



Nezul Be Hunuyeh

Child & Family Services Society

September 2019 Newsletter
Bit Ooza'

Time of the Lake Trout/Char

Young Warriors

FORT ST. JAMES OFFICE:

PO Box 1180

700 Stuart Drive West

Fort St. James, BC V0J-1P0

Phone: 250.996.6806

Toll Free: 1.866.996.0015

Fax: 250.996.6977

PRINCE GEORGE OFFICE:

1444—9th Avenue

Prince George, BC V2L-5N9

Phone: 250.561.0790

Toll Free: 1.855.562.0790

Fax: 250.561.1591

TSIBALYAN T'O:

4121 Lakeshore Drive

Tache, B.C V0J-1P0

Phone: (250) 648-3167

WEBSITE:

www.nezulbehunuyeh.ca

Facebook Page:

For more information

on Events & Programs

"Nezul Be Hunuyeh

Child & Family Services"

The Young Warrior Program is a Cultural Wellness Program for participants Ages 10-14. Throughout the Young Warriors Program the youth will learn various different types of traditional practices such as:

- Traditional Introductions
- Feather Teachings
- Harvesting Medicine
- Syllabics
- Cultural Activities
- Culturally Safe Practices
- Hunting
- Personal Self-Care

The Young Warriors Girls began the new season group started September 10. The first activity was harvesting Rose Hips. These will be distributed at the 2020 Culture Camp Potlatch. Rose Hips are very rich in Vitamin C.

Items you can make using Rose Hips:

- Herbal Teas
- Jam
- Jelly
- Syrup
- Rose hip soup
- Beverages
- Pies
- Bread
- Marmalade

Young Warriors Information:

If you would like to register for Young Warriors Please Contact

FORT ST. JAMES AREA—PHONE (250) 996-6806

Jolene Prince—Young Warrior Girls Facilitator

Dennis Cumberland—Young Warrior Boys Facilitator

PRINCE GEORGE AREA—PHONE (250) 561-0790

Crystal French—Young Warrior Girls Facilitator

Josh Mueller—Young Warrior Boys Facilitator

Open to Participants Ages 10 - 14

REGISTRATION FORMS ARE AVAILABLE

AT THE RECEPTION DESK AT BOTH OFFICES



Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"

Shun Huznuta: Grand Opening

Shun Huznuta, Nezul Be Hunuyeh Youth Transition Home, is now officially open!

A contest was held for community members to submit ideas in Dakelh to name the home with a meaning that would relate to the Youth's Journey in the home. The winner was Genevieve Pierre, an elder from Tl'azt'en Nation. Genevieve tells us her mother, the late Evalie Murdock was taught from her u'tsoo, Shun Huznuta referred to the journey taken by young boys. The boys were sent out in isolation and were left until a dream or song came to them. This dream or song would guide them and show them the path they were meant to follow during their lifetime. Sometimes called a Vision Quest, this Cultural Practice occurred at other times of life also, where people would travel to remote areas and fast, pray – purify themselves.

The name Shun Huznuta translates in English as 'looking for their song'. Nezul Be Hunuyeh Board of Directors and Staff have a vision of giving the youth from our communities the practical and cultural skills to lead successful lives.

The Open House took place on September 25, 2019. Tl'azt'en Nation Councilor, Anita Joseph and Nak'azdli Youth, Cambria Thomas performed the Ribbon Cutting Ceremony. Guests attended from Nak'azdli Whut'en, Tl'azt'en Nation, and Fort St. James.

Referrals are now being accepted. Please contact Maria Willick by phone at 250-996-6806 or email at mwillick@nbh.ca.



Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"

Support Services:

The Family Support Services staff attended the Safety Fair on September 12, 2019 at Kwah Hall. The event was hosted by Nak'azdli Maternal Child Health. A variety of agencies throughout the community of Fort St. James set up booths. Nezul Be Hunuyeh staff distributed information on proper Handwashing and Germ Prevention, an animal wash mitt, and a bottle of hand soap. The purpose of the event was to bring safety awareness around numerous activities such as:

- **Bike & Helmet Safety**
- **Water Safety**
- **Prenatal Health**
- **Sun Safety**
- **Hand Washing**
- **Fire Safety**
- **Children's Oral Health Initiative**



Programs Offered:

Fort St. James Office:

Young Warriors Boys—*Wednesday, 3:00 - 5:30 pm*

Young Warriors Girls—*Thursday 3:30 - 5:30pm*

Prince George Office:

Family Service Group—*Tuesdays 10:00 am - 12:00 pm*

Young Warriors Girls—*Tuesdays 3:30 - 6:30 pm*

Young Warriors Boys—*Thursdays 3:30 - 6:30 pm*

TI'azt'en Office

Tsibalyan T'o Eagles Nest, *Monday - Thursday*

'Alhgoh 'Uts'ut'en, *Fridays, 11:30 am - 2:00 pm*



Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"

Congratulations

Congratulations to Anna Whitely, Dallas Sam, and Kristy Erickson for completing their First Year Social Services Certificate. All three successfully completed their first year and are now starting on their second year working toward their Social Services Diploma. Nezul Be Hunuyeh is supporting these staff members to complete this two year program while continuing with their full-time employment.

Let the Language Live Conference

Nezul Be Hunuyeh supported Elders—Anne Michell, Yvonne Pierrero, and Rose Thomas to attend “Let the Language Conference” in Victoria this past June. At the International Conference for Indigenous People in celebration of the 2019 Year of Indigenous Languages, attendees shared knowledge and supported each other in revitalizing our languages. Indigenous language experts and advocates from around the world met to share their knowledge and learn by hearing and telling stories to keep their languages thriving. Multiple collaborative working sessions and story-telling streams included:

- *Community Mobilization*
- *Influencing Institutions & Strategies To Do So*
- *Celebration Leaders & Story Tellers*
- *Language Revitalization in Urban Communities & Learning Away From Home*
- *Technology & Research Policy Protocols*

For more information—check out the website

<https://www.fpcflanguageconference.com/>

Nedusneke-ne BuK’oh Nuts’oodilh “Following the Path of Our Ancestors”

TSIBALYAN T'O OCTOBER EVENTS

Program for Children Ages 0-5
and their Caregivers

HOURS OF OPERATION:

MONDAY

11:00 am—2:00 pm

TUESDAY - NEW HOURS!

3:00 pm - 6:00 pm

WEDNESDAY

11:00 am - 2:00 pm

THURSDAY

11:00 am - 2:00 pm

Contact Eagles Nest for

Information or Rides:

Phone: (250) 648-3167

4121 Lakeshore Drive

PO BOX 1180

Tache, B.C V0J 1P0

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) Hand Washing	2) Closed	3) Drum making for Little Ones with Cultural Connections Worker	4)	5)
6)	7) Thanksgiving Arts & Crafts	8) Hand Washing Thanksgiving Dinner	9) Toys, Food & Fun Singing with Lori	10) Drum making with Dennis	11)	12)
13)	14) Closed for Thanksgiving Holiday	15) Hand Washing Nutritious Smoothies	16) COHI Day with Charnel	17) Drum making with Dennis	18)	19)
20)	No Tsibalyan T'o This Week					25)
27)	28) Halloween Arts & Crafts	29) Cupcake Decorating & Pumpkin Carving Halloween Party	30) Closed	31) Halloween Party for the little ones	26)	



Recruitment:



NEZUL BE HUNUYEH CHILD & FAMILY SERVICES IS RECRUITING!

On Call Reception – Fort St. James

We are offering an on-call reception position with an innovative and culturally centered Delegated Aboriginal Agency. Nezul Be Hunuyeh Child and Family Services serves the communities of Nak'azdli Whut'en and Tl'azt'en Nation. Our agency works closely with children and youth, families, and community members to ensure holistic, culturally focused services.

We are accepting resumes for on call receptionists for our Fort St. James Office.

Key Areas of Responsibility

- Answering and directing calls on a multiline telephone system and greeting visitors in a positive and professional manner

The Successful applicant:

- Must demonstrate excellent written, oral, and problem-solving skills
- Must demonstrate professional reception abilities in person and over the phone
- Should be proficient in Microsoft Office Software and computers
- Knowledge of the Carrier culture and history is an asset

Applicants must agree to a Criminal Record Check and have a valid Class 5 Driver's License.

Please submit resume and cover letter to:

NEZUL BE HUNUYEH
CHILD & FAMILY SERVICES
#700 STUART DRIVE WEST
PO BOX 1180
FORT ST. JAMES BC
V0J 1P0
EMAIL: mbrittain@nbh.ca
CLOSING: ONCE POSITION HAS BEEN FILLED

Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"



First Nations Health Authority
Health through wellness

YOUR NEW HEALTH BENEFITS PLAN IS HERE

Dental, Vision Care, and Medical Supplies & Equipment



The First Nations Health Authority has partnered with Pacific Blue Cross to administer your Dental, Vision and Medical Supplies & Equipment (MS&E) benefits right here in BC.

The new system is faster, easier to use, and you don't need as many pre-approvals to access services. Based on Community feedback, the FNHA has also expanded coverage for many preventive health services and special needs.



DENTAL

- More coverage for preventive services
- 2 exams and 2 cleanings per year
- Night guards eligible
- White fillings eligible
- New set of dentures every 5 years
- Higher coverage for crowns
- Bridges, veneers, inlays, and onlays eligible
- Separate coverage for dental accidents



VISION CARE

- No pre-approvals needed for eye exams and standard eyewear
- For clients 19 and older:*
- \$100 every two calendar years for eye exams
 - \$275 every two calendar years for standard eyewear
 - \$415 for high-index lenses
- Children and youth under 19 receive annual coverage
- There is also a process to support clients with complex needs



MEDICAL SUPPLIES & EQUIPMENT

- Fewer pre-approvals required
- Streamlined process for pre-approvals
- Faster claims processing
- Faster reimbursement if you pay out of pocket

LEARN MORE AT: WWW.FNHA.CA/BENEFITS OR CALL 1.855.550.5454



Download the app at pac.bluecross.ca/mobile



Claim online at pac.bluecross.ca/member

The FNHA also provides other benefits including medical transportation and mental health support. Most drug benefits continue to be covered through BC PharmaCare Plan W. Contact Health Benefits at 1.855.550.5454 if you are not yet enrolled in Plan W.

09/19

Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"

THE WHITE HATTER



Internet Safety & Digital Literacy for Parents and Caregivers

When: Tues, November 5th
7:00-9:00pm

Where: Community Center
Fort St. James

Facilitated By:
Darren & Brandon Laur



What You Will Learn

Hardware/software monitoring options and their pros and cons

Today's online slang, as well as emojis and their connotations

The emotional, psychological, and physical challenges surrounding online pornography, gaming, gambling

The positives and negatives of social networks

Why future employers, colleges, and universities are checking your child's digital dossier

Things you can do immediately to protect your child's online reputation

Why your child needs to consider that everything they do online is public, permanent, and searchable regardless of their privacy settings

Current examples of social engineering and manipulation tactics

How to spot and mediate cyberbullying

Understanding sexting and how to approach discussion with your child

The law as it relates to cyberbullying and sexting and possible unintended consequences

The benefits of community-based restorative justice programs

How to encourage desirable online ethics and values

About Our Team

The White Hatter Team has presented to over 450 schools and hundreds of thousands of students across Canada and the United States. Our mission is to equip students, teachers, parents, law enforcement, and others with the tools necessary to stay safe in the real-world as well as in today's digital world. We empower the use of technology for socio-economic benefits, while also tackling some of the concerns that come up with the rapid growth of technology and unlimited worldwide communication. We pride ourselves on using a holistic approach addressing the legal, emotional, physical, and technical components that keep everyone safe.

Follow us!



@whitehatterteam

www.thewhitehatter.ca

contact@thewhitehatter.ca

Keep Up-To-Date

Stay informed on new resources, events, and updates from the White Hatter Team by subscribing to our monthly newsletter!

For More Details:

www.thewhitehatter.ca/newsletter

BABY REGALIA SEWING



Offering Baby Regalia Sewing Classes every Tuesday & Thursday. from 11am to 3pm, lunch will be provided.



Please note

Tuesdays Sewing Class will be at the Wellness Center
and Thursdays Sewing Class will be at Eagles Nest*



**Call Charnel if you need a ride.
250-648-3350**





Tl'azt'en Nation invites you to 2nd Annual Baby Welcoming Ceremony

****Babies entering the ceremony must be signed up,
come to the Health Center to pick up an application
form.****

At Eugene Joseph School Gym

12pm-5pm
Saturday
November 9th
2019

Join us to celebrate the new babies.

Traditional Feast, All clans
Potlach, Photobooth for
families and Cultural
Celebrations. Everyone is
welcome to attend!!!

Contact Charnel Quinn, Prenatal & Wellness or Olivia Robert,
Culture Coordinator for more info at (250) 648-3350.



Bump and Babes Group

Come along, have a chat and a cup of coffee/tea and get to know others in your area. There are plenty of toys for the babies. Each week we can chat about different topics, that suit the needs of the group.

The group is aimed at expectant parents and those with babies under two years but we have plenty of toys out if you need to bring older brothers or sisters, so please do bring them along so you can meet other parents and caregivers.



**Every Monday
beginning
September 16th
through to
October 28th**

**Feel free to come
drop in between
10:00 am to
12:00 pm**

0-18 month olds

**Early Years
Resource Centre
located at 349
Stuart Drive, FSJ**


**NECHAKO VALLEY
COMMUNITY SERVICES
SOCIETY**

For more information,
please contact
Courtney Underwood
Infant Development
Consultant
250-567-8814
cunderwood@nvcss.ca

Nedusneke-ne BuK'oh Nuts'oodilh "Following the Path of Our Ancestors"

Strong Hearts LGBTQ Support Group

Starting September 13th 2019
Time 12 – 1pm
Place Binche Community Centre

Meeting in Binche Whut'en at community centre. Get to know everyone as a group & plan for future meetings in surrounding areas. Fort.St.James & Vanderhoof & Prince George. 

Need a ride Message me
Davis Monk 778-978-0032 or
Nekita Paradis 250-944-0872

Drinks & Food Provided



STRONG HEARTS LGBTQ MEETING
EVERY SECOND FRIDAY
SUPPORT GROUP DATES: OCTOBER 11 & 25

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