

# Fraser River Run

MONTHLY NEWSLETTER OF THE SODA CREEK INDIAN BAND



May 2020

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## SCAM ALERT

If you receive a text from Canada Revenue Agency regarding CERB payment, **DO NOT** click on it. This is a scam that has come up recently and wanting community members to be aware.

Revenue Canada will **NOT** call or text you.

**Photo to left:** Deep Creek Trail, teepee structure, April 20, 2020.

Pellcwéwlemten (trout fishing month) – May

## POST SECONDARY APPLICATION DATE

The deadline for Post Secondary applications is Friday, May 15, 2020

Try to be  
a rainbow  
in someone's cloud.  
Maya Angelou

Soda Creek Indian Band Office will be closed for Monday, May 18, 2020 for Victoria Day Statutory Holiday



# Craig Smith

*Band Administrator*

Who would have thought that 2020 would have the world in a lock down status, yet here we are. As we deal with the slight hardship that is upon us due to the pandemic, we must remember that we are all in this together. This month will mark a year since you took me on as your Band Administrator. It has been an honour and a privilege to serve this community the past twelve months.



In the next month or so, the restrictions about gatherings should start to be relaxed and life will start to get back to normal. Up until the time when we can gather and have some meaningful dialog as to how you see the direction of the Soda Creek Band moving forward. Until we can gather, we will be sending out multiple small surveys that should take only a few minutes to respond. We will create a contest for the members that are contributing with some prizes as well. This will help Chief and Council direct staff according to the will of the community.

During the pandemic, the staff has done their best, from the direction of Council, to help all the community members in whatever they need. Food, pandemic kits, health visits and funds and will continue to support the members of the Soda Creek Indian Band. As Band Administrator I want to thank all the staff that have continued to work through these trying times and know that your efforts are appreciated by all. Please be safe and remember to treat each other with kindness.

## 'What does culture mean to you?'

Health is looking for submissions on 'what cultures means to you' and how you are practicing it during the Covid-19.

Every entry will be entered to win a gift card. Submissions can be sent as a photo, drawing (photo of drawing) and/or text to Health's cell phone, 250-267-5818 or email to [healthreceptionist@xatsull.com](mailto:healthreceptionist@xatsull.com). Please include your name and contact information.



Deadline for submissions is Wednesday, May 13th, 2020 at 4pm. Submissions will be included in the next newsletter. We look forward to hearing from you!

# Janae Beaulieu

*Community Health Representative (CHR)*

Hey everyone, hope all is well with you and your families and that you are all staying safe, healthy and happy during this Covid-19 Pandemic. It has been tough on all and I sure do miss the programs and the members so its nice to seeing you from a distance when we are out and about on our deliveries.



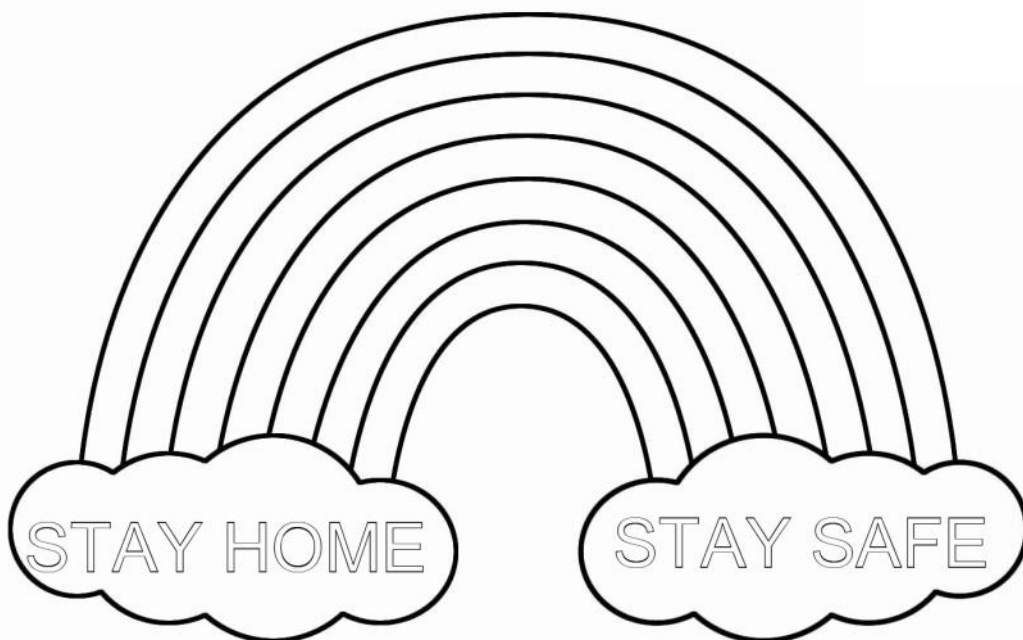
The Health Station has been busy, planning, prepping, and delivering supplies for on reserve members. So far, we have sent out pandemic kits which included disinfectant, hand soap, traditional medicines, paper towels, tissue and hand sanitizer.

The following week we sent out food hampers hope this helped you all out in your homes as Williams Lake is running low on supplies. We do have more disinfectant coming we are just waiting for the supplier to get their shipment in and that will be going out to community soon as it arrives. April 22, 2020 there will be a meat delivery to each household to keep members stocked up on meat.



We have been doing our weekly check in with members making sure they are feeling well and that everyone is stocked up on what they need. We are here at the Health Station is you have any questions, concerns, need anything or even just someone to talk to we are here at the Health Station just give us a call and we will do our best to assist you. I wish you all the best over the next month.

Please stay safe, take care, practice social distancing and wash wash wash your hands



# Holly Wycotte

## Housing Manager

Weyt-k

Hope everyone is staying safe and healthy and enjoying the beautiful spring weather that we are beginning to have. To provide everyone an update in regards to rental payments, a reminder payments should still be made as per usual unless you are unable to do so due to your household experiencing layoffs, job shortages, or an extended self-isolation period directly related to the COVID-19 pandemic.



As everyone is aware SCIB offices are closed to the public and rental payments are no longer being accepted at the main office but there are options available to you:

- If you are a social assistance client and your rent is paid on your behalf, you don't need to worry your rental payments will continue to be paid
- Employees of SCIB have the option of having rental payments paid directly from your bi-weekly cheque, all you would need to do is fill out a SCIB Employee Rental Deduction form which can be done through email
- For those who pay in cash at the main office for the time being these payments can only be made directly at the bank, when making your payment please ensure the teller notes on the deposit the address and the month you are paying for, all payments are made at the Royal Bank
  - ◇ Tenants making rental payments for Phase One Housing use the following numbers  
003-08640-1013523
  - ◇ Tenants making rental payments for Phase Two-Four Housing use the following numbers  
003-08640-1013598
  - ◇ If you are unsure of your phase of housing please contact the Housing Department
- If you are still unable to make your rental payment due to current financial instability you do have the option through the Housing policy to fill out a Request to Reschedule (Schedule 24), this request can delay a monthly rental payment and make it due at a later date and can take place up to three(3) times in a calendar year. To make a Request to Reschedule please call or email Holly Wycotte Housing Manager, [housing@xatsull.com](mailto:housing@xatsull.com) or 250-989-2323 ext. 103

**A friendly reminder that any rental tenants looking to reschedule rent payments must contact the Housing Department directly.**

Outside of options available to you through SCIB the Province of British Columbia with BC Housing is offering some relief to renters impacted by COVID-19.

### **BC-Temporary Rental Supplement (BC-TRS) Program**

#### **BC Housing and the Province of British Columbia**

If you have experienced a layoff or job loss BC Housing is working with the Province of British Columbia to offer renters some relief in the form of a rental subsidy. The new BC Temporary Rental Supplement, or BC-TRS will be administered by BC Housing. The program provides a temporary rental assistance to eligible low to moderate income



### ***Housing Manager Cont'd***

renters experiencing a loss or reduction of income due to COVID-19, if deemed eligible the benefit will be paid directly to the landlord. This is currently a three (3) month program and applications are not expected to open until mid-April. Those on Income Assistance or Disability Assistance are not eligible for this program as the shelter allowance for both income assistance programs has not changed. The max supplement available is \$500.00 depending on various factors including but not limited to household size, this supplement is not intended to cover 100% of your rent costs and any overages are expected to be the responsibility of the renter. This Program is available to those living on reserve, please visit [www.BCHousing.org](http://www.BCHousing.org) to apply.



To Community Members:

There was a donation of seeds, starter plants and berry bushes for members homes. Please contact Maxine or Janae at 250-989-2355 if you are interested. We will gather an interest list and have them ready for pick up.





## **Cheryl Chapman**

### *Community Economic Development & Employment*

I am continuing to work from home, to ensure my Mom and family stay as healthy as possible. I am keeping up on emails and contacting clients and business contacts from here, if you need to contact me for any Economic Development & Employment questions, please call my home 250-989-4333, between 8:30am-4:30pm, or by email.

We will be turning on the water and opening the gates on May 1<sup>st</sup>, 2020, for both the Xat'sūll Heritage Village and the Whispering Willows Campsite, for our SCIB Community Members, please take this time to enjoy your community and family. We will have signs posted, as these will be for community members only, unless otherwise agreed to by the Band Administrator.

We have a tree planting crew scheduled to be at the Campsite starting in early May, they will be replanting the fire damaged zones south of Deep Creek reserve; we would rather have them at the campsite then just camped out in the territory. We had some challenges with mushroom pickers not being respectful of our lands and waters.

I will keep the community updated as to possible public opening dates for both the Xat'sūll Heritage Village and the Whispering Willows Campsite, I am in constant contact with Indigenous Tourism BC, Indigenous Tourism Association of Canada, Cariboo Chilcotin Coast Tourism Association, Destination BC and New Pathways to Gold Society, as we work through options for assistance in keeping our businesses 'on the map' for the future. This is especially important because 2021 is the 25<sup>th</sup> anniversary of the opening of our National Award Winning Xat'sūll Heritage Village and we have been working towards a huge celebration. We have some of the funding to upgrade the look-out and repair our welcome sign and the pit house, which were scheduled to be done this spring; however we haven't secured enough, therefore for safety purposes the **look-out will be closed for now**.

We also have the funding to renovate the bathrooms and showers and fix the power/water supply to a couple of the sites, at the campsite. If you are interested in doing this work, please contact me.

I am working with Northern Development Trust and New Pathways to Gold on the Trails projects for 2020 season, we may be able to do maintenance work on the existing trails network, we will need experienced trail builders, as the pre-season training is unavailable. Unfortunately, work to extend/connect with Fox Mountain and Williams Lake mountain bike trails, will be delayed, until we know how successful we all have been in getting rid of Covid-19.

*Please stay healthy, happy and safe...keep your distance, wash your hands and don't touch your face.*





## Whispering Willows Campsite

### **Due to Covid-19**

**We are limiting access to our community and businesses. Please respect our staff and for everyone's safety, wash your hands and maintain social distancing protocols!**



Thank you for your patience!

Any questions or concerns please call: 250-989-2323 or 250-305-9731



## Xats'ul Heritage Village Look-out

### **Closed for Repairs**

**For your safety, please stay off the viewing deck!**



Thank you for your patience!

Any questions or concerns please call: 250-989-2323 or 250-305-9731

## Xats'ul Heritage Village

### **Closed to Non-SCIB Community Members due to Covid-19**

**Community Members, please take this opportunity to enjoy your community.**

**For your safety, please maintain social distancing protocols!**



Thank you for your patience!

Any questions or concerns please call: 250-989-2323 or 250-305-9731



Puzzle #1

	3	4			6			7
		7	8	1			6	
1	8	6	3		2	4	5	
		9	6	8				2
6								4
7				9	5	6		
	9	2	5		7	1	4	8
	7			3	8	9		
8			2			3	7	

Puzzle #2

	5	3	2		7			8
6		1	5					2
2			9	1	3		5	
7	1	4	6	9	2			
	2						6	
			4	5	1	2	9	7
	6		3	2	5			9
1					6	3		4
8			1		9	6	7	

Puzzle #3

		3	5	7	4			
		8		9			4	
5		4	8			2		6
			1		7		8	
1	2	6				4	5	7
	7		2		5			
6		1			8	7		9
	8			3		5		
			9	2	6	1		



## Easy Steak Salad with Lemon Vinaigrette Recipe

*"No need to bring the steak to room temperature before cooking. You sear on such high heat, and the steaks are so thin, it's actually better to cook the steak while it is still relatively chilled, if you want the centers to be rare."*

### Ingredients

- Extra virgin olive oil
- 1 lb flank steak or skirt steak
- Salt and freshly ground pepper
- 1/2 head lettuce greens
- 1 bunch arugula (young leaves), tough stems removed
- 1/2 red bell pepper, thinly sliced lengthwise and cut into 1-inch long pieces
- 4 scallions, thinly sliced
- 1 avocado, cut into bite-sized pieces
- 4 oz. goat cheese, crumbled
- Pomegranate seeds or thinly sliced kumquats (optional)

For the dressing:

- 2 tbsp lemon juice
- 6 tbsp extra virgin olive oil
- 1 tsp Dijon mustard (smooth), or 1/2 tsp dry mustard
- Salt & pepper

**Prep time:** 10 m **Cook:** 10 m **Makes:** 4 servings

### Method

**1. Cook the steak:** Heat a couple teaspoons of oil in a cast iron pan on high heat. Pat the steaks dry. Sprinkle the steaks on both sides with a little salt.

Sear the steaks in the pan on both sides, just until nicely browned. Remove pan from heat and cover. Let cook for a few minutes more, until the steak is done to your liking.

You can test with a meat thermometer. Remove steak from pan at 125°F to 130°F for rare, 140°F for medium rare, 150\* for medium. Or use your fingers to test the meat for doneness.

**2. Let the steak rest before cutting, then cut thin slices:** Remove from pan to a cutting board. Let rest for a few minutes before cutting. Cut thin slices, on a diagonal so you slice wide pieces, across the grain of the meat.

**3. Make the salads:** Toss together the lettuce greens, arugula, bell peeper, goat cheese, and scallions. Arrange on individual plates. Sprinkle with avocado. Lay on top several slices of chilled sliced steak. Sprinkle with pomegranate seeds or sliced kumquats if using.

**4. Make dressing:** Mix together the lemon juice, olive oil, mustard and salt and pepper to taste. Drizzle on salad.

Recipe from: [https://www.simplyrecipes.com/recipes/steak\\_salad/](https://www.simplyrecipes.com/recipes/steak_salad/)



**Cooking Advice from Mom** ~ [https://www.simplyrecipes.com/cooking\\_advice\\_from\\_mom/](https://www.simplyrecipes.com/cooking_advice_from_mom/) ~

**1. Do not be afraid of using salt, sugar, or fat** in your cooking. They're important to flavor and everything is okay in moderation.

**2. Taste while you're cooking.** Taste when you think it's done. To achieve the right balance of flavors you have to taste and make adjustments.

**3. Balance acidity with sugar.** When you are cooking a tomato-based sauce, tomatoes can be acidic, you may need to balance the acidity with a little sugar. You can either add a teaspoon of sugar to the sauce, or you can include in the sauce some sautéed onions and or carrots, which are sweet and will bring balance to the tomatoes. Same goes for salad dressings. If you are making a lemon juice or vinegar and oil based dressing, add a little sugar to balance the acidity of the lemon or vinegar.

**4. Salt your food while cooking it.** It will bring out the flavor of the food better than if you only add salt at the end. Remember to put plenty of salt in your pasta water! By the way, if you use whole, fresh ingredients you don't have to worry about too much salt, because most of the excess salt we get in our diets comes from packaged foods.

**PUZZLE # 1**

2	3	4	9	5	6	8	1	7
9	5	7	8	1	4	2	6	3
1	8	6	3	7	2	4	5	9
5	4	9	6	8	1	7	3	2
6	1	8	7	2	3	5	9	4
7	2	3	4	9	5	6	8	1
3	9	2	5	6	7	1	4	8
4	7	5	1	3	8	9	2	6
8	6	1	2	4	9	3	7	5

**PUZZLE # 2**

9	5	3	2	6	7	1	4	8
6	7	1	5	8	4	9	3	2
2	4	8	9	1	3	7	5	6
7	1	4	6	9	2	5	8	3
5	2	9	7	3	8	4	6	1
3	8	6	4	5	1	2	9	7
4	6	7	3	2	5	8	1	9
1	9	5	8	7	6	3	2	4
8	3	2	1	4	9	6	7	5

**PUZZLE # 3**

2	6	3	5	7	4	8	9	1
7	1	8	6	9	2	3	4	5
5	9	4	8	1	3	2	7	6
3	4	5	1	6	7	9	8	2
1	2	6	3	8	9	4	5	7
8	7	9	2	4	5	6	1	3
6	3	1	4	5	8	7	2	9
9	8	2	7	3	1	5	6	4
4	5	7	9	2	6	1	3	8



# Impacts of the Pandemic on Mental Health and Wellness

April 15, 2020

**If you are feeling a little anxious about COVID-19, you're not alone**

**A Message from Dr. Nel Wieman, Senior Medical Officer, Mental Health and Wellness**

Feeling worried during a crisis is quite normal. You may have feelings of distress due to the uncertainty we are experiencing. You might even find that the COVID-19 pandemic triggers symptoms of trauma. Living through a pandemic can certainly affect mental health and wellness. By being aware of these negative impacts on our wellness, we are better able to cope with them.

First Nations people have a history of suffering adverse health impacts due to infectious disease. Due to the historical, intergenerational, and contemporary trauma that many First Nations individuals live with, the pandemic can also be a trigger for symptoms related to trauma including increased distress, irritability, avoidance, and feeling overly emotional.

It will be very helpful if people can stay calm, keep themselves informed, and feel in control of the measures that they can take to protect themselves and their families. It's also important for First Nations people and communities to realize that we have so many strengths. We have been through adverse circumstances before – many, many times. We will get through this pandemic too. We are resilient. We are stronger together.

One of the best things we can do for our mental wellness is to be as informed as possible without spending 24 hours a day listening to news channels, radio or being on social media. Give yourself some hours a day dedicated to activities that make you feel good. That could be a whole number of different things depending on who you are. Try to choose activities that encompass all parts of wellness – heart, mind, body and spirit.

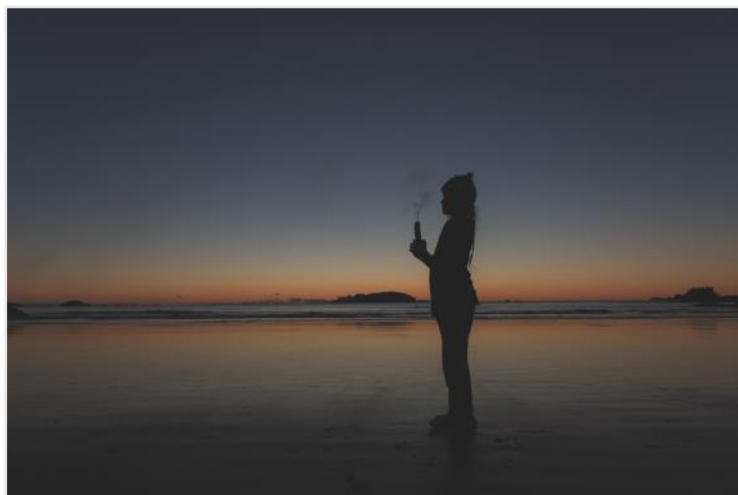
Some people might want to bead or read a good book, while others might want to drum or sing songs. You may want to practise mindfulness, do yoga or spend time with your family (while maintaining physical distance from those who you do not share a home with). Anything that helps you manage stress is a good thing.

Note that physical distancing does not mean that you can't go outside for a walk. You can even walk with another person as long as you maintain a physical distance of two metres. Going for a quiet, reflective walk on your own, in nature if possible, can be quite calming too.

By staying connected to each other, supporting each other, and helping each other to maintain and build our resilience, we will get through this pandemic. Remember, humour is one of our strengths and can be soothing so don't feel as if you can't laugh or be amused during this time.

Please reach out and connect with family members, friends, and health providers when you need to. And try and check in with your family members regularly to see how they are doing. There are also many mental wellness and cultural supports available to you.

**Article from:** <https://www.fnha.ca/about/news-and-events/news/impacts-of-the-pandemic-on-mental-health-and-wellness>





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# Mental Health & Cultural Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



## TELEPHONE AND ONLINE SUPPORT

### First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line:  
[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

### KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC. For more information visit: <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

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

### Provincial Alcohol and Drug Information Referral Service

This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

## FNHA MENTAL WELLNESS & COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides clients with access to Mental Wellness and Counselling services from a qualified mental health provider. All services require prior approval. A list of providers registered with Health Benefits, including those available to provide support over the phone or internet, can be found by visiting the FNHA First Nations Health Benefits Mental Health [Provider List](#) or by contacting 1-855-550-5454.



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

The IRS RHSP offers emotional and cultural support through approved partners across the province. You can contact IRS RHSP partners directly through the contact information listed below or you can call First Nations Health Benefits at **1-855-550-5454**. If you contact an IRS RHSP provider directly, the provider will be required to submit an approval form to Health Benefits.

**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  
[Nakazdieelders@telus.net](mailto:Nakazdieelders@telus.net)

**Carrier Sekani Family Services**  
For Vanderhoof: Catherine Lessard:  
250-567-2900 (office) or 250-996-8090 (cell)  
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  
[earlyyears@sylix.org](mailto:earlyyears@sylix.org)

**Tsow-Tun-Le-Lum Society**  
Rebecca Visschere: 1-250-268-2463  
Toll-free: 1-888-590-3123

## **FNHA TREATMENT AND HEALING CENTRES**

FNHA supports ten residential treatment and healing centres across BC. During the pandemic, Round Lake Treatment Centre and Gya'waaTlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements.

The balance of FNHA's treatment centres have moved to providing virtual support to individuals and families who have attended their programs previously and/or are responding to new requests for emotional and cultural support from First Nations people. You are welcome to reach out directly to the centres below.

**Carrier Sekani Family Services**  
Call: 250-567-2900 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

**Nenqayni Wellness Centre**  
Call: 250-989-0301

**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 or 778-202-1349

*All information in this document is accurate as of April 3, 2020.*



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# Staying Connected during the Pandemic

## Drawing on Indigenous Strengths to Stay Connected and Well

The current COVID-19 pandemic may remind us of past stories or activate blood memories of relatives impacted by colonization and intergenerational trauma. Some of our relatives may have been deliberately exposed to infectious disease or experienced inadequate health care and health resources.

In First Nations culture, we have traditionally supported each other by sharing stress collectively. We often carry the stress of relatives in our bodies, so that they do not need to carry their stresses alone. Through connecting this way, we thrive in the best of times and survive in the worst of times. Sharing stress collectively also means we may experience increased feelings of fear, worry, anger, shame and other challenging emotions.

For support, we can lean into our cultural strengths, knowing that First Nations in BC have a long history of resilience. We have traditions and practices that ground us in the present and keep us well – spiritually, mentally, physically and emotionally.

Our holistic practices can help ease feelings of personal, collective, and inter-generational stress during the pandemic. Taking care of our wellness will calm us while we fulfill critical roles within our families and communities.

We have many cultural strengths to draw upon to stay connected and keep well, even while we practice social distancing. Here are a few ideas:

- **Support those around you** – Call an Elder or a young person every day to check in. Send an email or text to a loved one. Make a video call so people know you are thinking of them.
- **Get out on the land and reconnect with nature** – Harvest traditional medicines and foods. Take a walk. Get out on the water.
- **Seek wisdom from knowledge keepers and traditional healers** – Learn about traditional healing practices and medicines. Many of our medicines strengthen and cleanse our bodies and minds. Note that there are no cures for COVID-19 at this time. Many of our knowledge keepers and traditional healers are available online and by telephone.
- **Prioritize your wellness** and focus your energy by using prayer, meditation, daily affirmations and mantras such as 'I am resilient'.
- **Embrace this time to spend with your children** – In traditional education and child-rearing practice, we taught our children daily about our history, culture, language, and life skills. We learned as families.



### Spending time with children - here are some ideas:

- **Build structure into your days at home.** Both children and caregivers do better with a routine. Try to build in quiet-time activities children can do in the same room as you. Also, block off periods of time for physical activity or time outdoors. Remember that young children are not able to sit quietly for long periods of time.
- **Tell stories.** Share your knowledge about your culture, call an Elder who will tell stories, or read to your children.
- **Learn and share traditional knowledge.** Learn outdoor survival skills. Share what you know about the plants, animals and land around you. Learn and practice ways to harvest, prepare, and preserve traditional foods – and involve your kids in this process.
- **Incorporate ceremony.** Smudge every morning, do sunrise ceremony, and check in with others to reaffirm your love and relationships.
- **Kind words and thoughtful gestures help.** Use non-physical ways to show love to people while practicing social distancing.
- **Practice your traditional songs and language.** Visit [www.firstvoices.com](http://www.firstvoices.com) for online language resources.
- **Integrate life skills.** Teach young ones how to do daily household chores, cooking, cleaning and yardwork. You could even learn to garden as a family.
- **Play!** Children learn so much through play and are especially happy when their parents and caregivers join in the fun.
- **Model self-awareness and mindfulness.** Scan your body and name where you are carrying your feelings. Then set unhelpful feelings down into the land.

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***“The land – forests, mountains, earth and water – has informed all of our cultural and ceremonial practices. The land defines our identities and relationships with it. It has capacity to hold safely much more than we can hold as human beings alone. We can offer what we cannot hold, or what does not belong to us, to the land to take care of.”***

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#### Confidential, Culturally Safe Support:

KUU-US Indigenous Crisis Phone Line:  
1-800-558-8717

Hope for Wellness Indigenous Online Chat:  
[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

#### Telephone-based Health and Cultural Support:

Indian Residential School Survivors Society:  
604-985-4465 or toll free 1-800-721-0066

Tsow-Tun-Le-Lum:  
1-250-268-2463 or toll free 1-888-590-3123

**For more information and resources, visit [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)**

# ATTENTION!

## SERVICE CANADA READY TO HELP

Please access our many online services at:  
**Canada.ca/service-canada-home**

If you require assistance accessing services,  
please complete an online request at:  
**Canada.ca/service-canada-e-service**



A Service Canada officer will contact you  
within 2 business days.

If you do not have access to the internet and require  
assistance accessing services, please contact us at:  
**1-877-631-2657**

Follow the infection prevention and control guidance provided by  
the Public Health Agency of Canada available at:

**Canada.ca/coronavirus**

If you experience these symptoms, please contact your health care  
provider or your local public health unit.

Canada



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# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Mid-Month	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18 Victoria Day Statutory Holiday Office Closed	19	20 SA Day	21	22	23
24	25	26	27	28	29	30
31						