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

# 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

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## Embracing Mental Wellness Together

As we navigate the journey of life, our mental health is a cornerstone of our overall well-being. Just as we nurture our bodies with nutritious food and exercise, it's essential to care for our minds with compassion and understanding. Mental wellness is not just the absence of illness but a dynamic state of positive mental health that allows us to cope with the challenges life throws our way, build fulfilling relationships, and contribute meaningfully to our community.

In Mamalilikulla First Nation, we recognize the strength that comes from supporting one another. We understand that it's okay to seek help, to talk about our feelings, and to take the time we need for self-care. By breaking the silence and stigma surrounding mental health, we foster a community where everyone feels valued and supported.

Let's continue to uplift each other with kindness and encouragement, creating a safe space where every member can thrive. Remember, taking care of our mental health is a powerful act of self-respect and community love. Together, we can build a future where mental wellness is a shared priority, bringing us closer to our true potential and collective happiness.

Stay strong, stay connected, and let's keep inspiring each other on this beautiful journey towards mental wellness.

# First Nation Health & Wellness Summit 2024

The First Nations Health & Wellness Summit, held in the spirit of community and healing, was a poignant gathering that aimed to restore wholistic wellness for First Nations in British Columbia. The event was a testament to the resilience, strength, and determination of First Nations people, showcasing wise, community-driven practices that have been passed down through generations. The Summit provided a platform for discussing ways to support one another through difficult times, emphasizing the importance of creating a safe, judgment-free space for healing and wellness.

A central theme of the Summit was the creation of safe spaces where First Nations people can seek help without fear of judgment. It is crucial to understand that providing support goes beyond offering services; it involves fostering an environment of safety, trust, and respect. Attendees learned that being in a position to help means actively working to eliminate biases and preconceptions and, instead, approaching each individual with empathy and an open heart.

Safety is not just a physical need but an emotional and cultural one. It requires recognizing the historical and ongoing traumas faced by First Nations communities and ensuring that the support offered is culturally appropriate and sensitive. This Summit highlighted that true healing can only occur in spaces where people feel genuinely safe and valued.

A highlight of the Summit was the recognition of the outstanding work done by the Aboriginal Coalition to End Homelessness Society (ACEHS). Their unique housing approaches have been transformative. The ACEHS's "Dual Model of Housing Care" includes culturally supportive housing and decolonized harm reduction practices deeply rooted in land-based healing.

Witnessing their work in partnership with BC Housing to create more supportive housing lots was both inspiring and moving. The ACEHS has demonstrated how love and safety can be interwoven into support systems, providing a model for others to follow. Their dedication to ending Indigenous homelessness on Vancouver Island is a beacon of hope and a testament to the power of culturally grounded solutions. The ACEHS's efforts deserve immense praise and recognition for their impact on the community.

The Summit also highlighted the incredible pride and hard work of Indigenous communities. These communities have continually demonstrated resilience in the face of adversity, drawing strength from their rich cultural heritage and traditions. Their tireless efforts to restore wellness and support one another have laid a strong foundation for future generations.

Indigenous pride is not just about celebrating the past; it is about actively working towards a brighter future. This pride is evident in the dedication of the traditional healers, wellness practitioners, and community leaders who tirelessly serve their people. Their work is a testament to the strength and perseverance that define First Nations communities, showcasing a deep commitment to healing and wholistic wellness.

The Summit also underscored the urgent need for more professionals in social work, counselling, and indigenous liaison roles. The First Nations communities are calling for individuals who are willing to make a brave change in their careers to support those in need. The work is challenging but incredibly rewarding, offering an opportunity to make a significant difference in the lives of many.

This call to action is an invitation to those who feel compelled to help, to step forward and join the effort to restore wellness and support healing. The need is great, and the impact of dedicated professionals can be profound. By choosing to work in these fields, individuals can contribute to creating lasting, positive change in First Nations communities, ensuring that future generations can thrive in a healthier, more supportive environment.

A particularly moving moment of the Summit was the T'it'q'et Nation Honouring Ceremony for Lisa Lapointe, the former Chief Coroner of the BC Coroners Service. This ceremony recognized her extensive work and advocacy for First Nations communities across British Columbia. Lapointe was honoured and blanketed on Wednesday morning, with witnesses sharing personal stories about the powerful impact she has made in their lives and work.

"I felt that it was so important for us as an organization to hold up someone who is the best sort of ally," said FNHA Chief Medical Officer Dr. Nel Wieman. Lapointe's compassion, dignity, and advocacy for those who have lost loved ones to the toxic drug emergency were especially praised. Her work has been a beacon of support and understanding for many, exemplifying the kind of allyship that truly makes a difference.

Throughout the Summit, a variety of wellness and cultural supports were available, provided by esteemed traditional healers and wellness practitioners. These included one-on-one cultural support, energy healing, emotional support, and traditional healing practices. The availability of these services underscored the importance of wholistic approaches to health and wellness that honour and incorporate traditional First Nations knowledge and practices.

Every individual has the potential to make a difference in the lives of First Nations people. Whether through professional dedication in fields like social work or counselling or through everyday actions that promote understanding and respect, your contribution matters. By educating yourself about the challenges faced by First Nations communities and supporting their efforts to restore wellness, you become part of a more significant movement toward healing and reconciliation.

Empathy, respect and a willingness to learn are key. By standing with First Nations people, advocating for their rights, and supporting their initiatives, you can help create a more just and equitable society. The journey towards wholistic wellness is one that requires collective effort, and every step taken in support of First Nations communities is a step towards a brighter future for all.

The First Nations Health & Wellness Summit was a powerful reminder of the importance of community, safety, and cultural connection in the journey towards wholistic wellness. It highlighted the incredible work being done by organizations like the Aboriginal Coalition to End Homelessness Society and called upon individuals to step into roles that can help support and heal First Nations communities. As we continue to walk this path together, it is clear that by creating safe, supportive environments and honouring traditional practices, we can foster resilience and ensure a brighter, healthier future for all.

In closing, I express my deepest gratitude for the opportunity to be a part of this transformative Summit. Being able to witness and participate in the sharing of knowledge, the celebration of cultural practices, and the collective efforts toward healing has been an honour. This experience has not only been enlightening but has also reinforced the importance of community, empathy, and dedication in the journey towards wholistic wellness. Thank you to everyone who contributed to making this Summit a success and for the ongoing efforts to support and uplift First Nations communities.

# Indigenous Environmental Awareness

In our journey towards a more sustainable and eco-friendly lifestyle, we can learn a lot from Indigenous environmental practices. Indigenous communities have long understood the importance of living in harmony with nature, and their wisdom offers valuable insights for us. Here are some practical tips inspired by Indigenous practices to help our family become more eco-friendly.

**Understanding Our Connection to the Earth**
Indigenous cultures emphasize the deep connection between humans and the Earth. This perspective reminds us that our actions directly impact the environment. By fostering this connection, we can develop a greater sense of responsibility for our planet.

Tip: Spend time outdoors as a family. Take nature walks, explore local parks, and observe the wildlife around you. Encourage children to ask questions and share their observations. This helps cultivate a love and respect for nature.

**Practicing Gratitude and Mindfulness**
Indigenous traditions often involve expressing gratitude for the resources provided by the Earth. This practice can help us appreciate what we have and use resources more mindfully.

Tip: Start a family gratitude ritual. Before meals, take a moment to thank the Earth for the food we have. Encourage each family member to share something they are grateful for. This simple practice can make us more conscious of our consumption and waste.

**Reducing, Reusing, and Recycling**
Indigenous communities have historically made efficient use of resources, minimizing waste through practices like reducing, reusing, and recycling. We can adopt similar habits to decrease our environmental footprint.

Tip: Implement the 3 R's in your home:
- Reduce: Be mindful of what you buy. Opt for products with minimal packaging and avoid single-use items.
- Reuse: Find creative ways to repurpose items. Use old jars for storage, turn worn-out clothes into cleaning rags, and donate items you no longer need.
- Recycle: Make recycling a family activity. Teach children what can and cannot be recycled, and create a recycling station in your home.

**Conserving Water**
Water is a precious resource, and many Indigenous cultures have practices that emphasize water conservation. We can incorporate water-saving habits into our daily routines.

Tip: Adopt water-saving practices:
- Fix leaks promptly.
- Use a broom instead of a hose to clean driveways.
- Install water-efficient fixtures.
- Collect rainwater for gardening.

**Supporting Sustainable Agriculture**
Indigenous farming techniques often involve sustainable practices that protect the soil and promote biodiversity. We can support sustainable agriculture by choosing local, organic produce and growing our own food.

Tip: Start a family garden. Growing your own vegetables and herbs not only provides fresh produce but also teaches children about where food comes from. Visit local farmers' markets to support sustainable agriculture in your community.

**Respecting Wildlife**
Indigenous cultures often deeply respect wildlife and understand the importance of maintaining biodiversity. We can adopt practices that protect and respect wildlife.

Tip: Create a wildlife-friendly garden. Plant native species to provide food and habitat for local wildlife. Avoid using pesticides and chemicals that can harm animals. Teach children to observe and appreciate wildlife without disturbing it.

**Reducing Energy Consumption**
Indigenous communities have traditionally relied on renewable energy sources and practiced energy conservation. We can reduce our energy consumption and switch to renewable energy where possible.

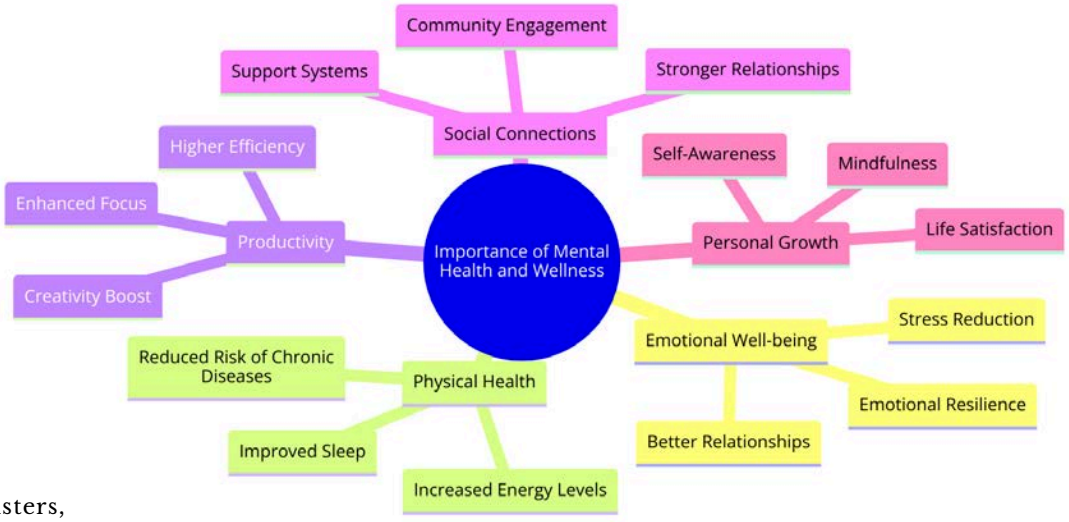
Tip: Implement energy-saving habits:
- Turn off lights and electronics when not in use.
- Use energy-efficient appliances.
- Consider installing solar panels.
- Embrace natural lighting and cooling methods.

**Educating and Involving the Family**
Education is critical to adopting a sustainable lifestyle. Involve the entire family in learning about environmental issues and Indigenous practices.

Tip: Make environmental education a part of your family activities. Watch documentaries, read books, and attend local environmental events together. Encourage children to participate in school or community environmental projects.

Let's work together to protect our planet for future generations.

# Mental Health Awareness




Brothers and Sisters,
We stand together today, as we always have, united by our shared history, culture, and values. Today, I want to speak from the heart about something deeply important – our mental health. Each of us carries stories of resilience, strength, survival but also of pain, loss, and struggle. We must acknowledge these stories, embrace our emotions, and support one another with love and compassion.

Mental health is as vital as our physical health. It is okay to not be okay. It is okay to feel overwhelmed, anxious, or lost. What matters most is that we do not walk this path alone. Our Indigenous people are a powerful source of strength, and it is within our power to create a safe space where everyone feels heard, valued, and understood.

To those who are struggling, please know that your feelings are valid. You are not alone. There is no shame in seeking help; in fact, it is an act of courage. Share your story when you feel ready, and reach out for the support that is available to you. The First Nations Health Authority (FNHA) offers a variety of resources designed to help us navigate these challenging times:

- Mental Health and Wellness Supports: Comprehensive services to support your mental wellness.
- Mental Health Wellness Fund: Financial support for mental health initiatives within our communities.
- Treatment Centres: Access to holistic treatment options that respect our cultural practices.
- Suicide Prevention: Vital resources for those in crisis, offering hope and support.

To those who have a loved one going through mental health challenges, your role is incredibly important. Your love, patience, and understanding make a world of difference. Encourage open conversations, listen without judgment, and remind them that help is available. You are their anchor in these stormy seas.

We also recognize the impact of substance use and the toxic drug crisis on our communities. Harm reduction strategies, such as those provided by the FNHA, offer practical steps to reduce the negative consequences associated with substance use. Understanding and accessing these resources can save lives.

- Harm Reduction and the Toxic Drug Crisis
- Opioid Agonist Therapy

In addition, for those affected by the legacy of residential schools, there are specialized supports available to help heal these deep wounds. We must honour our past while striving for a healthier future.

- Residential Schools

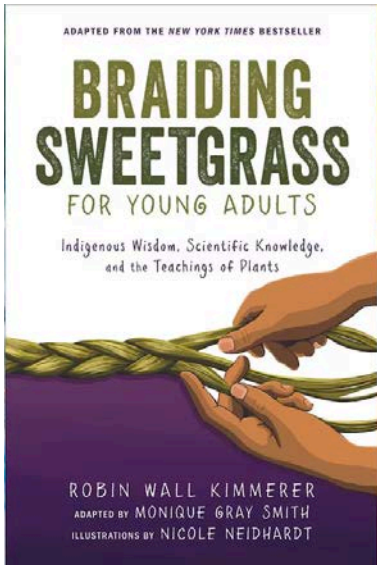
Together, we can foster a community of care, respect, and healing. Let us be the voices that break the silence, the hands that lift each other up, and the hearts that beat in unison for a brighter tomorrow. Reach out, share your story, and let us walk this path of healing together.

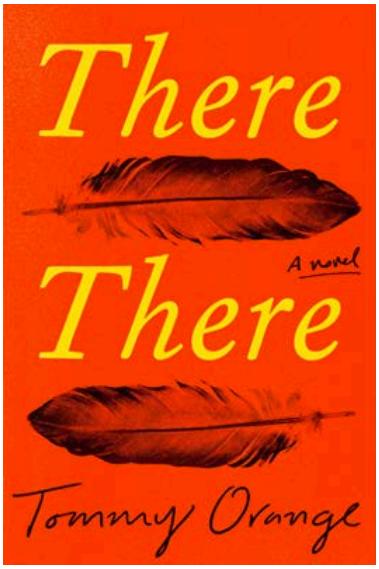
With love and solidarity,

Resources:

- FNHA Mental Health and Wellness Supports
- FNHA Mental Health Wellness Fund
- FNHA Treatment Centres
- FNHA Suicide Prevention
- FNHA Harm Reduction and the Toxic Drug Crisis
- FNHA Opioid Agonist Therapy
- FNHA Non-Medical Cannabis
- FNHA Residential Schools
- Virtual Mental Health Supports

# Recommend Indigenous Books Perfect for Reading




**Fiction**

1. **"There There" by Tommy Orange**
   - This novel follows twelve characters from Native communities as they converge in Oakland, California, for a big powwow. Each character's journey is interwoven with themes of identity, trauma, and resilience.
2. **"The Marrow Thieves" by Cherie Dimaline**
   - Set in a dystopian future where indigenous people are hunted for their bone marrow, which holds the cure for global warming-induced illnesses, this YA novel follows a group of indigenous teens on the run.

**Non-Fiction**

1. **"Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants" by Robin Wall Kimmerer**
   - This book beautifully blends indigenous wisdom and scientific knowledge, exploring the relationship between humans and the natural world through stories and reflections.
2. **"An Indigenous Peoples' History of the United States" by Roxanne Dunbar-Ortiz**
   - A comprehensive and critical look at U.S. history from the perspective of indigenous peoples, highlighting the impact of colonization and the resilience of Native communities.

**Memoir**

1. **"Heart Berries" by Terese Marie Mailhot**
   - A powerful memoir of a woman's coming of age on the Seabird Island Indian Reservation in the Pacific Northwest, dealing with themes of mental illness, trauma, and survival.

**Poetry**

1. **"Whereas" by Layli Long Soldier**
   - This collection of poetry addresses the systemic oppression of Native peoples, exploring themes of loss, resilience, and identity through powerful and evocative language.

**Children's Books**

1. **"We Are Water Protectors" by Carole Lindstrom, illustrated by Michaela Goade**
   - Inspired by indigenous-led movements to protect the Earth's water, this beautifully illustrated book teaches children about the importance of environmental stewardship and activism.

<u>THE HEALTH BENEFITS OF READING</u>

Reading is beneficial for health in numerous ways. Firstly, it stimulates the mind, helping to improve cognitive function and reduce the risk of cognitive decline as we age. Engaging in regular reading activities can enhance brain connectivity, improve concentration, and strengthen mental faculties.

Moreover, reading can be an excellent stress reliever. Immersing oneself in a good book allows for escapism and relaxation, which can lower stress levels and promote a sense of tranquillity. This, in turn, can have positive effects on overall mental health by reducing anxiety and improving mood.

Reading also fosters empathy and emotional intelligence by exposing readers to diverse perspectives and experiences. This can enhance social skills and emotional understanding, improving interpersonal relationships and well-being.

Additionally, reading before bedtime can improve sleep quality. Establishing a routine that includes reading helps signal to the body that it is time to wind down, promoting relaxation and better sleep.

Overall, reading's benefits extend beyond knowledge acquisition; it supports mental, emotional, and even physical health, making it a valuable habit for overall well-being.

# Honouring the Mothers of Mamalilikulla

A Legacy of Strength and Love
As we celebrate Mother's Day, we take this special moment to honour the incredible women of the Mamalilikulla First Nation. Our mothers are the backbone of our community, carrying the wisdom of our ancestors and nurturing future generations. Their strength, love, and resilience are the foundation upon which our culture thrives. In their eyes, we see the reflection of our heritage, and in their hands, we feel the comfort of traditions passed down through generations.

From time immemorial, Mamalilikulla mothers have played a crucial role in the continuity and preservation of our traditions. They are the keepers of stories, the singers of songs, and the teachers of our ways. Each mother carries a legacy of strength, passing down not only the skills and knowledge needed to thrive but also the values that define us as a people. Their hands have woven the fabric of our history, their voices have echoed the wisdom of our ancestors, and their hearts have nurtured the dreams of our future.

This Mother's Day, we celebrate the matriarchs who have guided us with unwavering courage and compassion. We honour their sacrifices, tireless efforts, and unending love. Let us take the time to listen to their stories, learn from their experiences, and express our gratitude for all they have done. Our mothers' resilience has carried us through the challenges and triumphs of our journey as a people, and their guidance continues to illuminate our path forward.

Our mothers' dedication is a testament to the enduring spirit of our people. They have taught us to be strong, to persevere, and to hold onto hope even in the face of adversity. Their love is a constant, unwavering force that binds us together and inspires us to be our best selves. It is through their nurturing care that we learn the importance of community, of looking out for one another, and of preserving our heritage for future generations.

In the gentle touch of a mother's hand, we find comfort and reassurance. Her embrace is a sanctuary of warmth where we feel safe and loved. Her words, spoken with kindness and wisdom, guide us through life's challenges and triumphs. Each lesson imparted, each story told, is a thread in the rich tapestry of our collective memory, binding us to our roots and to each other.

To celebrate, we encourage everyone to participate in community gatherings and share a meal with the mothers in our lives. Let us cook traditional foods, tell stories around the fire, and engage in activities that honour our cultural heritage. This is a time to come together, to laugh, to remember, and to strengthen the bonds that unite us. In these moments of togetherness, we find the true essence of what it means to be a community, and we pay tribute to the mothers who have made it all possible.

As we gather, let us reflect on the invaluable contributions of our mothers. They have taught us the importance of respect, of cherishing the land and our relationships with one another. They have shown us the power of resilience, the beauty of kindness, and the strength that comes from unity. Their stories are our guideposts, illuminating the path of our ancestors and lighting the way for future generations.

To all the mothers of the Mamalilikulla First Nation: We see you. We appreciate you. Your love and dedication are the heartbeat of our community. Thank you for your endless patience, your nurturing spirit, and your enduring strength. Today and every day, we celebrate you.

Happy Mother's Day! May this day be filled with joy, love, and the recognition you so richly deserve. May we honour you not just today but every day, recognizing the profound impact you have on our lives and our community. Your legacy is one of love, strength, and resilience, and we are forever grateful.

# Travel Destinations Perfect for May on a Budget in BC

*Butchart Gardens*

**1. Victoria**
- **Activities**: Visit the beautiful Butchart Gardens, explore the Royal BC Museum, and stroll along the Inner Harbour.
- **Budget Tips**: Take advantage of free walking tours, and explore Beacon Hill Park.

**2. Tofino**
- **Activities**: Enjoy the stunning beaches, go hiking in Pacific Rim National Park, and try surfing.
- **Budget Tips**: Camp at one of the local campgrounds and cook your own meals.

**3. Kelowna**
- **Activities**: Visit local wineries, relax by Okanagan Lake, and hike Knox Mountain.
- **Budget Tips**: Look for free wine tastings and stay at budget-friendly accommodations or campgrounds.

**4. Whistler**
- **Activities**: Explore the scenic trails, visit Whistler Village, and take a ride on the Peak 2 Peak Gondola.
- **Budget Tips**: Opt for free or low-cost outdoor activities like hiking and biking, and look for deals on accommodations during the shoulder season.

**5. Nelson**
- **Activities**: Discover the vibrant arts scene, visit local cafes, and enjoy outdoor activities like hiking and kayaking.
- **Budget Tips**: Stay in budget-friendly hostels or B&Bs, and explore the many free outdoor attractions.

**6. Okanagan Valley**
- **Activities**: Tour local vineyards, relax by the lakes, and hike in the surrounding hills.
- **Budget Tips**: Look for affordable B&Bs or campgrounds, and take advantage of free wine tastings.

**7. Harrison Hot Springs**
- **Activities:** Soak in the hot springs, hike the local trails, and enjoy water activities on Harrison Lake.
- **Budget Tips:** Find budget accommodations or campgrounds, and bring your own food to save on dining costs.

**8. Sunshine Coast**
- Activities: Explore quaint coastal towns, hike the Sunshine Coast Trail, and relax on the beaches.
- Budget Tips: Use BC Ferries for affordable transportation, and camp at provincial parks.

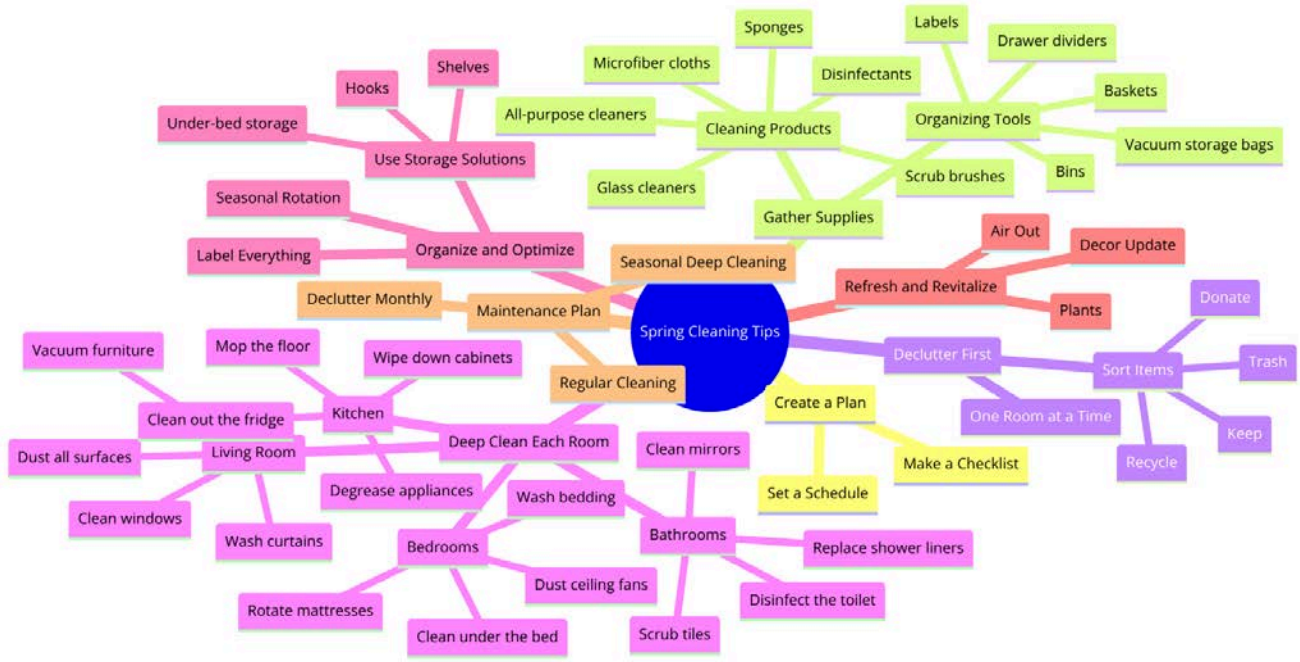
**9. Salt Spring Island**
- **Activities**: Visit the local farmers' market, explore art galleries, and hike Mount Maxwell.
- **Budget Tips**: Camp or stay at budget-friendly B&Bs, and take advantage of local produce for inexpensive meals.

**10. Revelstoke**
- **Activities**: Go hiking or biking in Mount Revelstoke National Park, visit the Railway Museum, and explore the historic downtown.
- **Budget Tips**: Stay at budget-friendly accommodations and look for free or low-cost outdoor activities.

**General Tips for Budget Travel in BC**
- **Transportation**: Use public transportation or carpooling options.
- **Accommodations**: Consider camping, staying in hostels, or booking budget-friendly B&Bs.
- **Food**: Cook your own meals or eat at local markets and food trucks.

*Mount Revelstoke National Park*

# Spring Cleaning Tips: Effective Methods and Organizing Spaces




**1. Create a Plan**

- **Make a Checklist**: List all the areas that need attention, including specific tasks for each room.
- **Set a Schedule**: Allocate time for each task and stick to your schedule.

**2. Gather Supplies**

- **Cleaning Products**: Stock up on all-purpose cleaners, glass cleaners, disinfectants, sponges, microfiber cloths, and scrub brushes.
- **Organizing Tools**: Get bins, baskets, drawer dividers, labels, and vacuum storage bags.

**3. Declutter First**

- **Sort Items**: Divide items into categories: keep, donate, recycle, and trash.
- **One Room at a Time**: Focus on one room before moving to the next to avoid feeling overwhelmed.

**4. Deep Clean Each Room**

- **Living Room**: Dust all surfaces, clean windows, vacuum furniture, and wash curtains.
- **Kitchen**: Clean out the fridge, wipe down cabinets, degrease appliances, and mop the floor.
- **Bathrooms**: Scrub tiles, disinfect the toilet, clean mirrors, and replace shower liners.
- **Bedrooms**: Wash bedding, rotate mattresses, dust ceiling fans, and clean under the bed.

**5. Organize and Optimize**

- **Use Storage Solutions**: Maximize space with shelves, under-bed storage, and hooks.
- **Label Everything**: Use labels to keep items organized and easy to find.
- **Seasonal Rotation**: Store off-season items in labeled bins to keep your space uncluttered.

**6. Refresh and Revitalize**

- **Air Out**: Open windows to let in fresh air and reduce indoor pollutants.
- **Plants**: Add houseplants to improve air quality and add a touch of nature.
- **Decor Update**: Change up your decor with new throw pillows, curtains, or a fresh coat of paint.

**7. Maintenance Plan**

- **Regular Cleaning**: Create a weekly cleaning schedule to maintain cleanliness.
- **Declutter Monthly**: Regularly go through items to prevent clutter buildup.
- **Seasonal Deep Cleaning**: Plan for deep cleaning sessions at least twice a year.

By following these tips, you can achieve a thorough and effective spring cleaning, leading to a more organized and pleasant living space.

# Embrace Growth and Well-being

As we journey through the year, it's important to continuously seek growth, connection, and well-being. Our monthly challenges are designed to inspire you to embrace new experiences, nurture your relationships, and take care of your mental and physical health. By participating in these challenges, you will not only enrich your own life but also create a ripple effect of positivity and inspiration within your community. Together, let's embark on this journey of self-discovery and transformation. We believe in your potential and can't wait to see the beautiful things you'll achieve if you wish to share.

**June: Learn Something New Challenge**
**Goal:** Expand your knowledge and skills.
**Description:** This month, we invite you to step out of your comfort zone and embrace the joy of learning. Whether taking an online course, diving into a book on a new topic, or exploring a new hobby or craft, this challenge is about broadening your horizons and discovering new passions. Learning keeps our minds sharp and our spirits vibrant. So, take this opportunity to grow and enrich your life with new knowledge and skills.

- Take an online course or attend a workshop.
- Read a book on a topic you know little about.
- Try a new hobby or craft.

**July: Social Connection Challenge**
**Goal:** Strengthen relationships.
**Description:** In July, let's focus on the power of connection. Reaching out and strengthening our relationships can bring immense joy and support. Whether it's reconnecting with an old friend, hosting a gathering, or having regular video chats with family, these small acts can make a big difference. Let's cherish the bonds we have and create new memories together.

- Reconnect with an old friend.
- Host a gathering or attend a social event.
- Call or video chat with a family member regularly.

**August: Mindfulness and Meditation Challenge**
**Goal:** Focus on mental well-being.
**Description:** August is all about nurturing your mental health through mindfulness and meditation. By dedicating time each day to meditate, practicing mindfulness in daily activities, and journaling your thoughts and feelings, you'll cultivate a sense of peace and clarity. These practices help reduce stress and increase overall well-being, making them essential for a balanced life.

- Meditate for at least 10 minutes each day.
- Practice mindfulness during daily activities.
- Keep a journal to reflect on your thoughts and feelings.

**September: Financial Wellness Challenge**
**Goal:** Improve your financial health.
**Description:** Financial stability is a key component of overall well-being. This September, take control of your finances by creating or updating your budget, tracking your spending, and setting achievable financial goals. By being proactive and mindful about your money, you'll build a foundation for future security and peace of mind.

- Create or update your budget.
- Track your spending and identify areas for saving.
- Set a financial goal and make a plan to achieve it.

**October: Creativity Challenge**
**Goal:** Tap into your creative side.
**Description:** October is a month to unleash your creativity. Engage in daily creative projects like drawing, writing, or photography. Visit museums or galleries to gain inspiration and share your creations with others. Creativity not only brings joy but also helps in problem-solving and self-expression. Let your imagination soar this month!

- Start a daily creative project (drawing, writing, photography, etc.).
- Visit a museum or gallery.
- Share your creations with others.

**November: Gratitude Challenge**
**Goal:** Cultivate a positive mindset.
**Description:** November is the perfect time to reflect on the blessings in your life. By writing down things you're grateful for, expressing gratitude to those who have made a difference, and reflecting on your achievements, you'll foster a positive and appreciative mindset. Gratitude improves mental health and enriches your relationships, making life more fulfilling.

- Write down three things you're grateful for each day.
- Express gratitude to someone who has impacted your life.
- Reflect on your achievements and positive experiences.

**December: Self-Care Challenge**
**Goal:** Prioritize your well-being.
**Description:** As the year comes to a close, focus on self-care to recharge and rejuvenate. Dedicate time each day to activities you enjoy, practice good sleep hygiene, and ensure you take regular breaks. Prioritizing self-care helps you maintain balance, reduce stress, and prepare for the new year with a refreshed spirit.

- Take time each day for an activity you enjoy.
- Practice good sleep hygiene.
- Schedule regular breaks and downtime.

MAMALILIKULLA
FIRST NATION

# Digital Newsletter Announcement

We are excited to announce that our monthly newsletters are going digital! This transition will make it easier for everyone to access our news and updates, no matter where you are. Here's how you can stay informed:

## Mobile App

Download our app to get the latest newsletter straight to your phone. It's convenient and always at your fingertips.

## FACEBOOK

Follow our official Facebook page where we will share the newsletter each month. Stay connected and engage with the community online.

## Website

Visit our website to find the newsletter, along with other important information and resources.

## Need a Paper Copy?

For those who prefer a traditional paper copy, we've got you covered! Simply let the office know, and we will ensure you receive a printed version each month.

By going digital, we aim to reduce our environmental impact and ensure timely delivery of news and updates. Thank you for your understanding and cooperation as we make this transition.

If you have any questions or need assistance accessing the digital newsletter, please don't hesitate to contact us.

CR YOUTH IN CARE NETWORK INVITES YOU TO

# BC Child and Youth In Care Week Celebration

WEDNESDAY JUNE 5TH
3PM TO 6PM

EVERYONE WELCOME

Bring your family, friends and supports to celebrate child and youth in and from care

Join us for lots of fun including bouncy castle • BBQ • balloon animals • resource tables • prizes • games • entertainment and much much more!

## CAMPBELL RIVER COMMUNITY CENTRE

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About Us:
The Mamalilikulla First Nation newsletter is published monthly to keep the community informed and connected. Our dedicated Communications Coordinator, Twyla Edmonds, works tirelessly to gather and present relevant news, updates, and stories that matter to you. Through this publication, she strives to promote transparency, engagement, and unity within the MFN community.

Feedback and Contributions:
I value your feedback and welcome your contributions to the newsletter. If you have suggestions, news, stories, or events you would like to share with the community, please contact Twyla using the provided email or phone number.

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Thank you for being part of the Mamalilikulla First Nation community!

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