



Fraser River Run

Monthly Newsletter of Xatsúll First Nation



Staying Strong Youth Camp

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Pesxuxem (snow melting month) – March 2026

Emotional Regulation Workshop Held at Xat'sūll

On February 25, Xat'sūll First Nation hosted an Emotional Regulation Workshop, creating a supportive and welcoming space for community members to deepen their understanding of emotions, triggers, and how the body responds to stress.

Participants explored practical grounding and coping tools to help manage anxiety, emotional overwhelm, and

trauma responses. The session focused on building greater self-awareness and supporting emotional balance in everyday life.

The workshop was facilitated by Kim Colgate, who brings over 20 years of experience supporting individuals through personal growth and life transitions. Kim is a life coach and mental health and addictions counsellor

whose work is grounded in holistic, trauma-informed care. She is also the founder of Whole Pathway Wellness, an organization dedicated to creating safe, supportive spaces that meet people where they are.

The workshop offered meaningful tools and reflections that participants can carry forward on their wellness journeys.

Xat'sūll Community Services Update

Over the past month, Xat'sūll First Nation Community Services has continued to create meaningful opportunities for connection, healing, and wellness within our community.

We gathered for our usual Elders Luncheon and hosted informative Lunch & Learn sessions for community members. These gatherings continue to be a special time to connect, share food, and learn together.

We also held a wonderful Emotional Regulation Workshop.

We were grateful to welcome Mike James back to Xat'sūll for another impactful Healing Week with community. The week included meaningful sessions and connection, along

with a sweat that strengthened spirit and togetherness.

Our regular wellness services continue to support community members, including:

- Guided Hand
- Healing Touch
- Massage Therapy
- Foot Care & Physiotherapy
- Swim Nights
- Fitness Classes
- Sweat Lodge Ceremonies
- Training for this year's Sun Run in Vancouver

It's inspiring to see so many community members prioritizing their health and wellbeing.

Upcoming March Events:

- Healing with Mike James
March 2–6
10:00 AM – 3:00 PM

- 8-Week Day Treatment Program
Mondays, starting March 9, 5:30–7:00 PM | Health Boardroom
(Incentive provided for full attendance)
- Grief & Loss Workshop with Kim Colgate, March 18, 10 AM - 3 PM
- Co-ed Sweat with Bruce Baptiste, March 20
12:00–5:00 PM
- Where Paths Cross 8-Week Workshop
Wednesdays starting March 25, 10:30 AM – 12:00 PM
Gym

We look forward to continuing this important work together and encourage all community members to take part in the programs that support their wellness journey.

Xat'sūll Growing Strong Youth Camp

On February 28 and March 1, Xat'sūll First Nation welcomed Alex Cordero to facilitate the "Growing Strong Youth Camp," a two-day program designed to empower youth ages 13–18



Rather than a traditional classroom setting, Alex transformed the community space into a hub of connection, confidence, and open conversation. Drawing from his own life journey, he encouraged youth to push past self-doubt, build resilience, and show up as the best version of themselves.

Throughout the camp, participants explored what it means to develop a "growth mindset", learning how to navigate the ups and downs of being a teenager while building inner strength and self-awareness. Youth were reminded that their voices matter, their stories are important, and their identities are something to stand proud in. In addition to meaningful group discussions and coaching

sessions, the camp included a variety of engaging activities such as volleyball, basketball, board games, arts and crafts, outdoor walks, grounding techniques, group coaching, individual coaching, and even cooking together. These shared experiences helped create strong bonds, laughter, and a supportive environment where youth felt seen, heard, and valued.

The energy throughout the weekend was centered on empowerment, kindness, and community. Participants walked away with practical tools to manage challenges, strengthen communication skills, and support one another. While the camp has wrapped up, the spark it ignited in these young leaders continues to grow.

About Alex Cordero
Alex Cordero is a Vancouver-based author, confidence coach, and mentor dedicated to empowering the next generation. With over 40 years in Vancouver, he transitioned from a diverse professional background into a mission-focused career supporting youth.

Before becoming a full-time coach and mentor, Alex spent decades as a CPGA Class A golf professional and a veteran driving instructor, teaching thousands of students with his

well-known straightforward and honest approach.

He is also the author of *How To Be a Dude In The 21st Century*, an Amazon #1 new release that explores the challenges modern youth, particularly young men, face while navigating societal pressures and striving for authenticity.

Alex developed the "Growing Strong Coaching Program," an empowerment initiative rooted in growth mindset principles. His work encourages open dialogue around topics that are often left unspoken and teaches youth that true strength comes from learning through setbacks. He reminds young people that mistakes are not failures, they are part of growth.

Xat'sūll First Nation is grateful to have hosted this meaningful camp and to have provided a space where youth could build leadership, confidence, and emotional resilience together.



XFN Welcomes a New Employee to the Team



Anita Diepdael Early Childhood Educator

My name is Anita Diepdael, and I am proud to be a part of Xatsūll First Nation as an Early

Childhood Educator at Tiny Creek Daycare. I began my career in early childhood education in 2007, and from that moment on, I knew I had found my passion. I am deeply committed to supporting children and families in a positive, respectful, and meaningful way. I look forward to continuing to

work alongside and learn from my incredible colleagues, who bring a wealth of knowledge and experience to our team. Outside of work, I enjoy spending time with my family playing board games, as well as running, hiking, paddle boarding, and traveling.



**Attention Income Assistance Clients
Your T5007 tax forms are now ready for
pick-up at the Community Services
Building. Please see Jennifer Stinson to
receive your form.**

**If you would prefer to have your form
mailed, please email socdev@xatsull.com
or call 250-989-2355 ext. 102 to make
arrangements.**

Thank you.

Thank You !

On February 14th, our community gathered together to celebrate a milestone birthday for one of our own as we honoured our Dad, John Phillips, for his 75th birthday (Feb 15th). The turnout was incredible, with friends and family filling the gym with laughter, music, and dancing. It truly felt like a celebration of love and connection.

One of the highlights of the day was our niece, Phoenix, who channelled Elvis with surprising talent and energy, bringing smiles, laughter, and just about everyone to the dance floor. Adding to the atmosphere, we were fortunate to have the Star Legacy Band, led by Amanda Lyons and Rod Foster,

who provided a fantastic mix of music that kept the celebration going all afternoon.

It was heartwarming to see people of all ages, from the little ones to the young at heart, kicking up their heels, getting "all shook up" and enjoying the day together. CJ's also did an amazing job catering the celebration, keeping everyone well fed and happy.

We would also like to extend our deepest gratitude to everyone who stayed behind to help clean up and put away tables and chairs. Those acts of kindness and care truly warmed our hearts and reflect the strength and spirit of our community.

Most importantly, this day meant the world to our Dad. He absolutely lit up and was overwhelmed with love and gratitude. Seeing family and friends gathered together brought him so much joy, it truly made his year. He was deeply touched and sends his heartfelt thanks to everyone who came, helped, and shared in this special day.

Kukwstsétsemc to each and every one of you for making this celebration so meaningful and memorable.

From Brenda Phillips, Rhonda Phillips, Debbie Peterson, Geri-Lynn Phillips, and Johnnie Phillips.



CAREER FAIR 2026



Come to Xatsùll's Indigenous Career Fair!
Meet recruiters • Explore careers • Win amazing door prizes
Connect • Apply • Get Hired

MARCH 28, 2026

9:00 AM - 5:00 PM
3405 Mountain House Road, WL



SCAN ME

Note: This event is open to Indigenous participants only.
Participants must be 15 years or older to be eligible for
door prizes. Lunch will be provided.



employment@xatsull.com - 250-989-2323 ext 155

Xat'sūll First Nation Career Fair 2026

The Education department of Xat'sūll First Nation is proud to host a Career Fair on March 28, 2026 at XFN Gym from 9:00am to 5:00pm, creating a welcoming space for Xat'sūll Band Members and neighbouring First Nations to connect with employers and explore meaningful career and training opportunities. A variety of organizations will be in attendance, including Gibraltar

Mines, West Fraser Mills, CN Rail, BC Emergency Health Services, Paladin Security, Axis Family Resources, the RCMP, and many others, offering information on job openings, apprenticeships, and long-term career pathways. The event will begin with an opening prayer led by an Elder, honoring culture and tradition, and participants will have opportunities to enter

door prize draws (minimum age 15 years). Lunch will be provided, onsite parking will be available, and on-the-spot registration is welcome, making the event accessible to all. This career fair is designed to support youth and adults at every stage of their employment journey by encouraging networking, learning, and community growth.



CANADIAN ARMED FORCES



Join us for a conversation with recruiters from the Canadian Armed Forces Recruitment Centre Pacific. Learn about 100+ career opportunities and entry plans, including:

- Indigenous Summer Programs
- Subsidized Education Options

MARCH 12, 2026
3:00 PM
XFN Gym

Zoom:

<https://us02web.zoom.us/j/87260038716>



employment@xatsull.com or call 250-989-2323 ext 155



MOM'S LUNCHEON

Qellmin Group

MARCH 17, 2026

12:00 - 2:00 PM

XFN Community
Services Boardroom



CONTACT



250-989-2355

RESTORING BALANCE

*Finding Healthier Balance in Our
Relationship with Substances*



8-Week Recovery Group
Beginning March 9
Mondays | 5:30 – 7:00 PM
XFN Health Boardroom

You are not alone. Join us for an 8-week healing circle focused on support, connection, and building practical tools for recovery.

Facilitated by Cora Fraleigh, MSW, a compassionate social worker who blends traditional teachings with practical relapse prevention and skill-building strategies to support lasting change.

Together, we will create a culturally safe and supportive space where healing, belonging, and strength can grow.

✦ Snacks provided

✦ Incentive for full attendance

All are welcome.



250-989-2355 or csreceptionist@xatsull.com



FIRST NATION CHILD & FAMILY SERVICES SETTLEMENT SUPPORT



March 10-13, 2026

Xatsūll Gym | 10am-3pm

3405 Mountain House Road, Williams Lake, BC

The First Nation Child and Family Services Settlement Agreement Claim Support Team is coming to Xatsūll First Nation

We welcome anyone with questions or in need of support with a claim to utilize their free services while they are in community.

CLAIM SUPPORT FOR

**The Removed Child Class
The Removed Child Family Class**

Lunch & Refreshments are provided daily.
Any questions contact 250-989-2355 or email csreceptionist@xatsull.com

WELLNESS PRACTITIONERS

Guided Hands ~ Tammy Dormuth
Healing Touch ~ Kristine Jensen
Tarot Readings ~ Corrissa Billyboy

COUNSELLORS

Provided by IRSS Society

LOCAL VENDORS



First Nations Child and Family Services and Jordan's Principle Settlement



Northern BC Regional Liason Deloitte

XATSÜLL FIRST NATION



COME AS YOU ARE SWEAT

Friday

MARCH 20, 2026

12:00 - 5:00 PM

XFN Community Services Sweat Lodge

Everyone is welcome!
Lunch will be provided.

**FOR MORE INFORMATION
CONTACT:**

**Courtney at
250-989-2355 ext. 132**



HEALING PROGRAM



WITH MIKE JAMES

MARCH 2 - 8, 2025

10 am - 3 pm

Xatsúll Gym

Open to Xatsúll Community Members. Lunch & snacks are provided.
Need to register & rides are available, contact Community Services
250-989-2355 or csreceptionist@xatsull.com

Mike delivers programs on Ancient Traditional Native Games, Health & Wellness Issues, Culture, Suicide Prevention, etc. Mike's programs are very popular, successful, and motivational; some communities have been utilizing his services for the past 40 years. Mike is a certified Alcohol & Drug counselor, Sacred Bundle Carrier, and Sacred Sweat Lodge Keeper. He conducts Ceremonies for numerous individuals of all Nations when requested. Discussions and activities may include, but are not limited to: Cultural Awareness, Health & Healing, Coping Mechanisms, Alcohol & Drugs, Sweat Lodge Ceremonies, Ancient Traditional Native Games, etc.
More information on Mike, his website: <https://aahngp.com/>



Secwepemc Language Lessons

We are excited to begin offering Secwepemc language lessons for our community!
Next lessons for March are:

Tuesday's

MARCH 3, MARCH 10, MARCH 17,
MARCH 24 & MARCH 31

4:30 – 7:00 PM
Health Board Room

Instructor: Alicia Gilbert

Zoom Link: <https://us02web.zoom.us/j/84688963725>

Food and snacks will be provided
Everyone is welcome. Please RSVP for the classes by email or call:



EDUCATION at 250-989-2323 ext 104
or email edassist@xatsull.com



MARCH COMMUNITY CALENDAR

SUNDAY, MARCH 1

HOUSING

HOUSING RENT DUE

DATE: Sunday, March 1, 2026

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, March 1, 2026

TIME: 9 a.m.

LOCATION: XFN Gym

MONDAY, MARCH 2

COMMUNITY SERVICES

REFLEXOLOGY

DATE: Monday, March 2, 2026

TIME: 9 a.m. - 4 p.m.

LOCATION:

INFO: book appointment

CONTACT: Community Services Office
250-989-2355

YOUTH

GYM SPORTS

DATE: Monday, March 2, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Mikayla at afterschool@
xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday, March 2, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

TUESDAY, MARCH 3

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, March 3, 2026

TIME: 9 - 10:30 a.m.

LOCATION: Band Office

CONTACT: 250-989-2323

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, March 3, 2026

TIME: 9:00 a.m. - 3:00 p.m.

LOCATION: Community Services

INFO: book appointment

CONTACT: Community Services Office
250-989-2355

YOUTH

ARTS & CRAFTS

DATE: Tuesday, March 3, 2026

TIME: 3:30 - 5 p.m.

LOCATION: XFN Gym

INFO: ages 5 - 12

CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, March 3, 2026

TIME: 5 p.m.

LOCATION: XFN Gym

INFO: ages 13 - 18

CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

SECWPEMC LANGUAGE LESSON

DATE: Tuesday, March 3, 2026
 TIME: 4:30 p.m. - 7 p.m.
 LOCATION: Community Services
 CONTACT: Community Services Office
 250-989-2355

WEDNESDAY, MARCH 4



YOUTH

COOKING

DATE: Wednesday, March 4, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, March 4, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, March 4, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym

THURSDAY, MARCH 5

COMMUNITY SERVICES

GUIDED HANDS HEALING

DATE: Thursday, March 5, 2026
 TIME: 9 a.m. - 4 p.m.
 LOCATION: Community Services
 INFO:
 CONTACT: Community Services Office
 250-989-2355

YOUTH

KID'S CHOICE DAY

DATE: Thursday, March 5, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, March 5, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com



COMMUNITY SERVICES

SWIM NIGHT

DATE: Thursday, March 5, 2026
 TIME: 5:30 p.m.
 LOCATION: Community Services
 INFO: book appointment
 CONTACT: Community Services Office
 250-989-2355

FRIDAY, MARCH 6

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday, March 6, 2026
 TIME: 12 - 3 p.m.
 LOCATION: Health Boardroom
 CONTACT: Community Services Office
 250-989-2355



YOUTH

BOARD GAMES

DATE: Friday, March 6, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

YOUTH BOARD GAMES

DATE: Friday, March 6, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

SUNDAY, MARCH 8

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, March 8, 2026
 TIME: 9 a.m.
 LOCATION: XFN Gym

MONDAY, MARCH 9

YOUTH

GYM SPORTS

DATE: Monday, March 9, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Monday, March 9, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, March 9, 2026
TIME: 5:30 - 7 p.m.
LOCATION: Community Services
CONTACT: wellness.worker@xatsull.com

TUESDAY, MARCH 10

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, March 10, 2026
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: 250-989-2323

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Tuesday, March 10, 2026
CONTACT: Jennifer at socdev@xatsull.com

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, March 10, 2026
TIME: 9:00 a.m. - 3:00 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

FOOT CARE

DATE: Tuesday, March 10, 2026
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

YOUTH

ARTS & CRAFTS

DATE: Tuesday, March 10, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, March 10, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

SECWPEMC LANGUAGE LESSON

DATE: Tuesday, March 10, 2026
TIME: 4:30 p.m. - 7 p.m.
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

WEDNESDAY, MARCH 11

COMMUNITY SERVICES

ELDERS LUNCHEON

DATE: Wednesday, March 11, 2026
TIME: 12 p.m.
LOCATION: Community Services

COMMUNITY SERVICES

FOOT CARE

DATE: Wednesday, March 11, 2026
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

YOUTH

COOKING

DATE: Wednesday, March 11, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Wednesday, March 11, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, March 11, 2026
TIME: 5 p.m.
LOCATION: XFN Gym

SOCIAL DEVELOPMENT

MID-MONTH

DATE: Wednesday, March 11, 2026
CONTACT: Jennifer at socdev@xatsull.com

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Wednesday, March 11, 2026
CONTACT: Jennifer at socdev@xatsull.com

THURSDAY, MARCH 12

COMMUNITY SERVICES

HEALING TOUCH

DATE: Thursday, March 12, 2026
TIME: 9 a.m. - 4 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

SOCIAL DEVELOPMENT

INTERVIEW WEEK

DATE: Thursday, March 12, 2026
CONTACT: Jennifer at socdev@xatsull.com



YOUTH

KID'S CHOICE DAY

DATE: Thursday, March 12, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Thursday, March 12, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

FRIDAY, MARCH 13

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday, March 13, 2026
TIME: 12 - 3 p.m.
LOCATION: Health Boardroom
CONTACT: Community Services Office
250-989-2355

YOUTH

BOARD GAMES

DATE: Friday, March 13, 2026
TIME: 3:30 - 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Mikayla at afterschool@xatsull.com

YOUTH

YOUTH BOARD GAMES

DATE: Friday, March 13, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 13 - 18
CONTACT: Justin at rtp@xatsull.com

SUNDAY, MARCH 15

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, March 15, 2026
TIME: 9 a.m.
LOCATION: XFN Gym

MONDAY, MARCH 16

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, March 16, 2026
TIME: 5:30 - 7 p.m.
LOCATION: Community Services
CONTACT: wellness.worker@xatsull.com

TUESDAY, MARCH 17

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, March 17, 2026
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: 250-989-2323

COMMUNITY SERVICES

MASSAGE THERAPY

DATE: Tuesday, March 17, 2026
TIME: 9:00 a.m. - 3:00 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

SECWPEMC LANGUAGE LESSON

DATE: Tuesday, March 17, 2026
TIME: 4:30 p.m. - 7 p.m.
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

WEDNESDAY, MARCH 18

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, March 18, 2026
TIME: 5 p.m.
LOCATION: XFN Gym

COMMUNITY SERVICES

GRIEF & LOSS

DATE: Thursday, March 19, 2026
TIME: 10 a.m. - 3 p.m.
LOCATION: XFN Gym
INFO: RSVP
CONTACT: Community Services Office
250-989-2355

CALENDAR

THURSDAY, MARCH 19

COMMUNITY SERVICES

SWIM NIGHT

DATE: Thursday, March 19, 2026
TIME: 5:30 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355

FRIDAY, MARCH 20

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday, March 20, 2026
TIME: 12 - 3 p.m.
LOCATION: Health Boardroom
INFO:
CONTACT: Community Services Office
250-989-2355

SUNDAY, MARCH 22

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, March 22, 2026
TIME: 9 a.m.
LOCATION: XFN Gym

MONDAY, MARCH 23

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, March 23, 2026
TIME: 5:30 - 7 p.m.
LOCATION: Community Services
CONTACT: wellness.worker@xatsull.com

TUESDAY, MARCH 24

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, March 24, 2026
TIME: 9 - 10:30 a.m.
LOCATION: Band Office
CONTACT: 250-989-2323

COMMUNITY SERVICES

SECWEPEMC LANGUAGE LESSON

DATE: Tuesday, March 24, 2026
TIME: 4:30 p.m. - 7 p.m.
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

WEDNESDAY, MARCH 25

COMMUNITY SERVICES

PHYSIO THERAPY

DATE: Wednesday, March 28, 2026
TIME: 9 a.m. - 12 p.m.
LOCATION: Community Services
INFO: book appointment
CONTACT: Community Services Office
250-989-2355



COMMUNITY SERVICES

ELDERS LUNCHEON

DATE: Wednesday, March 25, 2026
TIME: 12 p.m.
LOCATION: Community Services
CONTACT: Community Services Office
250-989-2355

COMMUNITY SERVICES

FITNESS CLASS

DATE: Wednesday, March 25, 2026
TIME: 9 a.m.
LOCATION: XFN Gym

THURSDAY, MARCH 26



YOUTH

KID'S FULL DAY PROGRAM

DATE: Thursday, March 26, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin at rtp@xatsull.com

FRIDAY, MARCH 27

YOUTH

KID'S FULL DAY PROGRAM

DATE: Friday, March 27, 2026
TIME: 5 p.m.
LOCATION: XFN Gym
INFO: ages 5 - 12
CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

COMMUNITEA 'STYEYEM

DATE: Friday March 27, 2026
TIME: 12 - 3 p.m.
LOCATION: Health Boardroom
CONTACT: Community Services Office
250-989-2355

SUNDAY, MARCH 29

COMMUNITY SERVICES

SUN RUN TRAINING

DATE: Sunday, March 29, 2026
 TIME: 9 a.m.
 LOCATION: XFN Gym

MONDAY, MARCH 30

YOUTH

GYM SPORTS

DATE: Monday, March 30, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Mikayla at afterschool@xatsull.com



YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, March 31, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

DAY TREATMENT

DATE: Monday, March 30, 2026
 TIME: 5:30 - 7 p.m.
 LOCATION: Community Services
 CONTACT: wellness.worker@xatsull.com

TUESDAY, MARCH 24

COMMUNITY SERVICES

FOOD BANK

DATE: Tuesday, March 31, 2026
 TIME: 9 - 10:30 a.m.
 LOCATION: Band Office
 CONTACT: 250-989-2323



YOUTH

ARTS & CRAFTS

DATE: Tuesday, March 31, 2026
 TIME: 3:30 - 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 5 - 12
 CONTACT: Justin: rtp@xatsull.com

YOUTH

DROP IN YOUTH PROGRAM

DATE: Tuesday, March 31, 2026
 TIME: 5 p.m.
 LOCATION: XFN Gym
 INFO: ages 13 - 18
 CONTACT: Justin at rtp@xatsull.com

COMMUNITY SERVICES

SECWPEMC LANGUAGE LESSON

DATE: Tuesday, March 31, 2026
 TIME: 4:30 p.m. - 7 p.m.
 LOCATION: Community Services
 CONTACT: Community Services Office 250-989-2355

XFN EMERGENCY CONTACTS

General

250-267-9771

Infrastructure & Housing Needs

250-267-9955

Health & Wellness, Child, Family & Elders Needs

250-267-1152

Mental Health & Substance Use

OTHER EMERGENCY CONTACTS

Chiwid Transition House

250-398-5658

RCMP Victim Services

250-392-8709

Aboriginal Victim Services

250-305-2350

Suicide Crisis Line

1-800-784-2433

Gateway

250-302-3261

Hospital

250-392-4411

BC Nurses Help Line

811

Youth Help Line

1-800-668-6868

All Nations Healing House

778-417-0405

First Nations Health Authority

1-855-550-5454

AA Helpline

1-604-434-3933

Emergency

911

Three Corners Health Services

250-398-9814

Crisis Response Team

250-305-8496

Residential School Crisis Line

1-866-925-4419

Kids Help Phone

1-800-668-6868

Hope for Wellness Helpline

1-855-242-3310



ELDERS LUNCHEON

MARCH 11, 2026

MARCH 25, 2026

12:00 PM

XFN HEALTH BOARDROOM

FOR MORE INFORMATION OR
TO ARRANGE FOR A RIDE,
PLEASE CALL

250-989-2355





JANITOR

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsúll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Janitor to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

Reporting to the Director of Capital Infrastructure, the Janitor is responsible for carrying out janitorial tasks for the organization, ensuring all assigned buildings and facilities are routinely cleaned and maintained. As a positive, results oriented individual who must balance multiple demands, the Janitor takes a pro-active approach to initiating and following through with a variety of custodial projects, ensuring the health, safety and security of buildings and the people who use them.

For the full job posting visit xatsull.com

3419 Mountain House Road, Williams
Lake B.C., V2G 5L5 Phone: (250) 989-
2323 / Fax: (250) 989-2300
email: hr@xatsull.com
www.xatsull.com



YOUTH COORDINATOR

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsūll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Youth Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

Reporting to the Director of Education, the Youth Program Coordinator is responsible for developing, delivering and evaluating programs for youth in the community to empower youth to become self-reliant, recognizing the value of health and wellness and to develop life skills. The Youth Program Coordinator liaises with Health and Education staff to integrate the values and strengths of other programs.

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ADMIN COMMUNICATIONS ASSISTANT

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsūll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Admin/Communications Assistant to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

The Admin/Communications Assistant plays a key supportive role within the Treaty Department by providing day-to-day administrative assistance and supporting internal and external communications related to treaty negotiations, governance transition, and community engagement. Reporting to the Treaty Manager, this position helps ensure that operations run smoothly and that accurate and timely information is shared with Xatsūll leadership, community members, government representatives, and partner organizations.

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SELF-GOVERNANCE COORDINATOR

Type of Position: Full Time

Closing Date: Open until filled

About the Position:

Xatsùll First Nation (XFN), a dynamic Indigenous community, is seeking a dedicated and detail-oriented Self-Governance Coordinator to join our team. Located near the vibrant city of Williams Lake, our Nation is deeply rooted in our rich heritage, culture, and breathtaking natural surroundings. With a population of 125 band members residing on-reserve and 300 off-reserve, our Nation continues to grow and prosper.

Reporting to the Treaty Manager, the Self-Governance Coordinator contributes to the overall success of the organization by working to negotiate and prepare the community for a post-Treaty self-governing environment in accordance with the vision, mission and objectives of the organization. The Self-Governance Coordinator is responsible for developing programs to build capacity, explore alternatives to Treaty, communicate, promote and revitalize cultural heritage and language. The Self-Governance Coordinator works to advance the Xatsùll First Nation's goal of self-government. This includes helping to further develop governance structures, as well as plan and initiate the transition from the Indian Act to a sovereign, self-governing community.

For the full job posting visit xatsull.com

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