

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 80 | UP-TO-DATE INFORMATION AS OF NOVEMBER 26, 2021



I also would like to start by recognizing the communities that have been affected by the recent flooding and landslides across much of the province over the past few days. And I'm very grateful for very strong community support that has helped people get through this and the heroic work of our emergency services. [...] And sometimes it's a challenge for us that we have been through so much in this past year and a half, and now this too. But it is our sense of community and strength that will keep us strong and get us through this one as well.

- Dr. Bonnie Henry

[Click here to find a walk-in vaccine clinic in your community](#)

[Click here to use this COVID-19 Self-Assessment Tool](#) if feeling unwell

If you or someone you know is 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 80

UPDATES & INFORMATION

- 2 PHO Information
- 3 Pediatric COVID-19 Vaccine
- 5 COVID-19 Boosters & 3rd Doses
- 7 Pregnancy & COVID-19 Vaccine
- 8 Influenza Vaccine & Prevention
- 10 BCCDC Data Summary
- 12 COVID-19 Vaccine Clinics
- 13 National Addictions Awareness Week
- 15 International Day for the Elimination of Violence Against Women
- 16 BC Flooding Supports
- 17 BC Wildfire Supports

PROGRAMS & EVENTS

- 18 Anti-Racism Data Legislation
- 20 Supportive Care Dialogues - Cancelled
- 21 Vision for Health Engagement
- 22 Smoking/Vaping Cessation
- 23 Giving Tuesday
- 24 JigFit & Powow Impact ISPARC
- 25 Call for Métis Writers

PHO UPDATES

Nov. 16 - Nov 23, 2021

Pediatric COVID-19 Vaccine

The Province announced on November 23rd, that safe, effective COVID-19 pediatric vaccine will be available for children aged 5-11.

More details on the next page.

Influenza Immunization

The influenza immunization campaign is going well. And so far there has only been 27 confirmed cases in BC, but cases can grow quickly.

Dr. Henry strongly encourages everyone to get their flu vaccine before we get too far into the holiday season. Especially if you're going to be around people who are immune compromised or are older people in our lives.

Resources for emotional support

"I want everyone to know, you are not alone. And if you're feeling overwhelmed or anxious or unable to cope, there are resources that we have to support you." - Dr. Bonnie Henry

- 811 phone line
- bouncebackBC.ca
- Métis Crisis line **1-833-638-4722**
- Kids help line **1-800-668-6868**
 - 24-hour phone counseling, web-counseling and referral service for children and youth

Masks protect us

Dr. Henry says that the best mask is the one you are wearing and wearing correctly - the one that comfortably covers your nose and mouth and chin. And if you have underlying health conditions or immune compromise, you might want to choose a medical mask.

COVID-19 Updates

- We've had our first confirmed case of the AY4.2 variant, one of the Delta sublineages, in BC. But it's not yet a variant of concern.
- The Province is starting to receive a small amount of the J&J vaccine. But they are prioritizing this vaccine for health care workers affected by the Order. If you would like the J&J vaccine, you would need to call the Immunization center to be placed on the waitlist.
- Over the past week, there is a decrease in the number of children 5-17 infected with COVID-19. More importantly, between Nov 16-22nd, there were no more children admitted to hospitals requiring critical care. Hospitalizations and deaths among children remain rare.
- Children's cases, and school transmissions reflect transmission in **communities**; and vaccination **reduces** transmission.
 - **Unvaccinated children ages 12 to 17 are 10X more likely to get COVID-19.**
- **The vaccine protects people of all ages.** We can see that across all ages, those who are not vaccinated have dramatically higher rates of COVID-19 infection compared to those that are vaccinated.
- Reminder that mRNA technology is *not* new to medicine. It has been around for a long time and being used for specific treatments like cancer treatments.

PEDIATRIC COVID-19

VACCINE

HEALTH CANADA HAS APPROVED THE PFIZER-BIONTECH COMIRNATY MRNA VACCINE FOR CHILDREN AGES 5 TO 11. ALL COVID-19 VACCINES FOR ADULTS AND CHILDREN FOLLOW THE SAME RIGOROUS REVIEW AND APPROVAL PROCESS.

DOSAGE OF THE PFIZER MRNA CHILD VACCINE

The Pfizer mRNA vaccine for children uses a smaller dosage (1/3) of the same vaccine used for youth and adults. The lower dose will provide effective protection tailored to children's immune systems, and may have a lower frequency of common reactions.

The National Advisory Committee on Immunization (NACI) advises a minimum of 8 weeks between Dose 1 and Dose 2.

ELIGIBILITY IS BASED ON BIRTH DATE

Children are eligible for the pediatric vaccine on or after their FIFTH BIRTHDAY.

Examples:

- A child's birth date is September 13, 2016. They are eligible now.
- A child's birth date is January 2, 2017. They are eligible on January 2, 2022.

CONSENT IS REQUIRED FOR EVERY CHILD

Consent for a child 5-11 can be provided by a:

- Parent, legal guardian or foster parent
- Custodial caregiver like a grandparent or relative

You'll be asked to provide consent at the clinic location.

Clinics will be child-friendly



REGISTER HERE:

- **GET VACCINATED SITE HERE**
- **OR PHONE 1-833-838-2323**
- **OR VISITING ANY SERVICE B.C. OFFICE**

MORE INFORMATION

1. Learn more about COVID-19 vaccines for children here
2. Health Canada's statement here
3. BC Ministry of Health's statement here
4. BCCDC Children and COVID-19 Vaccination FAQ here
5. Immunize BC: COVID-19 vaccines FAQ for children aged 5 to 11 here
6. Talk to a Doc with Dr. Danièle Behn Smith: Should I get my child vaccinated?
7. More clinic details here

COVID-19 vaccine superhero: Jesse's story



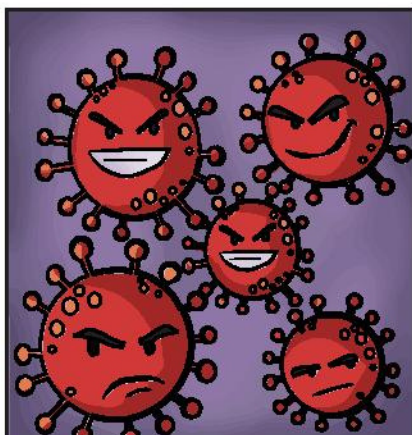
Jesse is going to get a COVID-19 vaccine and is a little nervous.



"Why do I need the COVID-19 vaccine?"



"Vaccines are like a very special kind of a superpower, Jesse!"



"COVID-19 is caused by a virus too tiny to see."



"The vaccine works like an invisible force field which protects you from this virus."



"The vaccine is so powerful, it even helps keep people around you safe."



Jesse brought a favourite toy and used belly breathing to feel calm. There was a tiny pinch on the arm and it was over. "That was easy!"



Jesse is now a COVID-19 vaccine superhero! They are helping to protect their community against the COVID-19 virus.

BOOSTER DOSES

Booster Doses Roll-out

Everyone in B.C. is eligible for a booster dose 6-8 months after their 2nd dose.

Invitations will be sent out by risk and the date of your second dose. Please refer to the timeline below.

All booster doses will be mRNA vaccines

You will receive either the Moderna or Pfizer (mRNA) vaccine for your booster dose. These vaccines are interchangeable.

If you received AstraZeneca for your first or second dose, you will receive Moderna or Pfizer for your booster.

How to get your Booster?

Register with Get Vaccinated system.

The Provincial call centre, 1-833-838-2323 will continue to be available for those who cannot access online booking.

THERE WILL BE NOT BE A DROP-IN OPTION FOR BOOSTERS OR DOSE 3.

Indigenous people 18+ will be invited to book an appointment to get their booster if they are already registered with the Get Vaccinated system.

For more information please visit [here](#).

COVID-19 Immunization Plan – Next steps

September – December 2021

January* – May 2022

Boosters & Dose 3

- ✓ Clinically extremely vulnerable (immunosuppressed) – Dose 3
- ✓ Rural and remote Indigenous communities
- ✓ Residents in long-term care and assisted living

Seniors (starting 70+) and Indigenous Peoples (12+)

- Long-term home support clients and seniors in independent living
- Health care workers - short interval of Dose 1/Dose 2

- Clinically extremely vulnerable (non-immunosuppressed)
- Health care workers in acute care and long-term care, assisted living
- Health care workers in the community
- All remaining eligible people (12+) between 6 to 8 months

Outbreak management and outreach to vulnerable and congregate settings

Kids 5 to 11

Dose 1 for children aged 5 to 11.

PENDING HEALTH CANADA APPROVAL

Parents can register their kid(s) in the Get Vaccinated system now to get ready. Once approved by Health Canada, kids can get vaccinated at clinics.

Dose 1 & 2

Dose 1 and dose 2 for people who haven't yet been vaccinated

People can register in the Get Vaccinated system to book an appointment for their first or second dose and get vaccinated at clinics

BOOSTER VS. 3RD DOSE

What is the difference?

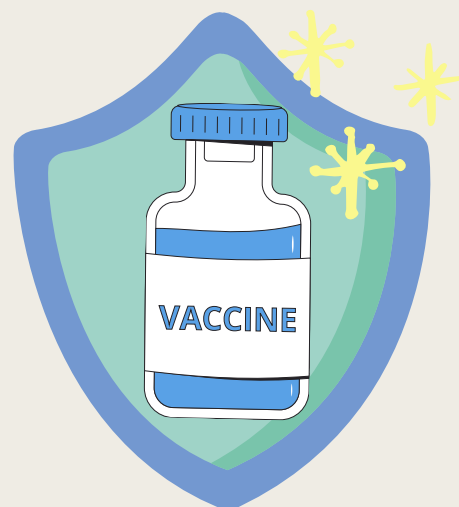
Booster

A booster dose is an **additional** COVID-19 vaccine you may get months after your initial vaccine series to boost protection against infection that may have waned over time. A booster gets immunity back up to a desirable level of protection for an extended period of time.

3rd dose

A **third dose of COVID-19 vaccine is recommended for some people with compromised immune systems.** Some people do not develop a strong immune response from two doses of vaccine because of the use of certain medications and treatments, as well as some health conditions.

For this group, it takes an additional dose to have a reasonable level of immunity and protection against COVID-19.



Pregnancy and COVID-19 vaccination



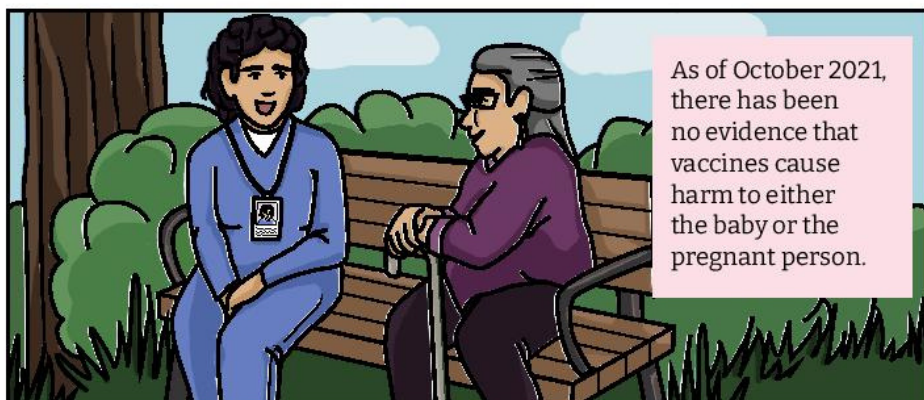
Emma wants to visit Kokum, but has not been vaccinated yet. Kokum asks, "Why?"



Emma explains, "I want children and I'm not sure how safe the vaccines are if I'm pregnant."



"My friends are also wondering because some of them are pregnant."



As of October 2021, there has been no evidence that vaccines cause harm to either the baby or the pregnant person.

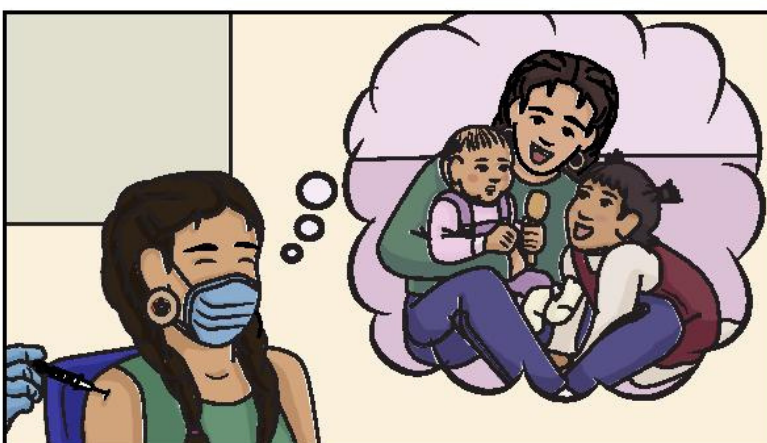
"I talked to my doctor and she said it's actually safer for you and your baby if you get vaccinated. People who are pregnant are more likely to have a serious case of COVID-19."



"If you get vaccinated, you can pass on COVID-19 protection to your baby if you breast or chest feed them."



"You and your baby would be safer if you got a COVID-19 vaccine. The best way to protect and grow our community is for everyone to get vaccinated."



Visit www.bccdc.ca or talk to your health care provider for more vaccine information.

ROLL UP YOUR SLEEVES!



**THIS YEAR IN B.C.,
INFLUENZA VACCINE IS FREE
FOR EVERYONE SIX MONTHS
AND OLDER.**

VACCINATION is especially important for people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly, and people with certain medical conditions) and those able to transmit or spread influenza to those at high risk.

Read more [here](#).

**Where to get an
influenza vaccine?**

- Public health units
- Pharmacies
- Doctors' offices
- Travel clinics

**Check the Influenza (flu)
clinic locator [here](#).**

INFLUENZA

PREVENTION IN ADULTS

Influenza ("flu") is a highly contagious respiratory infection

INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

IT CAN BE SERIOUS FOR SOME ADULTS

At greatest risk of influenza-related complications are adults:



65 years
and older



who are
pregnant



with a
chronic illness



who are
Indigenous



residing in nursing homes
and other chronic-care facilities

THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR ADULTS:

- ① 65 years of age and older
- ② at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
- ③ residing in nursing homes and other chronic-care facilities
- ④ who are pregnant
- ⑤ who are Indigenous
- ⑥ who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services



New strains of influenza appear every year.

Annual immunization is an effective way to prevent influenza and its complications.



Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.

Reference:

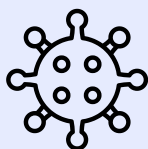
National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2021-2022. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2021-2022.html>

BCCDC DATA SUMMARY

18 November 2021

The majority of new cases and hospitalizations continue to be among unvaccinated individuals.

Hospitalization rates among children (0-19 years) continue to remain very low



8

X more likely to get COVID-19



32

X more likely to be hospitalized



20

X more likely to die

As of Thursday, Nov. 25, 2021, **91.0%** (4,218,099) of eligible people 12 and older in B.C. have received their first dose of COVID-19 vaccine and **87.5%** (4,056,728) received their second dose.

COVID-19 case rates are high but decreasing provincially

All health authorities have local health regions with high case rates:

Fraser (FH): Abbotsford

Northern (NH): Burns Lake, Snow Country - Stikine - Telegraph Creek, Terrace, Upper Skeena, Peace River North, Peace River South

Interior (IH): Enderby

Vancouver Coastal (VCH): Bella Coola Valley

Vancouver Island (VIHA): Vancouver Island North, Vancouver Island West

New hospitalizations and percent of people in hospital/critical care are stable provincially, but there is regional variation across BC.

New deaths are relatively low and stable.

Regional Restrictions
Additional restrictions for Fraser East, Interior Health, and Northern Health. See [here](#) for more information.

Added Restrictions for Northern Health

Effective at midnight October 14 , 2021

Applies to all areas except: Terrace, Kitimat, Haida Gwaii, Prince Rupert, Stikine, Telegraph Creek, Snow Country and Nisga'a



Personal gatherings, both indoor and outdoor, are restricted to fully vaccinated people, including at private residences and vacation accommodation.

Indoor gathering: up to 5 people

Outdoor gathering: up to 25 people



All indoor and outdoor organized events require a safety plan and for attendees to wear a mask and be fully vaccinated.

Indoor event: up to 50 people

Outdoor event: up to 100 people



Restaurants, bars, and nightclubs

- Restaurants, fast-food, and cafés require full vaccination to dine-in
- Restaurants - no alcohol service between 10pm-9am
- Bars and nightclubs closed



**Worship services:
virtual services are
required**



**Sport events spectators
(indoor and outdoor):
limited to 50% capacity,
need safety plan.
Attendees must wear
masks and be fully
vaccinated.**

[See here for Northern
Health Clinics](#)

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 COVID-19 Vaccine clinic near you

BY HEALTH AUTHORITY

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

[All Drop-in
Vaccine Clinics](#)
for dose 1&2

[Moderna Vaccine in
Northeast Pharmacies](#)

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

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@mnbc.ca

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

Please note: Clinics will be closed on all Statutory Holidays.



MÉTIS NATION
BRITISH COLUMBIA

National Addictions Awareness Week

November 21 – 27, 2021

To recognize National Addictions Awareness Week, Métis Nation British Columbia (MNBC) would like to share some of the involvement their Ministry of Mental Health & Addictions have been involved in.

Message from our leaders

MNBC would also like to recognize the urgency of the toxic drug poisoning emergency that has been in place since 2016 in the province of British Columbia and offer condolences for all those loved ones lost to this crisis.



1

CONFERENCE PRESENTATION

Canadian Centre on Substance Use and Addiction's Issues of Substance Conference Presentation

MNBC presented at Canadian Centre on Substance Use and Addiction's (CCSA) Issues of Substance Conference (November 23 – 25, 2021) on Wednesday, November 24, 2021 as part of a panel on Indigenous-led Research on Cannabis and Mental Health. Provincial Mental Health Coordinator Jillian Jones and Provincial Harm Reduction Coordinator Terri Gillis discussed the MNBC Community-Driven Research project *Métis Perspectives of Cannabis Use*.

Decriminalization of Personal Illegal Substances Planning

MNBC was part of the core planning table for the Health Canada application for the exemption to section 56 of the Controlled Drugs and Substances Act.

On November 1, 2021, application was made by the BC provincial government's Ministry of Mental Health & Addictions for decriminalization of personal possession of illegal substances.

Click [here](#) for the press release about the application.

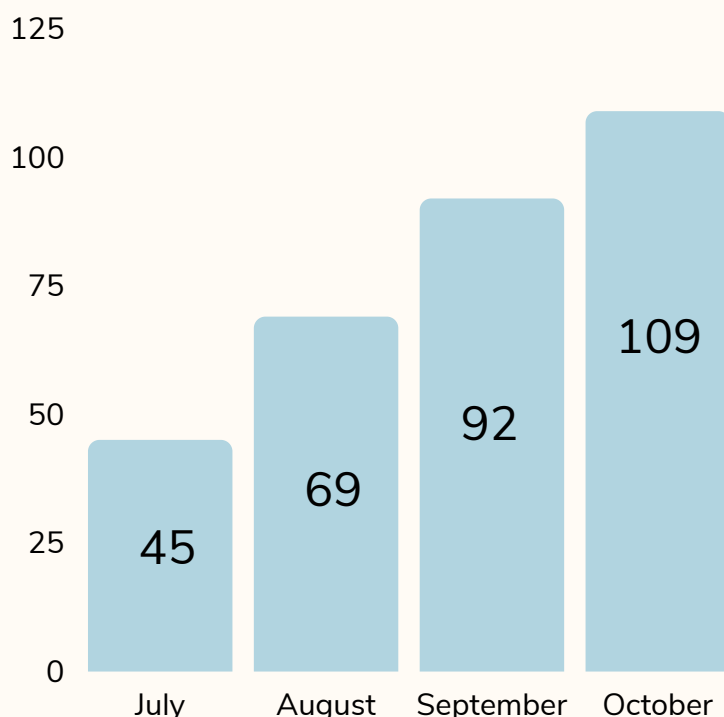
2

3

Métis Version of Lifeguard App

MNBC partnered with the creators of the **Lifeguard App** to present a **Métis version** of this lifesaving, free, downloadable app. Since launching the app in July, there has been an increase in app users each month. The full launch of the app coincided with International Opioid Awareness Day on August 31, 2021.

Number of Métis Lifeguard App Users by Month



To download the **Lifeguard App**, click the icons below for your device

Stay One
Step Ahead
**of the
Overdose
Crisis.**



RESOURCES

- Learn more about Harm Reduction [here](#).
- For a map of overdose prevention sites, harm reduction sites, and pharmacies that carry Naloxone, click [here](#).
- COVID-19 Harm Reduction tips, click [here](#).
- A factsheet on "Responding to Drug Overdoses during COVID-19" [here](#)
- For updates on toxic drug alerts, click [here](#)
- For drug checking sites by health authority, click [here](#)

November 25th was the International Day for the Elimination of Violence Against Women.

The violence against Indigenous women, girls, and 2SLGBTQQIA people is a national emergency that requires immediate action.

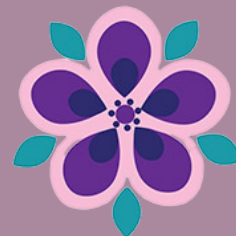
Indigenous women compared to non-Indigenous women in Canada:

- are 6x more likely to be murdered
- are 2.5x more likely to report being the victim of violent crime
- experience higher prevalence of spousal violence report injury (59% vs. 41%)
- experience the most severe forms of violence - eg. threatened with a gun
- around 50% of these girls are under 14 and around 25% are under 7.

(Métis Perspectives of Missing and Murdered Indigenous Women, Girls and LGBTQ2S+ People, 2019)

On top of all the preexisting conditions, COVID-19 has exacerbated the intersectional risk factors for women facing violence - including unemployment, food insecurity, poverty, and lack of housing and supports.

International Day for the Elimination of Violence Against Women



Métis Women
British Columbia

RESOURCES

- **24-Hour Métis Crisis Line** toll-free number [1-833-638-4722](tel:1-833-638-4722)
- KUU-US Crisis Line Society: Aboriginal-specific 24/7 crisis line serving the entire province. Toll-Free: [1-800-588-8717](tel:1-800-588-8717).
 - Youth Line: 250-723-2040. Adult Line: [250-723-4050](tel:250-723-4050).
- For a list of supports curated by MWBC, see [here](#)
- For mental health counselling, emotional support, community-based cultural support services and some assistance with transportation costs, [call 1-877-477-0775](tel:1-877-477-0775)
- National Support line for Missing and Murdered Indigenous Women, Girls and 2SLGBTQQIA+ People [1-844413-6649](tel:1-844413-6649) (Immediate assistance available 24/7)



FLOOD EVACUEES SUPPORT

Photo credit: Canadian Red Cross



Flood evacuees can get \$2,000 direct support

The Province & Canadian Red Cross partnering to provide additional financial assistance to help people meet the immediate needs associated with being evacuated due to flooding.

Financial assistance will be provided by the Red Cross to people whose primary residences have been placed on evacuation orders due to the flooding and extreme weather event that occurred Nov. 14-16, 2021. **Eligible households will receive \$2,000.**

To access these supports, evacuated British Columbians need to register with the Red Cross by calling **1 800 863-6582**, between 8 a.m. and 8 p.m. (Pacific time).

Financial assistance provided through the Red Cross will not affect eligibility for supports through the provincial Emergency Support Services (ESS) program.

Provincial helpline for people impacted by recent flooding and landslides **1-833-376-2452**

Information on the safety of drinking-water wells in flooded areas of B.C. [here](#)

[More information here](#)

BC WILDFIRE SUPPORT



BC Coroner wildfire investigation announcements:

- New measures to strengthen BC's ambulance service to ensure its faster and more responsive to British Columbians.
- More support to BC Emergency Health Service
- Need to work on many core issues
 - housing affordability
 - safety and infrastructure
 - income inequality
 - municipal supports and services
 - climate change

Housing support for 2021 wildfire affected residents

The Province is teaming up with Canadian Red Cross to provide eligible residents affected by the 2021 wildfires, with financial assistance to support their interim housing needs during their recovery.

Starting **December 2021**, the Province will provide eligible households with financial assistance of **\$1,300 per month** while they are supported in the transition to long-term housing.

Canadian Red Cross will facilitate this program. They will contact eligible households to assess their unique needs and discuss the next steps to help cover their interim housing needs and find longer-term housing solutions.

Canadian Red Cross is also providing support with housing repair and reconstruction to homeowners who have been unable to return home. Eligible homeowners may receive financial support to help meet their immediate needs, clean up their property and/or assist with expenses related to the repair or rebuilding of their home.

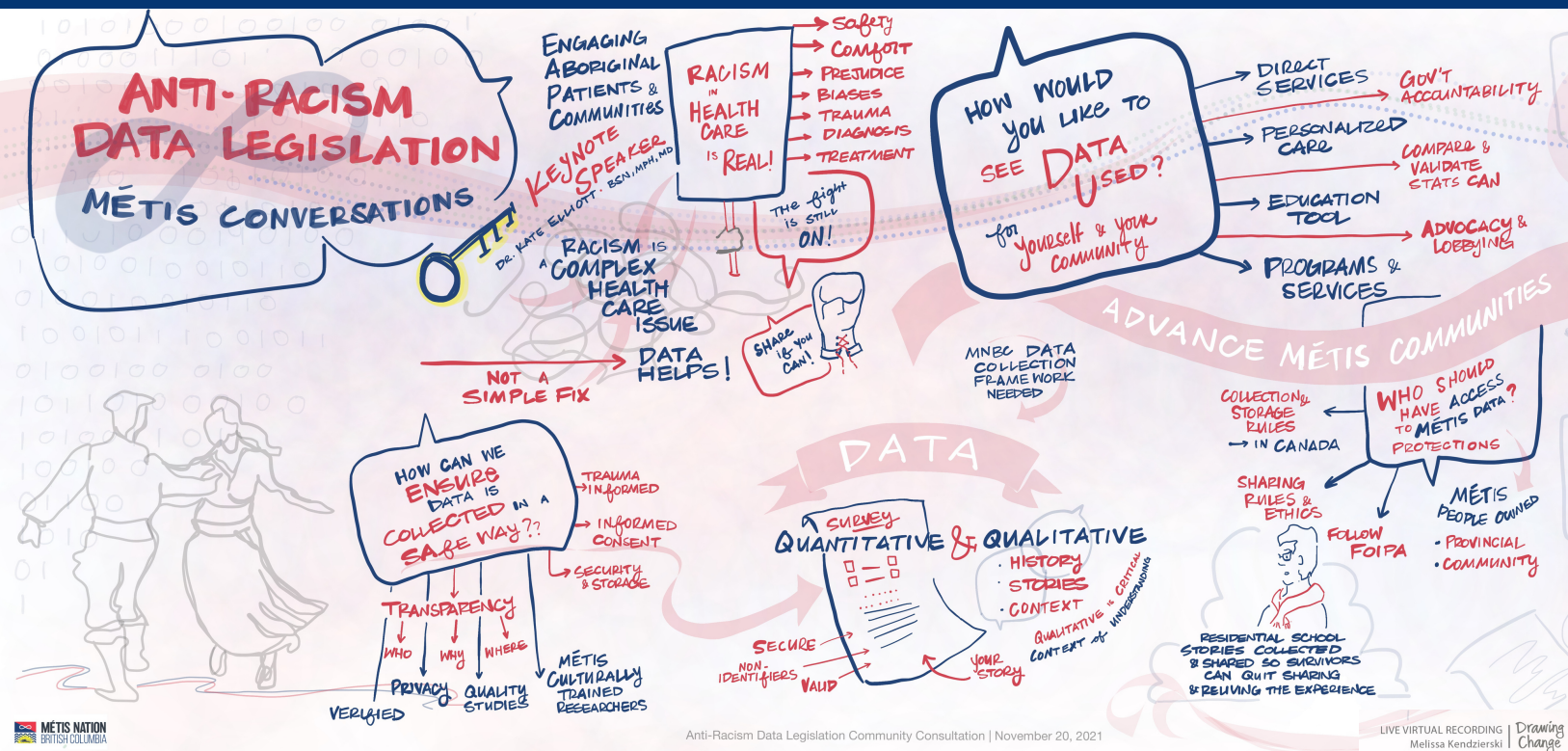
For more information on Canadian Red Cross services and how to access them, call 1 800 863-6582, Monday to Friday, between 8:30 a.m. and 4:30 p.m. (Pacific time), or visit [here](#).

Anti-Racism Data Legislation Community Engagement

Thank you to everyone that joined us this past weekend!

MNBC's Ministry of Health thanks everyone that attended the Anti-Racism Data Legislation Community Engagement.

We would like to share the some of the valuable information we gathered from the participants.



Anti-Racism Data Legislation Community Consultation | November 20, 2021

LIVE VIRTUAL RECORDING
Melissa Kendzierski | Drawing Change



Elder Marie was present with us all day virtually, joining discussions in all the tables.

Thank you Elder Marie!

**Anti-Racism
Data
Legislation
Community
Engagement**

**Thank you Dr. Elliott for the powerful speech
you delivered about racism in healthcare.**

**We will continue to fight and advocate for
Métis health and wellness.**



**Thank you to Lisa
Shepherd for the
wonderful spoons activity
and performance!**



**To see the full consultation panel drawing from Melissa at Drawing
Change, please click [this link](#).**

UPDATED

20

Métis Nation BC: SUPPORTIVE CARE DIALOGUE SESSIONS

ATTEND IN PERSON OR ONLINE



Kelowna: Nov 22-24, 2021

CANCELLED

Surrey: Dec 6-8, 2021

CANCELLED

Online Zoom Session: Dec 11, 2021 11am-2pm

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/Seniors and caregivers to identify regional needs and priorities with respect to providing supportive care to Métis Elders/Seniors 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@mnbc.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*

A VISION FOR HEALTH

Community Engagement

We welcome your input on envisioning
the next generation of Métis health.

Provincial In-person Forum:

Saturday, January 15, 2022

📍 Vancouver Airport Hilton

All MNBC regions welcome!



**TRAVEL AND ACCOMMODATIONS
WILL BE PROVIDED**



*BC Vaccine cards are required to
attend in person

[REGISTER HERE](#)

Registration Open until December 21

Contact Rajmeet Virk for any inquiries:

rvirk@mnbc.ca

604-557-5851 (EXT. 8284)



MÉTIS NATION
BRITISH COLUMBIA



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

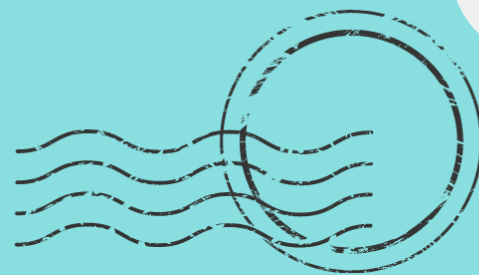
MONTHLY
DRAWS

**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: Imain@mnbc.ca



JOIN US FOR GIVING TUESDAY NOVEMBER 30, 2021

Soap for Hope Canada supplies communities in need with essential hygiene and linen items which are reprocessed from the hotel industry. From reducing hotel industry waste to running a thrift shop, they do whatever it takes to keep the wheels turning and the parcels flowing to communities in need.

To be able to keep up with the growing demand of our services, we need your support! This Giving Tuesday, support Soap for Hope Canada's mission to change lives by providing hope and dignity through hygiene and stand with us in making sure that no one should have to hope for soap.

You can start by signing up for our #GivingTuesday event below. There's no cost to you and you'll get handy updates on the festivities.

The theme for #GivingTuesday2021 is "Soap has No Boundaries" because Soap for Hope really does it all. They've seen the number of communities grow by 174% since 2019.

[Sign Up Here](#)

**491
communities
across BC
served in 2021!**



Jigfit & Powow Impact

With Madelaine McCallum

JIGFIT:

Thursday's @ 6pm

Nov 4th - Dec 9th

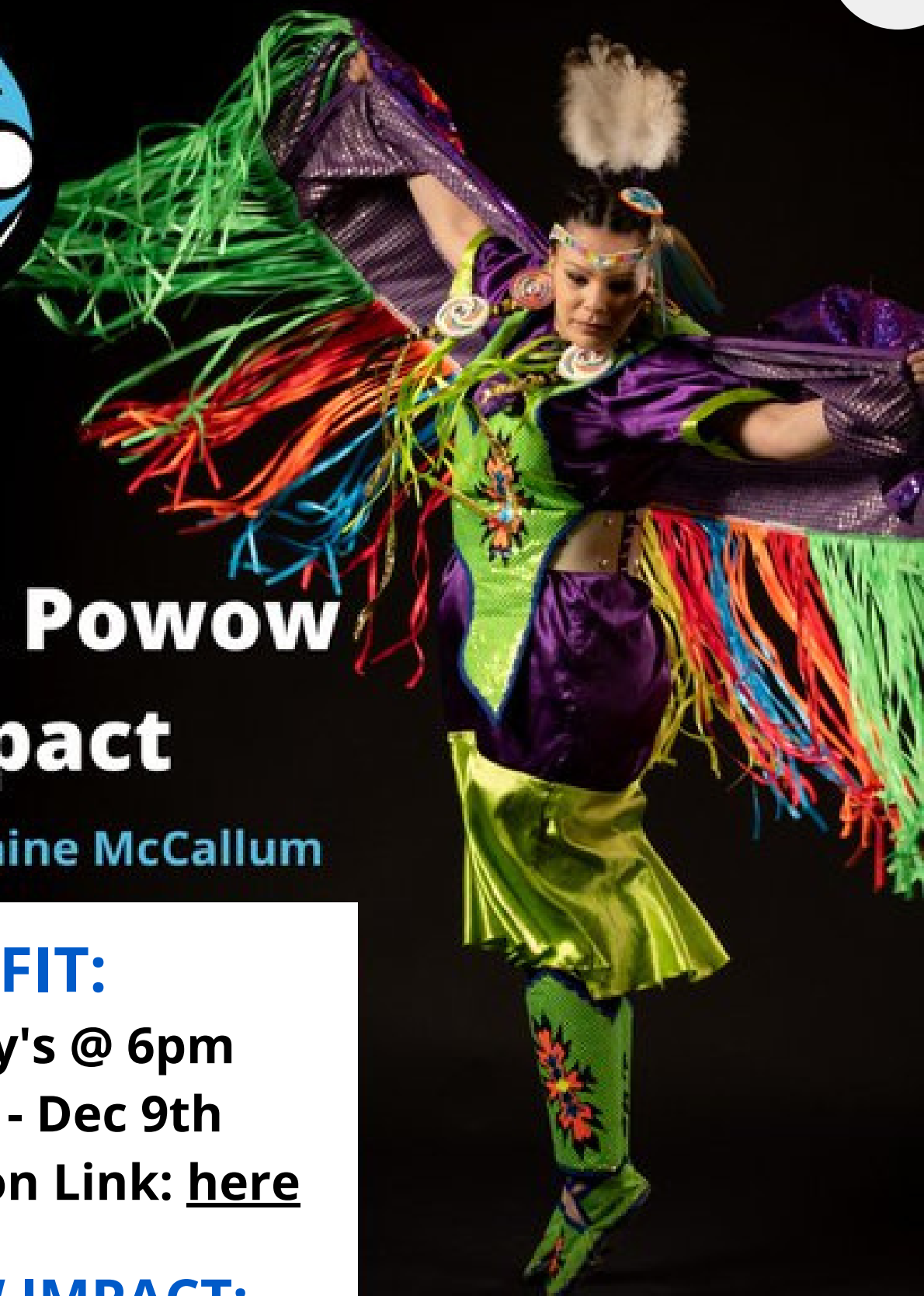
Registration Link: [here](#)

POWOW IMPACT:

Tuesday's @ 6 pm

Nov 2nd - Dec 7th

Registration Link: [here](#)



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

CALL FOR EXPRESSIONS OF INTEREST FOR MÉTIS CONTRACTOR/WRITER

DEVELOPING MÉTIS CONTENT FOR LIFE PROMOTION PROJECT

Project background:

The Provincial Ministry of Mental Health and Addictions has provided Métis Nation BC's Ministry of Mental Health and Addictions with funding for work centered around **suicide prevention/life promotion for Métis youth**. Life promotion is a more proactive, strengths-based approach to suicide prevention.

About the opportunity:

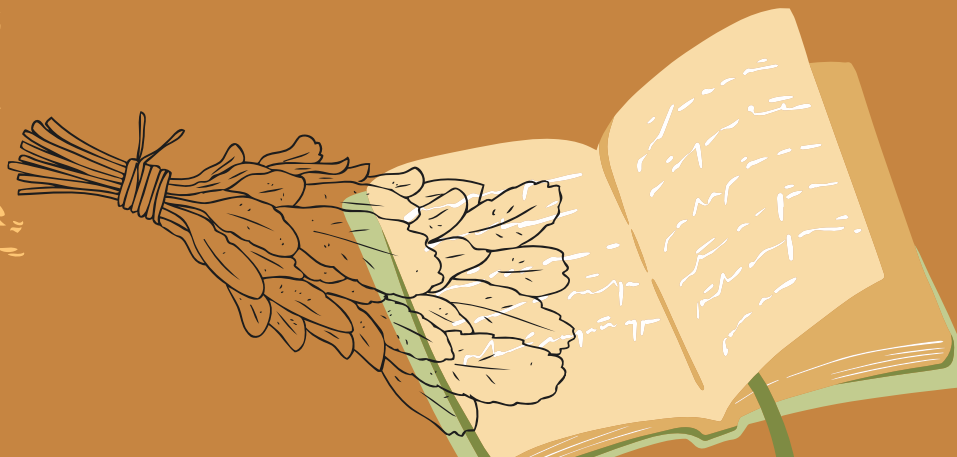
We are **seeking a Métis writer/contractor** to work with MNBC's Provincial Mental Health Coordinator and the project advisory group to write and create new community informed content for this project. Guided by the insights and wisdom brought forward by the project advisory group, the hired contractor will work to write the new content, which an external consulting company, Argyle, will then incorporate into the online modules. The timeline for this project has an estimated completion deadline of March 2022.

We are inviting Métis writers/contractors to submit a proposal for consideration. In your expression of interest, please be sure to share:

- Your relevant experiences
- What interests you have as it relates to this project and Métis culture
- Your experience working with the Métis community

Please submit your expression of interest to MNBC's Provincial Mental Health Coordinator, Jillian Jones, at jjones@mnb.ca no later than December 3rd, 2021.

**Click [Here](#) for
more information**





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