

Snuneymuxw News

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

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li:mus

(April)

ćisum

(To Grow)

'iyus yuq'wíqwu'us

(Wishing You A Happy Spring Season)

tlxwum

(To Warm)

pequm

(To Bloom)

sxwuyíws

(Energetic/To Gather Energy)



te'tuxwtun
DESIGNATION VOTE



Plan to **VOTE** May 9, 2026

Help shape the future of our Nation by participating in the referendum vote for designation of lands on te'tuxwtun reserve



How

All eligible voters (18 years +) can vote in person and by mail:

1. In person on May 9

Voting hours will be 9:00AM – 8:00PM at Snuneymuxw Gymnasium, 1145 Totem Road, Nanaimo.

Members voting in person must bring a piece of ID.

2. By Mail

Mail in ballots must be received by the Electoral Officer by May 9.

Designation votes are administered by Indigenous Services Canada ("ISC") and must follow the *Indian Referendum Regulations*.

This means:

- Online voting is not permitted—voting must take place by mail or in-person on May 9
- Referendum officer is appointed by ISC



Learn More

Join us for Community Information Sessions to learn more about the designation process:

April 25

Online

12:00 – 1:00PM

Meeting ID: 826 9231 6044

Passcode: .zXqG2%

A live stream will be available of the in-person session so you can listen and follow the discussion.

In person

Meal: 12:00 – 1:00PM

Meeting time: 1:00 – 3:00PM

Location: Snuneymuxw Gym

Please note this meeting will be attended by an Indigenous Services Canada electoral officer.

May 6

In person

Meeting time: 5:00 – 7:00PM

Location: Snuneymuxw Gym

Learn more by visiting www.snuneymuxw.ca/cp



A sacred gateway to Vancouver Island.

COMING SUMMER 2026

Located just steps from the Departure Bay Ferry terminal, The Village at stilnup is an oceanfront village of shops and services owned and operated by Snuneymuxw First Nation. The community hub will welcome locals and visitors to Snuneymuxw, honouring its roots as an ancient place of arrival.

This magnificent location is also where a Snuneymuxw origin story unfolds, where our relationship with the land and sea began and where the teachings that guide Snuneymuxw were first shared. **We are excited to share this journey with you all!**



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Instagram



FOLLOW US ON
Facebook



SIGN UP FOR OUR NEWSLETTER
Receive exclusive giveaways and announcements

villageatstilnup.ca



April UPDATES

SFN ACQUIRES FULL OWNERSHIP OF COURTYARD BY MARRIOTT NANAIMO

This full ownership signals continued Nation-led growth and investment in Nanaimo's downtown core. Previously co-owned through a partnership with PEG Companies based in Utah, the Marriott now joins PDG's growing hospitality and gaming portfolio. Together, these investments reflect Snuneymuxw's long-term approach to sustainable economic development, focused on established, income-generating assets that support employment, community reinvestment, and long-term resilience. Learn more at: petroglyphdg.com/blog



Get ready for a grounding journey of exploration coming this summer. Visit villageatstlllnup.ca and sign up for our email list to gain exclusive access to opening dates and retail announcements!



JOB OPPORTUNITIES

Stay updated: petroglyphdg.com/careeropportunities.





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 CHENOA P AT 250-740-2300

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

SHEILA W – EMPLOYMENT NAVIGATOR

SHEILAW@SNUNEYMUXW.CA OR 250-740-2348 OR RESUME HELP CONTACT CHENOA TO BOOK FOR ASSISTANCE ON THURSDAYS

JOB SEARCH

ALL SOCIAL ASSISTANCE CLIENTS

MUST COMPLETE ALL OUTSTANDING FILE DOCUMENTS BEFORE APRIL 30TH PLEASE CALL TO CONFIRM YOUR FILE IS COMPLETE

JOB SEARCH FOR ALL EMPLOYABLE

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

TO RECEIVE THE MONTHLY SOCIAL ASSISTANCE PAYMENT

ON THE LAST WEDNESDAY OF EACH MONTH

Nan Seward – Community Service Director





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)



PATHWAYS TO YOUR PURPOSE

EVENT SPECIFICALLY FOR INDIGENOUS
STUDENTS GRADE 8 TO 12.

- SIX HANDS ON STATIONS
- 12 DEMONSTRATION STATIONS
- PIZZA LUNCH!
- CHANCE TO WIN PRIZES
- ELDER WISDOM
- ALL HIGHSCHOOL PARTICIPANTS WILL RECIEVE A FREE PAIR OF SOCKS
- ONE STUDENT WILL GET A CHANCE TO WIN A PAIR OF APPLE AIRPODS!
- CHANCE TO WIN A TIM HORTONS GIFT CARD

EVER SIT IN
CLASS
WONDERING
WHAT YOU
MIGHT DO
WHEN YOU
GRADUATE?



APRIL 29, 2026

8:45AM - 2:15PM

 **SFN GYM
(1145 TOTEM RD)**

**120 SPOTS
AVAILABLE. GET
YOUR APPLICATION
IN NOW**

**OR FIND LINK IN
FB EVENT**



**CHECK IN WITH YOUR INDIGENOUS
EDUCATION TEACHER IF YOU
NEED SUPPORT.**



Snuneymuxw

Graduation Celebration

This form is for students graduating Grade 12 and/or from a post-secondary institute (diploma, degree, master, PHD) Graduating in the Sept 2025-June 2026

Place: Snuneymuxw Gym

Grade 12 Graduation Ceremony - July 7th 2026 - Dinner at 5 pm

Post-Secondary Graduation Ceremony - July 8th 2026 Dinner at 5pm

PLEASE SUBMIT BY June 30, 2026 @ 4:30 P.M.

Student Information:

| | |
|-------|----------------|
| Name: | Status number: |
|-------|----------------|

Graduation Confirmation - complete **ONLY if you are attending Celebration.**

| | |
|---|--|
| Graduation Class of or Program Name: | I am attending: YES: <input type="checkbox"/> or NO: <input type="checkbox"/> |
| Type of copy of verification attached: _____ YES: <input type="checkbox"/> or NO: <input type="checkbox"/> | I will have _____ attending Graduation. (maximum 6 guests including the graduate) |

Institute or School Graduating from:

| | | |
|-----------------|----------------|----------------|
| Institute name: | Address: | Phone #: |
| Student PEN #: | Student email: | Student Cell # |

Thank you and Snuneymuxw looks forward to seeing you at your Graduation Ceremony. We will have a table for you and your family members.

Student Signature: _____ Date: _____

Email, fax, or deliver this form: chenoap@snuneymuxw.ca or Fax: 250-753-3492



STEWARDSHIP CENTRE
FOR BRITISH COLUMBIA

HOW DO WE HONOUR OUR SACRED SHORELINE?

Snuneymuxw's Marine Division is exploring "Green Shores" approaches.

Looking at how we can heal our shorelines.

We are invited to share our voices

- What do you value most about our shoreline?
- What foods or medicines do you gather along the shoreline, or hope to gather in the future?
- What future would you like to see for our babies?

PLEASE RSVP VIA THE
FACEBOOK EVENT OR
THIS FORM LINK.



**SNACKS,
DRINKS AND
DOOR PRIZES!**



**MONDAY, APRIL 20
4:00PM - 7:00PM**



**EDUCATION
PORTABLE
(669 CENTRE ST)**

Questions about this event? Please
contact:

Sarah Primeau

✉ sarah@stewardshipcentrebc.ca

Andrea McDonald

✉ andrea@stewardshipcentrebc.ca

Kali Brauckmann

✉ kalib@snuneymuxw.ca



KWA'KWUSUN' Q'APTHUT

(LITTLE STAR GATHERING)

**DROP IN APRIL 21ST FROM
10AM-12PM**

Parents can
drop in, weigh
their baby
and talk to the
Health Nurse



AGES 0-5

Snacks Provided

Topics include:

- Immunizations
- Dental care
- Breastfeeding
- Development
- Community building
- Feeding
- Safety
- Sleeping
- Mental Health



snuneymuxw hilit lelum
1451 Macmillan Road
250-740-2337



This event will take place on the 3rd Tuesday of every month



MEDICATION RETURN EVENT

APRIL 24, 2026 @ SNUNEYMUXW



RECREATION CENTER



FROM 11AM-2PM

COFFEE, TEA AND LIGHT SNACKS WILL BE PROVIDED

**BRING YOUR
EXPIRED OR
UNUSED
MEDICATIONS TO
DISPOSE OF
SAFELY**

**PHARMACIST
WILL BE
AVAILABLE
TO ANSWER ANY
QUESTIONS
YOU MAY HAVE**

**PICK-UP AVAILABLE
PLEASE CALL ELIZABETH @
250-740-2337**





EVERYONE WELCOME



PLEASE JOIN US
May 5th



AS WE HONOUR, REMEMBER AND DEMAND JUSTICE FOR



MMIWG2S+



Missing and Murdered Indigenous Women, Girls, and Two-Spirit +

| | |
|--------|--|
| 3:30pm | Meet at Port Place Thrifty Foods for March |
| 4:00pm | March Starts going to Maffeo Sutton Park |
| 4:40pm | Gathering at Maffeo Sutton Park |

Hand Drums
Welcome

Cedar Rose & Red
Dress Pin Making

Cultural Support
Available



Tsow-Tun Le Lum Society

Working in Collaboration With



With gratitude we acknowledge the traditional unceded territory of Snuneymuxw First Nation and commit to walking together in the spirit of reconciliation, collaboration and respect.



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 hilit 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



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 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. 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:

Derrick Seward supports families in Snuneymuxw who are connected with Child & Family Services.

Office: 250-740-2337

Email: derrick.seward@snuneymuxw.ca



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 qá' (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**

