

February 2026  
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*Eagle Moon*

# otâcimow

Official Newsletter of Saulteau First Nations



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Crowfeathers Tying Up Ceremony was a powerful and heartfelt moment, honoring service, and community. We extend our deepest thanks to the Lalonde family for their many years of dedication and generosity, your commitment has helped shape and strengthen our community in lasting ways. Your legacy of service will be carried forward with gratitude and respect.





## Governance Update

Over the past six months, work has been happening quietly to strengthen Saulteau First Nations' governance. This has included reviewing existing policies and documents, improving how information is organized and tracked, and supporting Chief and Council with clear and consistent processes. Much of this work happens in the background, but it helps ensure decisions are well supported and that the Nation is moving forward with clarity and long-term stability.

In the months ahead, the focus will be on continuing to update governance tools, strengthen policies where needed, and build systems that better support leadership, administration, and membership. As this work continues, there will be opportunities to share updates and invite member input when appropriate. The overall goal is to build strong, transparent governance that reflects Saulteau First Nations' values and supports the community now and into the future.

## Governance Contacts

Niki Ghostkeeper  
Manager of Governance  
nghostkeeper@saulteau.com

Norma Gauthier  
Indigenous Registry &  
Membership  
ngauthier@saulteau.com

Kayla Embree  
SFN Communications  
communications@saulteau.com

Kayla Embree has joined the team as Communications Specialist and will be your point of contact for all your communication needs!

### SFN Pet Spay/Neuter Program

Please provide the following information:  
Animal's name, Cat or dog, Appointment date.  
This program is for on-reserve animals and helps reduce the number of stray animals in the community.

Please note: a letter will not be sent to the veterinary clinic until the appointment date has been confirmed.

Contact Tristan Robertson to make an appointment.

[troberson@saulteau.com](mailto:troberson@saulteau.com)



### Let's Talk About WILLS & ESTATE PLANNING with FRONTIER LAW

How to Plan Your Will  
For on Reserve  
Members

FEBRUARY 24, 2026

5:30 pm - 7:30 pm

SFN Cultural Centre Gym  
Dinner Served at 5:30

This event is open to all  
Membership - No  
registration required

Presentation will be available  
on Zoom! Link will be emailed  
to Membership the day of



Saulteau  
FIRST NATIONS





**Has your Banking Info Changed?  
Maybe You Changed Your Email?  
Moved? Have a New Phone Number?**

**Please ensure you keep your information up to date and accurate with our administrators!**

If we don't have your correct email, mailing address, phone number, and banking info - you could be missing out!

Banking Info Changes - [ap@saulteau.com](mailto:ap@saulteau.com)  
Contact Info Changes - [communications@saulteau.com](mailto:communications@saulteau.com)

Kassandra Grant  
Director of Finance and Administration  
[kgrant@saulteau.com](mailto:kgrant@saulteau.com)

## Human Resources Contacts:

Job Opportunities  
[jobs@saulteau.com](mailto:jobs@saulteau.com)

Human Resources  
[hr@saulteau.com](mailto:hr@saulteau.com)

## Finance Contacts:

Member's Payable  
[ap@saulteau.com](mailto:ap@saulteau.com)





## WE ARE HIRING!



**2025-80**  
**Community Health Nurse**

*Join our diverse and dedicated team who care deeply about the community we serve!*

### Saulteau's Mission

Saulteau First Nations (SFN) strives to be the best-governed Nation, one that is proud, culturally strong, and self-sufficient. As stewards of the land, we will ensure that the best sustainable practices are followed, now and in the future. We remain proudly determined.

### Job Purpose:

The Community Health Nurse fulfills the responsibilities of the Community Health Nursing Program, providing educational and preventative services to the Saulteau First Nations (SFN) community. This position provides the community with effective services that contribute to and enhance the health and well-being of the SFN's children, elders, and families.

### Ideal Qualifications and Experience:

- Bachelor of Science in Nursing.
- Licensed RN with 3-5 years health care experience in a hospital or clinic.
- First Aid, CPR-C.
- Experience nursing in a First Nations and rural community is an asset.
- Emergency and triage training.
- ACLS.
- Diabetes and Management training.
- Experience in maternity and long-term care; pre/post-natal certification is an asset.
- Honest, trustworthy, respectful, and compassionate.
- Possesses cultural awareness and sensitivity.
- Ability to build trust, serve as a positive role model and maintain confidentiality.
- Valid BC Driver's License.
- Ability to pass a Vulnerable Sector Police Information Check.

### What we offer:

- Student loan forgiveness program eligible community
- Wages in line with BC Nurses Union
- If you accept a position at Saulteau First Nations, you will receive an incentive of up to \$2,000 every quarter, to a maximum of \$8,000/year for the first two (2) years of employment. All regular Registered Nurses (RN) or Licensed Practical Nurses (LPN) employed by Saulteau First Nations, on a full-time basis, are eligible

**VIEW THE FULL JOB DESCRIPTION & APPLY @ [WWW.SAULTEAU.COM](http://WWW.SAULTEAU.COM)**

### OR

**Send your Resume and Cover Letter to [jobs@saulteau.com](mailto:jobs@saulteau.com)**

**More Information:**

 250-788-3955

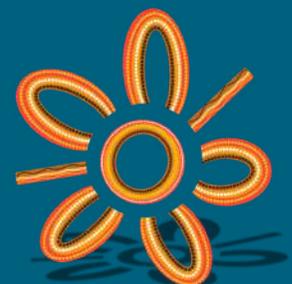
 [www.saulteau.com](http://www.saulteau.com)

*If you have the skills and experience required, we want to hear from you!*



## Human Resources Contacts:

Job Opportunities  
[jobs@saulteau.com](mailto:jobs@saulteau.com)



# COMMUNITY SUCCESSES & HIGHLIGHTS



Shout out to  
Mikayla Bay  
on her journey  
towards Ms  
Fitness!!

Very Happy Belated Birthday to all the fam  
Jan 03 - Quannah Napoleon  
Jan 04 - Julian Napoleon  
Jan 10 - Juritha Owens  
Jan 16 - Myrtle Napoleon  
Jan 21 - Nadine Napoleon  
Jan 24 - Uncle Ernie Napoleon  
Jan 29 - Uncle Stan Napoleon  
♥ Naomi Owens-Beek

## Happy Birthday to the SFN Elders !!!

Linda Courtoreille Feb 27  
Barry Davis February 7  
Les Davis Feb 14  
Daniel Desjarlais Feb 28  
Lawerence Gauthier Feb 18  
Robert Napoleon Feb 3  
Ted Napoleon Feb 20

From your Elder's  
Coordinator – Tasha Lalonde

Happy Birthday to my son  
Kane Norris on February 11,  
and to my Granddaughter  
Hattie Norris who turns  
4 on February 26!  
♥ Audrey Norris



***Birthday Wishes!***  
***Anniversary Celebrations!***  
***Sobriety Birthdays!***  
***Educational, Athletic, or Professional Achievements!***  
***New Baby Announcements!***  
***Wedding Well Wishes!***

Celebrating in  
March 2026?  
Please Email  
[communications@saulteau.com](mailto:communications@saulteau.com)  
by Feb 26, 2026 for inclusion  
in next months Newsletter!



## HOUSING FEBUARY 2026

### Propane Purchases: What You Need to Know

We would like to clarify how propane deliveries work in our community.

#### How Propane Purchases Work

- A \$500 propane purchase is the minimum charge for propane
- This amount does not guarantee a full tank
- The amount delivered depends on:
  - Your tank size
  - How much propane is already in your tank at the time of delivery

#### Winter Usage Reminder

- Propane use increases during colder months
- Tanks may need to be filled more frequently in winter

#### Good to Know

- Monitoring your propane level can help prevent running low
- Delivery amounts can vary from purchase to purchase

if you have concerns about your propane level or how to order, please contact the office—we're happy to help.

### Furnace Filters: Quick Reminder

- Furnace filters help keep air clean and systems running efficiently
- Filters should be checked monthly and changed every 4-6 months, depending on use
- Dirty filters can reduce airflow and increase heating costs

Andrii Sorok  
Director of  
Infrastructure  
asoroka@saulteau.com

#### Asset Management Contacts

Shane Reynolds  
Manager of Assets &  
Capital Projects  
sreynolds@saulteau.com

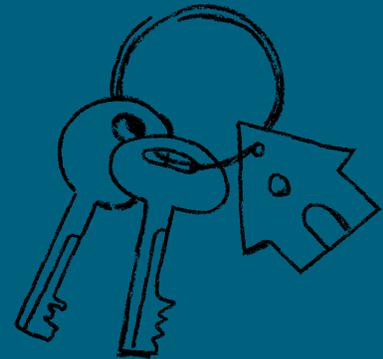
#### Housing Contacts

Cindy O'Brien  
Housing Manager  
cindy@saulteau.com

Marci Doonan  
Tenant Relations  
Supervisor  
mdoonan@saulteau.com

#### Facilities Maintenance & Public Works Contacts

Ronda Lalonde-Auger  
Facility Maintenance  
& Public Works  
Manager  
rlalonde@saulteau.com





## LETS TALK HOT WATER

Homes in our community use either electric/propane hot water tanks or Navien propane tankless systems. Here's a quick breakdown of how they compare.

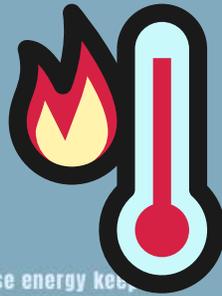
- ⚡ Electric 50-Gallon Hot Water Tank
  - Stores hot water and keeps it warm all day
  - Uses energy even when not in use
  - Reliable with predictable costsTypical cost: \$35-\$45 per month

- 🔥 Navien Propane Tankless System
  - Heats water only when you turn on a tap
  - No tank - no standby energy loss
  - Very energy efficientTypical cost:
  - Light use: as low as \$10/month
  - Average family: around \$30/month
  - Heavy use: higher depending on demand

- ⚡ Energy Efficiency (Simple Explanation)
  - Electric tanks are moderately efficient but lose energy keeping water hot
  - Tankless systems are highly efficient and reduce wasted energy

- 📌 Bottom Line
  - Electric tanks - steady, predictable costs
  - Tankless systems - higher efficiency and savings for larger or high-use households

If you have questions about your home, please don't hesitate to contact the housing department.  
219-364-2019  
mdoonan@saulteau.com or mglover@saulteau.com



## IMPORTANT NOTICE!!

We would like to inform residents that **ESW I.T BUSINESS ADVISORS** will now be technical support for fiber services.

Any internet-related issues, including  
-loss of connection  
-slow speeds  
-equipment concerns  
will be handled through this provider.

They may contact residents directly to troubleshoot, run tests, schedule service appointments, or replace equipment if necessary.

All **fibre payments** and **account-related questions** will continue to be managed through the Housing Office as usual.

**If you experience any issues with your internet service, please contact the Housing Office so a support request can be submitted on your behalf.**

### **HOUSING CONTACT**

Phone: 236-364-2019

Email: mdoonan@saulteau.com  
mglover@saulteau.com



## Home Maintenance Reminder for Tenants

### Water Softener and Furnace Filter Care

Regular checks help prevent plumbing and heating issues and keep your home comfortable.

#### Water Softener

- **Check salt level:** Once a month
- **Refill salt:** When the level drops below half.

#### What to expect:

- Use less soap and rinse slightly longer.
- Softened water may feel slippery or “slimy.” Possibly due to over softening and may need to be reset

#### What to do if something seems off:

- Ensure the salt tank is at least half full.
- Run a manual regeneration if your system allows. (If unsure contact housing for support)
- Contact Maintenance if water tastes salty, staining returns, or irritation or odour occurs.

*If sliminess proceeds, please contact housing for support.*

Water softener salt can be purchased at recommended retailers such as Costco, Home Hardware, and Walmart, which all carry suitable products for residential water softener systems.

#### Furnace Filter

- Check filter: Once a month
- Replace every 3 months for most homes
- Replace every 1–2 months if you have pets, allergies, or heavy furnace use

#### Replace sooner if:

- Replace sooner if the filter looks dirty or clogged.
- Dust builds up quickly.



#### Helpful tip

Choose one day each month to check both your water softener and furnace filter. These routine tasks are the responsibility of the tenant or homeowner, and the Housing and Maintenance teams do not complete monthly checks or replacements on your behalf. However, Housing can support you by explaining the process if needed.

Thank you for helping take care of your home.



## CULTURE & HERITAGE:

### SAULTEAU FIRST NATIONS FAMILY DAY FISHING DERBY



1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup>  
PRIZES!!

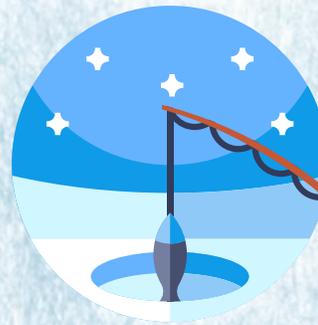
**MONDAY, FEBRUARY 16TH, 2026 - 12:00 PM - 4:00 PM**  
**WEST END OF MOBERLY - COVE LN RD**

**COME OUT AND JOIN US FOR A GREAT AFTERNOON OF FISHING!!**  
Children under 10 need to be supervised by an adult. Please note you must provide your own fishing tackle, and transportation.

**SNACKS & DRINKS PROVIDED**

If you have any questions please email Carlee at  
cwestgate@saulteau.com

**PLEASE NOTE:**  
This event will be weather permitted. If it is too cold or if the ice is not safe. We have a backup event planned to host at the culture centre for the same date and time!



Laurelle Watson  
Director of Programs & Services  
lwatson@saulteau.com

### Culture, Heritage & Recreation Contacts

Jamie Kristoffy  
Manager of Culture & Heritage  
jkristoffy@saulteau.com

Carlee Westgate  
Community Events Coordinator  
cwestgate@saulteau.com

Ethan Cameron  
Youth Support Coordinator  
ecameron@saulteau.com

Candace Schmidt  
Rec Coordinator  
cschmidt@saulteau.com



**Saulteau**

**SAULTEAU WEEKLY  
BINGO IS FOR SFN ELDERS  
& SPOUSES  
ONLY**

*Starting January 29, 2026  
Every Thursday @ 1 pm*

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SFN Gym - Culture Center  
Lunch provided



## CULTURE & HERITAGE:

### PEMMIGAN DAYS SUGGESTION MEETING TUE, FEB 10<sup>TH</sup>, 9:00 AM



DON'T WANT TO JOIN THIS YEARS PEMMIGAN COMMITTEE? COME OUT TO OUR SUGGESTION MEETING.

#### REMINDERS :)

ALL SUGGESTIONS WILL BE BROUGHT FORWARD TO THE COMMITTEE. NOT ALL SUGGESTIONS CAN BE USED.

IF YOU CAN'T MAKE THE MEETING AND WOULD LIKE TO MAKE A SUGGESTION. PLEASE EMAIL CARLEE AT [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

## COME OUT AND JOIN THIS YEAR'S PEMMIGAN COMMITTEE

Our first meeting is taking place on  
**Tuesday, February 24<sup>th</sup> at 9:00 am**  
in the Culture Centre Gym!

WE WILL BE ASSIGNING EVENTS AT THIS MEETING. SO IF YOU ARE INTERESTED IN RUNNING A CERTAIN EVENT, PLEASE COME AND ATTEND.

SERIOUS INQUIRIES ONLY FOR JOINING THE COMMITTEE!

ANY QUESTIONS PLEASE EMAIL CARLEE AT [CWESTGATE@SAULTEAU.COM](mailto:cwestgate@saulteau.com)

Are you interested in volunteering, but don't want to sit on the committee? Send me an email to [cwestgate@saulteau.com](mailto:cwestgate@saulteau.com) and we can find a spot for you!





## CULTURE & HERITAGE:

### Valentine's DAY DRAW

COME IN TO THE CULTURE CENTRE OR COMMENT ONE THING YOU LOVE ABOUT YOURSELF TO BE ENTERED INTO OUR VALENTINES DAY DRAW!

**We will announce the winners on Thursday, February 12<sup>th</sup> at 10:00 am.**

**LADIES & MEN'S DRAW**

If you have any questions, please email Carlee at [cwestgate@saulteau.com](mailto:cwestgate@saulteau.com)

Saulteau  
First Nations

### Elders Floral Arrangements & Dinner

<b>When</b>	<b>Where</b>
February 11 <sup>th</sup> 2026 @ 5pm	SFN Cultural Centre Gym

To register please contact Tasha @ [tlalonde@saulteau.com](mailto:tlalonde@saulteau.com)

## Nîcimos Dance

ALL AGES - PRIZES - DANCING  
CHILDREN MUST BE SUPERVISED  
FREE ENTRY

50/50

CASH CONCESSION

FRIDAY | 13 FEB | 7-10 PM

CULTURE CENTRE

TWO STEPPING LESSONS - 5:30 - 7:00 PM - FREE

### LIVE MUSIC - GUNS 4 HIRE

If you have any questions please email Kirsta at [klindstromesaulteau.com](mailto:klindstromesaulteau.com)



## RECREATION:



# FITNESS CHALLENGE

**\* Get ready to transform your life and reach new fitness heights! \***

Start Date : February 1<sup>st</sup> 2026

End Date : August 31<sup>st</sup> 2026

**JOIN NOW!** → [cschmidt@saulteau.com](mailto:cschmidt@saulteau.com)

**FREE OF CHARGE**

◆ **Track workouts & Activity** - You will send pictures to Candace with time stamps for proof of activity. It is up to you if you would like to send them daily or weekly.

◆ **Open to 13+ - No age categories**

◆ **Stay motivated and consistent**

◆ **Build healthy habits that last**

◆ **Bi-weekly, and monthly draws with proof of participation and consistency!**

◆ **PLEASE NOTE: YOU MUST SEND AT LEAST 5 PICTURE OF PROOF OF ACTIVITY TO BE ABLE TO CARRY TO THE NEXT MONTH, AND BE ELIGIBLE FOR THE DRAWS.**

◆ **COME STOP IN TO MY OFFICE AT THE CULTURE CENTRE TO PICK UP A TRACKING PACKAGE - OR I CAN SEND IT THROUGH EMAIL!!**

**6 MONTH  
FITNESS  
CHALLENGE**



**Saulteau  
FIRST NATIONS**





## RECREATION:

**Saulteau**  
FIRST NATIONS

# Water Fitness

Living that **WATER AEROBICS** Life

**Water Fit February**  
Monday, Wednesday, Friday 9:00- 10:00 AM

**JOIN NOW**

Join me for water fit get back to feeling good and kick that winter blues to the curb. Please contact Candace at the Cultural Centre and I will meet you at the pool on the dates provided above.

Chetwynd Rec Centre

Are you interested in joining our

# BOOK CLUB

AT THE SFN CULTURE CENTRE - LOUNGE

Email Candace at [cschmidt@saulteau.com](mailto:cschmidt@saulteau.com)

**9 SPOTS AVAILABLE**

Start date  
**WED, MAR 4TH**  
**2-3 PM**

**NEW BOOK MONTHLY**  
BOOKS WILL BE PROVIDED

GOOD BOOKS, GOOD TEA, AND GOOD COMPANY



## JOIN ME FOR MOM AND TOTS BREAKFAST AND PLAY!

TUESDAYS AND THURSDAYS FOR THE MONTH OF FEBURARY AT THE CULTURAL CENTRE FROM 9:30 TO 11:00

If you have any questions Contact Candace at [cschmidt@saulteau.com](mailto:cschmidt@saulteau.com) or at the Cultural Centre to sign up

**Saulteau**  
FIRST NATIONS





## YOUTH ENGAGEMENT OPPORTUNITIES

### *HEY SFN YOUTH! YOUR VOICE MATTERS*



### *NEW YEAR NEW IDEAS*

New year, new ideas! Come learn about what I offer as Youth Support Coordinator, share what you want to see, and help shape youth programs, events and opportunities in community!

### *MEETING DATES*

**In Person Gathering**

February 5<sup>th</sup> at 6pm

Cultural Centre Training Room

**Online via Zoom**

February 12<sup>th</sup> at 6pm



***ETHAN CAMERON***

YOUTH SUPPORT  
COORDINATOR

[ecameron@saulteau.com](mailto:ecameron@saulteau.com)

250-788-7370

I work alongside youth in community (ages 12-29) to create opportunities, support goals, and make sure your voice is heard. Whether you need help applying to university, writing a resume, or something practical like a ride to school. I'm here to help!

These upcoming engagement opportunities are a chance to learn what I can support with and to share your ideas, talk about what you want to see in community, or just check in!

contact

[ecameron@saulteau.com](mailto:ecameron@saulteau.com)

for meeting link

**Have an idea? A concern? Just want to chat?**

- Drop by my office
- Call or text me
- Set up a zoom meeting anytime

**This space is for you!**



$M = \left( \frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2} \right)$

**MUSKOTI ADULT EDUCATION**

## After School Homework Help

Muskoti Adult Education offers after school homework help for SFN school students

Register at any time!

**Available hours:**  
Monday - Thursday  
3:00pm - 4:30pm

**Get in contact with us:**

**MLC Teacher** - Brendon Conrad

**In Person:** Stop by the MAE classroom

**Email:** [bconradesaulteau.com](mailto:bconradesaulteau.com)

**Phone:** 250-788-7368

$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$

## EDUCATION CONTACTS

Audrey Norris  
Post Secondary  
Education Lead  
[anorris@saulteau.com](mailto:anorris@saulteau.com)

Brendon Conrad  
Adult Education  
Program Lead  
[bconrad@saulteau.com](mailto:bconrad@saulteau.com)

Cheri Koenig  
Secondary Education  
Lead (High School)  
[ckoenig@saulteau.com](mailto:ckoenig@saulteau.com)

Cody Schlamp  
Principal  
[cschlamp@saulteau.com](mailto:cschlamp@saulteau.com)

Jerri Morine  
Manager of Childcare  
Center  
[jmorine@saulteau.com](mailto:jmorine@saulteau.com)



## MUSKOTI ADULT EDUCATION

# TEXTBOOK RETURN CALL OUT

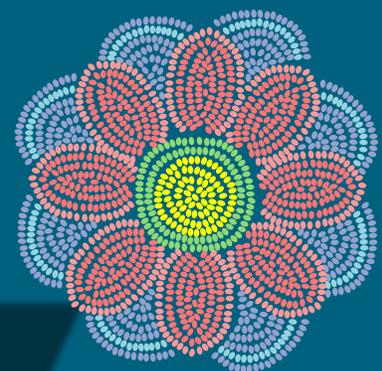


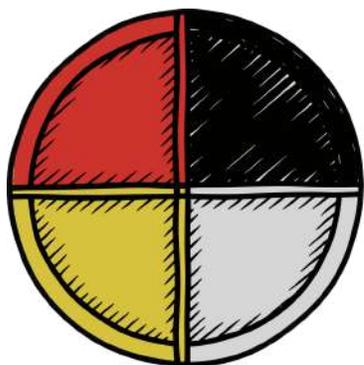
If you have a textbook from MAE that you are not using for a course, please drop it off in the classroom.

We are updating our textbook inventory so we can order more of the textbooks we are low on.

Thank you!

[bconrad@saulteau.com](mailto:bconrad@saulteau.com) 250-788-7368





## FEBRUARY 2026

### MUSKOTI ADULT EDUCATION EVENT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 First Day of Semester 2	3 Craft	4	5	6	7
8	9	10	11	12	13	14
15	16 Family Day MAE Closed	17 Craft	18	19	20	
22	23	24	25	26		

**MAE Excursion:**  
MAE is planning a student excursion at the Chetwynd Golf Sim.  
Please contact us if you are a MAE student interested in joining us so we can choose a date/time that works best for students and staff.

**Notes:**  
You can register with MAE to achieve Adult Dogwood or upgrade courses at any time in the school year.  
MAE offers after school homework help for students under 18. Contact us to register.



★ For more info, please phone (250-788-7368), email [bconrad@saulteau.com](mailto:bconrad@saulteau.com), or check in the classroom - dates & times may vary ★



## Muskoti Adult Education

# COURSES OFFERED

For the 2025-2026 School Year

### Math Courses:

Math 11 A & W  
Math 11 Foundations  
**Math 11 Foundations\***  
**Math 11 Pre-Calculus\***  
Math 12 A & W  
**Math 12 Pre-Calculus\***

### English Courses:

English Studies 11  
**English 11 First Peoples\***  
English Studies 12  
English 12 First Peoples  
**English 12 First Peoples\***

### Science Courses:

**Chemistry 11\***  
Earth Science 11  
**Life Science 11\***  
Science for Citizens 11  
**Anatomy & Physiology 12\***  
Geography 12  
**Physics 12\***

**\*Connected Classroom course:**  
Online classroom session with  
a teacher. Daily attendance is  
required.

### Elective Courses:

Social Studies 11  
**Social Studies 11\***  
Tourism 11  
BC First Peoples 12  
**BC First Peoples 12\***  
Career Life Connections 12  
Contemporary Indigenous  
Studies 12  
Child Development 12  
Interpersonal & Family  
Relationships 12  
Law 12  
Tourism 12

Interested in achieving an Adult Dogwood, course upgrading, or just  
continuing your education?

Check out the courses we offer at Muskoti Adult Education and  
contact us at any time during the school year to register!

Contact: 📞 250 - 788 - 7368

Adult Education Teacher - Brendon Conrad ✉️ [bconrad@saulteau.com](mailto:bconrad@saulteau.com)

Adult Education Assistant - Hannah Movold ✉️ [hmovold@saulteau.com](mailto:hmovold@saulteau.com)



## MUSKOTI ADULT EDUCATION

*MAE works with SFN students to create their own unique course selection and work schedule*

### At MAE you can:

- ✓ Achieve Adult Dogwood or Dogwood Diploma Graduation
- ✓ Upgrade course grades on your highschool transcript
- ✓ Take new courses to add to your highschool transcript

**Students will earn a \$1000 completion incentive for every earned credited course!**

We offer over 30 courses in Language Arts, Mathematics, Sciences, Social Studies, and other Electives!

**If you are interested in continuing your education you can register with MAE at any time in the school year!**

### Contact Us:

*Brendon Conrad - Adult Ed. Teacher*

 250-788-7368

 [bconrad@saulteau.com](mailto:bconrad@saulteau.com)

*Our mission is to provide a high quality education with a healthy balance of curricular and cultural learning opportunities in a safe and inviting environment. We strive to prepare all students to become responsible citizens and lifelong learners who are ready to meet the challenges of the future.*





mikisiwi-pîsim  
Eagle Moon

February  
2026

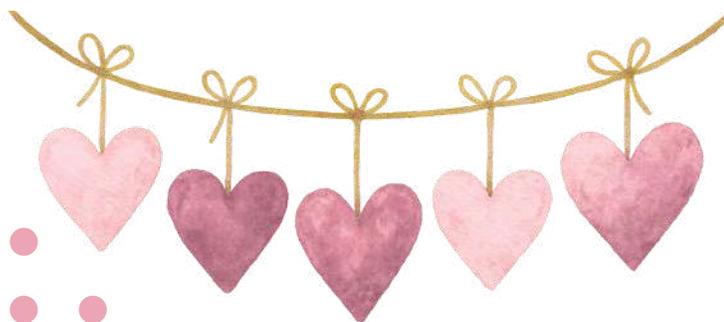


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	Ice Fishing *weather dependant	3	4	5	6
8	PHE Gymnastics	9	10	PHE Gymnastics	Valentine's Day Celebration	Family Day movie @ The Rex 9:45 am
15	Family Day STAT	16	17	PHE Gymnastics	18	19
22	PHE Gymnastics	23	24	Early Dismissal @ 2:00 PM Please contact teacher to book <b>PINK SHIRT Day</b>	25	26
				Early Dismissal @ 2:00 PM Please contact teacher to book an interview	27	28

## Notes:

**Black History Month**  
All MES student families are welcome to join us at the Rex Theatre at 9:30 a.m. on the 13th to watch a movie to celebrate YOU, our families!

We provide pink shirts for all students for Pink Shirt Day





## Discover Learning That Comes Alive at Muskoti Elementary School



Is your child ready for an education that goes beyond textbooks—one that connects them to the land, their culture, and their community?



At Muskoti Elementary School, learning is an adventure. Under the guidance of Mr. Cedar Wechlin, an experienced educator passionate about Indigenous ways of knowing, students don't just learn about the world—they experience it firsthand.

### What Makes Muskoti Elementary Special?

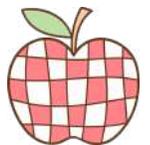
**Culture and Language:** A thriving program where teachers and students learn nêhiyawêwin (the Cree language) together.

**Land-Based Learning:** Students grow traditional foods, work with traditional medicines, and connect with the land in meaningful ways that honour Indigenous knowledge and practices.

**Active & Engaging:** From archery instruction to Arctic Games-focused PHE, kids are moving, challenging themselves, and building confidence through cultural activities.

**Hands-On Creativity:** Learning comes alive through creative projects, storytelling, games, and real-world connections, making every lesson memorable.

**A Teacher Who Truly Cares:** Mr. Cedar brings enthusiasm, empathy, and genuine passion to every day. He sees each child as unique, creates space for them to explore and grow, and makes every student feel valued and inspired.



#### Why Families Choose Muskoti Elementary:

Your child will be part of a vibrant classroom where curiosity thrives, culture is celebrated, and learning is joyful. They'll develop skills and knowledge while staying connected to who they are and where they come from.

**Join us for the 2026-2027 school year and give your child an education that nurtures their whole self—mind, body, and spirit.**

*Please consider joining our school family. Contact us today to learn more or schedule a visit!*

**Our School for our Community!**

# MEMBER SERVICES



02/2026

CONTACT YOUR DRIVER, CARA @ 236-364-2016  
TO ARRANGE FOR PICK UP.

PLEASE NOTE THAT ALL TIMES POSTED ARE DEPARTURE AND  
RETURN TIMES. IT IS THE RESPONSIBILITY OF THE ATTENDEE TO  
BRING ALL ITEMS REQUIRED FOR ACTIVITIES, INCLUDING COSTS.  
BOOKING IS BASED ON A FIRST-COME FIRST-SERVED BASIS.



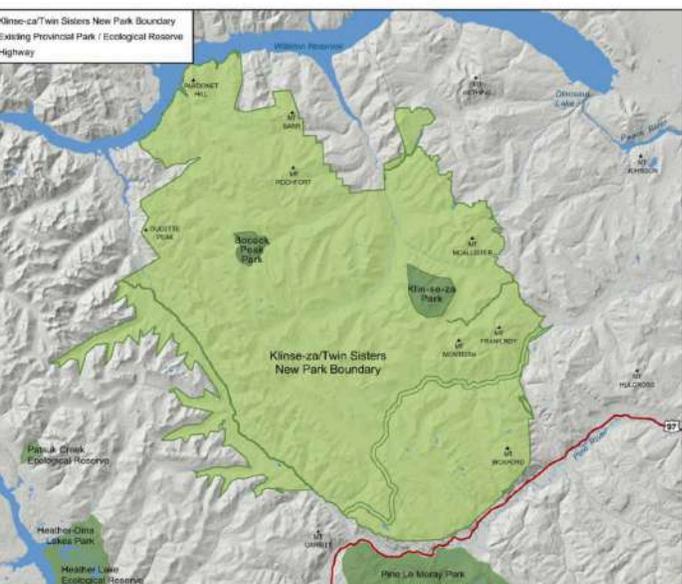
## FEBRUARY TRANSPORTATION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<b>10:45AM:</b> CROWFEATHERS RIBBON TIE-UP & LUNCH	<b>9:15AM-11:00:</b> MOM & TOTS BREAKFAST & PLAY!	4	5	6	7
8	<b>8:30AM:</b> WATER AEROBICS	10	<b>8:30AM:</b> WATER AEROBICS	11	<b>9:15AM-11:00:</b> MOM & TOTS BREAKFAST & PLAY!	12
15	<b>FAMILY DAY</b> SFN OFFICES CLOSED	16	<b>11:30AM:</b> LUNCH @ DON'S DINER	17	<b>8:30AM:</b> WATER AEROBICS	18
22	DRIVER AWAY	23	<b>8:30AM:</b> DAWSON CREEK SHOPPING DAY	24	<b>12:45PM:</b> ELDERS BINGO & LUNCH	25
						26
						27
						28
						29
						30
						31





## TREATY RIGHTS & ENVIRONMENTAL PROTECTION:



### Steps - Park Planning:

Sauvageau First Nations Treaty Rights Environmental Protection team working in collaboration with West Kootenay First Nations and BC Parks to create a park plan for recommendation to all parties.

- Confirm the vision, goals and management strategies with community
- Engage with external local communities and stakeholders as part of the park planning process.
- Undertake biodiversity assessments to inform stewardship activities, biodiversity assessments.

### Confirm Management Direction Goals :

1. Protect traditional use areas, the exercise of Treaty Rights and peaceful enjoyment.
2. Protect and restore ecosystem health and support Caribou population recovery.
3. Welcome low impact recreation.
4. Conserve natural resources for shared use and harvesting.
5. Climate change adaptation.

### Achieving Management Direction:

1. Use traditional knowledge to understand the land, water, plants, and animals.
2. Protect ceremonial and cultural areas and protect the plants and animals.
3. Welcome visitors and plan for their safety.
4. Monitor change with Indigenous Guardians.
5. Plan for climate change.

### TREP CONTACTS:

Naomi Owens-Beek  
Manager of TREP  
nowens-beek@saulteau.com

Jessica Eastman  
Guardian Supervisor  
jeastman@saulteau.com

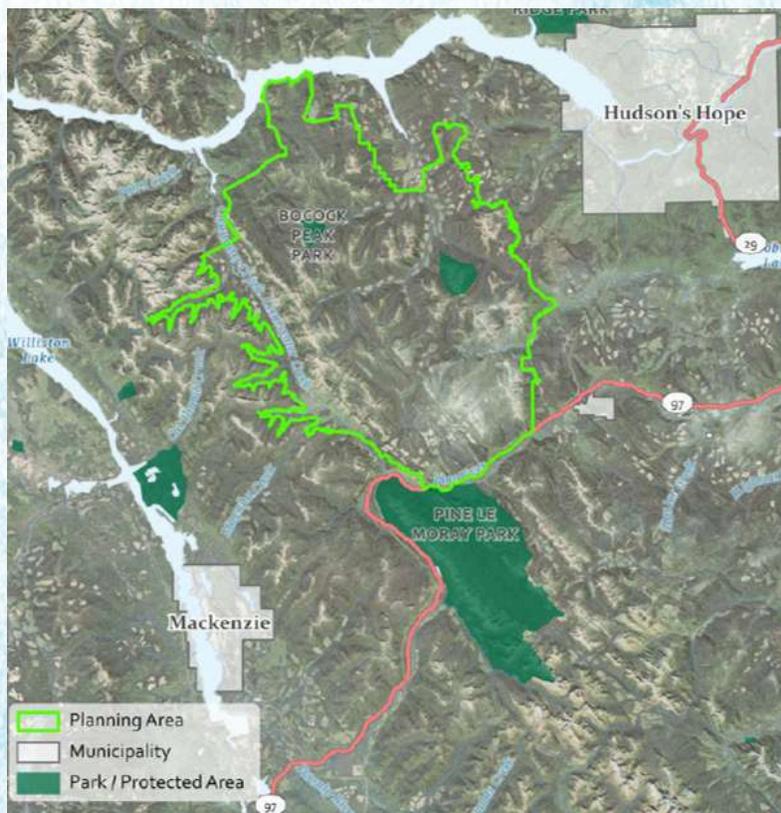
Tom Aird  
Aboriginal Liaison  
tom.aird@saulteau.com

### LANDS CONTACTS:

Mary Doyle  
Lands Manager  
mdoyle@saulteau.com

Jenine Campbell-Cove  
Lands Planner  
jcampbell-cove@saulteau.com

Brooke Walker  
Lands Officer  
bwalker@saulteau.com





## TREATY RIGHTS & ENVIRONMENTAL PROTECTION:

### Saulteau Vision for the Klinse-za/Twin Sisters Provincial Park

The Klinse-za/Twin Sisters is an ecologically rich and diverse landscape that allows for the full and unencumbered exercise of Treaty Rights and peaceful enjoyment;

and

the protection and enhancement of the landscape to support a thriving caribou population.

This is complemented by low impact/compatible recreation opportunities for all communities of the Peace Region.

#### Background / Context

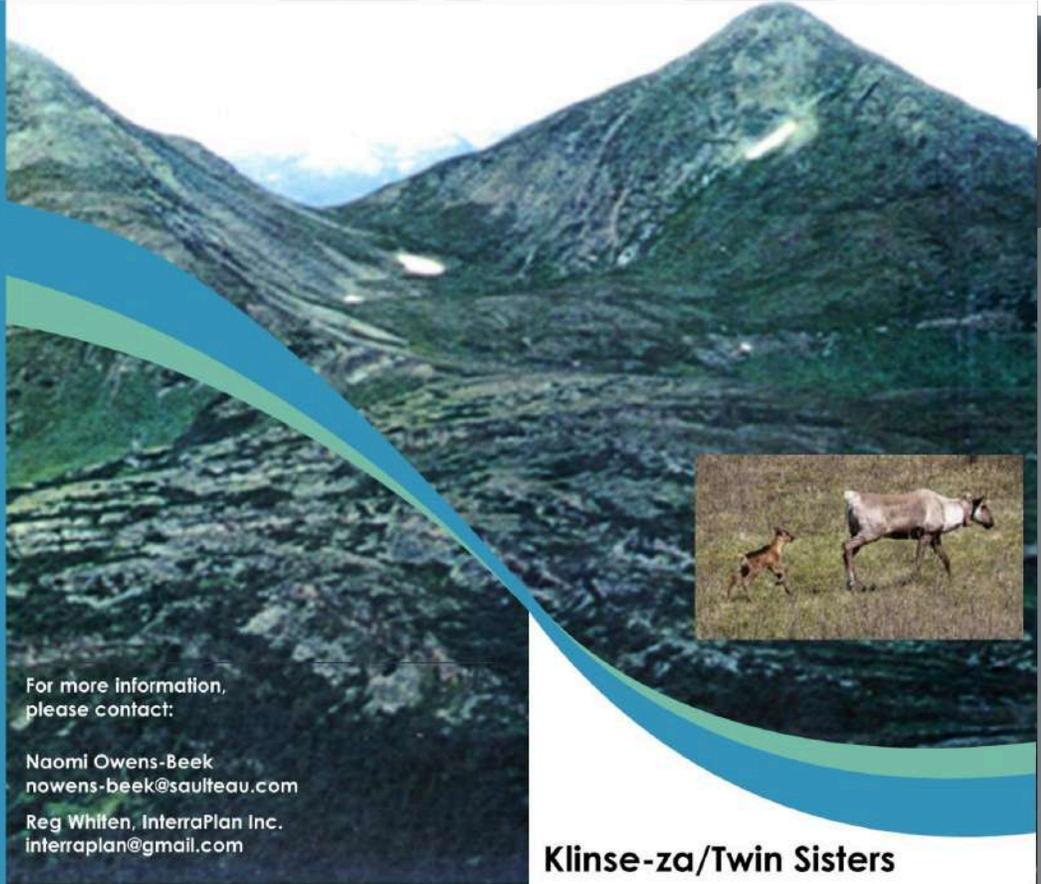
Caribou Partnership Agreement (2020)

Saulteau First Nations and West Moberly First Nations engage citizens about park values (2021)

Boundary confirmation (2021-2024)

Winter Motorized Recreation Management Planning (2021) and Regulation Implementation (2022)

BC Government park establishment and announcement (2024)



For more information,  
please contact:

Naomi Owens-Beek  
[nowens-beek@saulteau.com](mailto:nowens-beek@saulteau.com)

Reg Whiften, InterraPlan Inc.  
[interraplan@gmail.com](mailto:interraplan@gmail.com)

### Klinse-za/Twin Sisters

Park Plan Community Re-Engagement Initiative





## LANDS:



### Tansi!

Reflecting upon the last year, the Lands Department had seen significant growth from the year prior and really wanted to focus on teamwork, roles & responsibilities, professional development and most importantly, the collaboration between departments.

Moving forward to 2026, our focus is on planning, organization, structure, and beautification projects within the Nation.

Some of the Lands Departments ongoing projects include.

**Lands:** BC Hydro Regreening Project – planting trees to beautify areas

PRRD road renaming project for lakeview subdivision - to enhance 911 Services

Land Use Planning & Related Policy Development

Lot Applications

Hiking Trail Development

Additions To Reserve – Phase 1 parcel additions from Crown to Reserve Land

Active Transportation Fund – SFN Trail Network Plan

MOTI- Sign updates within Moberly Lake Area

On Reserve Beautification Projects

### **Collaborations between Departments –**

(Public works, Housing, Capital, TREP, Infrastructure, Economic Development)

Joint Health and safety Committee

Various Community Planning Committees for numerous annual events

Housing, Capital & Infrastructure Development Planning Groups

Watershed Protection Planning Committees (Moberly Lake Watershed)

Industrial Park – Oversee lease agreements & lot availability

Community Planning/Beautification projects

Waste and Recycling Program

New Subdivision Development

Governance Committee

Economic Development Committee

Food Security Initiative

By-law Development



## **FARM:** Haymaking & Sales

Noxious Weeds Program

Soil sampling

Managing the Environmental Farm Plan

Riparian Management – including Muskoti Creek Clean up

## **Land Use Planning (LUP)**

In 2022, Saulteau First Nations (SFN) updated its Comprehensive Community Plan (CCP), and more recently in 2025, completed the SFN Strategic Plan, reaffirming the community's long-term vision and goals.

Since then, the Nation has advanced several key initiatives, including the ongoing construction of a new wastewater treatment facility to support existing homes and future residential development. Such initiatives highlight the need for a dedicated, standalone Land Use Plan (LUP) to guide the use and development of SFN IR 169 & provide an integrated, community-driven framework to streamline land management practices, and ensure that decisions reflect the community's priorities and align with SFN's values.

To date, the following community priorities have been identified for this project:

- The Land Use Plan should provide a clear and coordinated approach to guide future land use, development, and conservation on SFN reserve lands, future reserve lands (e.g., Treaty Land Entitlement sites), and fee-simple holdings (e.g., South Moberly Lake lands).
- It should support SFN's broader vision for sustainable land stewardship, economic development, and community wellbeing.
- It should bring together land management priorities, policies, and practices from across SFN's departments into one integrated and accessible framework.
- The Plan should include clear, easy-to-follow policies that promote consistent, transparent, and responsible land use, ensuring that SFN's lands are protected and managed for the benefit of both current and future generations.
- It should outline a practical and trackable implementation strategy, with defined actions, timelines, roles, and outcomes to support coordinated action across departments and the community.

**Upcoming Project:** The Lands Department will be collaborating with other departments to create an Interactive Booklet (survey and maps) that households could do together prior to hosting an Open House in late March.

This interactive booklet would provide an opportunity for membership to provide feedback in person & via email & online.

The booklet will be sent via email in the first week of February. Door-to-door, on reserve home visits will be coordinated throughout the month of February, with an Open House scheduled for March 23<sup>rd</sup>.



## Noxious Weeds & Invasive Species 2025

Aski Reclamation LP (Aski) was retained by Saulteau First Nations (SFN) to complete the 2025 annual assessment and management of noxious weeds and invasive species across agricultural, riparian areas (within 2 m of creek and creek bed), residential, civic lands, and access areas within SFN reserve lands (the Project) Appendix A.

Since 2023, Aski has implemented an annual program involving:

- Spring assessments of priority noxious weeds and invasive species.
- Mechanical removal (primarily hand-pulling) within selected residential and civic areas.
- Targeted herbicide applications within agricultural lands, riparian areas, and access roads in compliance with the BC Weed Control Act.

This program supports SFN's long-term stewardship goals by reducing invasive plant cover, protecting culturally important habitats, and fostering community involvement.

From May 20 to 23, 2025 a crew of two Aski ecologists conducted a spring noxious weeds and invasive species assessment.

Between June and July 2025, manual hand-pulling was applied to plants within sensitive areas, including riparian zones, residential, and public spaces. Spectrum Resources Group (Spectrum) was additionally contracted to conduct spot herbicide treatment. Based on assessment, a list of target species and areas of treatments were provided to Spectrum and tracked using GPS-enabled equipment.

Aski suggested the engagement of volunteers, who are locally resident within Moberly Lake, to participate in Make a Difference Week hosted by the Society for Ecological Restoration. Make a Difference Week is a week of global restoration efforts. A poster advertising the opportunity for local volunteers to participate was designed and displayed on SFN band office notice boards and website. Registration was coordinated by the Lands team and designated Aski personnel.

Weed occurrence was strongly correlated with areas of exposed soil, such as along disturbed fencelines, where hay bales have been moved, domestic or other anthropogenic related disturbances, domestic animal enclosures (corrals), and vehicle tracks. These areas were mapped and flagged for potential removal from the annual monitoring footprint, which will improve efficiency and reduce survey effort in future years.

In consultation with SFN land manager and residential owners, mechanical removal (hand-pulling) was selected as the preferred treatment method to avoid or minimize chemical exposure in areas used for recreation, cultural gatherings, and daily activities. Hand-pulling crews focused efforts on visible invasive patches within yards, community common areas, and road verges. This approach aligned with community health priorities, reduced the risk of accidental herbicide exposure, and fostered participation by local residents during the "Make a Difference Week".

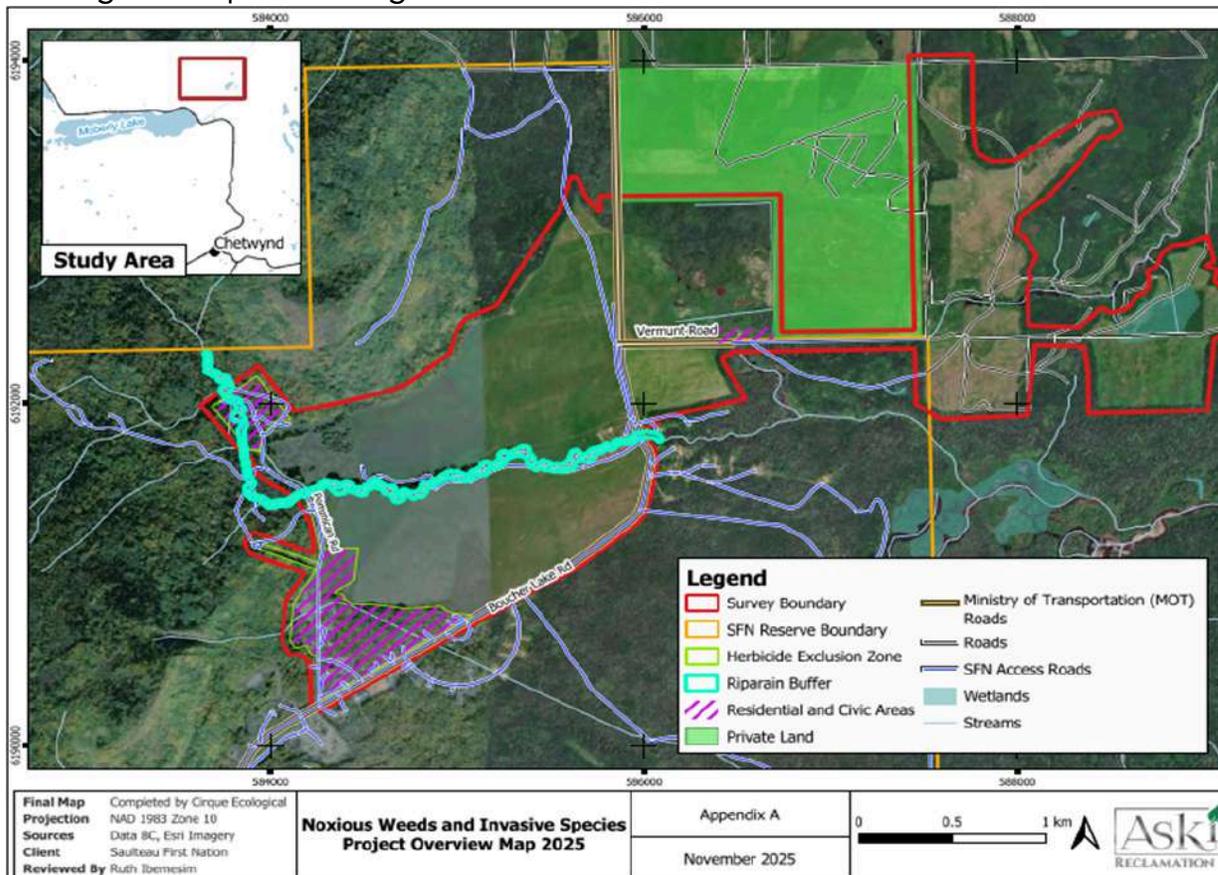
Participation of SFN volunteers in the "Make a Difference Week" on June 5, 6, 9, and 10, 2025, significantly contributed to the success of the 2025 program. Volunteer crews assisted with manual removal of noxious weeds across large portions of residential and civic areas, substantially reducing the overall effort and cost required for treatment. In total, 21 SFN community members participated over the four days, contributing approximately 312 volunteer hours. This level of engagement resulted in a measurable increase in treatment coverage, with more areas treated compared to 2024, demonstrating the value of community participation



for achieving project objectives. Beyond immediate weed management outcomes, these events served as a key capacity-building initiative, providing hands-on training in plant identification, safe hand-pulling techniques, and invasive species management concepts to SFN members and supporting long-term stewardship of community lands.

To maintain the progress achieved during the 2025 noxious weeds and invasive species management program, the following actions are recommended:

- follow up assessment in spring 2026
- remove domestic animals during duration of treatment (2-3 weeks)
- revegetation and control
- proper disposal
- capacity building: awareness workshops, youth training opportunities, participation in restoration focused events
- community awareness
- funding applications
- adaptive management- prioritize high risk zones



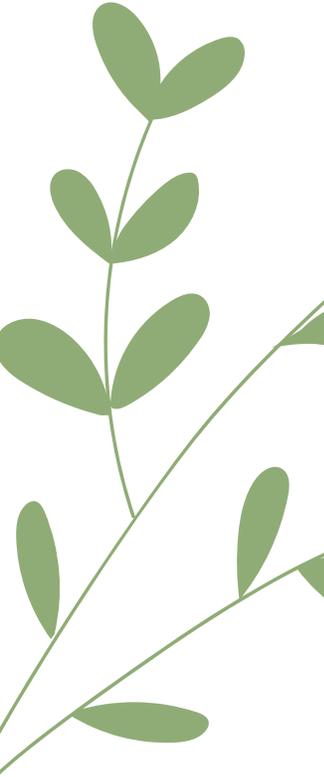
## Lands Department Staff

Lands Manager – Mary Doyle ([mduoyle@saulteau.com](mailto:mduoyle@saulteau.com))

Lands Use Planner – Jenine Campbell-Cove ([jcampbell-cove@saulteau.com](mailto:jcampbell-cove@saulteau.com))

Lands Officer – Brooke Walker ([bwalker@saulteau.com](mailto:bwalker@saulteau.com))

Lands Executive Assistant – Crystal Lalonde ([clalonde@saulteau.com](mailto:clalonde@saulteau.com))




**CALLING ALL ELDERS**  
SFN Mental Wellness Department would like your input on what we should do with the:

**RECONNECTION GRANT**  
**HONORING INDIGENOUS PEOPLE WHO HAVE BEEN IMPACTED BY RESIDENTIAL AND DAY SCHOOLS**



**HAVE YOUR SAY AND COME FOR FREE LUNCH! AT THE CULTURAL CENTRE**

This initiative centers on a series of culturally grounded events and healing workshops for Indian Boarding Home Program Survivors. Through traditional ceremonies, storytelling, land-based activities, and wellness workshops, the project will foster reconnection, healing, and community resilience for survivors and their families.

**FEBRUARY 9TH | 12PM TO 2PM**  
You can call Winona at 250-875-2622 if you would like more information.



Sarah Howes  
Director of Health  
sgayse@saulteau.com

**HEALTH CONTACTS:**

Ashely Gauthier  
Operations Manager SFN  
Health Centre  
agauthier@saulteau.com

**LINDA KRISTINA HOUSING SOCIETY CONTACTS:**

Shari-Lyn Rougeau  
Manager of LKHS  
srougeau@saulteau.com

**MENTAL HEALTH CONTACTS:**

Annie Miller  
Manager of Mental Health  
amiller@saulteau.com

**FAMILY SERVICES CONTACTS:**

Jessa Coukell  
Manager of Family Services  
jcoukell@saulteau.com

## Traditional Healer Robert Beaulieu

At Saulteau First Nations  
New Beginnings House

February 2026  
Wednesday February 4<sup>th</sup>  
Thursday February 5<sup>th</sup>  
Friday February 6<sup>th</sup>  
Saturday February 7<sup>th</sup>  
10:00am - 4:00pm

**Please Note:**

- As per cultural practices and request of traditional healer, you can **NOT** be on or within 4 days of your moon cycle during these sessions.
- Please do **NOT** be on or under the influence of drugs or alcohol within the 24 hours of your session.
- Please bring tobacco offering.

**Please Contact SFN  
Health Center to Book: 1 (250) 788-7280**

CALL SFN HEALTH CENTRE

**To Book!**

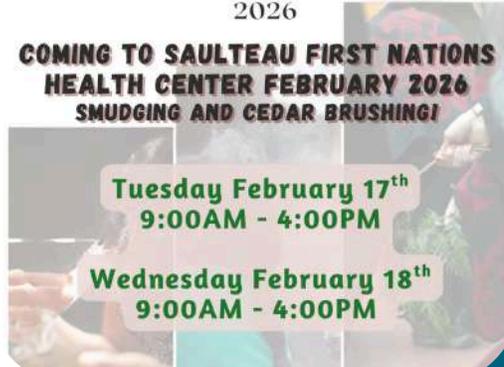


Traditional Healing  
Team Visiting  
2026

**COMING TO SAULTEAU FIRST NATIONS  
HEALTH CENTER FEBRUARY 2026  
SMUDGING AND CEDAR BRUSHING!**

**Tuesday February 17<sup>th</sup>  
9:00AM - 4:00PM**

**Wednesday February 18<sup>th</sup>  
9:00AM - 4:00PM**





Dear Community members

We are writing to inform you about some important changes regarding booking appointments with our doctors at the SFN Health Centre.

**Effective March 31<sup>st</sup>, 2026**, patients who are **NOT** registered with our physicians will no longer be able to book appointments.

Due to ongoing capacity limits and our commitment to providing consistent, quality care to our registered patients, our doctors will be focusing their services on individuals who are formally enrolled in their practices.

If you are currently registered with Dr Banas, this change will not affect your ability to book appointments as usual. If you are unsure if you are a patient of Sauleau First Nation Health Clinic please contact our office and we will inform you.

For patients who are not registered with the Sauleau First Nations Health Clinic and are seeking care, we encourage you to contact local clinics or visit provincial health resources. This will aid in your search to find a healthcare provider accepting new patients.

We understand this change may be disappointing for some, and we appreciate you're understanding and cooperation as we work to ensure safe and reliable care for our community.

Thank you for your continued support.

Sincerely,

Sauleau First Nations Health Center Team

Rocketdoctor.ca 1-867-670-2273

Northern health- Virtual Dr of the day 1-844-645-7811

123walkin.com

Vivacare.ca



## February 2026

## HEALTH CENTRE



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1	2	3	4	5	6	7	
8	9	10	11 <b>Reflexology NBH</b>	12 <b>Massage Therapy NBH</b>	13	14	
15	16 <b>Family Day CLOSED</b>	17 <b>Tsow Tun Le Lum-HC</b>		18	19 <b>Physio Therapy HC</b>	20	21
22	23	24	25	26 <b>Footcare-HC</b> <b>Massage Therapy NBH</b>	27	28	



### Massage Therapy

Jaclyn Johnson, RMT  
NuBalance Massage Therapy  
New Beginnings House

**FEBRUARY 12TH & 26TH, 2026**  
Call the Health Centre to book  
**250-788-7280**

### PHYSIOTHERAPY

**February 19th**  
**SFN Health Centre**  
Call Debbie at the Chetwynd  
Primary Care Clinic to book  
**250-788-7300**





## DIABETIC FOOT CARE FEBRUARY 26TH, 2026



**HEALTH CENTRE  
CALL MELVA TO BOOK  
250-788-7280**



**Saulteau**  
FIRST NATIONS

## Reflexology

February 11

*New Beginnings House*

Experience the healing power of reflexology! This natural, non-invasive therapy stimulates specific pressure points on the feet, hands, and ears to promote relaxation, reduce stress, and support overall well-being. Whether you're seeking relief from tension, improved circulation, or a balanced mind and body, reflexology offers a soothing and effective way to enhance your health.



Book Now

Call the SFN Health Centre - 250-788-7258  
kmacdonald@saulteau.com



## Baby Welcoming

**Thursday February 26, 2026**  
**SFN Cultural Centre**

**Baby Submission now CLOSED**

WE ARE GATHERING TO WELCOME ALL BABIES BORN IN 2025

DEADLINE FOR SUBMISSION WAS JANUARY 29, 2026

FOR MORE INFORMATION CONTACT CHELSEA AT  
[CGAUTHIER@SAULTEAU.COM](mailto:CGAUTHIER@SAULTEAU.COM)  
(250) 788-7262

Free  
Elders Haircuts   
by Denecia

**9 am - 1 pm**

Thursday February 12, 2026  
Drop In No appointments Necessary

SFN  
Cultural Centre  
Gym

Join us for an exciting evening of Spruce Pitch Salve Making!



## Spruce Pitch Salve Making with Rhoda paquette

february 11<sup>th</sup> 2026 at 4:30 PM- 6:30 Pm  
Where: New Beginnings House  
Snacks & refreshments provided

**Reserve Your Spot**  
contact shay: (250)-874-9604



## Women's group

♥ When: February 27th 2026  
Time: 4:30-6:30  
♥ Where: New Beginnings House  
Candle making & mod podge canvas

For Ages 18 and Older.  
Snacks and refreshments will be provided.

♥ sign up with shay @ (250)-874-9604





## YOUTH CO-ED DIY AIR DRY CLAY ART

**AGE 9 AND UP**

CHILDREN UNDER THE AGE OF NINE MUST BE ACCOMPANIED BY AN ADULT.

WHERE: NEW BEGINNINGS HOUSE  
WHEN: FEBRUARY 6TH, 2026  
TIME: 3:30-6:30

SNACKS AND REFRESHMENTS PROVIDED

PLEASE CONTACT SHAY FOR SIGN UP : (250)-874-9604

**Saulteau**  
FIRST NATIONS

## Bracelet Making

When: February 27th, 2026  
Time: 3:30 PM - 6:30 PM  
Where: New Beginnings House

Join us for a fun co-ed youth group event!

for ages 9 and up while those under 9 need to be accompanied by an adult

please contact shay for sign up (250)-874-9604

**Saulteau**  
FIRST NATIONS

## Youth girls group

# MOD PODGE ART

for ages 9 and up while those under 9 need to be accompanied by an adult

**Saulteau**  
FIRST NATIONS

<b>EVENT HIGHLIGHTS:</b>	<b>EVENT DATE</b>
<ul style="list-style-type: none"> <li>• SNACKS</li> <li>• REFRESHMENTS</li> <li>• FUN ACTIVITIES</li> <li>• CANVAS TO TAKE HOME</li> </ul>	<p><b>FEBRUARY 13<sup>TH</sup> 2026</b></p> <p>WHERE: NEW BEGINNINGS HOUSE TIME: 3:30-6:30</p>

**DON'T MISS THIS EVENT!**

CONTACT SHAY FOR SIGN UP (250)-874-9604





Hello, I'm  
Jasmine  
Garcia  
Montes!



I am currently a  
Masters of  
Counselling  
Psychology  
Practicum  
Student from  
January to  
August.

### Areas of Speciality:

Relationships  
Stress  
Mental health concerns  
Trauma  
Substance misuse  
Behavioral challenges  
Self-esteem & identity

Age range: 10-23 years old.

### Modalities:

- Cognitive behavioral therapy (CBT)
- Solution-focused brief therapy (SFBT)
- Dialectal behavior therapy (DBT)

### Contact/Availability:

Virtual sessions by Zoom or  
Phone.  
jmontes@saulteau.com  
250 875 1104  
Tues-Thurs: 12-430 MST.

## LINDA KRYSTINA HOUSING SOCIETY

**24/7 Crisis Line:  
250-401-8079  
Phone or Text**

*Our Mission:*

*To provide women and children a safe space to heal, learn, and grow.*

*Ensuring women and children will come to know their value as life givers and the future of the Nations.*

*Nurture the Spirit,  
Health the Heart,  
Replenish the Body,  
and Train the Mind.*



### SFN Mental Wellness Dept.

5016 – 50<sup>th</sup> AVE NW  
PO BOX 2186  
Chetwynd, BC  
V0C1J0

PH: 236-364-2009  
FAX: 866-912-6585  
EM: [mentalhealth@saulteau.com](mailto:mentalhealth@saulteau.com)



YOUR LIFE MATTERS



# YOU ARE NOT ALONE

**NO STORY SHOULD END TOO SOON**

Take a moment to remember there is help, there is hope!



## RESOURCES FOR HELP

24/7 National Suicide + Crisis Support

988

Emergency  
911

**IF YOU DONT WANT TO TALK - YOU CAN TEXT**

**OUR PHONES ARE ALWAYS OPEN FOR ANY YOUTH WHO NEED SOMEONE TO TALK TO**

Ethan Cameron 250-556-4167  
Candace Schmidt 250-601-1819



# MENTAL HEALTH & WELLNESS



## Child & Youth Mental Health Services for Families

24/7 Urgent/Crisis Supports	
Child & Youth Specific	<b>Youth Crisis Line:</b> Trained peer support: call <b>1-888-564-8336</b> or text <b>250-564-8336</b>
	<b>Kid's Help Phone:</b> Offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Reach out by texting <b>CONNECT to 686868</b>
General	<b>Northern BC Crisis Line:</b> a safe and non-judgmental crisis line to discuss anything troubling you <b>1-888-562-1214</b> or text <b>250-563-1214</b>
	<b>National Suicide Crisis Helpline:</b> If you are considering suicide or are concerned about someone who may be, please call or text <b>9-8-8</b> . Support is available 24 hours a day, every day. <a href="https://988.ca/">https://988.ca/</a>
	<b>Alcohol &amp; Drug Information &amp; Referral Service (BC):</b> Provides free, confidential information and referral services to British Columbians of all ages in need of support with any kind of substance use issue (alcohol or other drugs). <b>1-800-663-1441</b>
Indigenous	<b>KUU-US Crisis Line:</b> Available 24/7 to provide support to Indigenous people in BC Toll free <b>1-800-588-8717</b> or <b>1-250-723-2040</b>

Regional Resources	
<b>CYMHSU Regional Support Team</b>	Provides resource navigation to youth and their families regarding mental health and substance use. Monday-Friday 8-4:00 <b>250-645-7415</b>

Virtual Counselling (non-emergency)	
<b>Foundry Virtual Counselling</b>	Virtual drop-in counselling sessions by voice, video and chat to young people <b>ages 12-24</b> and their caregivers. Call <b>1-833-FØUNDRY</b> (that's FØUNDRY with a zero! or <b>1-833-308-6379</b> ) or access through new <b>Foundry BC app</b> *Note: Go to <a href="https://foundrybc.ca/get-support/virtual">foundrybc.ca/get-support/virtual</a> for the most updated hours on this new service
<b>BounceBack BC</b>	Free online and phone counselling program to manage low mood, mild to moderate depression, anxiety, stress or worry (for ages 15 & up): <a href="https://bouncebackbc.ca">bouncebackbc.ca</a>

### Resources available in community (hours of operation may vary by community, please call)

Community	Type of Service	Contact Information
<b>Chetwynd</b>	Mental Health	CYMH: 250-784-2342
<b>Dawson Creek</b>	Mental Health	Integrated Child & Youth (ICY): <a href="mailto:icypeaceriversouth@northernhealth.ca">icypeaceriversouth@northernhealth.ca</a> CYMH: 250-784-2342
	Substance Use	Dawson Creek Health Unit: 250-719-6525
		Haven Family Services: 250-782-6795 (contracted service – no cost) Aboriginal Family Services Society: 250-782-1169
<b>Fort St John</b>	Mental Health	CYMH: 250-263-0121
		Nenan Dane zaa Deh Zona Family Services Society: 250-787-2151
		Northern Health Youth Services: 250-261-3593
		Community Bridge (SAIP): 250-785-6021
	Substance Use	Fort St. John Mental Health & Substance Use Services – 250-263-6080 Saplings Mental Health: 250-262-8842 (contracted service – no cost)
<b>Fort Nelson</b>	Mental Health	CYMH: 250-774-5585

Note: Only public/no-cost services are included. Contracted services are specified where applicable.



## Morning Walk with Kylie

Join Kylie, Mental Health Prevention & Outreach Worker, for a gentle community walk to nurture mental well-being and connect with friends.

Wednesdays, Starting January 14th  
to February 11th  
10:30AM-12:00PM

Location: Meet at SFN Cultural  
Centre

please contact [kdavis@saultaeu.com](mailto:kdavis@saultaeu.com)  
with any questions

## VIRTUAL BOOTCAMP STYLE WORKOUT

WITH ELAINE WEBB

- Full Body Workouts
- All fitness levels welcome! :)

WITH ANY QUESTIONS PLEASE PHONE, TEXT OR EMAIL 250-875-1072 OR [KDAVIS@SAULTEAU.COM](mailto:kdavis@saultaeu.com)

**LOCATION:** SFN Cultural Centre gym/work out room. OR, Zoom in on your phone or laptop from home!!

**WHEN:** Tuesdays and Thursdays Starting January 13th until February 12<sup>th</sup> 2026.

**Tuesdays @ 12:10PM to 1:10PM.**  
**Thursdays @ 5:30PM to 6:30PM.**

please consult with your doctor before starting a new work out

## Yoga with Alycia

Nurture Your Mind.  
Empower Your Body



**LOCATION:** SFN Cultural Center Training Room

Yoga with Alycia  
SFN Cultural Centre  
Mondays @ 5:30 - 6:30pm  
January 26<sup>th</sup> -  
February 9<sup>th</sup>

# FAMILY SUPPORT SERVICES



If you want to know what we're up to - check out our weekly plans! Updates are regularly posted to the SFN website (under the events calendar) on the SFN Communications Facebook group, and within the SFN App!

**The Trek Youth Centre, 5117 43a St. Chetwynd, BC**

## The Trek Youth Centre Offers Weekly Programming!



**With occasional Special Events on Fridays & Weekends!**

## YOUTH SUPPORT CONTACTS

Hailey Knott  
Youth Facilitator  
hknott@saulteau.com

Derek Wood  
Youth Program Facilitator  
dwood@saulteau.com



**Monday - Friday  
2:30 - 6:30**

Looking for a safe, fun place to go after school?  
Come hang out at the Trek Youth Centre.

What we offer:

- Hot Meals and Snacks
- Crafts and Creative Activities
- Games, Sports & Group Fun!
- A Welcoming Space to hang out and be yourself

Ages 12- 18