Economic Arm

We are entrusted with advancing economic development on behalf of Snuneymuxw First Nation.

PDG's diversified portfolio spans forestry, gaming, hospitality, cannabis production and retail, tourism, transportation and logistics, business management, real estate and development, convenience and fuel retail.

[Contact Us](#)

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PDG's diversified portfolio spans forestry, gaming, hospitality, cannabis production and retail, tourism, transportation and logistics, business management, real estate and development, convenience and fuel retail.

[Contact Us](#)

We're excited to introduce our new PDG website. Designed to be engaging and easy to navigate, it offers a closer look at our projects, companies, and the work underway across our growing portfolio.

Carefully built with you in mind, the site provides more in-depth information about PDG, our developments, and how we are working alongside Snuneymuxw First Nation to create future opportunities and support long-term economic growth.





EAGLEVIEW IN DEVELOPMENT HIGHLIGHT

IN DEVELOPMENT

te'tuxwtun
Your vote matters!

Our 84.7 acres of land on Tlakwuwun has been added to the Snuneymuxw Reserve Land Bank. Over the past 2.5 years, member input has shaped a plan for a portion of this land that highlights the potential for a **strong, revenue-generating, and ecologically sound** land reserve. Now, we are excited to move forward to Land Designation Vote, where our members will vote to confirm our community vision.

SPN members will be asked to vote on whether they are in favour of designating a ~25-acre portion of Tlakwuwun land, for **Indigenous development**. Individually residential, commercial, and light industrial spaces. Voting details will be shared closer to the voting date. More info at www.sanareymuxw.ca/pdg

Sxwayxum

The acquisition and return of 263 hectares of the Sxwayxum lands to the Snuneymuxw is an important step in addressing our long-standing absence from this sacred village. As this land is the Snuneymuxw's only development, it will require innovative and new partnerships on re-zoning. We'll continue to share community updates as new milestones are reached.

PDG Profits

Dozens of local profits already benefit Snuneymuxw. Every penny PDG receives in profit is invested and directly benefit our Nation.

At a profits increase, like they will from the Tlakwuwun development, we will bring in more money to support Snuneymuxw's key priorities.

Profits come from local air recycling facilities, B&B stake payments, annual member distribution, businesses, sponsorships, and our firewood and community haulaway recycling program.

MT BENSON PETROGLYPH LAHAL SAYSUTSHUN Casino NAKAMO

As we await the te'tuxwtun vote this winter, we invite you to explore the In Development section of the PDG Eagleview, which highlights our current development projects in more detail, such as Sxwayxum and te'tuxwtun.

Learn more about our recent and upcoming projects, companies, and the continued growth of PDG.



JOB OPPORTUNITIES

Interested in joining the PDG family? We're always looking for passionate and talented individuals to be part of our growing team. Send your resume to hr@petroglyphdg.com or visit our website to learn more!

Stay updated: petroglyphdg.com/career-opportunities.



Calling All Snuneymuxw Elders!

JOIN OUR SNUNEYMUXW ELDERS PROGRAM LIST!

ARE YOU A SNUNEYMUXW MEMBER AGED 65 OR OLDER?
WE'D LOVE TO HAVE YOU ON OUR ELDERS LIST!

BEING ON THE LIST MEANS YOU'LL BE INCLUDED IN:

- ◆ MONTHLY ELDERS LUNCHEONS
- ◆ ANNUAL TRIPS
- ◆ FUN OUTINGS & ACTIVITIES
- ◆ CULTURAL EVENTS & GATHERINGS
- ◆ SPECIAL ANNOUNCEMENTS AND UPDATES
- ...AND SO MUCH MORE!

 **TO SIGN UP, PLEASE CONTACT:**

PETER

 250-740-2337

 PETERS@SNUNEYMUXW.CA

OR STOP BY THE HEALTH CENTRE TO SIGN UP IN-PERSON WITH
FRONT DESK.

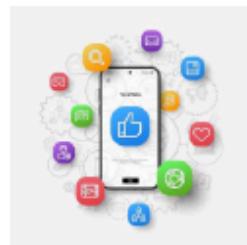
1451 MACMILLAN RD. NANAIMO BC



**FILL OUT THE FORM AND
SEND TO: CHARLENE OR
LOUELLA AT ADMIN**

APPLICATION PROCESS FOR SOCIAL ASSISTANCE

- TWO PIECES OF IDENTIFICATION FOR EACH APPLICANT AND CHILDREN
 - BC ID
 - STATUS CARD
 - CARE CARD
 - PASSPORT
 - BIRTH CERTIFICATE
- DIRECT DEPOSIT
- 3 MONTH BANKING STATEMENT
- LAST YEAR'S TAX SUMMERY REPORT
- UTILITIES BILL FROM CURRENT RESIDENTS



NEW APPLICATIONS PLEASE REACH OUT TO CHARLENE P OR LOUELLA W. AT
250-740-2300

IF YOU REQUIRE ASSISTANCE WITH A RESUME OR HOW TO GET STARTED LOOKING FOR EMPLOYMENT..... PLEASE CONTACT

SHIELA W – EDUCATION EMPLOYMENT NAVIGATOR

SHEILAW@SNUNEYMUXW.CA or 250-740-2348



JOB SEARCH

REINSTATEMENT OF JOB SEARCH FOR ALL **SINGLE** **EMPLOYABLE**

SOCIAL ASSISTANCE CLIENTS ARE REQUIRED TO PROVIDE MANITORY JOB SEARCH FORM EACH MONTH ON THE 15TH.

ALL REQUIRED CLIENTS MUST HAND IN THE FORM PRIOR TO OR ON
FEB 15 2026

TO RECEIVE THE SOCIAL ASSISTANCE PAYMENT ON

FEB 26TH 2026





WORK SEARCH ACTIVITIES RECORD

The personal information collected on this form is collected under the authority of and will be used for the purpose of administering the Employment and Assistance Act and the Employment and Assistance for Persons with Disabilities Act. The collection, use and disclosure of personal information are subject to the provisions of the Freedom of Information and Protection of Privacy Act. If you have any questions about the collection, use or disclosure of this information, please call Snuneymuxw Social Development at 250-740-2300 or inquire in writing to Snuneymuxw First Nation 668 Centre St., Nanaimo BC, V9R 4Z4

WORK SEARCH: This form is for the purposes of establishing eligibility for an applicant (or their spouse) that are looking for work. Record the work search activities of the person(s) looking for work.

FIRST NAME **LAST NAME** **STATUS#**

(USE BACK OF PAPER IF MORE SPACE REQUIRED)

DECLARATION: I Confirm that: the information provided in this form and any additional pages is complete and accurate. I understand that I am required to immediately supply information to the Administering Authority if there is a change to any information provided here or any subsequently provided information. This record accurately reflects my work search efforts. **I understand this information is for further assessment of eligibility.**

SIGNATURE	DATE (YYYY/MM/DD)
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IF YOU HAVE NOT LOOKED FOR WORK, PLEASE INDICATE WHY:

HOSPITALIZED MEDICAL OR PHYSICAL CONDITION OVER 65 YRS OF AGE OTHER (EXPLAIN) _____

PLEASE RETURN THIS FORM: OFFICE: 668 CENTRE ST., NANAIMO BC, V9R 4Z4 OR FAX: 250-753-3492



RED ROAD CIRCLES

IN-PERSON AND VIRTUAL SOBER TALKING CIRCLES
FOR PEOPLE IN RECOVERY

NANAIMO

Mondays, starting Jan 5
1:30-3:30pm
KL Office 534 Centre St

VIA ZOOM

Thursdays,
starting Jan 8
1:30-3:30pm

Weekly talking circles for people in recovery to share with others, meet others in recovery, and build a support network
Snacks and transportation available

For more info contact Troy Brooks
(250)-591-0933 | tbrooks@kwumut.org



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



RED ROAD SOBRIETY CIRCLES IN SNUNEYMUXW



534 Centre St, Nanaimo



Mondays | 1:30-3:30PM

JAN 5

Sobriety Circle Week 1

JAN 12

Sobriety Circle Week 2

JAN 19

Sobriety Circle Week 3

JAN 26

Sobriety Circle Week 4

FEB 2

Sobriety Circle Week 5

FEB 9

Sobriety Circle Week 6

FEB 16

Sobriety Circle Week 7

FEB 23

Sobriety Circle Week 8

More info contact Troy Brooks

 tbrooks@kwumut.org



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



SWEATS WITH NEIL WHITE

Sweat Lodge, Oyster Sto'lo Rd, Oyster Bay



Join us for a sacred sweat that offers healing, cleansing, and connection through prayer, song, and reflection to support your overall wellness - bring two towels, a water bottle, and a t-shirt and shorts

JAN 18

9am - All Welcome

JAN 22

1:30pm Recovery Sweat

JAN 25

9am - All Welcome

FEB 1

9am - All Welcome

FEB 8

9am - All Welcome

FEB 12

330pm - Youth Sweat (18 and under)

FEB 15

9am - All Welcome

FEB 19

1:30pm Recovery Sweat

FEB 22

9am - All Welcome

FEB 26

1pm - All Welcome

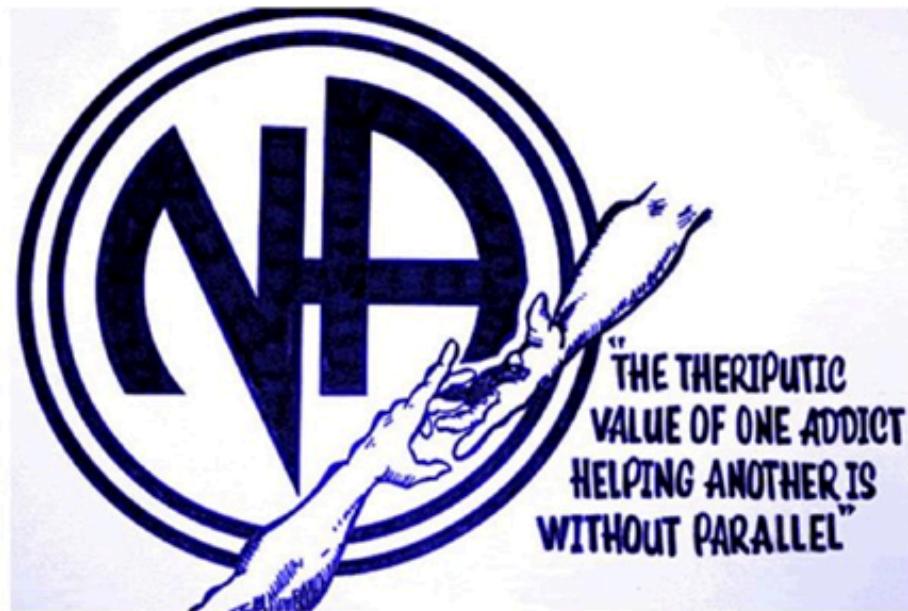
All Welcome/Youth sweats contact Neil White | nwhite@kwumut.org

Recovery sweats contact Troy Brooks | tbrooks@kwumut.org



Kw'umut Lelum
kwumut.org

Children. Culture. Community.



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

More info
about NA
programs:

www.cviana.ca/who-we-are



Info about the
importance of
anonymity:



Find more
local
meetings:

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 hulit leum and ask to speak with a counsellor. 250-740-2337 
2. We book your first appointment and look forward to welcoming you. 
3. You and a counsellor 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



2026 SOCIAL ASSISTANCE DATES

MID-MONTH

INCOME ASSISTANCE PAYMENT DATES

JAN. 07/26 JAN 21, 2026 (for February)

FEB. 04/26 FEB. 25, 2026 (for March)

MAR. 11/26 MAR. 25, 2026 (for APRIL)

APR. 08/26 APR. 22, 2026 (for MAY)

MAY. 06/26 MAY 27, 2026 (for JUNE)

JUN. 10/26 JUN. 24, 2026 (for JULY)

JUL. 08/26 JUL. 29, 2026 (for AUGUST)

AUG. 12/26 AUG. 26, 2026 (for SEPTEMBER)

SEPT. 09/26 SEPT. 23, 2026 (for OCTOBER.)

OCT. 07/26 OCT. 21, 2026 (for NOVEMBER)

NOV. 04/26 NOV. 18, 2026 (for DECEMBER)

DEC. 02/26 DEC. 16, 2026 (for JANUARY)



SNUNEYMUXW HULIT LELUM SUPPORT SERVICES

SFN Counselling Services

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

Front Desk: [250-740-2337](tel:250-740-2337) **Appointment Line:** [250-740-2345](tel: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 Snuneymux 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. SN 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

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 (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

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

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



GARBAGE & RECYCLING

RECYCLING PICK UP:
WEDNESDAY

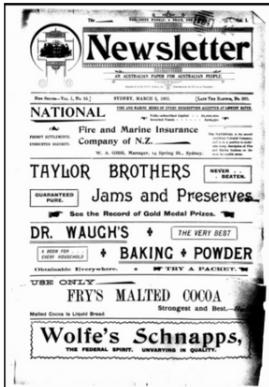
GARBAGE PICK UP:
MONDAY & THURSDAY

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.)

Are you interested in delivering the Snuneymuxw News?



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

GARBAGE & RECYCLING

RECYCLING PICK UP:
WEDNESDAY

GARBAGE PICK UP:
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.)

MEMBER CONTACT INFO:

Has your email, phone number, or address changed?

Please update your contact information, with our membership team. This helps us keep you informed about important updates.



ONLINE FORM:
www.snuinemuxw.ca/membership



QUESTIONS?

Contact our membership team at:

250-740-2300
membership@snuinemuxw.ca

hay ch qa' (thank you) for your help!

Check out the latest Nation Job Postings:

www.snuinemuxw.ca/jobs

Follow us on Facebook:

[www.facebook.com/
SnuinemuxwFirstNation](http://www.facebook.com/SnuinemuxwFirstNation)

SFN NEWSLETTERS

Also available on the website as PDFs:

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

Visit www.snuinemuxw.ca for more info, and to sign up to have the newsletter sent to you by email.

HEALTH CLINIC & EMERGENCY

Health Centre Front Desk:
250-740-2337

Health Centre Appointment Line:
250-740-2345

Cheryl Mooney
250-668-2644
cmooney@snuinemuxw.ca

Marina White
250-668-5244
marinaw@snuinemuxw.ca

Regan Seward
250-616-3582
regans@snuinemuxw.ca

Housing:
250-740-2354

HANDY NUMBERS

SFN Admin Office:
250-740-2300

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:
1-866-788-6243

RCMP/ Non-Emergency:
250-754-2345

