

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 76 | UP-TO-DATE INFORMATION AS OF OCTOBER 1, 2021



"It's protection in our community that protects our schools and protects our children. and the best way to prevent Covid from getting into our schools is for everyone eligible - whether an older sibling, a parent, school staff - to be vaccinated. That protects you and it protects your community too."

- Dr. Bonnie Henry, Provincial Health Officer

**Click here to find a walk-in
vaccine clinic in your community**

If you or someone you know is isolated or in need of assistance, please email health@mnbc.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

MÉTIS 24HR CRISIS LINE
1-833-MÉTIS-BC
(1-833-638-4722)

INSIDE ISSUE 76

UPDATED INFORMATION

- 2 BCCDC COVID-19 Update
- 3 New Health Authority Restrictions
- 6 BC COVID-19 Update
- 7 Health and Safety Guidelines for School
- 8 BC's COVID-19 Vaccine Card
- 11 BC Vaccine Clinics
- 12 Status of BC Wildfires

PROGRAMS & EVENTS

- 13 Truth & Reconciliation Day
- 15 Thanks for Listening Report Launch / Sisters in Spirit Vigil
- 16 HPV Prevention Week
- 17 Métis Youth Wellness Circle
- 18 Supportive Care Dialogue Sessions
- 19 Elder's Virtual Healing Circle
- 20 Métis Elder Assistance (Pilot)
- 21 Smoking/Vaping Cessation
- 22 Jigfit & Youth Sport Awards (ISPARC)

Thank you to our Health Care Workers.

BCCDC COVID-19 Update

23 September 2021

- Case rates are increasing in Northern Health, decreasing but still high in Interior Health, and stable in Vancouver Coastal, Fraser and Vancouver Island Health Authorities.
- New hospitalizations are high but stable, and hospital/critical care numbers are increasing provincially.
- The majority of new cases (7 in 10) and hospitalizations (4 in 5) are among unvaccinated individuals.
- Positive test rates are high in Northern Interior and Fraser East regions.

Compared to fully vaccinated individuals, unvaccinated individuals are:

12x
more likely
to become
infected

61x
more likely
to be
hospitalized

36x
more likely to
die from
COVID-19

Regional Measures for Fraser East: Chilliwack, Abbotsford, Agassiz, Harrison, Mission, Hope and Boston Bar

Effective Tuesday September 28, 2021



fraserhealth



Private household gatherings:
one additional household or 5
guests



Personal gatherings outside your
home: maximum 10 people, unless
everyone is fully vaccinated



Organized events (e.g. weddings or
conferences): 10 people indoors, or
50 people outside, unless all
participants are fully vaccinated

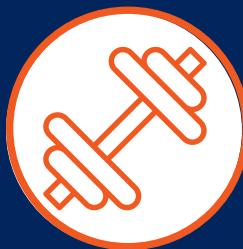


Indoor workplaces need to
update COVID-19 safety plans.
Masks are required in all indoor
work places.

All participants need to be fully vaccinated for the follow activities:



Ticketed events (e.g.
movies, plays, and sporting
events).



All indoor adult sports,
exercise and fitness,
including gyms, high/low
intensity fitness.



Outdoor adult sports: 50
participants, unless all
are fully vaccinated

[See here for Fraser Health Clinics](#)

Revised Restrictions for Interior Health

Effective Monday September 13, 2021



Vacation rentals (including houseboats): up to 5 guests, plus occupants



High-intensity group exercise permitted for those who are fully vaccinated



Masks mandatory in indoor public spaces (anyone 12+)



Outdoor personal gatherings (e.g. backyard BBQ): up to 50 people



Indoor personal gatherings: up to 5 guests or one other household

Restrictions for Organized Events:

Events requiring proof of vaccination (minimum 1 dose):



Indoor organized events: up to 50 people



Outdoor organized events: up to 100 people

Events requiring proof of full vaccination (2 doses):



Indoor organized events: 50 people or 50% of venue capacity (whichever is greater)



Outdoor organized events: up to 5000 people or 50% of venue capacity (whichever is greater)



By October 24, 2021 proof of vaccination of 2 doses will be required to hold any events



Interior Health
Every person matters

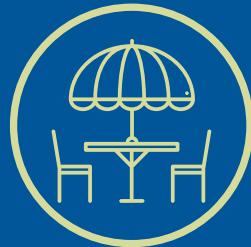
See here for Interior Health Clinics

Restrictions for Northern Health

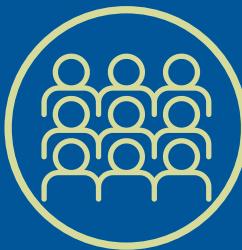
Effective Tuesday September 7, 2021



Personal gatherings in your home: one additional family or 5 guests



Personal gatherings outside your home: maximum 50 people



Indoor events: have a safety plan (organizer should have a safety plan, but is not required to submit for approval)



Outside events: when more than 200 people, then have safety plan



Sporting events with spectators, indoor & outdoor – have safety plan

[See here for Northern Health Clinics](#)



BC COVID-19 UPDATE

SEPT 21 & 28, 2021

REMINDER

Starting Monday, Sept. 27, 2021, the BC Vaccine Card will be the only acceptable proof of vaccination for British Columbians to enjoy certain businesses and recreational events safely.

BOOSTER SHOTS FOR ELDERLY AND IMMUNE-COMPROMISED

Long-term care and assisted living residents will be offered a 3rd dose of the COVID-19 vaccine. The 3rd dose will be offered alongside the seasonal Influenza vaccine. Clinically extremely vulnerable people would be notified for the booster dose.

2 DOSES ENOUGH

Having two doses of the COVID-19 vaccine, no matter what combination, has shown to be highly effective at protection against COVID-19 infection, including against the Delta variant, and hospitalization. BC's plan to immunize the majority with one dose followed by a delayed second dose has shown to have stronger and longer lasting protection against COVID-19.

As of Sept 16, the Pfizer, Moderna, and Astra Zeneca COVID-19 vaccines have been fully licensed for use in Canada.

A NOTE ON MIXED DOSES

Mixed doses provide the same level of protection, and a third dose will not be provided. The province will work with Health Canada and public health agencies in other countries to ensure that mixed doses will be accepted for international travel.

**Vaccines protect
others who are not
yet able to get
vaccinated**

SCHOOL-AGED CHILDREN

Cases rising

Case rates are increasing for children aged 5-11 since the return to school. These cases in young children are reflective of their community's vaccination rates -- areas where community vaccination rates are high, the infection rates in school age children stay low.

Potential Exposure Events posted

Starting Sept 28, regional health authorities will be responsible for posting K-12 "potential exposure events" on their websites (link below). Parents please continue to monitor your children's health daily.

- [Fraser Health](#)
- [Northern Health](#)
- [Interior Health](#)
- [Island Health](#)
- [Vancouver Coastal Health](#)

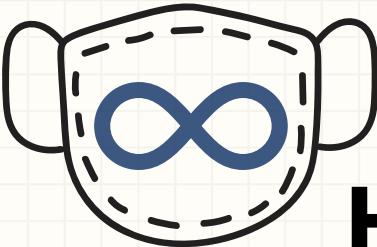
VACCINE SAFETY FOR WOMEN WHO ARE PREGNANT, BREASTFEEDING OR CONSIDERING PREGNANCY

COVID-19 Vaccine is safe and recommended

The Society of Obstetricians and Gynecologists of Canada, The National Advisory Committee on Immunization, and various international bodies "Recommend the COVID-19 vaccine for all pregnant, breastfeeding and planning to become pregnant woman and person". The approved COVID-19 vaccines in Canada are considered safe. (Read more [here](#)) There are no increased risks of pregnancy complications or neonatal outcomes when you are vaccinated. But there is an increased risk of severe illness that requires hospitalization, and higher rates of adverse infant outcomes (e.g. stillbirths). These risks can be prevented by immunization.

COVID-19 Vaccines do not affect fertility

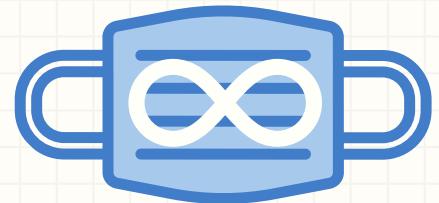
The COVID-19 vaccines do not impact fertility in both women or men. Getting the vaccine protects you and your future baby.



HEALTH AND SAFETY GUIDELINES IN BC SCHOOLS

OCT 1ST, 2021

MASK MANDATE: NEW K-GRADE 3 MASK ORDER



Beginning Monday, October 4th, all students, staff, volunteers and visitors in B.C. schools will be required to wear a mask when inside a school building, including while at desks and on buses. This order will be in place for the remainder of the school term.

Exceptions to the mask policy include:

- A person who cannot tolerate wearing a mask for health or behavioural reasons
- A person unable to put on or remove a mask without the assistance of another person
- If the mask is removed temporarily for the purposes of identifying the person wearing it
- If the mask is removed temporarily to engage in an educational activity that cannot be performed while wearing a mask. For example:
 - Playing a wind instrument
 - Engaging in high-intensity physical activity
- If a person is eating or drinking
- If a person is behind a barrier
- While providing a service to a person with a disability or diverse ability (for example, a hearing impairment), where visual cues, facial expressions and/or lip reading/movements are important

SAFETY GUIDELINES

GET VACCINATED

Vaccines are the most effective way to reduce the risk of COVID-19 in schools. Everyone eligible is strongly encouraged to be fully vaccinated (i.e., receive 2 doses) against COVID-19.

DAILY HEALTH CHECKS

All students and staff must complete a daily health check. **If you feel unwell, stay at home.**

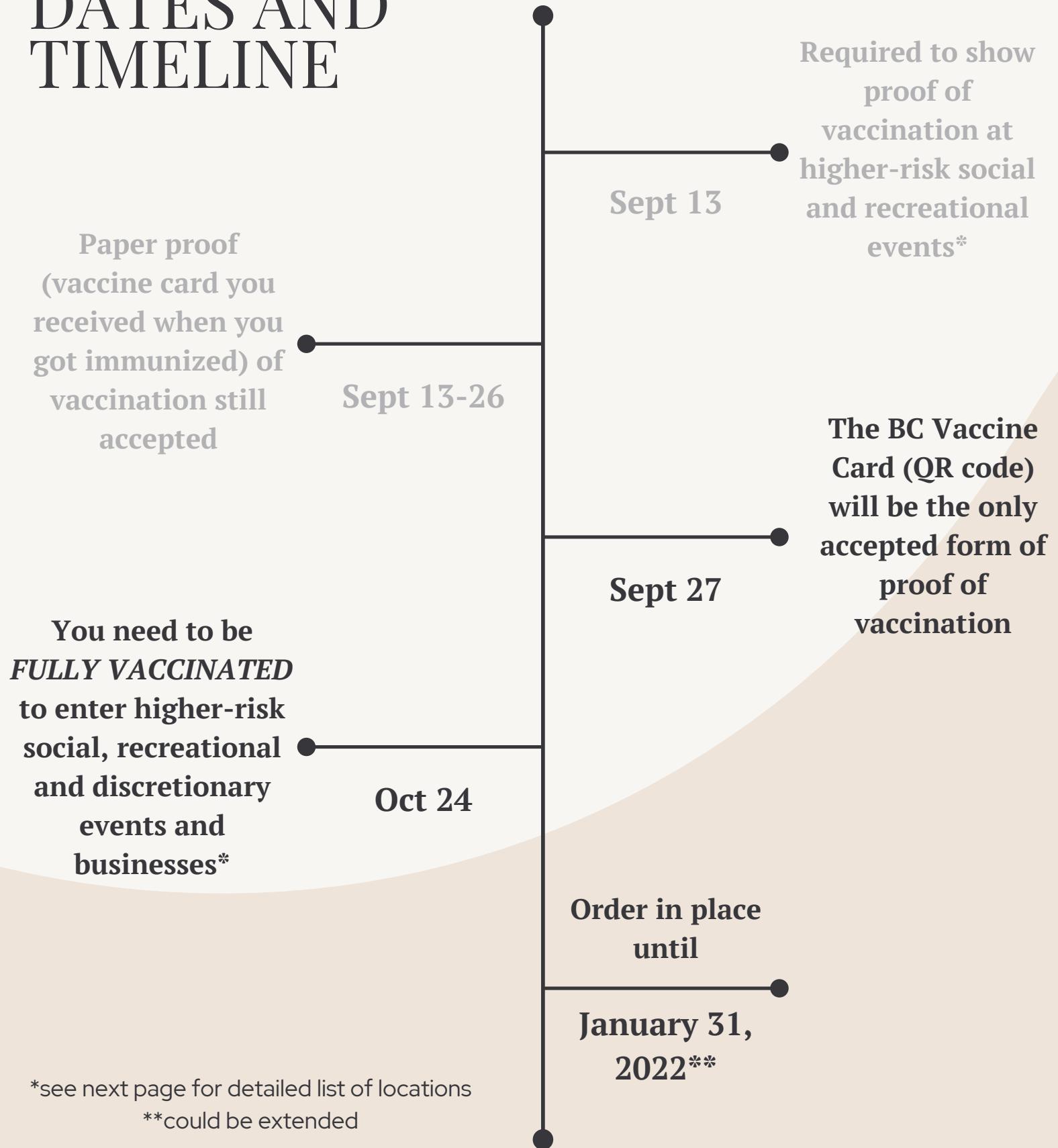
- Use the [daily health check app](#)

KEEP YOUR DISTANCE AND CLEAN YOUR HANDS OFTEN

CONTACT TRACING IN SCHOOLS

Contact tracing continues to be effective if there is a new exposure in the school. You will be notified by public health if your child is at risk of an exposure from COVID-19.

KEY VACCINATION DATES AND TIMELINE



COVID-19 BC Vaccine Card



MÉTIS NATION
BRITISH COLUMBIA



BC CDC
BC Centre for Disease Control
Provincial Health Services Authority

As of September 13th, 2021, you will need to show proof of vaccination at:



Restaurants, pubs,
bars, and lounges



Organized indoor events
with 50 people or more



Indoor group classes
and activities



Indoor concerts, theatre,
or dance events



Fitness centres, gyms,
and indoor sports



Indoor group
exercise activities



Night clubs, casinos,
movie theatres



Indoor ticketed
sporting events

How to get your BC Vaccine Card

Digital BC Vaccine Card

- 1 Go to www2.gov.bc.ca/vaccinecard.html
- 2 Click on **Get my BC Vaccine Card** 
- 3 Enter your:
 - Personal Health Number (PHN)
 - Date of birth
 - Date of vaccination (1st or 2nd dose)
- 4 A QR Code will appear. Click "Save a copy", and follow the steps for your desktop or smartphone to download your vaccine card.



Printed BC Vaccine Card

- Call **1-833-838-2323** to have your card mailed to you, or
- Visit your nearest BC Service Centre to get your card printed there, or
- Print your vaccine card at home from your digital version

When you go to a place that
needs proof of vaccination

Be ready to show:

- 1 your digital or printed BC Vaccine Card
- 2 a piece of valid government photo ID

Youths aged 12 - 18 are not required to show ID.

Additional Info.

Essential Services that do not require proof of vaccination

- Grocery stores, liquor stores and pharmacies
- Unlicensed restaurants that don't offer table service.
 - For example: fast food, coffee shops, food courts, food trucks and takeout
- Tasting rooms without seating attached to wineries, breweries or distilleries
- Local public transportation (BC Transit, TransLink, BC Ferries)
- Salons, hairdressers and barbers
- Hotels, resorts, cabins and campsites
 - Unless it is a setting or event covered by the PHO order. For example a licensed hotel restaurant, wedding reception or conference)
 - Does not include exercise/fitness facilities in hotels that are for guests
- Swimming pools (unless it's the location of an event) and skating rinks (unless being used for adult sport)
- Banks and credit unions
- Retail and clothing stores
- Public libraries, museums, art galleries (unless they are the location of an event)
- Food banks and shelters
- Escape rooms, laser tag, indoor paint ball, arcades and bowling alleys (if they are unlicensed or don't offer food-related table service)
- Post-secondary on-campus cafeterias
- Airport food courts and restaurants
- Health care services, rehabilitation or exercise therapy programs, and drug and alcohol support group meetings
- Social services provided to people in need

Events:

- Worship services
- Indoor youth recreational sport for people 21 years old or younger
- Before and after school programs for K to 12 students
- Student events and activities in K to 12 public and independent schools
- Indoor organized events with less than 50 people, except adult sports

Your BC Vaccine Card/ QR Code is NOT connected to your other health records. Businesses are not allowed to keep a copy of any proof without your consent.



Do NOT post your QR code on social media.

GET VACCINATED TODAY

You can now get your second dose as early as 28 days after your first dose.

Receiving a second dose earlier is particularly important in communities experiencing an outbreak or high transmission of COVID-19.



Click below to find a Vaccine clinic near you

BY HEALTH AUTHORITY

- [Fraser Health](#)
- [Interior Health](#)
- [Island Health](#)
- [Northern Health](#)
- [Vancouver Coastal](#)

[All Drop-in
Vaccine
Clinics](#)

[Moderna Vaccine in
Northeast Pharmacies](#)

Drop-in clinics are open daily to those over 12 years old.

Clinic listings are updated regularly. Please do not call the clinics or sites directly. Appointments are available but not necessary, for appointments call **1-833-838-2323** or go to [getvaccinated.gov.bc.ca](#). For additional help please contact [**health@mnbcc.ca**](mailto:health@mnbcc.ca)

Find answers to questions about the vaccine and vaccination process on each Health Authority webpage above or at [immunizebc.ca](#).



MÉTIS NATION
BRITISH COLUMBIA

BC Wildfires

If you have been evacuated from your community due to wildfires, you should register with Emergency Support Services (ESS) whether you need the support or not, as this will help ensure that your loved ones and communities know where you are and that you are safe.

WILDFIRE SEASON IS NOT OVER YET.

As of September 29th, there are:

142

Active fires across the Province.

40% of Wildfires in B.C. are human-caused and therefore preventable.



Click [here](#) to find out what fire bans and restrictions are in effect in your area, what they mean, and why they are important for mitigating wildfire risk in B.C.

Available Supports

Emergency Support Services (ESS) reception centres. See list [here](#), or call **1-800-585-9559**

One-time financial support for evacuees, please click [here](#)

Psychosocial wellness support for evacuees, call **1-888-686-3022**

For additional evacuee supports please click [here](#)

Wildfire Information

For real-time updates on evacuation alerts and orders, visit: [twitter.com/
EmergencyInfoBC](https://twitter.com/EmergencyInfoBC)

For the latest wildfire information: www.bcwildfire.ca

September 30th

Orange Shirt Day & the First National Day for Truth and Reconciliation

Orange Shirt Day was created in 2013 by Phyllis Webstad, a third-generation residential school Survivor from the Stswecem'c Xgat'tem First Nation, to honor all of the Indigenous children who were subjected to the harmful residential school system and the families who are forever impacted by its traumatic legacy. The significance of the orange shirt comes from Phyllis' experience at residential school when she was six years old, she recalls being stripped away of all her clothing, including her new orange shirt.

"The color orange has always reminded me of that and how my feelings didn't matter, how no one cared, and how I felt like I was worth nothing. All of us little children were crying and no one cared."



KAHKIYAW LII ZAAÑFAAÑ I SOOÑ SHEER
Every Child Matters

Available Supports

For many of us, Orange Shirt Day/Truth and Reconciliation Day may have felt particularly heavy, emotional, or painful. It is likely that these feelings will linger beyond Sept. 30th. Please remember to be gentle with yourself, practice self-care, and connect with your existing supports or those listed below.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free **1-855-242-3310** or start a confidential chat with a counsellor at hopeforwellness.ca.

Indian Residential Schools Resolution Health Support Program provides access to cultural supports and mental health counselling for former students of Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at **1-877-477-0775**.

Indian Residential School Survivors Society (IRSSS) is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. Call toll-free **1-800-721-0066** or visit www.irsss.ca

Click to learn more

- [Truth & Recon. week events](#)
- [TRC Calls to Action](#)
- [TRC Reports](#)
- www.orangeshirtday.org



Métis Crisis Line
1-888-638-4722

Indian Residential School Crisis Line **1-866-925-4419**

KUU-US Crisis Line
1-800-588-8717

Northern BC Crisis Line
1-888-562-1214

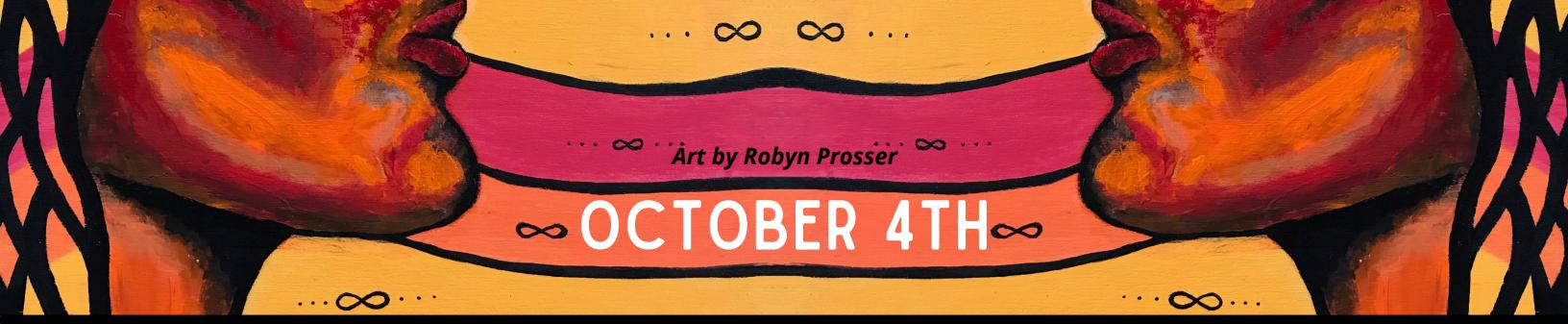
Interior Crisis Line Network
1-888-353-2273

Greater Vancouver Crisis Line
604-872-3311

Vancouver Island Crisis Line
1-888-494-3888

Fraser Health Crisis Line
604-951-8855

- [Metis Experiences at Residential School](#)
- [Métis Residential and Day School Survivors Speak](#)
- [Gord Downie's The Secret Path](#)
- [Stolen Lives: The Indigenous Peoples of Canada and the Indian Residential Schools](#)
- [Project of Heart](#)
- [Gladys We Never Knew](#)
- [We are the Children: Video and interview with Phyllis \(Jack\) Webstad, Dog Creek, BC](#)
- [Thomas King Massey Lecture Series](#)



Art by Robyn Prosser

∞ OCTOBER 4TH ∞

MNBC Launches Thanks for Listening: Witnessing Métis Women & Girls Experiences of Violence & Pathways to Healing Report

This report emerges from the "Sashing Our Warriors" campaign, a grassroots movement that calls attention to the impact of violence on our otherwise invisible Métis women and girls.

The majority of research surrounding the National Inquiry into Missing and Murdered Indigenous Women and Girls has been First Nations-specific and lacks the experience of Métis women and girls. Without a more detailed assessment of the unique challenges Métis women and girls face, future recommendations will not be as effective for them. As such, MNBC, in collaboration with researchers Natalie Clark, Patricia Baraskas, and Robline Davey sought to collect the experiences of Métis women and girls who have experienced violence. An online survey and two focus groups were used to ensure that these supports and efforts are inclusive of the Métis voice. Nearly 400 Métis women and girls completed the survey.

"The purpose of this report was to give survey respondents a voice... the title of the report reflects the honouring and responsibility, as well as commitment to breaking the silence about violence against Métis women and girls." -Dr. Natalie Clark, Associate Professor and Chair of the School of Social Work and Human Service at Thompson Rivers University

Please join us on October 4, the same day as we honour Sisters in Spirit, to launch the Thanks for Listening Report. Register on Eventbrite: [here](#). For inquiries, contact The Ministry of Women and Gender Equity at mowge@mnbca.ca

Sisters in Spirit Vigil

As per the Native Women's Association Canada, "October 4th is a day when we honour the lives of missing and murdered Indigenous women, girls and gender diverse people, support grieving families, and create opportunities for healing. The violence experienced by Indigenous women, girls and gender diverse people in Canada is a genocide. United, we will demand action on an issue that impacts us all!"

If you would like to participate this year, NWAC is hosting a virtual Sisters In Spirit Vigil. Click [here](#) for the live-stream details and ideas for more ways you can participate.



SAFETY SERVICES AND RESOURCES

If you are concerned about someone who is experiencing domestic violence, please share these supports with them

24-Hour Métis Crisis Line
1-833-METISBC
(1-833-638-4722)

Battered Women's Support Services
Text: 604-652-1867
Email: intake@bwss.org
Phone: 1-855-687-1868

24 hr Rape crisis line
Phone: 604-872-8212

Women Against Violence Against Women
Phone: 1-877-392-7583

VictimLink BC
Text: 604-836-6381
VictimLinkBC@bc211.ca
Phone: 1-800-563-0808

Women's Crisis Line
Toll-Free 1-855-687-1868



Métis Women
British Columbia

HPV



PREVENTION WEEK

October 5 - 11

HPV: A VIRUS WE
ALL
CAN BEAT

#AskAboutHPV

What is HPV & who does it affect?

Human papillomavirus (HPV) is one of the most common sexually transmitted infections (STI), passed from person to person through intimate skin-to-skin sexual contact.

What can happen if you contract HPV?

HPV can cause anal and genital warts as well as 8 different cancers. It is responsible for almost all cases of cervical cancer and can also lead to anal cancer, vaginal, and vulvar cancers, penile cancers, and mouth and throat cancers.

HPV affects everyone!

It is **very common**, it is estimated that as many as 75% of sexually active people will contract HPV at some point in their lives.

Most HPV infections occur without any symptoms and most people with healthy immune systems will eventually clear the infection from their bodies. However, in some people, HPV infections can persist, which is especially dangerous if the persistent infection is a cancer-causing type.

How can I prevent HPV and protect myself?

Get an HPV vaccine, such as Gardasil or Cervarix.

Visit a health care provider for regular sexual health screening. If you live in Northern BC or a rural community you may be eligible for an at-home cervical cancer screening test through [Cervixcheck](#).

Educate yourself. For more information [click here](#).

Using condoms consistently and properly, during vaginal, anal, and oral sex decreases the chances of getting HPV or passing it on to your partner, **but does not eliminate the risk of HPV infection entirely.** A condom can only protect the area it covers so it may be possible to become infected by any uncovered warts (e.g., on the scrotum).

The Second Hosting of **Miwooayaan (Wellness) Circle** **For youth Age 16-30**

The Sessions will follow the lessons
and teachings of the seasons
and highlight Métis Cultural Teachings

Dates: October 12 — November 30, 2021

When: Tuesdays from 5:30 p.m.—7:30 p.m.

Where: *Join Zoom Meeting*

Register by Eventbrite by October 6, 2021

Click here for registration



Sponsored by:



Facilitators: Denise McCuaig, Nicole Mercado
Elder: Dee Dee Hourie.

If you have any question please email Cassidy at
cassidy.fletcher@gov.bc.ca

Register by Eventbrite by October 6, 2021

Métis Nation BC: SUPPORTIVE CARE DIALOGUE SESSIONS

ATTEND IN PERSON OR ONLINE



Prince George: Oct 19-21, 2021

Kelowna: Nov 22-24, 2021

Nanaimo: Nov 2-4, 2021

Surrey: Dec 6-8, 2021

Travel, accommodations, and food is provided for those attending in person.

Métis Nation BC (MNBC) is hosting a series of dialogue sessions with Métis Elders and caregivers to identify regional needs and priorities with respect to providing supportive care to Métis Elders in BC. In these discussions, we hope to hear from you to gain a better understanding of your wishes for Métis-specific supportive care services, including assisted living, respite, extended care, palliation, and hospice.



COMPLETE THE FORM BELOW TO REGISTER FOR ONE OF THE DIALOGUE SESSIONS:

<https://www.surveymonkey.com/r/MNBCRegistration>

FOR SUPPORT, PLEASE CONTACT:

Gabrielle Woodland, *Elders Wellness Program Coordinator*
Phone: (604) 557-5851 (ext. 8226) Email: elders@mnbca.ca

***IMPORTANT* COVID-19 policies:** As of September 13th, 2021, under the Provincial Health Officers Orders, anyone who attends indoor events will need to show proof of at least a single dose of the COVID-19 vaccine. MNBC is requesting that if you are not fully vaccinated (two doses), you will not be able to attend the in-person event

MNBC IS PROUD TO ANNOUNCE:



A PILOT VIRTUAL HEALING CIRCLE FOR ELDERS

Culturally safe

A Positive Experience

Métis led

*An opportunity to engage
with other Elders*

Provided by Zoom

In a small group of 10

Oct 27, 10 am - 12 pm PST

A spiritual and wellness journey in which you will share your successes and your challenges to lead a fulfilling life.

A personal smudging kit will be shipped to you for the healing circle. The first session will be on October 27th and will run biweekly or monthly depending upon the group; meetings will be two hours in length. Space is limited, please email elders@mnbca.ca with your request to join the Virtual Healing circle, including your name and mailing address.



**MÉTIS NATION
BRITISH COLUMBIA**

A STRONG NATION IS A HEALTHY NATION

MÉTIS ELDERS ASSISTANCE PILOT PROGRAM



Métis Nation British Columbia (MNBC) is launching an Elders assistance pilot program (EAPP) aimed at helping low-income Elders/Seniors purchase essential health-related necessities that are not covered by BC Medical Services Plan (MSP). The funds can be used by Elders/Seniors for the purchase of items such as hearing aids, dentures, walkers, glasses, and more. MNBC will work directly with service providers to avoid out-of-pocket expenses for our Elder/Seniors and their families.

Eligible Métis Elders/Seniors may qualify for up to \$2500 if single, widowed, or divorced and up to \$4000 if married or common-law.

ELIGIBILITY CRITERIA:

- **65 years of age or older**
- **A registered Métis citizen with MNBC or have submitted a citizenship application.**
Spouse or partner does NOT need to be Métis.
- **Receiving Old Age Security (OAS) pension AND Guaranteed Income Supplement (GIS).**
If you are not receiving this yet, visit www.canada.ca/gis to fill out an application.

REQUIREMENTS:

- **A completed application - can be found on our website or request by mail (contact below).**
- **Proof of income**
- **A copy of a referral, quote, or invoice from the service provider/doctor to confirm the health-related equipment or service needed.**

*EAPP Funds are limited. MNBC may issue a tax slip to approved applicants.

Elders Wellness Program Coordinator:
604-557-5851 EXT 8226 | elders@mnbcb.ca
Visit www.mnbc.ca/elders for application



MÉTIS NATION
BRITISH COLUMBIA

Smoking and Vaping Cessation



WANT TO STOP SMOKING OR VAPING? WANT TO HELP A LOVED ONE QUIT?

The path to freedom from smoking or vaping can be a difficult journey. MNBC smoking/vaping reduction program is here to help support you every step of the way.

ONE-ON-ONE
COUNSELLING

WRITTEN
RESOURCES

CARBON MONOXIDE
MONITORS

FINANCIAL
ASSISTANCE

MONTHLY
DRAWS

A HEALTHY NATION IS A STRONG NATION. WE ARE HERE TO HELP.



**MÉTIS NATION
BRITISH COLUMBIA**

Tobacco/Vaping Reduction Counselling:
Lloyd Main RRT, Provincial Tobacco Cessation Specialist
Phone: 250-241-4589 Email: lmain@mnbc.ca



Jigfit & Powow Impact

With Madelaine McCallum

Powwow Impact:

Tuesday's - Sept. 14, 21, 28, Oct.
5, 12, and 19 @ 6pm

Registration Link:

<http://bit.ly/2WgHTg3>

JigFit:

Thursday's - Sept. 16, 23, 30, Oct.
7, 14, 21 @ 6pm

Registration Link:

<http://bit.ly/3mxZvzj>

Learn the steps, sequenced through choreography in fun, upbeat workouts that will feature both traditional and contemporary music.



2021 Premier's Awards for Indigenous Youth Excellence in Sport

Call for Nominations!

Open for Indigenous youth athletes who are:

- Indigenous*, under 25 years old (born 1997 or later)
- Permanent resident of B.C.
- Actively participating in 1+ sports (provincial/regional/traditional)
- Enrolled in school & actively pursuing or planning to pursue post-secondary education

Deadline: October 13, 2021 @ 11:59PM (PST)

Submit your Nomination Form at
<https://isparcbc.wufoo.com/forms/2021-premiers-awards-nomination-form/>.

For more information, visit
<https://isparc.ca/premiersawards/>.



For more information, visit:
www.isparc.ca/premiersawards

Presented by





Thank You Health Care Workers

For your strength, compassion, and bravery.

For all the work that you do to keep us, our
Communities, and loved ones safe during the
pandemic.

