

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

# THE MAMALILIKULLA FIRST NATION

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through joint interest of our land, language, and culture



## HEAVY EQUIPMENT OPERATOR PROGRAM

Length 17 Weeks

Credential Certificate

Location Offered Nanaimo

The Heavy Equipment Operator Certificate Program includes the Road Builder & Heavy Construction Foundation (4 weeks), the Heavy Equipment Operator Technician (5 weeks), and Machine Operator Training (1-8 weeks, machine-dependent) for a total of 10 to 17 weeks of instruction. Students will be granted a Foundation and Technician Certificate as well as a machine(s) specialty certificate(s). Graduates will gain knowledge and skills in both a classroom and hands-on setting that will help them to be successful as they continue within the industry. They will also participate in a four-week work experience segment gaining meaningful industry experience.

Anticipated intake for someone applying today Feb 1, 2021

Anticipated intake for someone applying today May 3, 2021

Application Fee \$41.72

Admissions Assistant Name: Kellie Spence

Phone: 250-740-6130 ext. 6130 Email: Kellie.Spence@viu.ca

### NEWS & STORIES FOR THIS ISSUE:

Mamalilikulla Success Stories

Trades Training

Work-from-home Jobs

Health News

Gwabalis Fisheries Society

Developing a self-care plan

# MAMALILIKULLA SUCCESS STORIES

## Alan Jeremy Sewid



*"My name is Alan Jeremy Sewid and in 2017 I graduated from the University of Victoria with a Bachelor of Science degree majoring in marine biology and minoring in Indigenous studies. The time I spent at university was challenging but very rewarding. I am left today with great memories and friendships that will last a lifetime, on top of the degree I earned. Completing my degree was no small feat and may not have been possible without the help of the band. Witnessing the student debt that my peers would take-on to pursue their educational goals further increased my appreciation. Adding the financial stress of university on top of the course work may have been too much to overcome but fortunately, that never became an issue, for which I say Gilakasla."*



## Marine Sciences

A degree in biology (BIOL) at UVic provides a unique opportunity to specialize in Marine Sciences—the ocean is everywhere at UVic, and if it's your passion, our department is the place for you.

Our campus is located within walking distance or a short drive of beaches and rocky shores of southern Vancouver Island. UVic is home to the large-scale remote ocean sensing programs of NEPTUNE Canada and VENUS and a partner university supporting Bamfield Marine Sciences Centre.

### DEGREE AND COURSE OPTIONS

Together with the School of Earth and Ocean Sciences (EOS) and Bamfield Marine Sciences Centre (BMSC), we offer many lecture and laboratory/field courses with a significant Marine Science component.

You can obtain a combined Major in Biology and Ocean Sciences and the School of Earth and Ocean Sciences offers an Ocean Sciences minor, which can be taken during the summer or as part of a regular biology program. A Marine Biology concentration is also offered within a Biology Major Honours program.

### BAMFIELD MARINE SCIENCES CENTRE

Bamfield Marine Sciences Centre offers 1.5 and 3.0 unit Summer courses and a Fall program of 7.5 units under the MRNE designation. These courses qualify for credit towards a UVic biology degree.

### UNDERGRADUATE RESEARCH

Several courses at UVic and courses at Bamfield have associated laboratory and field components that offer hands-on experiences for students.

As well, Directed Studies courses and the Honour's thesis programs offer opportunities for students to obtain research experience in under the supervision of UVic faculty (listed below).

Students with an interest in pursuing graduate studies are especially encouraged to take advantage of these research opportunities.

Adjunct faculty are located at the Department of Fisheries and Oceans, Institute of Ocean Sciences is located at Patricia Bay, 30 minutes from campus and Pacific Biological Station is 90 minutes north in Nanaimo providing collaborative research opportunities for undergraduates.

### Undergraduate courses with a significant marine sciences component offered on the UVic campus:

EOS 110 Oceans and Atmosphere  
BIOL 311 Biological Oceanography  
EOS 312 Introductory Chemical Oceanography  
EOS 313 Introductory Geological Oceanography  
EOS 314 Descriptive Physical Oceanography  
BIOL 319 Marine Ecology  
BIOL 321 Survey of Invertebrates  
BIOL 322 Biology of Marine Invertebrates  
BIOL 335 Ichthyology  
BIOL 336 Biology of Algae  
EOS 350 Understanding the Ocean  
EOS 408 Marine Geology

# TRADES TRAINING

## INDUSTRY TRAINING AUTHORITY

[HTTP://WWW.ITABC.CA/](http://www.itabc.ca/)

The Industry Training Authority (ITA) oversees trades training programs and apprenticeships for BC. The ITA is a comprehensive resource for current apprentices and their employers, as well as for those considering apprenticeship for their career.

What is an apprentice? What different trades careers are available? Learn about the shortage of skilled tradespeople and how to become an apprentice.

## INTERPROVINCIAL STANDARDS (RED SEAL) PROGRAM

[HTTP://WWW.RED-SEAL.CA/](http://www.red-seal.ca/)

The Interprovincial Standards (Red Seal) Program was established to provide greater mobility for skilled workers across Canada. This Website will enable you to learn more about apprenticeship, trades, the Red Seal and certification.

## WORKBC APPRENTICE SERVICES

[HTTPS://WWW.WORKBC.CA/EMPLOYMENT-SERVICES/APPRENTICE-SERVICES.ASP](https://www.workbc.ca/employment-services/apprentice-services.asp)

WorkBC Apprentice Services can help you navigate financial supports that are available to eligible apprentices while they're completing their classroom apprenticeship training.

## TRADES TRAINING BC

[HTTPS://WWW.TRADESTRAININGBC.CA/](https://www.tradestrainingbc.ca/)

The Hub for BC's Public Trades Training Programs & Services. Trades Training BC is a consortium of 15 BC public post-secondary educational institutions created to promote trades training in British Columbia. Trades Training BC's primary function is to encourage students and others considering career retraining to explore trades as a viable career option. Additionally, Trades Training BC acts as an advocate for the member institutions in their communication with the public, government, businesses and other stakeholders.

## BC SKILLED TRADES EMPLOYMENT PROGRAM (STEP)

[HTTP://WWW.STEPBC.CA/](http://www.stepbc.ca/)

STEP is a no-fee employment program that works to match potential workers with employers; assists eligible people by presenting them with opportunities for training and employment; and works with new employees and employers to ensure a good employment fit. They have several programs to help workers enter a trade and begin their apprenticeship.

## VANCOUVER ISLAND CONSTRUCTION ASSOCIATION

[HTTP://WWW.VICABC.CA/](http://www.vicabc.ca/)

VICA's primary goal is to support the construction industry and building community. From owners, consultants, engineers and architects to construction contractors, membership opens access to comprehensive services, programs and resources you won't find anywhere else.

## VANCOUVER REGIONAL CONSTRUCTION ASSOCIATION

[HTTP://WWW.VRCA.BC.CA/](http://www.vrca.bc.ca/)

Has a construction job centre, links and a searchable membership directory.

## BLADE RUNNERS - NORTH VANCOUVER ISLAND ABORIGINAL TRAINING SOCIETY (NVIATS)

[HTTP://WWW.NVIATS.COM/BLADERUNNER-S-PROGRAM](http://www.nviats.com/bladerunner-s-program)

Learn more about the Blade Runners program offered through NVIATS.

## APPRENTICE JOB MATCH

[HTTPS://WWW.ITABC.CA/APPRENTICE-JOB-MATCH](https://www.itabc.ca/apprentice-job-match)

A partnership between the ITA and WorkBC is the Apprentice Job Match. Aimed at helping apprentices connect with employers and employers connect with apprentices you will want to check out these "how to" videos on Youtube.

## BRITISH COLUMBIA CONSTRUCTION ASSOCIATION

[HTTP://WWW.VRCA.BC.CA/](http://www.vrca.bc.ca/)

A non-profit organization that acts as the provincial voice of firms active in the Industrial, Commercial, Institutional, and Multi-Family Residential Construction Industry. Has links to employers, news, trades training and employment programs and resources. The association's mandate is to provide leadership and excellence in the representation of and service to British Columbia's construction industry.

## BC BUILDING AND CONSTRUCTION TRADES COUNCIL

[HTTP://BCBUILDINGTRADES.ORG/](http://bcbuildingtrades.org/)

The British Columbia and Yukon Territory Building and Construction Trades Council is an umbrella organization for construction unions in the province of British Columbia. Currently there are 20 unions in the province who are affiliated to the BCYT-BCTC. Together, these unions represent 40,000 members and highly skilled craft workers throughout BC and the Yukon Territory. Check out this Archive of TradeTalk Magazines for the latest news in BC construction.

## RED SEAL RECRUITING

[HTTP://WWW.REDSEALRECRUITING.COM/](http://www.redsealrecruiting.com/)

Red Seal Recruiting works for skilled trades and technical people to find them the best jobs in industrial construction and manufacturing industries. Based on Vancouver Island.

## BCIT APPRENTICESHIP TRAINING

[HTTP://WWW.BCIT.CA/PATH/TRADES/](http://www.bcit.ca/path/trades/)

A direct path to trades training with the longest standing trades training institution in BC with information to help you plot a career and training in Trades.

## VANCOUVER ISLAND UNIVERSITY (VIU)

[HTTP://WWW.VIU.CA/CALENDAR/TRADES-APPLIEDTECH/INDEX.ASP](http://www.viu.ca/calendar/trades-appliedtech/index.asp)

Offers training in several trades, including Automotive Service Technician, Commercial Baking, Barber/Stylist, Carpentry, Cook, Heavy Duty Mechanics, Heating, Ventilation and Air/conditioning/Refrigeration, Heavy Equipment Operation, Small Engine Technician, and Welding.

## BCIT APPRENTICESHIP TRAINING

[HTTP://WWW.BCIT.CA/PATH/TRADES/](http://www.bcit.ca/path/trades/)

A direct path to trades training with the longest standing trades training institution in BC with information to help you plot a career and training in Trades.

## TRADES AND TECHNICAL (NIC)

[HTTPS://WWW.NIC.BC.CA/PROGRAMS/TRADES-APPRENTICESHIP-TECHNICAL/](https://www.nic.bc.ca/programs/trades-apprenticeship-technical/)

Carpentry Foundation Harmonized Certificate  
<https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/carpentry-foundation-harmonized-certificate/>

Electrician Foundation Harmonized Certificate  
<https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/electrician-foundation-harmonized-certificate/>

Furniture Design and Joinery Certificate  
<https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/furniture-design-and-joinery-certificate/>

Heavy Mechanical Trades Foundation Certificate  
[https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/heavy-mechanical-trades-foundation-certificate-/](https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/heavy-mechanical-trades-foundation-certificate/)

Metal Fabricator Foundation Harmonized  
<https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/metal-fabricator-foundation-harmonized/>

Plumbing and Piping Trades Foundation Harmonized Certificate  
<https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/plumbing-and-piping-trades-foundation-harmonized-certificate/>

Welder Foundation Harmonized Certificate  
<https://www.nic.bc.ca/programs/trades-apprenticeship-technical/trades-technical/welder-foundation-harmonized-certificate/>

## MFN LAND PURCHASE

Mamalikulla Chief and Council would like to encourage you to get certified in Trades or upgrade if you already hold a Trades ticket, so you can take part in the infrastructure of the Mamalikulla Land. Hopefully, in the near future, we will begin developing and will have our band members help build our new Mamalikulla reservation:

Carpenter	Flooring Installer
Carpet Installer	Foreman
Cement & Concrete Finisher	Glazier
Dredge Operator	HVAC Tech/Insulation
Electrician/Technician	Iron-worker
Equipment Operator	Laborer
Elevator Mechanic	Landscaper
Estimator	Mason
Fence/Fence Erector	Plumber, Pipefitter,
Roofing Mechanic	Steamfitter
Roofing Foreman	Welder

# WORK-FROM-HOME JOBS - JOHN RAMPTON

## **Affiliate Marketer**

For those unfamiliar with affiliate marketing, it's simply referral marketing where you earn a commission. Let's say that you have a website and refer a book on Amazon.

When the visitor clicks the affiliate link and buys the book, Amazon will pay you a percentage of the sale. People love affiliate marketing because they can start earning money passively with a few startup costs.

## **Baker / Caterer / Chef**

If you have a knack for baking or cooking, then turn your passion into a side business. From your own kitchen, you could start a catering business or become a personal chef. If you're a baker, you could sell your goods to friends, neighbors, online or at local farmer's markets.

## **Bookkeeper**

Believe it or not, you don't have to be a CPA to start bookkeeping. Just sign up for a bookkeeping course at a community college or even online (such as this course from The Accounting Coach). Once you complete a course, you can start earning, and the median salary is reportedly \$34,000. (Some stay-at-home bookkeepers I've spoken with personally make more than \$70,000.)

## **Editing and Proofreading**

Companies like Book in a Box pay around \$20 per hour to editors, book jacket designers and proofreaders.

## **Customer Service Rep**

Do you possess excellent communication skills? Do you also have a landline and reliable internet? Then you can earn between \$8 and \$15 per hour as a customer service representative.

## **Data Entry**

Inputting data for businesses isn't the most exciting of jobs. However, you don't need any previous experience, and you can start at \$10 per hour.

## **Copy Writing**

You can write copy for businesses from your home and, in some cases, earn up to six figures. Try Fiverr or Upwork to find gigs.

## **E-commerce Store Owner**

There are five types of e-commerce business models: dropshipping, wholesaling, manufacturing, white-labeling and subscriptions. Thanks to sites like Shopify, Magento and WooCommerce, you can quickly launch your own ecommerce store.

## **Grant Writer**

Universities, hospitals, and nonprofit organizations often need to apply for grant money. Since these applications can be difficult to write, these businesses often turn to talented grant writers. As a grant writer, you can make between \$40,300 and \$67,000 per year.

## **Graphic Designer**

Many businesses are in need of someone to design their logos, websites or visual ads. If you have a degree or certification in this area, you can make a comfortable salary annually (reportedly \$45,000 and up). The more skilled you are, the more clients you'll likely get through word of mouth.

## **Instructor**

Do you know how to play a musical instrument? Can you get people into shape? Whatever your knowledge or experience, some people will pay you to share that information with them, whether in person or online.

## **Online Teacher**

Are you a teacher who's looking for a more flexible schedule? Then consider teaching via Skype or via a pre-recorded session through organizations like K12 and Connections Academy.

## **Pet Groomer**

Do you love being around animals? Are you also patient enough to clean and style pets? If so, this could be a great home-based business.

## **Renter**

Do you have an extra bedroom? How about a car you don't drive everyday? Are there household items laying around collecting dust? If so, try renting them out to people who could use them. (I personally made over \$50,000 renting out my basement in 2017.)

## **Social Media Manager**

There are a lot of organizations who need someone to manage their social media accounts, and some may even want you to completely develop a social media strategy for them.

## **Virtual Assistant**

If you're organized and can handle office duties like replying to emails, calendar management, entering data and assisting with social media, then this job is perfect for you. And you can make between \$10 and \$15 per hour.

## Affiliate Marketer

1. Decide on a platform.
2. Choose your niche.
3. Find affiliate programs to join.
4. Create great content.
5. Drive traffic to your affiliate site.
6. Get clicks on your affiliate links.
7. Convert clicks to sales.

## Baker / Caterer / Chef

1. Research the marketplace.
2. Identify potential customers.
3. Choose your niche.
4. Brush up on small business basics.
5. Run some numbers.  
(determine what it will cost to start a catering business and what it will cost to run it)
6. Write a business plan.
7. Take your time!!

## Bookkeeper

1. Gather your tools
2. Build a website
3. Market your business
4. Stay up on training and trends

## Editing and Proofreading

1. Sites to find work: Fiverr, Upwork, Scribendi, Reedsy, ProofreadingPal, The Editorial Freelancers Association,

## Customer Service Rep

1. Home call center agent
2. Online chat agent
3. Virtual assistant
4. Travel agent
5. Technical support

## Data Entry

1. High school diploma or equivalent
2. Training certificate programs available
3. Experience sometimes preferred or required
4. Typing skills, computer knowledge, attention to detail, grammar, punctuation, and spelling

## Copy Writing

1. Learn the basics of persuasive writing
2. Learn these 6 core copywriting skills (write a headline, write a value proposition, write a landing page, write a sales email, write an advertisement, write a video script)
3. Land your first few clients
4. Develop and refine your freelancing process
5. Build a stream of recurring leads

## E-commerce Store Owner

1. Choosing a product (Finding a product to sell, evaluating your idea, obtaining your product)
2. Research and prepare (Research your competition, writing a business plan)
3. Setting up your business (naming your business, creating a logo, understand SEO)

## Grant Writer

1. Earn a Bachelor's Degree
2. Take Courses in Grant Writing
3. Acquire grant writing Experience
4. Gain industry experience
5. Join a professional association

## Graphic Designer

1. Find your first graphic design clients
2. Set your pricing
3. Name your graphic design business
4. Build a basic website
5. Develop a simple graphic design business plan
6. Communicate with your clients
7. Deliver high quality projects on-time
8. Write and send professional invoices

## Instructor

1. 365 Microsoft office instructor
2. Driving and flying instructors
3. Sports instructors
4. Human resources instructors

## Online Teacher

1. Set personal goals and regular schedules
2. Pick a class topic
3. Pick the right online platform
4. Make your class online friendly
5. Communicate, connect, and engage

## Pet Groomer

1. Learning the job
2. Training for the Job (Familiarize job details, volunteer at an animal shelter, test as a grooming assistant)

## Renter

1. Do not rent out your car on your own, clarification from your lender if you're still making car payments, contact your car insurer regarding your coverage.
2. Basement suite/room, know the rental rules, include perks, Let your insurance know, lease guarantee

## Social Media Manager

1. Build a Community of Your Own
2. Find Clients
3. Manage Your Time
4. Manage Your Money
5. Learn Advanced Marketing Skills

## Virtual Assistant

1. Choose your business structure
2. decide which services you'll offer your clients
3. decide on your pricing structure
4. launch your website and create your online presence
5. start pitching and networking
6. build relationships.

## Affiliate Marketer

1. <https://www.hubspot.com/resources/courses>
2. <https://www.linkedin.com/learning/affiliate-marketing-foundations> - Fee \$29.99
3. <https://associates.amazon.ca>
4. <https://partnernetnetwork.ebay.com/>

## Baker / Caterer / Chef

1. FOODSAFE Level 2 - Fee: \$165
2. Food & Beverage Management - <https://www.coursera.org/learn/food-beverage-management>
3. Red Seal - Cook  
1 866 660 6011

## Bookkeeper

1. NIC Beginner's Bookkeeping - Fee \$305
2. Accounting and payroll Burnaby - Fee \$470.00
3. Accounting Foundations: Bookkeeping - LinkedIn Learning - Fee \$44.99

## Editing and Proofreading

1. UOA - Editing & Proofreading - EXGEN 3133 Fee \$295
2. Editing and Proofreading Made Simple - Fee \$29.99
3. <https://www.proofreadingacademy.com/courses/becoming-a-proofreader/> - Fee \$295  
Academic Proofreading Fee \$75 Basic Fee \$75

## Customer Service Rep

1. <https://alison.com/course/diploma-in-customer-service-revised-2017>
2. LinkedIn Learning - Customer Service Foundations

## Data Entry

1. LinkedIn Learning - Excel VBA: Managing Files and Data - Fee \$39.99
2. Udemey - Data Entry Course for Beginners - Fee - \$19.99

## Copy Writing

1. UOT - Copywriting that Sells - Fee \$769
2. UBC - Copywriting - Introduction - Fee \$672
3. <https://academy.creative-copywriter.net/> - Fee \$290
4. LinkedIn Learning - Learning to Write Marketing Copy - Fee \$30

## E-commerce Store Owner

1. UOT - e-Commerce and Online Business Management - Fee \$769
2. NIC - Business Administration Certificate - Fee \$\$5,735
3. LinkedIn Learning - Ecommerce Fundamentals - Fee \$54.99
4. LinkedIn Learning - Shopify Essential Training - Fee \$49.99

## Grant Writer

1. TRU - Professional and Academic Proposal Writing - Fee \$875.27
2. UCalgary - Writing Effective Proposals for Grants and Funding - Fee \$\$595.00
3. LinkedIn Learning - Grant Writing for Education - Fee \$49.99

## Graphic Designer

1. LinkedIn Learning - Introduction to Graphic Design
2. LinkedIn Learning - Photoshop 2021 Essential Training: The Basics
3. NIC - Communication Design Diploma - Fee \$6,125
4. VIU - Bachelor of Design in Graphic Design - Fee \$8,440.92

## Instructor

1. VCC - Provincial Instructor Diploma Program - Fee \$3,808
2. LinkedIn Learning - Develop Your Course Design and Instructional Skills
3. LinkedIn Learning - Teaching with Technology - Fee \$49.99

## Online Teacher

1. LinkedIn Learning - Teaching with Technology - Fee \$49.99
2. VIU - Bachelor of Education - Fee \$8,295
3. TRU - Bachelor of Education, Elementary - Fee \$4,821.77

## Pet Groomer

1. <https://www.jklgrooming.com/features.html> - Fee \$1200
2. ICS Learn - Pet Grooming - Fee \$499
3. <http://pet.groomingschool.ca/admission-2/> - Fee \$4500

## Renter

1. Insurance for peer-to-peer vehicle rental
2. <https://turo.com/ca/en/list-your-car>
3. <https://www.car2go.com/CA/en/>
4. <https://mitchellwhale.com/blog/rent-out-your-basement-5-things-think-about/>
5. [https://www.huffingtonpost.ca/samantha-brookes/renting-out-part-of-your-home\\_b\\_7984350.html](https://www.huffingtonpost.ca/samantha-brookes/renting-out-part-of-your-home_b_7984350.html)

## Social Media Manager

1. LinkedIn Learning - Become a Social Media Marketer - Monthly 1-month free trial then CA\$34.99/month\* Annually \$24.99/month

## Virtual Assistant

1. LinkedIn Learning - Microsoft 365 Essential Training for Administrators - Fee \$49.99
2. NIC - Business Administration Certificate - Fee \$5,735
3. UBC - Leadership Excellence for Administrative Professionals - Fee \$1995



The FNHA Health Benefits Isolation Support team can help you with accommodation, travel and meals if you need to self-isolate. If you think you are eligible, or have any self-isolation transportation questions, email [Lindsay.Trowell@fnha.ca](mailto:Lindsay.Trowell@fnha.ca) or please call 1-888-305-1505. For more information see the COVID-19 Guide to Medical Transportation Benefits webpage. Regional Health Authorities may also be able to provide a safe place to stay while isolating at a "community cohort centre" nearer to the hospital. You can also call your CHN for self-isolation resources.

Cohort Sites:

Days Inn – Victoria  
Howard Johnson – Victoria  
Value Lodge - Nanaimo  
Anchor Inn – Campbell River  
A1 Alberni Inn – Port Alberni  
Tin Wis – Tofino

---

Councillor Edna Puglas has the Health Portfolio. If you have any questions or concerns about your health or that of a family member, please contact her at [edna@mamalilikulla.ca](mailto:edna@mamalilikulla.ca)



First Nations Health Authority  
Health through wellness

Training Opportunity

Swift Water Rescue Technician Level 1 (SRT 1)

The Gwabal Fisheries Society, with support from the Government of Canada through the Canada British Columbia Workforce Development Agreement is pleased to offer the following SRT 1 Courses:

SRT 1 COURSE - PORT HARDY AREA

DATES:

February 19, 20, 21, 2021

DAY 1:

8 AM Quatsino Band Office (305 Quittishe Rd, Coal Harbour)

DAYS 2&3:

Tsulquate River

SRT 1 COURSE – CAMPBELL RIVER AREA

DATES:

March 5, 6, 7, 2021

DAY 1:

8 AM Coast Discovery Inn (975 Shoppers Row, Campbell River)

DAYS 2&3:

Campbell River

For more information or to sign up, please contact:

Florence Van Graven at [florence@gwabalis.ca](mailto:florence@gwabalis.ca) cell: 1 250 230 4651

About This Course:

This comprehensive Swiftwater course puts the emphasis on identifying risks, self-rescue, and low-risk options for rescuing others. The SRT1 is the "standard-of-care" or recommended training for those who work in or on moving water. This course is compliant with national standards for technical Swiftwater rescue incidents and is recognized across Canada and around the world.

---

Councillor Bert Boucher has the Aquatic Resources Portfolio. If you have any questions about fisheries, please contact him at [bert@dmfisheries.ca](mailto:bert@dmfisheries.ca)



First Nations Health Authority  
Health through wellness

# Mental Health and Wellness Resources for Youth

Even though we need to keep our physical distance during the COVID-19 pandemic, we don't need to be alone on our journeys. Support is available! Here are some services, apps and practices that may provide help and healing during these uncertain times.

## Box Breathing

Box breathing is a powerful practice for calming your nervous system. Breathe in for four seconds, hold your breath for four seconds, and exhale for four seconds. Try it out using the GIF below, courtesy of healthline.

<https://www.healthline.com/health/box-breathing#slowly-exhale>

## Tsow-Tun Le Lum Society

Do you need guidance from an Elder? Could you use a prayer or a virtual smudging? Tsow-Tun Le Lum can help! Just call them to set up a meeting time at: 1-888-403-3123 (toll-free).

## Insight Timer

Join thousands of other youth who are learning to meditate on Insight Timer. This app will help calm your mind and reduce anxiety. Insight Timer is totally free and has over 30,000 guided meditations.

<https://insighttimer.com>

## Foundry BC

Foundry BC is a one-stop-shop for youth wellness. They are now offering virtual drop-in counselling for youth across BC. To book an appointment, call: 1-833-FØUNDRY (1-833-308-6379)

## Child & Youth Mental Health Walk-in Intake Clinics

Are you looking for mental health support or services in your area? Call your local CYMH Office for virtual or telephone services. Visit the website [here](#).

## Youth in BC Online Chat

YouthInBC.com is an on-line crisis chat service for youth who need a safe place to find support or simply someone to listen without judgement. You can chat about anything you want to: suicide, sexuality, depression, stress, relationship conflicts and much more. Online chat is available from Noon to 1 a.m. Visit: [www.youthinbc.com](http://www.youthinbc.com)

## Youth Against Violence Line

If you are concerned about your own safety, the safety of others, or experiencing sexual abuse, text 604-836-6381 or call 1-800-680-4264. Service is available 24/7 and is completely anonymous. Visit: <http://www.youthagainstviolenceline.com> for more information.

## Kuu-Us Crisis Line

The KUU-US Crisis Line Society operates 24/7 and has a line just for youth. Call: 250-723-2040 or 1-800-588-8717 (toll-free).

Which resources are you are using to keep well during COVID-19? We want to know what you think works. Email us at: [youth@fnha.ca](mailto:youth@fnha.ca)

**If you or someone you know is in crisis, call 911 now.**





First Nations Health Authority  
Health through wellness

# Mental Health and Cultural Supports During COVID-19

## TELEPHONE AND ONLINE SUPPORT

**Virtual Substance Use and Psychiatry Service.** A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

**First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service** offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Kids Help Phone** is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

**KUU-US Crisis Services** is available 24/7 to support Indigenous people in BC. <http://www.kuu-uscrisisline.ca> Toll-Free: 1-800-KUU-US17 (1-800-588-8717)  
Adult/Elder: 1-250-723-4050  
Child/Youth: 1-250-723-2040

**National Indian Residential School Crisis Line** supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

**Provincial Alcohol and Drug Information Referral Service** provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441  
Lower Mainland: 604-660-9382

**Foundry:** health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>  
Virtual: <https://foundrybc.ca/virtual/>

## FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

## INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

**Adah Dene Cultural Healing Camp Society**  
Margo Sagalon: 250-996-3813  
[Admin.elders@telus.net](mailto:Admin.elders@telus.net)  
Tracey Charlebois: 250-996-1475  
[Nakazdlieelders@telus.net](mailto:Nakazdlieelders@telus.net)

**Carrier Sekani Family Services**  
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855  
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

**Gitanyow Human Services**  
Wanda Good: 250-849-5651  
[Wanda.e.good@gmail.com](mailto:Wanda.e.good@gmail.com)

**Gitxsan Health Society**  
Ardythe Wilson: 250-842-8251  
[irsmanager@gitxsanhealth.com](mailto:irsmanager@gitxsanhealth.com)  
Pam Torres: 778-202-1355  
[irmsupport3@gitxsanhealth.com](mailto:irmsupport3@gitxsanhealth.com)  
Gary Patsey: 778-202-1703  
[irmsupport1@gitxsanhealth.com](mailto:irmsupport1@gitxsanhealth.com)

**Nuu Chah Nulth Tribal Council**  
Vina Robinson: 1-250-724-3939  
[vina.robinson@nuuchahnulth.org](mailto:vina.robinson@nuuchahnulth.org)  
Daily Elliott: 250-720-1736

**Indian Residential School Survivors Society**  
Stu Mitchell: 604-985-4464 or Toll-free: 1-800-721-0066

**Okanagan Nation Alliance**  
Rachel Marchan: 1-250-470-7048 or Toll-free: 1-866-662-9609  
[earlyyears@syilx.org](mailto:earlyyears@syilx.org)

**Tsow-Tun-Le-Lum Society**  
Toll-free: 1-888-590-3123

## FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

**Carrier Sekani Family Services**  
Call: 250-567-2900 or Toll-free: 1-800-889-6855  
and ask for an ARP Team member  
Email: [rjohn@csfs.org](mailto:rjohn@csfs.org)

**Kackaamin Family Development Centre**  
Call: 250-723-7789 or Toll-free: 1-833-205-6946

**Namgis Treatment Centre**  
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext.2152

**Nenqayni Wellness Centre**  
Call: 250-989-0301 or Toll-free: 1-888-668-4245

**North Wind Wellness Centre**  
Call: 250-843-6977 or Toll-free: 1-888-698-4333

**Telmexw Awtexw (Sts'ailes First Nations)**  
Call: 604-796-9829

**Tsow Tun Le Lum**  
Call: 250-268-2463 or Toll-free: 1-888-590-3123

**Wilp Si'Satxw Healing Centre**  
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

*All information in this document is accurate as of December 9, 2020.*

# DEVELOPING A SELF-CARE PLAN

A self-care plan can help you enhance your health and wellbeing, manage your stress, and maintain professionalism as a worker with young people. Learn to identify activities and practices that support your wellbeing as a professional and help you to sustain positive self-care in the long-term.

This will help you to:

- understand self-care
- develop your self-care plan
- put your self-care plan into action.

## Aspects of self-care

Self-care is a personal matter. Everyone's approach will be different. It relates to what you do at work and outside of work to look after your holistic wellbeing so that you can meet your personal and professional commitments (find out more). Below are the different aspects of self-care and example strategies that other people have found useful:

- Workplace or professional
- Physical
- Psychological
- Emotional
- Spiritual
- Relationships.

NOTE: The activities and suggestions below are a guide only and it is important to choose activities that are meaningful to yourself and your own goals.

After discovering the different aspects of self-care, complete the self-care plan activity below.



For each category above, select at least one strategy or activity that you can undertake. You might notice areas of overlap between these categories. It is important to develop a self-care plan that is holistic and individual to you.

- Fill your self-care plan with activities that you enjoy and that support your wellbeing. Here are some suggestions.
- Keep this in a place where you can see it every day. Keeping it visible will help you to think about and commit to the strategies in your plan. You can also share it with your supervisor, colleagues friends and family so they can support you in your actions.

## Workplace or professional self-care

This involves activities that help you to work consistently at the professional level expected of you. For example:

- engage in regular supervision or consulting with a more experienced colleague
- set up a peer-support group
- be strict with boundaries between clients/students and staff
- read professional journals
- attend professional development programs.

## Physical self-care

Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

- Develop a regular sleep routine.
- Aim for a healthy diet.
- Take lunch breaks.
- Go for a walk at lunchtime.
- Take your dog for a walk after work.
- Use your sick leave.
- Get some exercise before/after work regularly.

## Psychological self-care

Activities that help you to feel clear-headed and able to intellectually engage with the professional challenges that are found in your work and personal life.

- Keep a reflective journal.
- Seek and engage in external supervision or regularly consult with a more experienced colleague.
- Engage with a non-work hobby.
- Turn off your email and work phone outside of work hours.
- Make time for relaxation.
- Make time to engage with positive friends and family.

## Create your own self-care plan

## Emotional self-care

Allowing yourself to safely experience your full range of emotions.

- Develop friendships that are supportive.
- Write three good things that you did each day.
- Play a sport and have a coffee together after training.
- Go to the movies or do something else you enjoy.
- Keep meeting with your parents' group or other social group.
- Talk to you friend about how you are coping with work and life demands.

## Spiritual self-care

This involves having a sense of perspective beyond the day-to-day of life.

- Engage in reflective practices like meditation.
- Go on bush walks.
- Go to church/mosque/temple.
- Do yoga.
- Reflect with a close friend for support.

## Relationship self-care

This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

- Prioritise close relationships in your life e.g. with partners, family and children.
- Attend the special events of your family and friends.
- Arrive to work and leave on time every day.

- Stick to your plan and practice the activities regularly. Just like an athlete doesn't become fit by merely 'thinking' about fitness, as a worker you can't expect to perform effectively without putting into practice a holistic plan for your wellbeing.
- Re-assess how you are going at the end of one month and then three months. Plans can take over a month to become habits, so check-in and be realistic about your own self-care plan. After a while, come back and complete the self-care assessment again to find out how you are going with your new habits.

## SELF CARE PLAN

PHYSICAL	PSYCHOLOGICAL
EMOTIONAL	SPIRITUAL
RELATIONSHIPS	WORKPLACE
OVERALL BALANCE	
WHAT MIGHT GET IN THE WAY?	
WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?	
IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?	