

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:

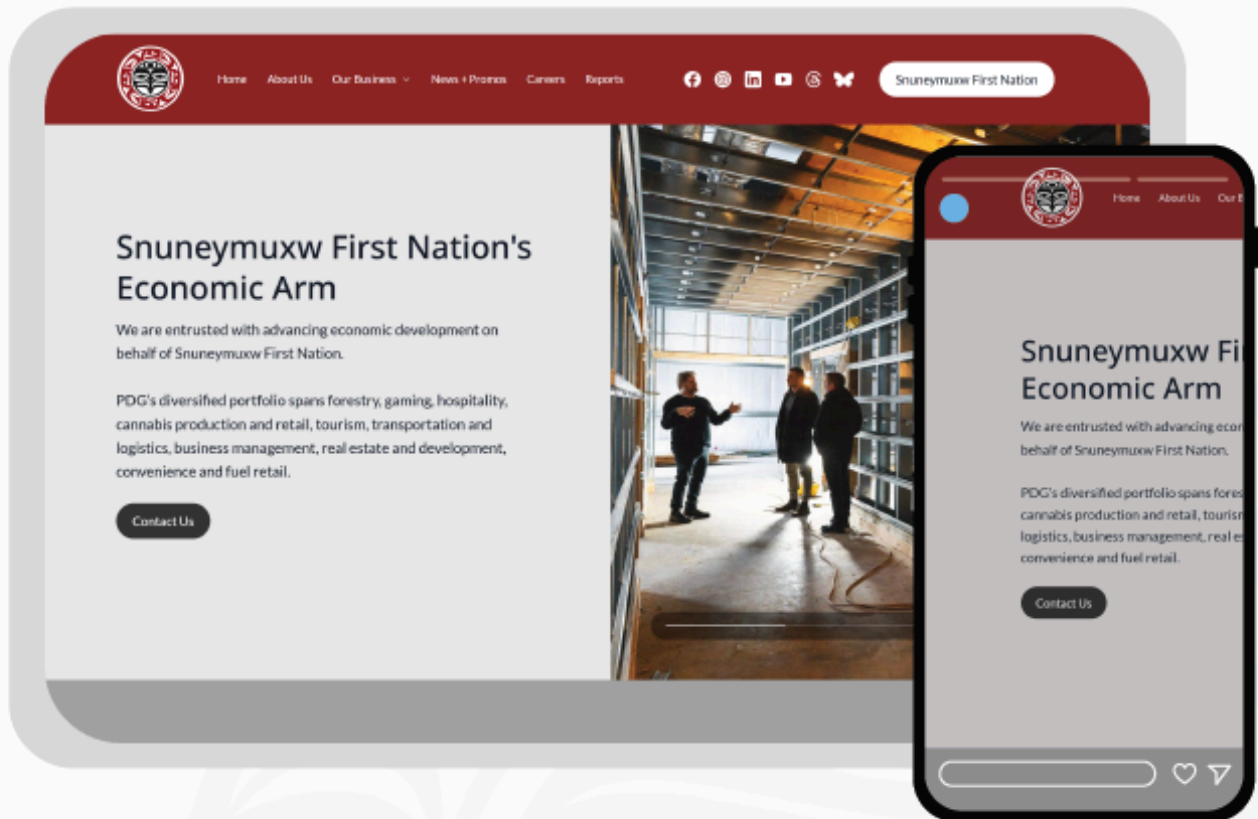


PETROGLYPH
DEVELOPMENT GROUP

January UPDATES



OUR NEW WEBSITE



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.





PETROGLYPH
DEVELOPMENT GROUP

EAGLEVIEW IN DEVELOPMENT HIGHLIGHT



IN DEVELOPMENT

Sxwayxum
The acquisition and return of 267 hectares of the Sxwayxum village (Terminal Area) marks an important step in addressing our long-standing absence from this sacred village. As this land is the Simpa, any redevelopment will require Provincial and City partnership on rezoning. We'll continue to share community updates as new milestones are reached.

te'tuxwtun
Your vote matters
Our 184.7 acres of land at te'tuxwtun has been added to the Snuneymuxw reserve land base. 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 mixed-use development on-reserve. Now, we are excited to move towards a 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 te'tuxwtun land, for mixed-use development, including residential, commercial, and light industrial space. Voting details will be shared closer to the voting date. More info at www.snuneymuxw.ca/leg

PDG Profits
80% of net profits directly benefit Snuneymuxw. Every penny PDG receives as profit is audited and directly benefits our Nation.

As profits increase, the money we earn from the te'tuxwtun development, we will bring in more money to support Snuneymuxw's key priorities.

Profits currently help fund our monthly Salween \$5+ stake payments, annual member distribution, bursaries, scholarships, and our Reswood and community train-away recycling program.

ART BENSON **PETROGLYPH** **LAHAL** **SAYSUTSHUN** **Casino**

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.

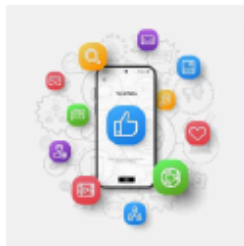
1451 MACMILLAN RD. NANAIMO BC



**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

SHEILA 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# |
|------------|-----------|---------|
| | | |

| DATE | TYPE OF ACTIVITY (Job search, Resume, Workshop/Training etc.) | NAME OF BUSINESS | RESULTS |
|------|--|------------------|---------|
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(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)

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**





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

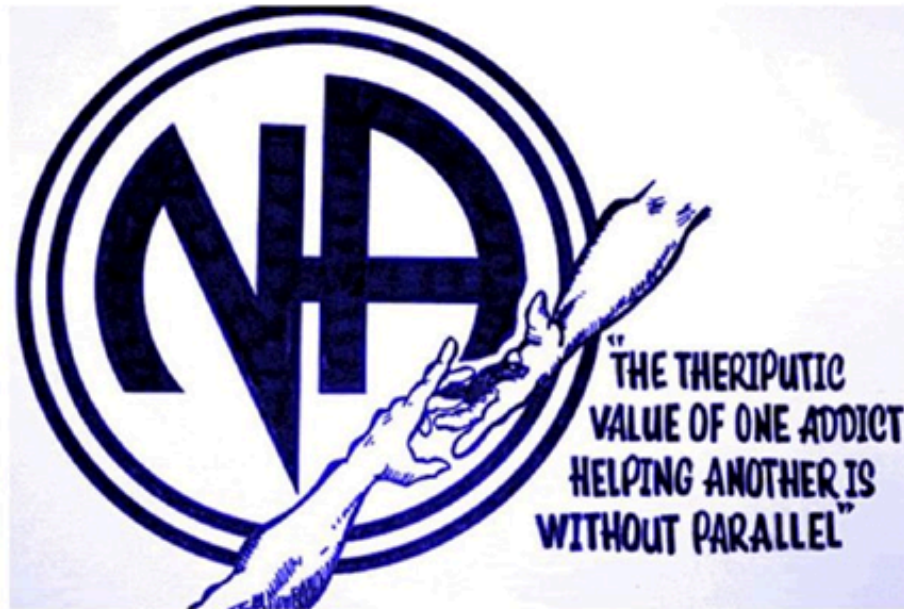
FEB 26

1pm - All Welcome

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

Recovery sweats contact Troy Brooks | tbrooks@kwumut.org





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: **Appointment Line:**
250-740-2337 **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.)

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.snuneymuxw.ca/membership



QUESTIONS?

Contact our membership team at:

250-740-2300

membership@snuneymuxw.ca

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

HEALTH CLINIC & EMERGENCY

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

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

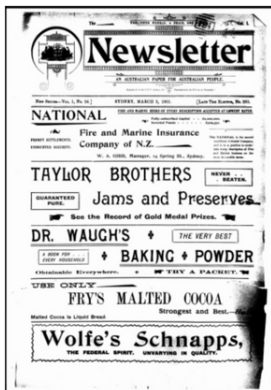
**Cheryl Mooney
250-668-2644
cmooney@snuneymuxw.ca**

**Marina White
250-668-5244
marinaw@snuneymuxw.ca**

**Regan Seward
250-616-3582
regans@snuneymuxw.ca**

**Housing:
250-740-2354**

**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.

**Check out the latest
Nation Job Postings:**

www.snuneymuxw.ca/jobs

Follow us on Facebook:

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

SFN NEWSLETTERS

Also available on the
website as PDFs:

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

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

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**

