



TL'AZT'EN NATION

DECEMBER

DUSTL'US

SACHO DIN'AI 2023

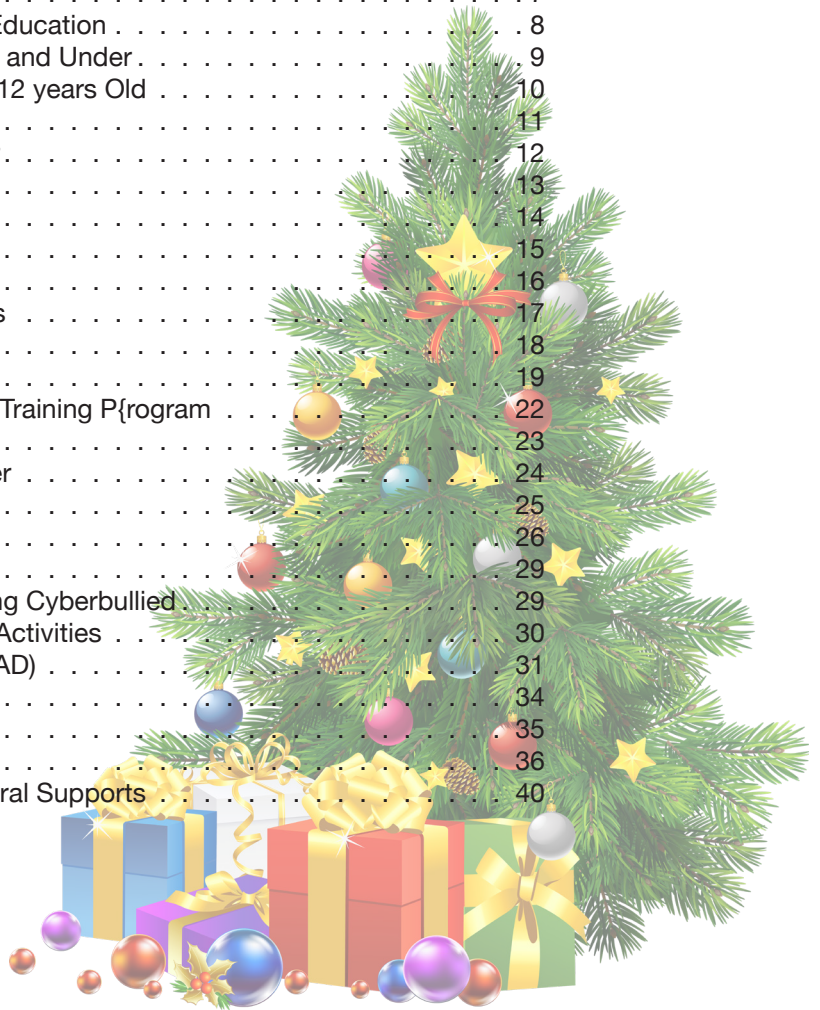


Tl'azt'en Nation neyunk'ut tube soo Dakelh ts'inli 'ink'e 'uda' whuk'un'a nede'ut'en 'uts'ulh'en 'ink'e neyun ooghuts'inli.

Tl'azt'en Nation is a strong Dakelh community, and we practice the old ways of doing things and we take care of our land.

Contents

Social Development - News Letter	4
Community Christmas Dinner	6
Band Members Meeting	7
Appreciation Dinner - Retired Education	8
Kids Christmas Bingo - Ages 7 and Under	9
Kids Christmas Bingo - Age 8-12 years Old	10
Adult Christmas Bingo	11
CERT and Volunteer Firefighter	12
Fire Smart Committee	13
First Responder Pins	14
December Culture Calendar	15
Bead Ornaments	16
Youth and Elder Cultural Nights	17
Bed Bug Treatment	18
Justice Program	19
RCMP - Indigenous Pre-cadet Training Program	22
Stewardship Officer	23
Tanizul Accountant/Bookkeeper	24
Stewardship Field Technicians	25
Forest Stewardship Manager	26
Phone Safety Tips	29
What to do if Your Child is Being Cyberbullied	29
Monitoring Your Teen's Online Activities	30
Seasonal Affective Disorder (SAD)	31
7 Root Safety Strategies	34
4 Root Safety Environments	35
Domestic Violence	36
FNHA Mental Health and Cultural Supports	40





DEC 2023

SUN MON TUE WED THU FRI SAT

01 02

03

04
Community
Christmas
Bingo

05

06
Community
Christmas
Dinner/Dance

07

08
Appreciation
Dinner
Education

09

10

Off Reserve
Christmas
Dinner PG

11

Chief and
Council

12

Community
Christmas
Craft Fair

13

Community
Christmas
Hampers

14

15
Staff Dinner

16

17

18
Band
Members
Meeting

19

Community
Christmas
Craft Fair

20

EJES Christmas
Banquet
Offices Closed
12PM

21

22
Last day of
School

23

24

25
Christmas

26

Boxing Day

27

28

Christmas Break

29

30

31

New Year's
Eve

1

2

3

Christmas Break

4

5

6



Upcoming
December 2023

MON 4

Community Christmas Bingo

WED 6

Community Christmas Dinner and Dance

FRI 8

Appreciation Dinner - EJES

SUN 10

Off Reserve Christmas Dinner - PG

TUE 11

Chief and Council

TUE 12

Community Christmas Craft Fair

WED 13

Community Christmas Hampers

WED 15

Staff Dinner

THU 21

EJES Family Christmas Banquet - All
Offices Closed @ 12:00PM

FRI 22

EJES - Last Day of School

SUN 24 - SAT 6

Christmas Break

MON 26

Boxing Day

MON 1

New Year's Day

Merry Christmas

Social Development Department

December Newsletter

May Your Christmas sparkle with moments of love, laughter
& good will, have a special Christmas & happy new year

Christmas Bingos

DECEMBER 04th, 2023

Adult BINGO @ EJS GYM 6:00pm sharp

Kids BINGO (Ages 8-12) @ Elders Centre 4:30pm

Kids BINGO (Ages 7 & under) @ 'Utsoo Yoh 4:30pm

Youth BINGO (Ages 13 -18) @ Ed Centre 4:30 pm



COMMUNITY CHRISTMAS DINNER

DECEMBER 6th, 2023 @ 4:30pm

Eugene Joseph School Gym



GINGERBREAD HOUSE CONTEST

Submission is December 12th, 2023, between

3:00 – 4:00 pm

Please contact Farrah Felix

Please Pick up starter kit at NR/SD Office

Family Craft Fair

December 12th, 2023 @ EJS Gym

Start time is 1:00pm

Rhythm and Sound PHOTO BOOTH

(Sponsored by Nezul Be Hunuyeh)

DATES TO REMEMBER

Christmas BINGO – December 04th, 2023

Community Christmas Dinner – December 06th, 2023

Mid-Month – December 08, 2023

Christmas Craft Fair – December 12th, 2023

Hamper Delivery – December 13th, 2023

Inflation Cheque Issue – December 14th, 2023

SD Office Closed – December 20th, 2023.

Administration offices closed – December 21st, 2023.

January Cheque Issue Delivery – December 27th, 2023

SD Office Opens – January 3rd, 2023 @9:00am-12pm

RENEWAL SLIPS MUST BE SUBMITTED MONTHLY

BC HYDRO BILLS

DEADLINE FOR SUBMISSION IS
DECEMBER 18TH, 2023 AT 3:00PM

ANY BILLS SUBMITTED AFTER THIS DATE WILL BE
PROCESSED IN THE NEW YEAR! Please submit your bill in
a timely manner to avoid any late billing charges and
disconnections.

Clothing Allowance

We will not be processing any more
requests this fiscal year.

Please submit receipts to Tiffany if you
received the clothing allowance it is
needed for your file.



Minimum Shelter Allowance

Last Payment for minimum shelter allowance will be December Cheque Issue.

If you have any questions, please contact Renata or Michelle.



Community Justice Program Update

Maddison is on a leave, we are expecting Maddison to return on
December 19th, 2023. If you need any information regarding your
file, please contact Renata or Michelle.

Community Probation will be here. **December 14th, 2023**

250-570-0730

Native Court worker

250-793-8327

If you need to attend court online, please give Tiffany advance
notice.

Jordan's Principle Coordinator

Cindy Ashe is the coordinator for our Northern
Region. She will provide assistance with your
requests for your child's needs.

She will be here in community on December 14th
in the afternoon.

Her contact Information is.

Email: cashe@csfs.org

Office: 250-692-2387

Cell: 778-349-1073

BUDGET AND DECISION FORMS MUST BE SIGNED

**2nd and 3rd Quarter Budget and Decisions Forms will be
ready in the new year.**

Please come in January 3rd, 4th, 5th, 2024

Between 9:00am – 12pm to go over and sign.

**WISHING YOU A
WONDERFUL MERRY CHRISTMAS
AND HAPPY NEW YEAR**



Renata, Michelle, Maddison, Tiffany



**COMMUNITY CHRISTMAS
DINNER EJES GYM
DECEMBER 6, 2023
4:30 PM**



DECEMBER 18, 2023
9:00AM - 4:00PM
EJES GYM
LUNCH PROVIDED

Topic: Band Members Meeting Dec 18, 2023

Time: Dec 18, 2023 09:00 AM


Join Zoom Meeting

<https://us06web.zoom.us/j/87245885203?pwd=fM9EpvzLHrBRQEZaqoJUqN2UC5Rg4K.1>

Meeting ID: 872 4588 5203

Passcode: 6eniEd





Join Us For A

*Celebration to
Honor and
Appreciate our
Retired
Employees in the
field of Education*

Friday December 8, 2023
Presentations & Dinner

At 2:00 Pm

Location : Eugene
Joseph Gym ~ Everyone
is Invited to Attend

Kids Christmas Bingo

AGES 7 and under

Parents must accompany children and assist child with BINGO cards.

WHEN:

Monday, December 4th, 2023

WHERE:

Utsoo Ooyoh

TIME:

4:30 - 5:30





Kids Christmas Bingo

AGE 8-12 Years Old

WHEN: December 4th, 2023

WHERE: Elders Centre

TIME: 4:30pm to 5:30pm

PARENTS MUST

ACCOMPANY CHILDREN





- Have a merry one -

Adult Christmas Bingo
December 4th, 2023
6:00pm Sharp
Eugene Joseph School Gym



CERT & VOLUNTEER FIREFIGHTER

GAIN 2 INDUSTRY-READY CERTIFICATES



COURSES

Community Emergency Response
Team
&
Volunteer Firefighter

DATE

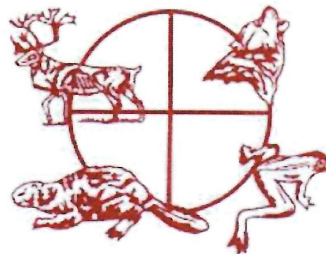
January 15-19 & January 22-26
9 AM - 5 PM

LOCATION

Education Building

SIGN UP

Rebecca Pierre
Employment and Training Coordinator
+ 250-648-3227
employment.coordiantor@tlazten.bc.ca



KELOWNA-CALGARY-PRINCE RUPERT-PRINCE GEORGE-CRANBROOK-MAPLE RIDGE
HIGH LEVEL-EDMONTON-TORONTO-MONTREAL-REGINA-HALIFAX

IRWIN'S SAFETY & INDUSTRIAL LABOUR SERVICES LTD.



November 17, 2023

Tl'azt'en Nation is seeking five (5) members to join a Fire Smart Committee. The purpose of the committee is to promote the Fire Smart Program, gain knowledge and receive quarterly updates. The committee members are not required to make decisions as the program is already set with activities, budgets and its own Terms of Reference.

If you are interested in putting your name forward for the Fire Smart Committee, please submit a short writeup that includes your name, contact number and brief statement on why you would like to be apart of this committee.

You can drop off your written submissions to the front desk at the Administration office or email: Don.Mattess@Tlazten.bc.ca . Deadline to apply will be Friday, December 1, 2023 at 3:30 PM.

Mussi





COME BEAD FIRST RESPONDER PINS



December Wednesdays 4:30 - 6:30pm

'Utsoo Ooyoh

Drinks and snacks provided



DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Community Bingo	5	6 Community Dinner Beadng night 4:30-6:30	7 Culture Craft 12 - 2pm	8	9
10	11 Youth and Elder Culture nights 4:30 -6:30	12 Christmas Craft Fair	13 Hamper Delivery Beadng night 4:30- 6:30	14 Culture Craft 12 - 2pm	15	16
17	18 Band members meeting EJES Gym 9-4 Youth and Elder Culture nights 4:30 -6:30	19 Nezul Be Beadng Lanyards 11-2	20 Beadng night 4:30-6:30pm	21 Last Day open	'Urtsoo Ooyoh closed December 22 - January 7 Opening January 8 2023	
24	25	26	27	28	29	30
31						



COME BEAD ORNIMENTS

With Myrna Thomas

'UTSOO OOOYOH

WEDNESDAY NOV 29 4:30PM - 6:30PM





TL'azt'en Culture &
Recreation

YOUTH & ELDER CULTURAL NIGHTS

Monday night @ 4:30-6:30

HONOURING INDIGENOUS IDENTITY AND CULTURE

YOUTH AND ELDER'S IN TL'AZT'EN
NATION ARE WELCOMED TO COME
AND LEARN ABOUT OUR CULTURE:

- CRAFTS
- DRUMMING AND SINGING
- LEARN OUR LANGUAGE
- HISTORY
- GAMES

Location: Grandma's House

Snacks, Drinks and Prizes Available

**Questions? please call the
education department @
(250) 648-3227**

Preparation Guidelines for Bed Bug Treatment

If you are scheduled to receive treatment from DeBug 'Em Pest Solutions, use these guidelines to prepare the area.

- 1) Remove cover plates from electrical sockets, phone lines and light switch covers
 - 2) Remove the front panel from heating/air conditioning units if in close proximity to bed (or if otherwise directed by a DeBug 'Em Technician)
 - 3) Remove all bedding and pillows, place in plastic bags and taken to laundry room only when they can be placed directly into the washing machine using hot water
 - 4) If directed, remove curtains/drapes from infested areas and wash (if possible) and/or dry on hottest settings.
 - 5) Dispose of old mattresses and box springs that are in poor condition (or if recommended by a Technician upon inspection). When introducing new mattresses and box springs, please cover them in suitable bed bug covers – this will protect them from re-infestation. Leave the covers on until the population has been eliminated.
 - 6) Disassemble bed frame, and stand mattress and box spring up against the wall
 - 7) Remove clothing and other belongings from drawers, nightstands, tables, closets, wardrobes and similar storage areas. Ensure all clothing is transported from the infested area in sealed plastic bags or containers to prevent spreading of the insects to non-infested areas. It is strongly recommended all of these garments are washed in **Hot Water** to prevent re-introduction of bed bugs from infested clothing. **Do not use the same bags, and place the old bags in the dumpster/exterior garbage.**
 - 8) Thoroughly vacuum the floor and bed frames, removing the bag immediately and discarding in an exterior garbage receptacle
 - 9) Remove baseboards from walls where possible, or if directed to do so by a Technician
 - 10) Remove all pets from treatment area (including reptiles and fish, as some insecticides can be highly toxic to aquatic life)
 - 11) Premises must be vacated during treatment and can only be re-entered after 6-8 hours. Infants, pregnant women or people suffering from heart, kidney, major respiratory issues or allergies should remain away for at least 10-24 hours.
 - 12) Do not stack items on top of or around furniture (particularly couches, as these may require treatment as well)
 - 13) Move furniture away from walls (about 1.5-2 feet), to provide access to baseboards.
- Note:** If you cannot walk easily around the perimeter of your home, neither can we.



TL'AZT'EN NATION

Justice Program

PO Box 670, Fort St. James, B.C. V0J 1P0
Phone 250-648-3212 • Fax 250-648-3250



Hadih Tl'azt'enne,

The Tl'azt'en Nation Justice Program is back and fully operational. I, Maddison, was away for four weeks. I am now back in the office for monthly check-ins and bail sign-ins. I am also available to aid with any involvement in the Criminal Justice system, access to justice, and supportive services.

Here are some important contact numbers:

Legal Aid Agent: 250-570-0946

Connie Morrisey, Native Court Worker: 250-793-8327

Crown Counsel: 250-5657-6835

Prince George Indigenous Justice Centre: 250-645-5519

If you have not seen your probation officer or bail supervisor in some time, please ensure to call and inquire:

Vanderhoof Community Corrections Toll Free:

1-888-322-3310

Vanderhoof Community Corrections Direct Line:

250-567-6826

We continue to offer virtual court services in the NR/SD boardroom. The Probation Officer, Faranak Mazaheri-Tehrani attends every 3 weeks and is scheduled to be in the office again on November 2nd 2023. Connie Morrisey, Native courtworker, is scheduled to attend on November 1st 2023.

Please be diligent about acquiring a lawyer or representation for court. If you miss court, warrants are often issued, and this can sometimes result in breach charges. If you think that your court date is approaching, please call and check in. If I am unavailable, you can call Crown Counsel and inquire about the date and time.

Due to personal circumstances, I was not able to be present at the Annual General Assembly. If anyone has any questions or would like to inquire about programs and services, please contact me at 250-648-3234. I am always open to conversations and questions 😊

The following graph is a visual representation of the Tl'azt'en Nation Justice Program's workplan and goals for the community. I have successfully accessed 3 grants since January and



TL'AZT'EN NATION

Justice Program

PO Box 670, Fort St. James, B.C. V0J 1P0
Phone 250-648-3212 • Fax 250-648-3250



will continue to plan for more service delivery and programming to fulfill the obligations of these grants. The grants were as follows:

Indigenous Trauma Informed Care and Healing Capacity Building Funds

These funds were provided by Justice Canada to deliver Trauma Informed Care and training to service providers, staff, leaders, and community members. We hosted a Trauma Informed Care workshop and hosted Theo Fleury in March.

Oodzi Ulhtus: Land Based Healing- Civil Forfeiture Grant

These funds were successfully received from the Civil Forfeiture Crime Prevention Program to deliver training and land-based practices for staff members to be able to incorporate trauma informed care skills and land-based healing practices into their work and home life. With this, we hosted an Indigenous Trauma Informed Practice and medicine workshop for staff in August.

Dakelh Restoring Harm Capacity Building Funds

These funds were successfully received from Justice Canada to attend a capacity building workshop for staff, host Restorative Justice training, and a 2-day knowledge gathering seminar on Dakelh Justice and Healing practices. We have yet to schedule the dates for this initiative.

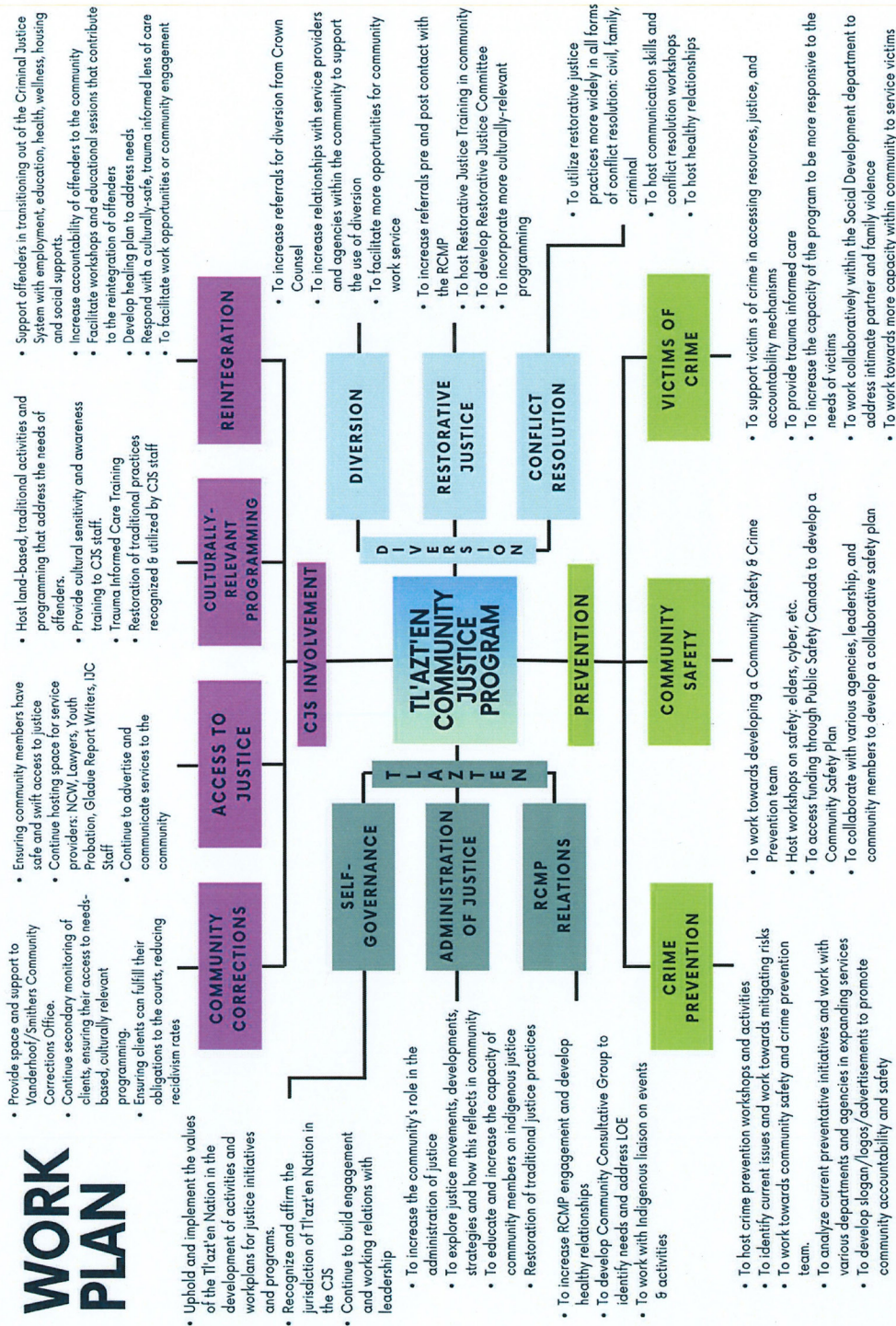
The funding for the TL'azt'en Justice Program is provided by Justice Canada and the province of BC, and is quite limited; therefore, to be able to host a variety of prevention services and justice programs, it is necessary to outsource funding and apply for grants. We continue to strive for access to justice, accountability, restorative justice, and the incorporation of Dakelh values in the field of justice.

Thank you for your patience while I was away.

Kind Regards,

Maddison Sam
Justice Coordinator

WORK PLAN





Indigenous Pre-Cadet Training Program



The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

You'll learn:

- › An introduction to the Criminal Code and RCMP policy
- › Physical fitness and drill
- › Skills to help prepare you to apply to be a police officer

Basic Requirements

- › Be between 19 - 29 years of age
- › Be of First Nation, Inuit or Métis descent
- › Be a Canadian citizen
- › Be able to pass an enhanced reliability security check
- › Be in good physical condition
- › Possess a Canadian high school diploma or equivalent

**Now accepting applications
for the spring session!**

Deadline: December 15, 2023

For more information contact:

**"H" Division RCMP Recruiting
HdivRecruiting@rcmp-grc.gc.ca**

**"I'm excited to be
able to one day
become an RCMP
officer and inspire
more to join to show
that we can make a
difference in society."**

Phoebe Niviaqslaq, Nunavut



Royal Canadian Mounted Police
Gendarmerie royale du Canada

Canada

Stewardship Officer
Date Posted: September 2, 2022
Closing Date: Open Until Filled

The Tl'azt'en Nation Natural Resource Department is looking for a full time Stewardship Officer to assist with operational processes supporting Nation land use decision proposals, referrals, consultation, engagement and stewardship planning within the traditional territory. This position requires good communication skills, team work, project management, cultural agility, field skills (survey and data assessment, recording, reporting and technical writing skills), map and GPS/GIS skills; experience with government-to-government (G2G) processes in particular with BC Government provincial ministries; an understanding of relevant natural resources legislation, Indigenous Rights and Title and provincial legislation regarding the United Nations Declaration of the Rights of Indigenous People (UNDRIP). Tl'azt'en Nation's head office is located 40 km from the town of Fort St. James, BC on the beautiful shores of Nak'albun (aka Stuart Lake).

Job Summary

The Stewardship Officer's responsibilities include but are not limited to: working closely and in conjunction with the Natural Resources Manager implementing forestry, mineral claim and lands stewardship management and strategy processing land use proposals, referrals, assisting in technical representation for Tl'azt'en Nation on G2G collaborative stewardship work; assisting in consultation and engagement work. In addition, the Stewardship Officer will work closely with Nation knowledge keepers, traditional land users and Keyoh Huwunline families (traditional stewards) on stewardship matters. We are looking for an individual with a proven history of project management, a solid understanding of Indigenous culture, rights and title matters, traditional Dakelh governance and relationship-building, good communication skills, conflict resolution abilities and have technical understanding of sustainable forest management principles.

Qualifications, Knowledge, Skills & Experience

- Minimum post-secondary 2-year technical certification/diploma in the area of Forestry and/or Natural Resources
- Minimum 5 years working in Forestry and/or Natural Resources (office and field work experience)
- Knowledge of relevant natural resources provincial and federal legislation and other policies and legislation that govern forest, land, water and wildlife management
- Demonstrated ability to communicate and build effective interpersonal relationships from the community level to senior government levels including external agencies and private sector proponents
- Proficiency in the use of computer programs for word processing, databases, excel spreadsheets, presentations, email; fieldwork and data tracking applications, and ESRI GIS software
- Ability to meet deadlines, pay attention to detail, work well with others and in a team environment
- understanding of Indigenous values, culture, history, communities and traditional territories
- Excellent, communication and writing skills.
- Must have Class 5 Drivers License in good standing

Preference may be given to:

- a Tl'azt'en Nation person or an Indigenous person
- extensive post-secondary education and work experience combination
- Professional designation

Wage rate depending on education & experience.
Submit your inquiries, cover letter and resume to:
Glen Guthrie, Natural Resources Manager
nr.manager@tlazten.bc.ca



Tanizul Timber Ltd.

JOB POSTING Accountant/ Bookkeeper

Tanizul Timber Ltd (Tanizul), a TI'azt'en Nation community owned and operated forest management company, is seeking an experienced part time or full-time accountant to add to our staff.

The accountant provides key administrative functions of the day-to-day operation of the company, working under the direction of the General Manager, or designate.

The ideal candidate will be able to demonstrate the following qualifications:

- **Be a self-starter, able to work independently with minimal supervision;**
- **Have a strong, consistent, and professional work ethic;**
- **Ability to multi-task and work in a demanding environment;**
- **Have formal training with 5+ years of bookkeeping experience;**
- **Excellent verbal and written communication and interpersonal skills;**
- **Ability to meet deadlines, adjust quickly to changes in priorities and work within a team environment to achieve results.**
- **Solid experience and proficiency using MS Office applications and accounting software, with preference to SAGE 50;**
- **Preference will be given to those who hold a CPA certificate, or at a minimum a solid understanding of Generally Accepted Accounting Principles (GAAP).**
- **Having forestry-based business experience will be considered an asset.**

The duties of this position will consist of, but not limited to, the following:

- Bi-weekly payroll - Salary, hourly and piece rate employees;
- Accounts Payable - Weekly vendor payables;
- Monthly remittances - Payroll remittances, Pension Contributions, Health benefits, WCB and GST remittances;
- AR management - applying received payments to invoices;
- Monthly credit card reconciliations;
- Reconcile bank accounts and make month end adjustments;
- Fiscal year end Adjustments/ File Logging tax return;
- Financial audit preparations, facilitation, and entry of auditor's journal entries;
- Monthly and quarterly reporting and budget updates.

There is flexibility to work both in office and remotely.

Tanizul Timber Ltd offers a competitive wage and benefits package. Remuneration will commensurate with experience.

If you meet the above qualifications, please submit your resume to: admin@tanizultimber.com

This position will be posted until filled. Please note that while we appreciate all applications, only those being considered will be contacted.

Thank you for your interest.

Stewardship Field Technician
Date Posted: September 2, 2022
Closing Date: Open Until Filled

The Tl'azt'en Nation Natural Resource Department is looking for a Stewardship Field Technician. The Stewardship Technician will work under the supervision of the Senior Stewardship Officer and assist with the department's forestry, mineral claim and lands stewardship management and strategy processes within the traditional territory. This position requires field skills (survey and data assessment, recording), map and compass and GPS / GIS skills, and requires good communication skills, team work, a proven understanding of Dakelh culture and heritage resource values. An understanding of relevant natural resources legislation and forestry and mining exploration operations is a preferred asset. Tl'azt'en Nation's head office is located 40 km from the town of Fort St. James, BC on the beautiful shores of Nak'albun (aka Stuart Lake).

Job Summary

The Stewardship Field Technician's responsibilities include but are not limited to: working closely and in conjunction with the Natural Resources Manager implementing forestry, mineral claim and lands stewardship management and strategy conducting cultural and heritage resource values assessments in the field. In addition, the Stewardship Field Technician will work closely with Nation knowledge keepers, traditional land users and Keyoh Huwunline families (traditional stewards) on stewardship matters and will consider information sharing in technical report writing. We are looking for an individual with a proven history of field experience, field assessment and reporting experience in any aspect of Natural Resources. A solid understanding of the forestry and mineral exploration sector is ideal and Indigenous culture, rights and title matters a must. This position requires an understanding of traditional Dakelh culture and good communication skills, problem solving abilities and technical understanding of stewardship principles.

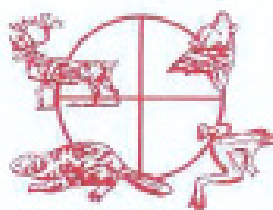
Qualifications, Knowledge, Skills & Experience

- Minimum post-secondary 2-year technical certification/diploma in the area of Forestry and/or Natural Resources and minimum 2 years working in Forestry and/or Natural Resources (office and field work experience) or an equivalent combination of education and work experience
- Knowledge of relevant natural resources technical operations, relevant legislation and other policies that govern forest, land, water and wildlife management
- Willingness to learn; Team player
- Ability to read maps (e.g. Understands UTM Coordinates, Scales, maps, gps, etc.)
- Physically fit and ability to work in all types of weather and environmental conditions
- Knowledge of Dakelh culture and traditional rights practices
- Basic knowledge of archaeological resources
- Computer skills especially in Microsoft Office software applications
- Familiarity with safe driving and practices while engaging in field travel and field work activities.
- Work experience conducting field and data entry work in a timely, professional and consistent manner.
- Field surveys are required in this position to assess Tl'azt'en Nation cultural and heritage resource values whereby the Stewardship Forest Technician will be required to survey for an established list of values; Work experience like this is an asset; Skills in field site assessments are required
- Ability to meet deadlines, pay attention to detail
- Understanding of First Nations values, culture, history, communities and traditional territories
- Excellent, communication and writing and reporting skills.
-

Preference may be given to:

- a Tl'azt'en Nation person or an Indigenous person
- Professional designation

Wage rate depending on education & experience.
Submit your inquiries, cover letter and resume to:
Glen Guthrie, Natural Resources Manager
nr.manager@tlazten.bc.ca



FOREST STEWARDSHIP MANAGER

Tl'azt'en Nation is seeking a motivated and strong individual with proven forestry stewardship skills and experience to support its Natural Resources Department.

The ideal candidate is community-minded and demonstrates strong planning and implementation skills in support of the Natural Resource Department.

Reporting to the Natural Resource Director, the Forest Stewardship Manager is responsible for overseeing the protection, care, and otherwise safeguarding and stewardship of Tl'azt'en forestry resources encompassing 2,786.10 hectares in the Fort St. James area in BC. The Forest Stewardship Manager will also be responsible for data collection, timber harvesting, and collaborating with the community and government agencies on projects meant to improve or alter the environment, respond to emergencies, and focus on sustainability and health of the forest.

The Forest Stewardship Manager is the lead resource responsible to explore and recommend opportunities for capacity building through appropriate stewardship and management of land resources, aligned with the mission to protect and promote Tl'azt'en rights and title in their traditional territory.

Duties and Responsibilities

Strategic and Operational Planning

- Identify, draft, propose, plan and implement long-term stewardship plans for the Nation's forest resources.
- Review and where appropriate implement initiatives related to expansions or diversifications of forestry resources, including timber development, silviculture, wildfire fuel management, harvesting, etc.
- Review business plans and funding proposal preparations related to forestry resources to ensure consistency with long-term stewardship objectives.
- Develop an understanding of the community's values related to forests including the importance of wildlife and plans for food harvesting, medicine and cultural practices.

Financial Management

- Assist the Natural Resources Director and relevant partners with preparing fact sheets, resolutions, certificates of funding, purchase orders, etc. regarding but not limited to tree removal or harvesting, silviculture, planning and other bid specifications and quotations as required.

Operational Management

- Be aware of the most up-to-date conservation and restoration methods including familiarity with resolution options.

MNP LLP

True North Square

242 Hargrave Street, Suite 1200, Winnipeg MB, R3C 0T8

1.877.500.0795 T: 204.775.4531 F: 204.783.8329



MNP.ca

- Be responsible for forest conservation for future generations, using the most natural and economically-sound methods possible.
- Receive, review, and evaluate forest referrals and provide monthly status reports.
- Organize and prioritize work by type, geography, season, etc. and submit to the Natural Resources Director.
- Assist in planning, administration and inspection of other forestry-related activities such as road building, block development and timber harvesting.
- Work with other Tl'azt'en Natural Resource personnel to make values-based land-use decisions.

Community Relations

- Support communication to community through report preparation and delivery and tours of the forestry operations.
- Engage community members in forestry stewardship initiatives through active engagement and learning opportunities.
- Maintain respectful and positive relations with community members.

Council Governance

- Provide advice, guidance, and recommendations to the Natural Resources Director and other relevant stakeholders.
- Prepare and deliver reports in writing and verbally.

Policy, Procedure, Legislation and Regulations

- Be knowledgeable about relevant acts, regulations, policies, legislations, and treaties.

Skills and Qualifications

Knowledge, Skills and Abilities

- Excellent written and verbal communication skills
- Ability to work individually on projects and as part of a team
- Analytical skills
- Prioritization and strong time management skills
- Ability to create and deliver strong presentations using factual data in layman's terms
- Have a good understanding of wildlife, biology including its data collection and analysis
- Ability and willingness to be outdoors for extended amounts of time in all weather
- Ability to work safely in a forestry environment and follow all safety guidelines

Experience and Education Requirements

- Bachelor of Science Degree in natural resources, ecology, forestry, environmental science, or related field
- 3+ years of work experience in a similar role
- BC Registered Professional Forester or eligible for registry preferred
- Valid driver's license

Work Location

The successful candidate is required to relocate to Tl'azt'en Nation or the Fort St. James area. A portion of time in this position will be spent in the field with the majority duties to be completed in the office at Tl'azt'en Nation. Remote work models will not be supported at this time.

Tl'azt'en Nation and the Fort St. James region are located in the interior of British Columbia and offer the ideal surroundings for outdoor enthusiasts or families looking for a safe, affordable and healthy community in which to live and thrive. To learn more about its beautiful surroundings and services, please review the [District of Fort St. James FSJ Retention Guide](#).

Other Requirements

Ability to successfully and periodically undergo an appropriate criminal records review and police record check is required.

A cover letter and resume outlining how you meet these qualifications is requested, c/o MNP at applyvia@mnp.ca.

Closing Date: Open until filled

Candidates who meet the above criteria will be contacted for an interview. Proof of certifications will be required prior to employment.

Phone Safety Tips

Phones offer both communication and safety benefits for parents and teens. However, like most technologies, they also pose some safety risks to adolescents. In order to better protect your child, it's important to know the steps you can take to make their phone use safer.

Important safety guidelines

1. Take the time to learn about what features are included on the phone. Are there pre-installed apps (such as Instagram® and Facebook®) or games that you need to become more familiar with? Do you understand how the location-based services work and why it may be a good idea to turn location services off for photos and some apps?
2. Early on, set the expectation that you will monitor your teen's use of their phone. It's important that you follow through on what you have told your teen, and as required, enforce consequences for any inappropriate behaviour/actions.
3. Explore the possibility of blocking access to sites (such as those with sexually explicit content) by using the settings on the device and/or parental control apps or by contacting the carrier/service provider.
4. Set a time every evening at which all technology, including phones, are shut off in the house. Also, establish guidelines around texting and gaming (who teens can do these things with and on what sites/apps).
5. Discuss the importance of not responding to harassing, harmful or unsolicited calls or messages sent to them and to save these types of messages. Teach your child how to block calls/messages from unwanted users and reinforce the importance of talking to a safe adult if in receipt of these types of messages.

Teens will make mistakes. Re-establish the boundaries around responsible phone use and remind your child on a regular basis that they can talk to you about any issues they may be facing.

Your child's phone and the information it carries may be used in urgent safety-related situations (e.g., if a child goes missing). It is important to know what information and tracking capabilities exist on the phone. As the contract owner of the phone, you are entitled to access information regarding inbound/outbound calls, as well as the last known time of use of the device. Some devices also allow you to load apps that can track the location of the phone. A code is required – make sure you know it!

What to do if Your Child is Being Cyberbullied

Over the past few years, the Canadian Centre for Child Protection has witnessed a marked increase in reports to Cybertip.ca from youth ranging from 13 to 17 years of age. A large percentage of these reports are with regard to sexual images/videos being created and distributed among their peers via the Internet and/or electronic devices, sometimes as a form of cyberbullying. When children are sexually exploited/abused and technology has been used to memorialize the sexual harm, there is often an additional layer of trauma for the child.

The Canadian Centre for Child Protection defines cyberbullying as a form of extreme bullying among youth via technology. It is abusive, targeted, deliberate and repeated behaviour that is intended to damage and harm another young person. Educators, school-based resource (liaison) officers, families and the community-at-large play a fundamental role in assisting and supporting youth who are cyberbullied. If you are concerned that your child may be affected by cyberbullying, consider the following strategies.

Discontinue the contact

Make sure your child does NOT respond to the bully. Teach your child not to respond to any attempts made by the bully to engage in conversation or dialogue (e.g., walking away or ignoring any in-person contact and not responding to any texts or other online messages). Explain to your child that responding may only fuel the bully into escalating the activity. Not responding is especially critical if your child is being threatened or blackmailed – this should be reported to the police immediately.

Have your child adjust their privacy settings on social networking sites and block or delete the bully as a friend/contact on these sites. Most sites allow users to set limits on who can access their profile and send/post messages to their profile, and many provide users with the option to block or delete contacts. Having your child adjust their settings and block or delete contacts will help them limit or eliminate unwanted contact by the bully. This will not only help reduce their exposure to hurtful comments, but will also help to reduce any distress they may feel whenever they are exposed to what the bully is posting. Before your child deletes the bully, they should make a copy of any prior communication in case they need to

involve the police at some point.

Have your child change their email address and username. Deleting their accounts for a period of time will give your child an important emotional break from seeing the cruel commentary that may be happening online. They may also wish to create new accounts that only close and trusted friends and family know about.

Address any sexual pictures/videos posted online

Contact the site where the picture/video is posted. Most popular sites (i.e., Facebook®, Twitter®, Instagram®) have a process for reporting, and many place a higher priority on situations involving youth. It's important to include the exact URL (website address) where the content is posted and your child's age at the time the picture/video was taken. Also identify your child as the person in the picture/video and indicate that your child did not post the picture/video, did not consent for it to be posted and objects to the continued posting of the content. For more information on how to contact popular websites, please visit NeedHelpNow.ca.

Address any sexual pictures/videos posted online

Report the bully

Report the bully to your child's school. If the bullying involves school peers, telling people in a position to do something about it, such as the administrators at your child's school, is important.

Report to the website or cell phone service providers. If the bullying is occurring online, your child can report the situation to the provider that runs the website or service where the bullying is taking place (e.g., Facebook®, Twitter®). For bullying occurring via text messaging, explore what options exist to block contacts with your mobile service provider.

Report the bully to the police. Depending on the nature of the situation, who is involved and what the bullying has escalated to, there may be Criminal Code (Canada) violations to consider such as criminal harassment, intimidation, uttering threats, extortion, defamatory libel, personation, use of a computer in an unauthorized way or interference with data, child pornography, luring, counselling to commit suicide etc.

Remember, if you are at all concerned that the situation involves something potentially illegal, reporting to a law enforcement agency as soon as possible is extremely important.

Reinforce the importance of friends

Being around close friends can help your child feel safe, supported and give them strength to get through this difficult time.

When Peers or Friends are Being Bullied

Often, youth aren't sure what to do when a peer or friend is being bullied and feel that being silent is the answer. They may think: it's not my problem, they aren't my friend, I don't really like them anyway, they deserve it, I don't want to make it worse by bringing attention to it, I don't want to be targeted next, etc.

It's important for youth to have a variety of options for ways they can stand up against the mistreatment of others and this needs to be reinforced by adults. You can encourage a range of actions that include:

- Refusing to participate (including not "liking" or forwarding harmful messages) and removing themselves from the situation
- Including the person being bullied in school groups, what your child is doing at lunch, etc.
- Challenging hurtful messages with responses such as, "That's not cool," "I think they are awesome," etc.
- Letting the person who is being mistreated know how they are being treated is wrong and that it's not okay
- Going to a safe adult to let them know what is going on
- If you are concerned that your child may be having suicidal thoughts, seek professional help immediately. Take all signs of suicidal behaviour seriously.

Monitoring Your Teen's Online Activities

It is common for parents to struggle with how to stay involved in their teen's online activity. Here are some ideas to help guide parents in balancing their teen's need for privacy and independence with their parental job of providing protection.

Typically, teens are highly skeptical of parental involvement and questions, and will swiftly leap to the classic phrase, "It's none of your business." Rest assured that it is your business! While teens can feel ready to take on the world, their brains

are still developing and they are not yet at a place where they can properly deal with all situations on their own. Your involvement is very important.

Strategies for staying involved

Here are some strategies you can integrate into daily life to stay involved in your teen's online activities and increase their safety, while also giving them the independence they desire:

1. Set the expectation early on that you will monitor your teen's use of their devices. Follow through on what you have told them with regard to consequences for any inappropriate behaviour/actions. It's also a good idea to set a time every evening when WiFi is disabled and all devices are shut off in the house.
2. Regularly engage in conversation with your teen about the apps or sites they are using. Remain informed about the online spaces where youth may be negatively impacted and have ongoing discussions. Sign up for Cybertip.ca Alerts to remain informed of the emerging issues facing tweens/teens. Review any parental controls, chat options, profile information options and privacy settings available for the apps/sites they are using.
3. Reinforce the public nature of the Internet. Let your teen know that once a picture/video or information is sent, they lose control over what is done with it. If your teen has been negatively impacted by a picture/video being shared by peers, they can visit NeedHelpNow.ca for practical steps to take to regain control over the situation.
4. Talk about the risks associated with live streaming. What happens over live stream can be easily recorded – don't be fooled by thinking it is live and therefore "no big deal." The same risks exist for live streaming as sending pictures or videos. Pre-recorded content can also be live streamed so unless the other person is known to be offline, there is no way of verifying who is on the other end of the camera and you should proceed with caution.
5. Discuss the importance of seeking help. Identify situations when it would be important to tell you, or another safe adult, about an uncomfortable or potentially unsafe situation. Acknowledge that while this may be a difficult step for your child to take, their safety is your number one priority and you are there to help them. Discuss what might happen if they don't seek help from a safe adult and emphasize that it is never too late to come to you for help, even if they have made a mistake.
6. Monitor your teen's behaviour to watch for changes that may trigger cause for concern. It's important to pay attention to changes in your teen's typical behaviour patterns, as well as changes in the intensity of their behaviour. Some signs that may indicate the need for increased involvement and communication with your teen include:
 - They seem more withdrawn, sad, anxious, defensive, angry or secretive.
 - They have significantly increased or decreased the amount of time they spend online.
 - They do not respond to limits placed on how often and how long they spend online.
 - They have lost interest in activities that they've normally enjoyed.
 - They are complaining of stomach aches or headaches.
 - They develop problems with sleeping patterns, such as difficulty falling or staying asleep at night, or sleeping all the time and avoiding interaction.
 - What to do if you notice concerning behaviour
 - If you discover that your teen is pushing boundaries online, they may need some adult direction to re-establish the line. It is typical for teens to break boundaries, especially if they think adults aren't aware. Sometimes all it takes to get them back on the right track is knowing an adult is monitoring them more closely.

Here are some steps to consider:

1. Increase your involvement to become more visible in your teen's online activity. Calmly communicate your concerns and be emotionally available for your teen. They will likely resist your involvement – do not back down. It is their job to test limits and your job to set them.
2. Increase direct supervision and directly monitor your teen's online activities, including their phone. Check their social networking, chat and messaging sites/apps. Simply knowing that you are aware and monitoring may be enough to change your teen's behaviour.
3. Enforce limits on your teen's use of their devices. Depending on the level of concern for your teen's behaviour, you may consider taking away access for a limited time.
4. Build your relationship with your teen. Create opportunities to do things together. Even if your teen is resistant, the message you are sending by wanting to spend time with them is that you care which unto itself is a powerful protective factor.

Seasonal Affective Disorder (SAD)

Seasonal affective disorder is a type of depression that occurs during the same season each year. Researchers think that SAD is caused by changes in the level of exposure to sunlight. Light therapy is the main treatment for SAD. Medications and psychotherapy (talk therapy) may help reduce symptoms.

Overview

Seasonal affective disorder is a type of depression that occurs during the same season each year. It usually happens in the fall or winter, but some people may experience season-linked symptoms in the summer.

Signs & Symptoms

The list of signs and symptoms of SAD is the same as the list for major depression. However, with SAD, these signs and symptoms appear and disappear at about the same time each year.

The major symptom is a sad, despairing mood that:

- is present most days and lasts most of the day
- lasts for more than two weeks
- impairs the person's performance at work, at school or in social relationships.
-

Other symptoms of depression include:

- changes in appetite and weight
- sleep problems
- loss of interest in work, hobbies, people or sex
- withdrawal from family members and friends
- feeling useless, hopeless, excessively guilty, pessimistic or having low self-esteem
- agitation or feeling slowed down
- irritability
- fatigue
- trouble concentrating, remembering and making decisions
- crying easily or feeling like crying but not being able to
- thoughts of suicide (which should always be taken seriously)
- a loss of touch with reality, hearing voices (hallucinations) or having strange ideas (delusions).

Causes & Risk Factors

SAD appears to be triggered by changes in the amount of sunlight. Researchers have several theories about how this happens. Changes in light may:

- upset a person's biological clock, which controls sleep-wake patterns
- disturb neurotransmitter (e.g., serotonin, dopamine) functions.

Risk factors for developing SAD:

- Women are more likely than men to be diagnosed with SAD.
- SAD is more common in people who live either far north or far south of the equator.
- Young people are more likely to develop SAD. The risk decreases with age.
- A family history of SAD or other forms of depression increases risk.

Diagnosis & Treatment

Light therapy

Many people who have SAD are helped by exposure to bright artificial light (light therapy). Various types of light devices are available and can be used at home.

Side-effects of light therapy are usually mild. They include:

- nausea
- headaches
- eye strain.

Other treatments

Other treatments for depression including pharmacotherapy (medications); psychoeducation; psychotherapy; and brain intervention therapies, such as electroconvulsive therapy (ECT), repetitive transcranial magnetic stimulation (rTMS) and magnetic seizure therapy (MST), are also effective for people with SAD. These treatments may be used individually or in combination.

Increasing exercise and spending more time outdoors may also help to reduce symptoms.



7

Root Safety Strategies



SHOUT NO!

RUN — TELL Someone

If someone asks you to do something that makes you feel confused, uncomfortable or sad, leave the situation as soon as you can and tell a safe adult about it.



Trust Your INSTINCTS

Your instincts are the feelings inside of you that warn you of danger. Pay attention to your body's alarm.



DIGNITY and RESPECT

All people deserve to be treated with dignity and respect. Everybody is equal regardless of where they come from, or the experiences they have had. You need to recognize your own self-worth and expect to be treated well.

Shh..

KEEP and SPEAK Secrets

KEEP Secrets have endings. They don't hurt or make you feel mixed-up. They have an ending, like a surprise birthday party. SPEAK Secrets do not have an ending. All secrets about touching are SPEAK Secrets. They need to be told to a safe adult.



The Buddy System

There is safety in numbers. Bring a buddy with you when you go places.

NO!

If asked to go and your parents don't know, SHOUT NO!

Always ask your parents/guardians before going anywhere. No matter who asks you to go, say "No" if you haven't asked your parents/guardians first. Your parents/guardians must know before you go!



If asked to share and your parents aren't aware, SAY NO!

Always ask your parents/guardians before sharing or accepting treats or gifts from someone. Your parents/guardians must be aware before you share online, too!



4

Root Safety Environments

Stay Safe Everywhere



INTERNET SAFETY

- » Remember the Internet is a public place.
- » It is easy to lose control of what you send to people.
- » Be careful what you share with people. Protect your personal information.
- » Always check with your parent/guardian first before sending any photographs, or using the webcam.
- » Always check with your parent/guardian first before meeting up with someone you first met online. Remember: meet in a public place and bring a *safe adult* with you.
- » Always trust your instincts. If something doesn't seem right or makes you uncomfortable, speak to a *safe adult*.

HOME SAFETY

- » Keep all emergency phone numbers by the telephone.
- » Keep doors and windows locked. Only open the door for people you are expecting and have permission to have over.
- » When answering the phone, always pretend a parent/guardian is home. For example, "My mom is busy right now but I can take a message."
- » Keep phone conversations with your friends short, so the phone line is not busy, in case someone needs to contact you.
- » Do not discuss in public or online that you will be home alone.



STREET SAFETY

- » If asked to go somewhere make sure you have permission from your parent/guardian before you go.
- » Use the *Buddy System* when going to and from places.
- » When walking to a friend's house, call your parent/guardian to let them know you've arrived safely. Call your parent/guardian before you leave to let them know you are on your way home.
- » Use the same route to and from school daily.
- » Be aware of the safe places you can go to for help within your community.



PUBLIC PLACE SAFETY

- » If separated from your parent/guardian, stay in the building until you are reunited.
- » If separated from your parent/guardian, go to a sales person to ask for help.
- » If anyone tries to take you out of the building, yell and make noise.
- » Use the *Buddy System*. Avoid separating and leaving one person alone.
- » Always have permission from your parent/guardian before going anywhere with anyone.





Help Starts Here.

Help is available if you or someone you know is a victim of Domestic Violence

Domestic violence is any form of violent or abusive behaviour that happens during a relationship or after such a relationship ends. Being in a relationship does not give anyone the right to be violent or abusive. Yet domestic violence happens in all types of relationships: dating, common law, and marriage. Violent and abusive behaviour is detrimental to victims and families and in some cases, the violence is life threatening. Incidents of violence or abuse can happen once or many times during the relationship and after the relationship ends.

Domestic violence may include more than just direct physical or sexual violence; it can include other forms of abuse in an attempt to control or intimidate someone. Examples of this can include: hurting or threatening to hurt a pet or someone else, threatening to commit suicide, destroying property or stealing money. While many types of domestic violence are criminal offences, all types of domestic violence—physical and sexual assaults, threats, harassment and other forms of emotional abuse, and financial abuse or exploitation—are harmful. If you or someone you know has been or is in a violent or abusive relationship, **help is available**.

Can it happen to me?

Domestic violence can happen to anyone. While it is more common that women experience domestic violence, it happens to people of different ages, abilities, and cultural and economic backgrounds. It happens to females and males, regardless of sexual orientation.

Violence or abuse can happen at the beginning of a relationship, after many months or years, or even after the relationship has ended. And it can happen whether or not drinking or other substances are involved.

Abusive partners often blame their actions on the victim. Remember that **domestic violence is the fault of the person who commits it**.

What are the effects of domestic violence?

Victims of domestic violence may experience a range of emotions. Initially, some may be shocked by what happened, and find it hard to grasp how someone they love could abuse them. Other emotions may include shame, fear, anxiety, confusion, anger, depression, isolation, and grief. A sense of violation, powerlessness, and loss of trust are experienced

by many victims. Victims of domestic violence may withdraw from others. Loss of self-confidence and self-esteem are very common.

Emotional distress can have other ill health effects, such as stomach trouble, headaches, or sleeping or eating problems. Physical violence can result in bruises, broken bones, or other serious physical injuries. Sexual violence can result in sexually transmitted diseases or pregnancy as well as physical and emotional injuries.

Victims who have children may experience additional emotional distress because of the effects on their children.

Children's experience

Children who witness violent or abusive behaviour against a parent may exhibit various emotions such as anxiety, confusion, fear and anger, and some may act out aggressively. How children react may be influenced by many things, for example, their developmental level, the nature of the violence or abuse, whether there are other family problems, and the support they receive within and outside the family.





Why don't some victims seek help?

Some victims of domestic violence don't ask for help because they fear for their safety or the safety of their children. Victims may also be afraid their children will be taken away. They may be financially dependent on their partner. Some victims may fear losing their home or having to move to another community. Some may have immigration concerns.

Victims may not know their rights or how to get help. They may worry about not being believed or understood. Some have a more difficult time seeking help because of social or physical isolation from others. Victims of domestic violence may have a strong emotional attachment to their partner. Some may minimize the violence or believe things will improve. Some keep quiet because of family or community pressure.

Help is available for victims of domestic violence. If you or someone you know is in a violent relationship, **tell someone you trust and find out what you can do to get help.**

What about reporting to the police?

You may wish to report domestic violence to the police. Involving the police and justice system is critical to becoming safe and stopping the violence. It may also play an important role in the healing process. A support person can be with you when you report a crime to the police.

You can get help from victim services and other agencies, whether or not the police are involved. If you are unsure about reporting to the police, you may find that talking with a victim service worker helps in making this decision.

When Children Need Protection

If you believe that a child (a person under 19) needs protection, you have a legal duty to report the matter to the Ministry of Children and Family Development (more about this in the next section, under B.C.'s *Child, Family and Community Service Act*). This may result in a report being made to the police.

What are the laws related to domestic violence?

The Criminal Code

Many types of domestic violence are criminal offences:

- physical violence — e.g. assault, assault causing bodily harm, assault using a weapon, aggravated assault, forcible confinement;
- sexual violence — e.g., sexual assault, aggravated sexual assault, sexual exploitation
- emotional abuse — e.g., criminal harassment (stalking), uttering threats, intimidation;
- property or financial abuse — e.g., mischief (e.g., destruction of property), theft, fraud.

In addition to criminal offences, the *Criminal Code* contains protective provisions such as peace bonds and conditions of release. These provisions may improve the safety of victims of domestic violence and their children by setting out certain conditions the abuser must follow (e.g. no contact with the victim).

B.C.'s Family Law Legislation

British Columbia's family law legislation contains protective provisions that allow courts to issue protection orders. Protection orders may improve the safety of victims and their children by setting out conditions the abuser must follow.

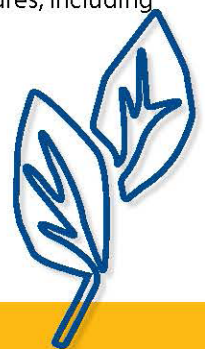
B.C.'s laws for victims

Victims of crime have rights. The *Victims of Crime Act* sets out victims' rights to be treated with dignity and respect and to obtain information.

The *Crime Victim Assistance Act* provides for benefits to help with recovery from injuries and other costs resulting from violent crime.

B.C.'s Child, Family and Community Service Act

The *Child, Family and Community Service Act* is aimed at protecting children through various measures, including





Help Starts Here.

Information for Victims of Crime

family support services. The Act sets out the circumstances in which a child protection report must be made. This includes specific circumstances in which a child (anyone under 19) has been, or is likely to be: harmed by the child's parent; or harmed by someone else and the child's parent is unable or unwilling to protect the child. A child welfare worker determines the most appropriate response to the report. This may include, among other things, making a report to the police where appropriate.

The **Helpline for Children (310-1234** - no area code required) is the place to call to make a report concerning a child who may need protection or to ask questions about reporting.

Where can I get help?

Police

Police respond to reports of possible criminal offences or from people who are in immediate danger. They investigate offences and make arrests where appropriate. Police apply for peace bonds to protect you if you have good reason to believe that someone will harm you or your children. Police also provide you with information about other agencies that may be able to help.

Victim Services

Victim services are located in community agencies or police stations. Services include emotional support, justice system information, safety planning, referrals to counselling and other services and support to victims going to court. Victim services also help you by providing information and application forms for crime victim assistance benefits and victim notification.

Victims who are injured from violent crime can apply to the Crime Victim Assistance Program for benefits under the Crime Victim Assistance Act. Victims who want to be notified about changes in the status of the accused/offender can register for notification with the Victim Safety Unit.

VictimLink BC (1-800-563-0808) provides information and referrals to all victims, as well as immediate crisis response to victims of domestic violence.

Other Services

Health clinics and hospitals provide emergency and longer-term services to help victims of domestic violence recover from physical and psychological trauma. HealthLinkBC provides telephone access to health information and advice from registered nurses.

Transition houses and safe homes provide temporary, safe housing for women who have experienced domestic violence and their children.

Counselling services for victims of domestic violence and their children are provided by community agencies, including Stopping the Violence Counselling Programs and Children Who Witness Abuse Programs. Child protection and family support services are provided through the Ministry of Children and Family Development. Child, youth, and family services are also provided by various community agencies.

In addition, some community agencies provide health, information, or advocacy services tailored for persons with disabilities, men, women, specific age groups, cultural backgrounds or sexual orientation.

Various legal services are available to you if you need legal assistance in divorce or custody matters, or you need to obtain a protection order. The Lawyer Referral Service helps you find a lawyer in your community. Legal aid, available through the Legal Services Society, provides free legal advice and representation to you if you are eligible.





VictimLink BC (1-800-563-0808, www.victimlinkbc.ca) can connect you to a network of community and government resources, including social, health, and justice resources such as victim services, counselling resources, and transition houses.

*Contact information for specific services is provided in the **Resources** section at the end of this information sheet.*

Steps to take if you need help

- If you or your children are not in a safe place, go to one. To find a transition house or safe home, look in your phone book under emergency numbers, or call VictimLink BC.
- If you or your children are in immediate danger or need urgent medical attention, contact the police or ambulance services, by calling 911 or the emergency number for your community.
- Tell someone you trust what happened. Allow a friend or family member to provide emotional support or practical help to you.
- Contact victim services by calling VictimLink BC. Victim services can help you directly with safety planning and can also refer you to counselling and other services.
- Go to a hospital, a walk-in clinic, or your doctor as soon as possible after being physically injured or sexually assaulted. Even if the assault is not recent, it may be important to go for a checkup.
- If you want to contact the police but the situation is not urgent, call the non-emergency number for police in your community.
- If you have questions about domestic violence, or your rights, don't hesitate to ask a victim service worker.

Resources

HealthLinkBC

- Call toll free in B.C. at 811, 24 hours every day
- Easy access to non-emergency health information and services
- Translation services in over 130 languages on request
- For deaf and hearing-impaired assistance (TTY), call 711.
- www.healthlinkbc.ca

Please note: *This document provides general information only. It is not intended to provide legal information or advice.*

October 2012

Crime Victim Assistance Program

- Phone: toll free 1-866-660-3888
- E-mail: cvap@gov.bc.ca

Helpline for Children

- Phone: 310-1234 (no area code required), 24 hours every day
- TTD (Telephone Device for the Deaf): toll free 1-866-660-0505

Lawyer Referral Service

- Phone: (604) 687-3221 or toll free 1-800-663-1919

Legal Services Society (LSS Call Centre and LawLINE)

- Phone: (604) 408-2172 or toll free 1-866-577-2525
- TTY (Teletypewriter): (604) 601-6236 or toll free 1-877-991-2299

Stopping the Violence Counselling Programs and Children Who Witness Abuse Programs

- Phone: through VictimLink BC toll free 1-800-563-0808
- Website: www.pssg.gov.bc.ca/victimservices/directory/

Victim Safety Unit

- Phone: (604) 660-0316 or toll free 1-877-315-8822
- E-mail: vsusg@gov.bc.ca

VictimLink BC

- VictimLink BC is a toll-free, multilingual, confidential telephone service available across B.C. and Yukon 24 hours a day, 7 days a week that provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.
- Contact VictimLink BC at 1-800-563-0808 (toll-free in B.C. and Yukon). Call TTY at 604 875-0885; to call collect, please call Telus Relay Service at 711.
- Text to 604 836-6381. Email VictimLinkBC@bc211.ca
- www.victimlinkbc.ca

Domestic Violence BC

- Additional information on domestic violence including resources
- Website: www.domesticviolencebc.ca



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports

TELEPHONE AND ONLINE SUPPORT

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

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

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

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

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

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

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

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

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

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

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdlieelders@telus.net

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

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsxan Health Society
Martha Wilson: 250-842-6876

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Carol Stegman: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Toll-free: 1-866-662-9609

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

FNHA TREATMENT AND HEALING CENTRES

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

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

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

Namgis Treatment Centre
Call: 250-974-8015 or
Toll-free: 1-888-962-6447 Ext. 2141

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

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

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

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

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

All information in this document is accurate as of September, 2022.