

ELDERS FOCUS GROUP

Cook's Ferry and Siska Elders are invited to join Heskw'en'scutxe Health Services Society & Nlakapamux Health Services for lunch and share in a forum:

- ~ Things that make you healthy;
- ~ Your access to health services now and in the future;
- ~ Usage and access to TM and practices and more!



Goal: To encourage socialization through an Elders forum addressing issues of your choice by creating an Elder's group to meet monthly and supported by HHSS.

Date: Thursday April 25, 2019
Time: 12:00 p.m. ~ 3:00 p.m.
Location: Cook's Ferry
For more information call:
Siska: 250. 455.6601
Cooks Ferry: 250.458.2212
We will assist Elders attending from Siska

Door prizes!
Gift card for each Elder attending!



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

May 2019

The recycling sorting station is almost completed. Prana Timer Frames and Dusty Wilson worked hard over the past weekend to put this project together.

The next step is to paint the structure and install a fence. Thank you Lyle Samaha for doing this!

We invite everyone from Cooks Ferry and Siska to attend our fun day next Tuesday!



Earth Day Celebration Tuesday April 23, 2019

Cook's Ferry Band
Kumsheen I.R. # 1

- 11:00 A.M. Welcoming by Chief and Council
- 11:10 A.M. Ribbon Cutting Ceremony (a few children, an elder and council)
- 11:15 A.M. TNRD Recycling Presentation by Andrew Aroebbelen
- 12:15 P.M. Let's Learn Together: Residents "Hands On" on Site Recycling Practice
- *Please bring your blue bins & recyclables to be sorted on site today!**
- 12:30 P.M. Lunch
- 1:00 P.M. Kids: paint the station with Nlaka'pamux designs with Artist Meriel Barber
- 2:00 P.M. Lots of Door Prizes for kids and adults!



Thank you to all our sponsors, Cook's Ferry Chief and Council, CFB & HHSS staff for their help and support with this project.

Students from the Lytton High School learned about our composting program on April 12, 2019.

Thank you Rhonda and daughter Sara for the presentation!



For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0
 Phone: (250) 458-2212
 Fax: (250) 458-2213
 Client Toll Free: 1-866-458-2212
 Email: nadine.methot@hhssbc.ca

Siska Office

163 Loop Road
 Phone: (250) 455-6601
 Fax: (250) 455-6608
 Client Toll Free: 1-844-255-6601
 Email: corynn.revely@hhssbc.ca

Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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HHSS Board	HHSS Staff	HHSS Offices
<p>Lorette Edzerza Chairman Director Cooks Ferry Band Appointed</p> <p>Angela Phillips Director Siska Indian Band Appointed</p> <p>Florine Walkem Director Cooks Ferry Band Appointed</p> <p>Sam Gush Director Siska Indian Band Appointed</p>	<p>Andrea Elliott Health Manager</p> <p>Tina Draney Finance and Administrative Support</p> <p>Corynn Revely Siska Receptionist</p> <p>Nadine Methot Cook's Ferry Administrative Assistant</p> <p>To be appointed Community Health Representative</p> <p>Lisa Colwell, LPN, AFCN Home & Community Care Nurse</p> <p>Jennifer Marinello, RN Home & Community Care Nurse</p> <p>Jennifer Fields Community Home Care Aid</p> <p>Ashley Loring Earl Community Home Care Aid</p> <p>Fred Charlie Transportation Support</p> <p>Linda Peters Transportation Support</p> <p>Hazel Billy Home Support Worker Housekeeping COHI Aide Water Monitor</p>	<p>COOKS FERRY Box 188 3691 Deer Lane Spence's Bridge, BC V0K 2L0</p> <p>Phone (250) 458-2212</p> <p>Fax (250) 458-2213</p> <p>Client Toll Free 1-866-458-2212</p> <p>Email nadine.methot@hhssbc.ca</p> <p>SISKA 163 Loop Road</p> <p>Phone (250)455-6601</p> <p>Fax (250) 455-6608</p> <p>Client Toll Free 1-844-255-6601</p> <p>Email corynn.revely@hhssbc.ca</p>

Pask'e? Ladies Group & Coyote Brotherhood

The Nlaka'pamux Ladies Group and Men's Group will be coming together to learn about the Dancing Tree, share a meal, and learn how to harvest bitter root.

Please dress appropriately for the weather, bring your chairs, ribbon skirts/shirts, drums, and diggers!

April 24, 2019

10:00-2:00 P.M.

Dancing Tree in Twaal Valley & Bitter roots @ Basque Ranch



ḥk'wəpn
(th-coop-in)
Bitter root

For information or rides please contact Corrina Manuel at cmanuel@cna-trust.ca or Buzz Manuel at bmanuel@cna-trust.ca or call the office at 250-378-1864

HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

VALUE STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods.

Heskw'en'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's

MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Heskw'en'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

"Take Care of Yourself"



COOKS FERRY & SISKA

Heskw'en'scutxe Health Services Society
Home and Community Care Program

Nursing Services Available MONDAY—FRIDAY

Nursing Services:

- Immunization (all ages)
- TB Testing
- HIV/STD Counselling
- Birth Control Counselling
- Pregnancy Testing
- Prenatal Education Care
- Newborn Education/Care
- Breastfeeding Support
- Child Growth/Development Monitoring
- Blood Pressure Monitoring
- Diabetes Counselling
- Weight Loss Counselling
- Wound Care
- Home Care

Also Available:

- Infant Weight Scale
- Adult Weight Scale
- Prenatal Vitamins*
- Infant Vitamin D Drops*
- Breastfeeding Supplies* (breast pump, nursing pads, lanolin cream)
- Plug Protectors
- Children Toothbrushes
- Children's Vitamins*
- Head Lice Conditioner & Combs*
- Condoms

ONLY AVAILABLE FROM THE NURSE.

To see a nurse contact the office to book a home or clinic appointment.
Lisa Colwell, LPN, AFCN

Home & Community Care Program

What services are provided?

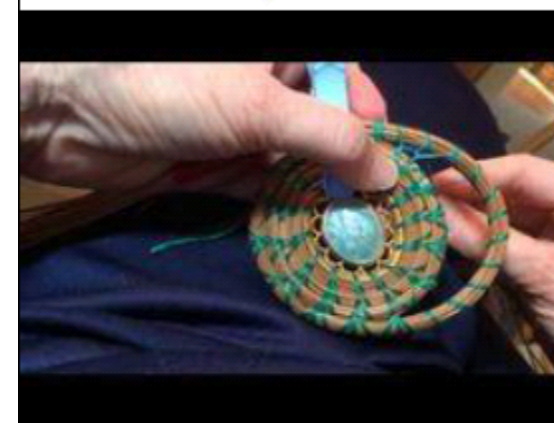
- Palliative care (specialized care aimed at providing relief from the symptoms and stress of serious illness)
- Home support (assistance with nutrition, hygiene, and bathing)
- Referral to dietitians, physiotherapists, and occupational therapists
- Transportation to medical appointments
- Medication administration
- Ostomy and catheter care
- Blood pressure monitoring
- Diabetes care
- Wound care
- Foot care
- Post-surgical care



How can I access these services?

1. Call Heskw'en'scutxe Health Services Society to book a home visit.
2. At the first home visit, usually 1 to 2 hours, a nurse will develop a care plan specific to your individual needs.
3. HHSS staff will be scheduled to provide services based on this care plan.
4. We are here to support you and you have the right to accept or refuse any of the care that we offer.

After school Art in May



With the return of the sun and Spring's official arrival we are looking forward to longer days of sunshine and warmer temperatures.

To celebrate the month of May we will be working on some fun art projects.

- ✓ Botanical paintings in watercolor
- ✓ Printmaking inspired by nature
- ✓ Origami & Creative shapes in paper
- ✓ Rope weaving bowls.

After school Art will be held outdoors when possible on Mondays in Siska After school starting at 3:30pm at the HHSS office and in Cook's Ferry band office at 4:00 pm on Tuesdays in the multipurpose room with instructor Meriel Barber.

Nzenman Child Development Outreach Services

Weekly drop in:

10am to 12:00 pm

Mondays and Wednesdays

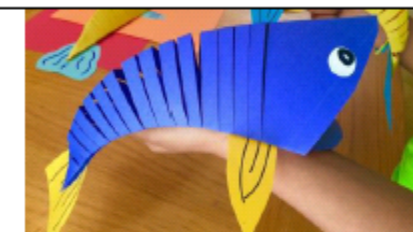
Drop in for children (0-5years)

Thursdays

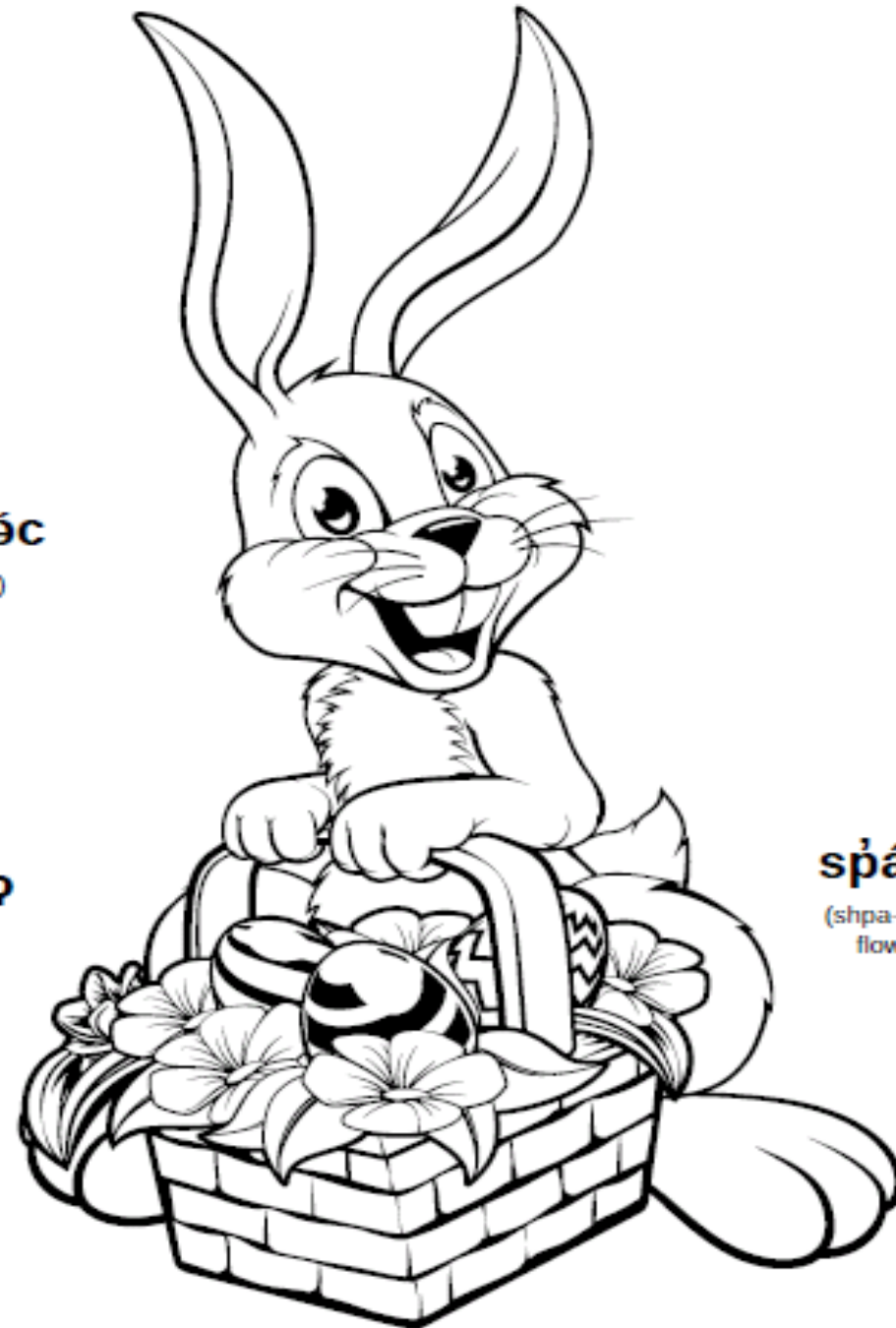
Prenatal Drop in

(Prenatal—6 months)

A light snack is provided at each Drop in.



Happy Easter!



sq^woq^wyác

(sh-kook-yeech)
rabbit

?e?úse?

(ah-oo-shah)
egg

spáqm

(shpa-kum)
flower

ćyé

(tsee-ya)
basket



Heskw'en'scutxe Health Services Society would like to share with Cooks Ferry and Siska Bands information on First Nation Health Programs offered for members living on and off reserve via our newsletter.

Your Contact Information is needed to do so:

Please check your preferred method of contact; (one or more)

I would like to receive the newsletter by email;

I would like to receive the newsletter by mail;

On reserve, continue hand delivery to my home.

Please fill out this form & send to nadine.methot@hhssbc.ca

or fax: 250 458-2213 or turn in at either health office.

Name: _____ Siska; Cooks Ferry

Address: _____ Town: _____

Phone: _____ Postal Code: _____

Email: _____

Note: Personal information provided will be used to identify you for the purpose of accessing the Heskw'en'scutxe Health Portal / Website and email delivery of our monthly newsletter. Personal information will be kept in accordance with our privacy policy and will not be used, sold or given access to anyone for any other purpose. Completion of this forms implies permission allowing HHSS to keep record of personal information for the purpose of distribution of the HHSS newsletter. A copy of the privacy policy is available at the health office, will be available on the website and included with the electronic newsletter.



**NEW WEBSITE
COMING SOON:**

**INCLUDING A HEALTH
PORTAL TO SUBMIT
TRAVEL FORMS ONLINE
AND MORE!**

**WITH ACCESS TO
"HOW TO" PAPERS
AND FORMS FOR
HEALTH SERVICES
FOR BOTH ON AND
OFF RESERVE
MEMBERS**

**SHARE IDEAS FOR
HEALTH WELLNESS
ACTIVITIES**

Cooks Ferry Location:

3691 Deer Lane, Spences Bridge
BC, V0K 2L0

Tel: 250 458.2212 / 866.458.2212

Siska Location:

163 Loop Road, Siska,
BC V0K 1Z0

Tel: 250 455.6601 / 844 255.6601

"Take Care of Yourself"

Heskw'en'scutxe Health Services has Three Medical Transportation Programs

NIHB Medical Travel

Provides a reimbursement towards the cost of medical travel through the NIHB Medical Transportation Policy Framework for services types that are medically necessary:

- Medical services defined as insured services by provincial/territorial health plans (e.g., appointments with physician, hospital care);
- Diagnostic tests and medical treatments ordered by a physician or other health professional within his or her scope of practice and which are covered by provincial/territorial health plans;
- Publically-funded alcohol, solvent, drug abuse and detox treatment;
- Traditional healers;
- Non-Insured Health Benefits (vision, dental, mental health, medical supplies and equipment); and
- Publically-funded preventative screening e.g. breast cancer screening (where coordination with other medical travel is not feasible).

Travel claims can be process through Heskw'en'scutxe Health Services for those who have status and live on reserve in our service communities. Community members who live off reserve are entitled to travel reimbursements processed directly through the First Nations Health Authority.

Off-Reserve Medical Travel Reimbursement forms are available up at both Heskw'en'scutxe Health offices. For more information about Off-Reserve Medical Travel Reimbursement call: **1-888-299-9222**
<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/reports-publications/non-insured-health-benefits/non-insuredhealth-benefits-nihb-medical-transportation-policy-framework-july-2005-first-nations-inuit-health.html>

Home and Community Care Medical Travel

As a supplement to the NIHB Travel program, Heskw'en'scutxe Health Services provides medical travel assistance as described above and are Home Care Clients:

- Home Care Clients are community members who have been assessed by nursing and admitted to the program to provide on-going support for acute and chronic disease management.
- Transportation support does not take the place of family responsibility and is available only when family members are not able to provide medical transportation support.

Local Shuttle for Medical Travel

In addition Heskw'en'scutxe Health Services started a medical transportation shuttle one day a week from each community providing access physician and dental appointments in Lytton, serving those who would normally not have access due to the lack of transportation.

Cooks Ferry – Tuesday, medical travel shuttle to Lytton

Siska - Wednesday, medical travel shuttle to Lytton

- Shuttle will support scheduled appointments between 9:00 am and no later than 3:00 pm to assure serves within our operating hours of 8:30 am and return by 4:30 pm
- Please provide at least 24 hour notice to assure space if available



FOOT CARE NURSING

Lisa is providing advanced foot care.

Please call to book appointments.

Cooks Ferry - Phone: 250-458-2212 Toll Free: 1-866-458-2212

Siska Office - Phone: 250-455-6601 Toll Free: 1-844-255-6601

<u>Important Dates</u>	<u>Mark your calendars!</u>
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Men Wellness Day Cook's Ferry June 18, 2019

Women Wellness Day Siska July 23, 2019

Reflexology with Heidi McCall



May 7 & 21 May 8 & 22
Cooks Ferry Siska

- | | | |
|---------------------------------|--|-------------------------------|
| 1. Helps Control Blood Pressure | 5. Helps Promote Sleep | 10. Useful For Depression |
| 2. Improves Nerve Sensitivity | 6. Improves Liver Function | 11. Chronic Sinusitis |
| 3. Improves Energy Levels | 7. Treatment For Migraines And Headaches | 12. Helps Reduce Swollen Feet |
| 4. Improves Blood Circulation | 8. Speeds Up The Healing Of Wounds | 13. Reduces Symptoms Of PMS |
| | 9. Treatment Of Arthritis | |



Therapeutic Massage with Kathryn Young

Cooks Ferry May 14 / Siska May 15

Note: If you cannot make it to your appointment, please do not send a replacement. Contact the office and we will call the next person on our waiting list. We thank you for your understanding.

NOTE: We are asking everyone, not to book a massage if they have already received one in the previous month, This way everyone gets an opportunity to get a massage. Please note that no shows to appointments will be put at the bottom of the call back list.



Ricardo Pickering MC (Counselling Psych), RP, CCC
 Mental Wellness Outreach Clinician
 rpickering@statimchealth.net
 T: (250) 256-7530 • C: (250) 842-8552

Call Hesk'w'en'scutxe Health Services to set up an appointment at: 250 458-2212

To book an appointment with Ricardo Pickering for both Siska and Cooks Ferry members, please call the Hesk'w'en'scutxe Health Services office for a referral, or if you prefer, you can call him directly.



Heskw'en'scutxe Health Services Society

Invitation to
Siska and Cooks Ferry Community members:

*Pool Passes available to both on and off reserve registered band members and their families.
Call Lisa or Nadine to be added to the list.
Transportation not included*



**Heskw'en'scutxe
Health Services Society**

Cooks Ferry

Phone: (250) 458-2212

Fax: (250) 458-2213



Community Health Planning Committee

Member Needed—Cooks Ferry

Purpose:

The purpose of the Heskw'en'scutxe Health Services Society's Community Health Plan Committee is provide oversight of the development of a ten year Community Health Plan for health services provided to Cook's Ferry and Siska Indian Bands.

Goals:

It will be the responsibility of the Heskw'en'scutxe Health Services Society's Community Health Plan Committee, hereafter referred to CHPC, to provide input into the service planning which will guide, contribute and evaluate the services and programs defined by the CHPC. Including:

- Development of health planning processes that foster efficient and open communications;
- Work proactively, purposefully and in collaboration to identify and act on health priorities for the mutual benefit of clients and community members;
- Engage in ongoing efforts to refine and improve CHP definition of services and that support the delivery of program services; and
- Invest strategically to promote and support stable, accountable and effective service delivery to clients.

Membership and Roles:

Members will include the HHSS Health Manager and four members from each community representing Cook's Ferry and Siska Indian Band, comprised of both Board Directors and community members. Members selected to represent their community and the ratio between board members to community members, shall be determined by the two Board of Directors representing respective communities.

CHPC usually meets once, sometimes twice a month. Members have basic understanding of band governance and can represent everyone's interests in the community, without bias. A basic honoraria is provided to compensate for time and travel.

If you are interested in serving on the CHPC representing Cook Ferry, please contact Heskw'en'scutxe Health Services at 250 458-2212 or contact the Cooks Ferry Band directly at: 250 458-2224

Posted until filled, please apply ASAP

Rattlesnakes are the most widely known of the pit vipers (family Viperidae). They are found throughout the United States and parts of Canada and account for most poisonous (venomous) snakebites in North America. They leave one, two, or three puncture marks on the skin, but you won't always see any marks.



Rattlesnakes can be up to 2.5 m (8 ft) long and have:

- Rattles at the end of the tail. Young snakes may only have one rattle or "button," which does not make the rattle sound.
- Diamond-shaped markings, blotches, or speckles down the back.
- Pit-like depressions behind the nostrils.
- A triangular head with slit-shaped pupils and fangs.
- A single row of plates or scales on the undersurface of the snake, including the tail.

Symptoms of a rattlesnake bite usually appear from minutes to hours after a bite and can include:

- Severe, immediate pain with rapid swelling.
- Bruising of the skin.
- Trouble breathing.
- Changes in heart rate or rhythm.
- A metallic, rubbery, or minty taste in the mouth.
- Numbness or tingling around the mouth, tongue, scalp, feet, or the bite area.
- Swelling in lymph nodes near the bite.

Signs of shock.

If you think you have been bitten by a rattlesnake, **call 911 or other emergency services immediately.**

What to do if a non-poisonous snake or lizard bite?

Most snakes and lizards in North America are not poisonous. Bites may be frightening, but most do not cause serious health problems. A bite from a small non-poisonous snake might leave teeth marks, a minor scrape, or a puncture wound without other symptoms. Home treatment often relieves symptoms and helps prevent infection.

Although most non-poisonous snakebites can be treated at home, a bite from a large non-poisonous snake (such as a boa constrictor, python, or anaconda) can be more serious. In North America, these snakes are found in the Florida Everglades and zoos, but they may also be kept as exotic pets. The force of the bite can injure the skin, muscles, joints, or bones. Other problems can occur with a non-poisonous snake or lizard bite even if the reptile is small. A snake or lizard's tooth may break off in a wound or a skin infection may develop at the site of the bite. Consult a doctor.

Both articles can be found on the *Health Link BC* website.

CITXW NLAKA'PMAUX ASSEMBLY ACTIVITIES

We are excited to announce the following Sports and Recreation Events for the months of April - June 2019. Please mark your calendars and forward this email to your contacts!

1. Spring Break Sports Camps
2. Tuesday March 26th in Cooks Ferry from 10am - 2pm
3. Wednesday March 27th in Nicomen from 10am - 2pm
4. Traditional Games and Training @ Feel The Beat
 - Every Thursday starting April 11th till May 30th from 5-7pm
 - Each week we will be doing physical activity from running to traditional games (archery, spear throw, knobby ball, etc).
5. Thunder Rookie Rugby
 - Every Monday starting April 29th till June 17th @ Nicola Canford Elementary School with Indigenous Rugby Player/Coach Aaliyah Rodominski
6. NLX Indigenous Youth Track and Field Team
 - Training will start in April across the nation
7. Feel The Beat 5Km Fun Run
Saturday June 1st at Voght Park

We are seeking youth that would like to train, compete and prepare for the 2020 North American Indigenous Games selection camp for Athletics (Track and Field)
More info will

Volunteers are needed!
Contact Buzz to volunteer at bmanuel@cna-trust.ca

CITXW NLAKA'PAMUX ASSEMBLY & SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

FEEL THE BEAT 5KM FUN RUN

AND 2.5KM FUN RUN & TWICE AROUND THE TRACK FOR THE LITTLE ONES AND THE YOUNG AT HEART

Saturday June 1, 2019
9:00 AM Start
Voght Park
Merritt BC

All Finishers will receive a Medal!
Registration is FREE

Please register online at:
<https://goo.gl/qUs0SB>

If you need help with online registration or would like to volunteer contact:
Buzz Manuel: T: 250-378-1864 E: bmanuel@cna-trust.ca
Charlene Joe: T: 250-378-2771 E: feelthebeat@scwexmx.com

Citx^W Nlaka'pamux Assembly

'ooyim'

Púym

(Gather things for a special purpose)

May 9, 2019

Meet @ base of Nicomen Reserve-10:00 AM
 Have a tour of the Nicomen Healing Waters
 Have lunch at Nicomen Ranch @ 12:00 PM

*Bring Tobacco for a prayer at the waters, water bottle,
 walking/hiking shoes, & CHAIRS

*Please make sure to have clippers, bags, felt/pen for outings

10:00 AM-2:00 PM

March 14, 2019

July 11, 2019

April 11, 2019

August 8, 2019

May 9, 2019

September 12, 2019

June 13, 2019

October 10, 2019

The 2nd Thursday of each month we will be getting together on the land to learn about significant Nlaka'pamux teachings.

Corrina Manuel-Cultural Programs
 Coordinator, cmanuel@cna-trust.ca or
 250-378-1864

REGISTRATION FORM

HEALTH & WELLNESS COMMUNITY SEMINAR SERIES

*****NO REGISTRATION FEES*****

⇒ AGES 12 AND UP – TEENS, ADULTS, ELDER, FAMILIES ←

REGISTRATION DETAILS

Last Name: First Name:
 Date of Birth: Band Name & # (if applicable):
 Health Care Number & Primary Doctor (in case of emergency):
 Address (residential & mailing):
 City: Postal Code:
 Phone: Email:

SEMINAR SCHEDULE

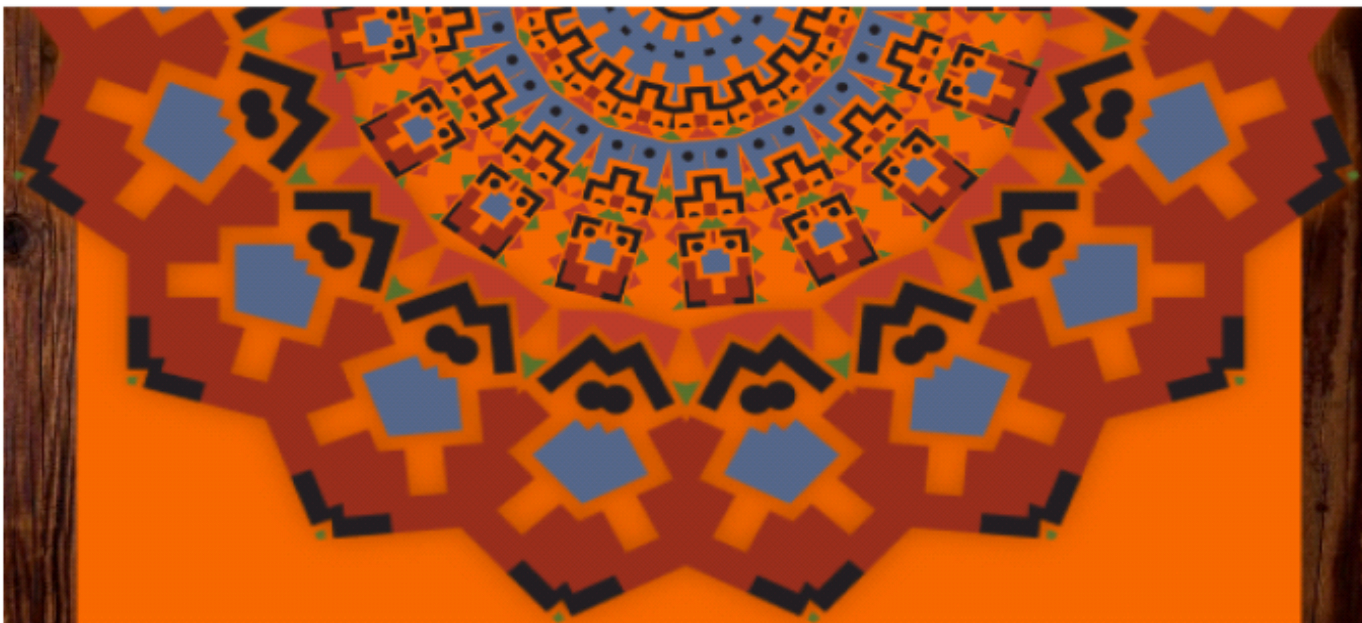
Date:	Time:	Seminar:	Service Provider/Agency
April 8, 2019	6:30pm-8:30pm	First Nations culture & traditions	Robin Humphrey - SCFSS
May 13, 2019	6:30pm-8:30pm	Foundations & True Colours	Monty Joseph - SCFSS
June 10, 2019	6:30pm-8:30pm	Traditional Medicine – Making Lavender Salve	Sheree Moses – LNIB Elder
July 8, 2019	6:30pm-8:30pm	Gaming & Gambling	Roxanne L'esperance – BC Responsible & Problem Gambling Program
August 12, 2019	6:30pm-8:30pm	Brain Chemistry & Addiction	Roxanne L'esperance – BC Responsible & Problem Gambling Program
September 9, 2019	6:30pm-8:30pm	Healthy Relationships while Healing from Trauma	Tony Broman – LNIB
October 21, 2019	6:30pm-8:30pm	Grief & Loss	Ava Dean – Merritt and District Hospice
November 18, 2019	6:30pm-8:30pm	Budgeting & Finance	Louise Grenier/Sherri Torgalson – Royal Bank Canada
December 9, 2019	6:30pm-8:30pm	Homelessness & Barriers to Housing & Employment	Karen Otway – ASK Wellness
January 13, 2020	6:30pm-8:30pm	Autism Spectrum Disorder	Allyson Sterling - SCFSS
February 17, 2020	6:30pm-8:30pm	Stronger Together Project – Consent, LGBTQ+	Jen Heard - NVIT
March 9, 2020	6:30pm-8:30pm	Types of Mental Health Therapies/Treatments	Tammy Armstrong - LNIB

OVERALL SEMINAR SERIES DETAILS

SEMINAR NAME:	Health & Wellness Community Seminar Series	DAYS OF SEMINARS:	Every 2 nd Monday of each month (3 rd Monday if falls on a holiday)
TIME OF SEMINARS:	START: 6:30pm END: 8:30pm	LOCATION:	Scw'exmx Child & Family Services Society – Boardroom 2975 Clapperton Ave., Merritt, BC

SIGNATURES

Signature of participant _____ Date _____
 Name & Signature of Parent/Guardian (if applicable) _____ Date _____



Health and Wellness Community Seminar Series

Register for FREE today!
Drop-ins welcome!
* Ages 12 and up -
teens, adults, elders, families



LOCATION:
SCW'EXMX CHILD & FAMILY
2975 Clapperton Ave., Merritt, BC

EVERY 2ND MONDAY, STARTING

APRIL 8, 2019

6:30PM-8:30PM

Come be a part of an inclusive, collaborative approach to gaining knowledge on important issues affecting our communities, collectively centered on wellness - mind, body, & soul.

INCORPORATING LOCAL AGENCIES, SERVICE PROVIDERS, AND COMMUNITY MEMBERS TO COVER A WIDE VARIETY OF INTERESTING AND CAPTIVATING TOPICS

Questions? Contact:
Cely-Rae Street - 250-378-2771
Lepika Saddleman - 250-378-9772

CITXW NLAKA'PAMUX ASSEMBLY

Hand Drumming

**Shackan Band Hall
Every Thursday from
April 4-May 23, 2019
6:00 P.M. to 8:00 P.M.**

All Ages Welcome, Bring
Your Drums, Potluck Style

The CNA Programs dept will be doing culture days/nights in each of our 8 participating communities. Stay tuned for upcoming events!

Corrina Manuel-Cultural Programs Coordinator
250-378-1864, or email cmanuel@cna-trust.ca

The Citxw Nlaka'pamux Assembly, Scw'exmx Child & Family Services Society, First Nations' Health Authority & Nlaka'pamux Health Services Present



MAY 4TH & 5TH, 2019
MERRITT CIVIC CENTRE
8:00A.M.-4:30P.M.

Open to all Nlaka'pamux/Syilx Families. Activities, Workshops & Presentations on topics that stem from the four areas of the medicine wheel that will lead to your healing, health and wellness. There will also be a Wellness Centre at the event!

For more information contact the CNA at (250) 378-1864 or email at reception@cna-trust.ca

THIS IS A DRUG & ALCOHOL FREE EVENT

Citxw Nlaka'pamux Assembly presents

YOUTH & ELDER GATHERING

MAY 25 & 26, 2019

**Boston Bar First Nation Longhouse
& Anderson Creek Campground**

A gathering for all ages! As part of the commitment to support relationship building between our elders, youth & the territory we are excited to host this event. Join us for archery, traditional games, drumming, pit cooking, traditional teachings, interpretive centre tours and language & culture activities. This event is open to all Nlaka'pamux Nation Elders, Youth & Families. This is a drug & alcohol free event.

Camping Spots Available | Meals Included

For more information call the CNA at 250-378-1864 or go to our website at www.cna-trust.ca

REGISTER BEFORE MAY 10TH TO BE ENTERED FOR PRIZES