

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 82 | UP-TO-DATE INFORMATION AS OF DECEMBER 24, 2021



"I recognize that this unrelenting uncertainty and this evolving situation is very unsettling for many people and it can cause a lot of anxiety, depression, and discouragement. I want to say that we can get through this, and it is so important right now that we continue to support and care for each other. The days are dark right now but soon the winter solstice will be coming and the days will get longer once again, and we'll be turning ever so slowly back towards the light. let's take encouragement from this."

- Dr. Bonnie Henry

[**Click here to register for
your COVID-19 vaccine**](#)

[**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)

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Manitou Kesi'kaw Merry Christmas

**and Happy New
Year 2022**

MNBC offices will be closed from
December 25th to January 3



Public health orders

in effect Dec 23

through Jan 18, 2022



Gatherings limited to your household plus one other household or 10 guests, all vaccinated



No indoor organized gatherings of any size, incl. parties, celebrations



All indoor venues reduced to 50% capacity, incl. concerts, movies, sports



Adult gyms, fitness centres, dance studios closed



Bars and nightclubs closed



Maximum 6 people per table and no mingling at restaurants & pubs

Masks are required when not seated



All events and venues required to scan the BC Vaccine Card QR code



No sports tournaments and related travel

For more information and regional restrictions by health authority, visit [here](#).

COVID-19 IN BC

SAFETY RECOMMENDATIONS

In addition to the orders, the PHO strongly recommends:

- Keep personal gatherings as small as possible
- Stick to the same group of people and only with those you know are fully vaccinated
- Outdoor gatherings are safer than indoor
- Reduce social interactions
- Ensure proper ventilation indoors by opening windows
- Avoid all travel, if you're not fully vaccinated
- Follow the [current federal travel advisory](#)
- Stay home if you feel sick

PHO UPDATES

Dec. 14 - Dec 22, 2021

OMICRON VARIANT

The Omicron variant is rapidly replacing Delta as the predominant variant. Please read the following page to learn more.

COVID-19 RAPID TESTING ROLLOUT PLAN

Supply

- BC is expecting 700,000 tests by late December.
- BC is expecting to receive around **11 million tests** in mid to late January from the Government of Canada. Canada has not confirmed its expected supply of tests beyond Jan 2022.

Usage: Mid-December to Mid-January

Currently these tests are being used in these key areas:

- At sample collection sites for symptomatic people
- Long term care facilities for staff and visitors
- Health care workers at acute care sites
- Rural, Remote, Indigenous, and Vulnerable Communities - where PCR testing is not accessible
- Businesses and Organizations (congregate living)
- Case/Contact Management and Outbreaks

Expansion Mid-January

With the expected 11 million tests, BC will expand rapid testing, in particular:

- Provide publicly funded tests at additional locations in the community
- Education (K-12 students and staff)
- Post-Secondary Education (students, faculty and staff)
- Expansion and/or Replenishment to previously prioritized groups

RAPID TEST RESULTS DO NOT REDUCE OR REPLACE THE NEED TO TAKE PRECAUTIONS AND ADHERE TO PHO ORDERS AND GUIDANCE, REGARDLESS OF VACCINE STATUS.

TRAVEL NOT RECOMMENDED

Non-essential international travel is NOT advised during this time.

"My advice is that there will be other trips. But you only have one health and one life and your health is vitally important to that life." - Min. Dix

COVID-19 CASES

- Cases are increasing in every health authority. Especially in Vancouver Coastal Health, Island Health, and Fraser Health.
- There is an increase in cases for both vaccinated and unvaccinated individuals. But the rate for unvaccinated is still much higher. Hospitalizations and those in critical care are low for both vaccinated and unvaccinated.
- Age groups 19-39 and 40-59 have the highest case rates/ transmission. Again, compared to those unvaccinated the case rate is much lower.
- The reproductive number is above 1 in all regions now. The most dramatic difference is in Vancouver Coastal Health, where every case transmits to at least two others.

BOOSTERS

- 67% of people aged 70+ have received a booster, more than 50% of people aged 65+.
- Approximately 65,000 healthcare workers have received their booster.
- 125,000 clinically extremely vulnerable people have received third doses.
- Boosters will continue to be rolled out by age and risk of severe illness and death.

SCHEDULED SURGERIES UPDATE

Scheduled non-urgent surgeries will be postponed starting January 4, 2022, to manage pressures on hospital capacity through redeployment of key staff.

HOLIDAY SAFETY

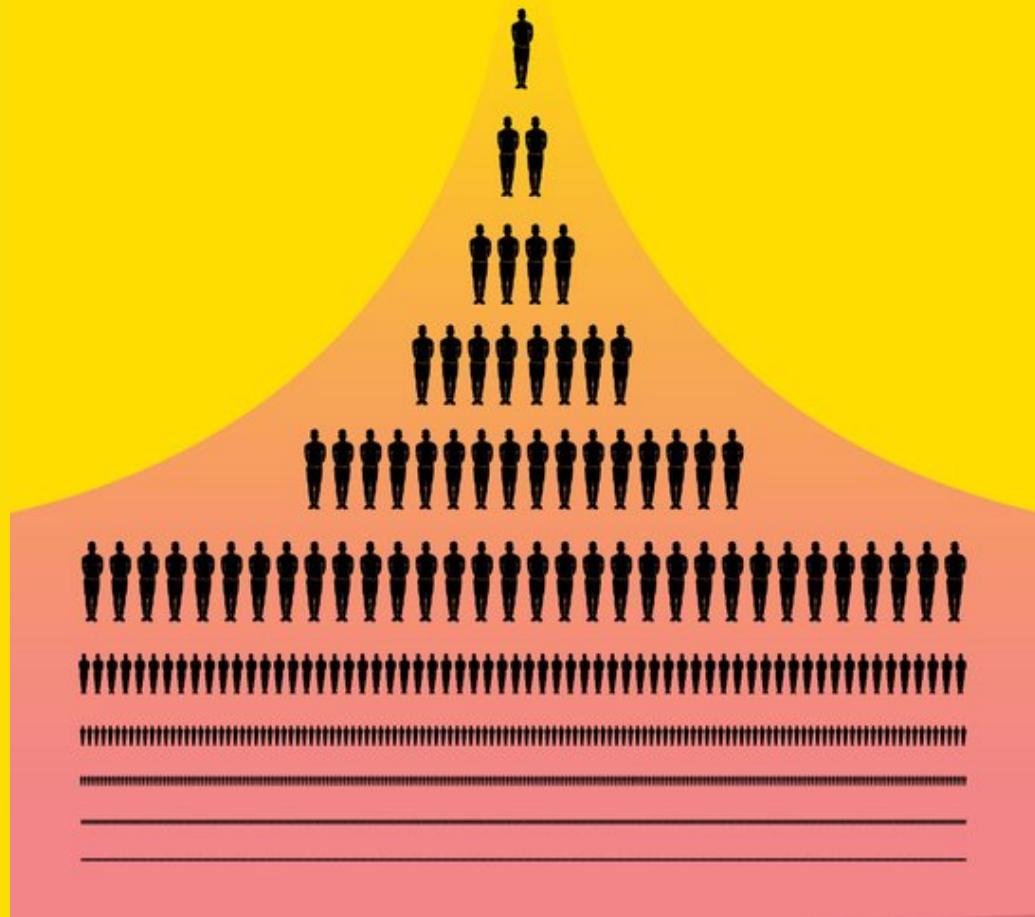
Dr. Bonnie Henry

The important thing about point of care test (rapid test) and the PCR testing is that if they are positive, it tells you that you cannot do those things. It is a red light and not a green light.



- 1** **Stick to small groups.** Pick your group. Make it as small as possible and stick with them this holiday season.
Make sure everyone is vaccinated at holiday gatherings. Particularly if you have elders, if you have people in your house who are immune compromised.
- 2** Find other ways to safely connect with other people in your life, virtually or outside or at a distance.
- 3** Understand your own risk and the people you live with, people in your family. If somebody has a serious illness that puts them at risk, then cut back on your social activities even more.
- 4** If attending an event, think about:
 - How many people will be there?
 - Understand the setting you are going to.
 - Is the venue large enough to safely gather?
 - Is ventilation good?
 - Can we meet outdoors instead?
- 5** **Public Health Practices**
 - Wearing masks in indoor public spaces.
 - Give respectful distance to others.
 - Stay behind barriers.
 - Wash your hands.
 - Increase ventilation.

Omicron is spreading rapidly in BC



Omicron is highly contagious. It has overtaken Delta as the most common variant in BC.



You can pass on Omicron to others before you know you're infected. Don't take the risk — stay home if you're sick.



Omicron spreads fastest in unvaccinated people. It can infect people who are vaccinated or who had COVID-19.



Omicron could overwhelm our health care system and prevent people from getting the care they need.

what we currently know

Omicron variant

1

How transmissible?

It's more transmissible than Delta, and spreading rapidly.

2

Severity of illness

Still unknown, but there is potential for significant impacts on hospitals. We need to protect the health care system for everyone.

3

Immune escape

Omicron is reinfecting people who previously had COVID-19, also infecting people who are fully vaccinated

4

Explosive outbreaks

We are seeing larger numbers of people being exposed at the same time and shortening of the incubation period.

5

Most affected age group

There is a spike in COVID-19 cases in British Columbians aged 18-35

The measures are in place to buy more time to learn more about Omicron and ensure more of the population have received booster doses



Omicron Variant: Protect Yourself from COVID-19

The omicron variant is generally milder than other variants but is the most contagious COVID-19 one to date. All of us play a role in protecting our communities and our loved ones. Follow these tips to limit the spread of COVID-19.

- **Get vaccinated.** The more people who are vaccinated, the less chance of becoming critically ill. The elderly and people with chronic and/or concurrent illness are most at risk from COVID-19
 - Individuals who have up-to-date COVID-19 vaccines have the best protection from acquiring and becoming seriously ill from Omicron
- **Wash your hands** and cough or sneeze into your sleeve or a napkin
- **Wear a facemask** when indoors with people from outside your household. A cloth mask is fine for most public spaces
- **Avoid the use of formal greetings** such as handshakes, hugs or kisses with friends or people outside your household. Safe greetings include waving, nodding or "air hugging"
- **Limit unnecessary travel** and avoid larger gatherings with others
- **Stay home if you are not feeling well.** This will keep your community safer
- **Self-isolate and get tested** for COVID-19 if you are exhibiting symptoms
- **If symptoms progress**, seek medical attention

During the pandemic it is important to check in with yourself and others - if you aren't feeling 100%, it is better to stay home.

To book a **COVID-19 test**, please phone 1.844.901.8442

To register and book a **COVID-19 vaccination** visit <https://www.getvaccinated.gov.bc.ca/s/> or phone 1.833.838.2323

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.



"To all of those children who have gotten their vaccines yesterday, today and will be getting them in the days ahead I just want to say you're all brave and vaccine heroes"

- Dr. Bonnie Henry

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](#)
8. Kids Boost Immunity [Website](#)

HOW TO TALK TO YOUR KIDS ABOUT BEING A VAXCHAMP



Do you have the best information?

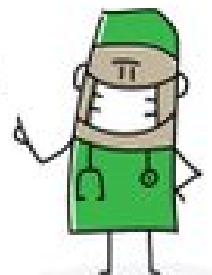
Why should I get the vaccine?

A vaccine's job is to introduce your body to a virus before it meets it in real life. While most children with COVID-19 have mild or no symptoms, some do become very sick and require hospitalization. Vaccines are a safe and effective way of protecting yourself, your loved ones and the community.



Will I get a sore arm from the vaccine?

The most common side effects are soreness, redness, swelling and itchiness where you got the vaccine. These reactions are mild and usually last one to two days.

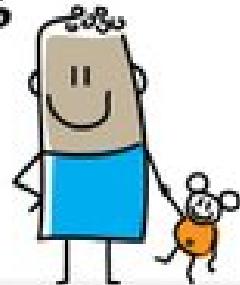


What can I expect at the clinic?

Expect to spend thirty to sixty minutes at the clinic. Some clinics, like Surrey North, the Abbotsford Ag-Rec Centre and Chilliwack Mall are indoors and have kid-friendly spaces, including a private area if required.

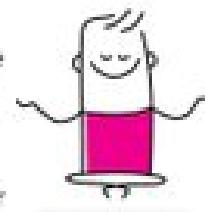
Should I bring anything?

Bring your care card and something to pass the time, like a toy or a snack, if you need to wait.



What if I am afraid of needles?

Be prepared with comfort items and make sure to tell your vaccine provider. Take deep breaths and find a distraction. It will be over before you know it.



COVID-19 videos



**WATCH THIS SHORT VIDEO WHERE
DR. BEHN SMITH SHOW THE PROCESS
OF PEDIATRIC VACCINES.**



**What to expect at the
vaccination clinic**

COVID-19 IN BC



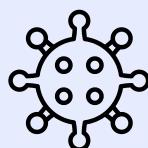
**INDIGENOUS HEALTH, NORTHERN HEALTH,
AND THE NATIONAL COLLABORATING
CENTRE FOR INDIGENOUS HEALTH (NCCIH)
PRESENT THIS SHORT ANIMATED VIDEO
ADDRESSING THE ONGOING ISSUE OF
STIGMATIZATION EXPERIENCED BY
INDIGENOUS PEOPLES IN THE HEALTH CARE
SYSTEM.**



BCCDC COVID-19 SURVEILLANCE

UP TO
23 Dec 2021

UNVACCINATED
PEOPLE ARE



7 **more likely to get COVID-19**



32 **more likely to be hospitalized**



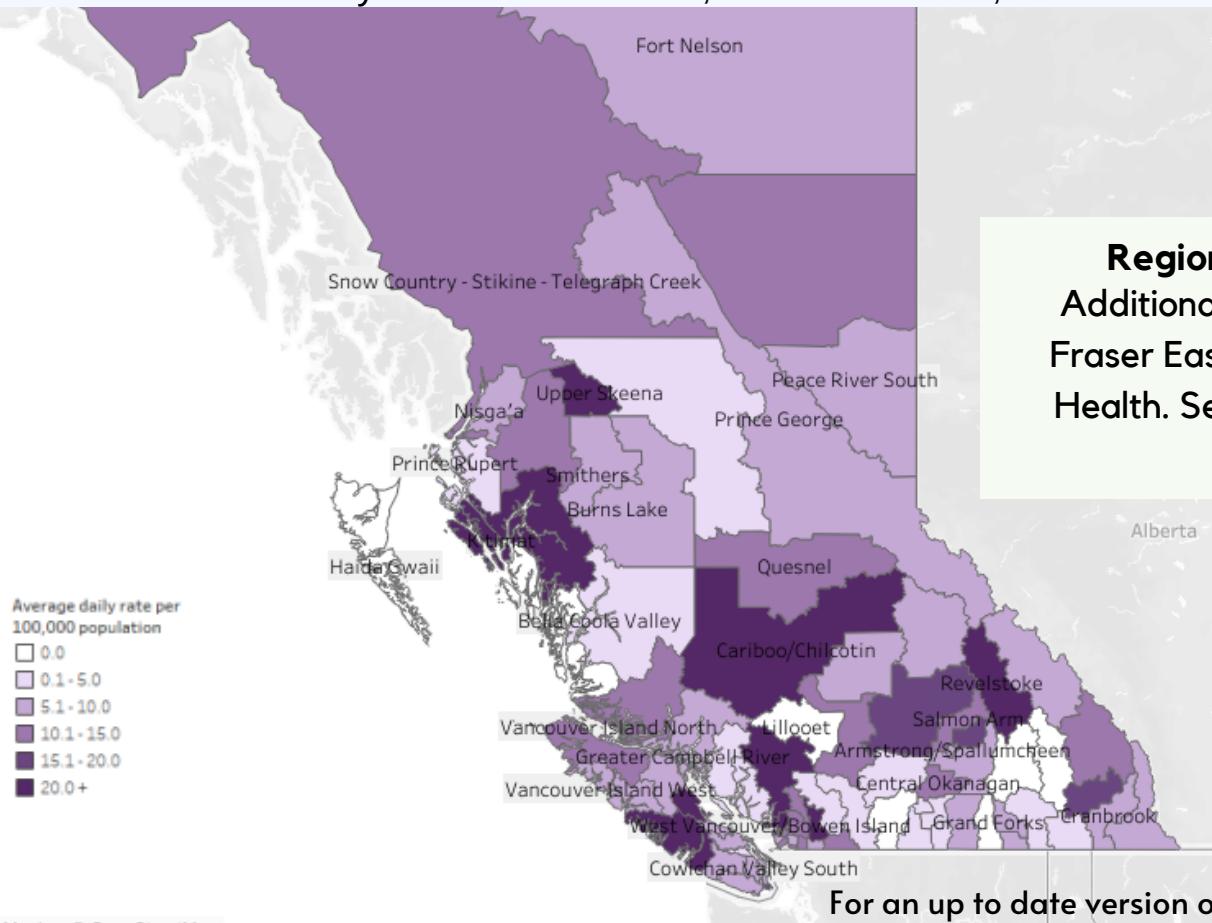
20 **more likely to die**

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

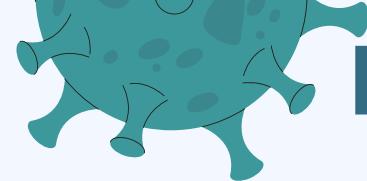
As of Thursday, Dec. 23, 2021, 87.7% (4,372,428) of eligible people five and older in B.C. have received their first dose of COVID-19 vaccine and 82.7% (4,124,437) have received their second dose.

Average daily case rate of new cases per 100,000 population, by local health area and community health service area, Dec 13 - Dec 19, 2021



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

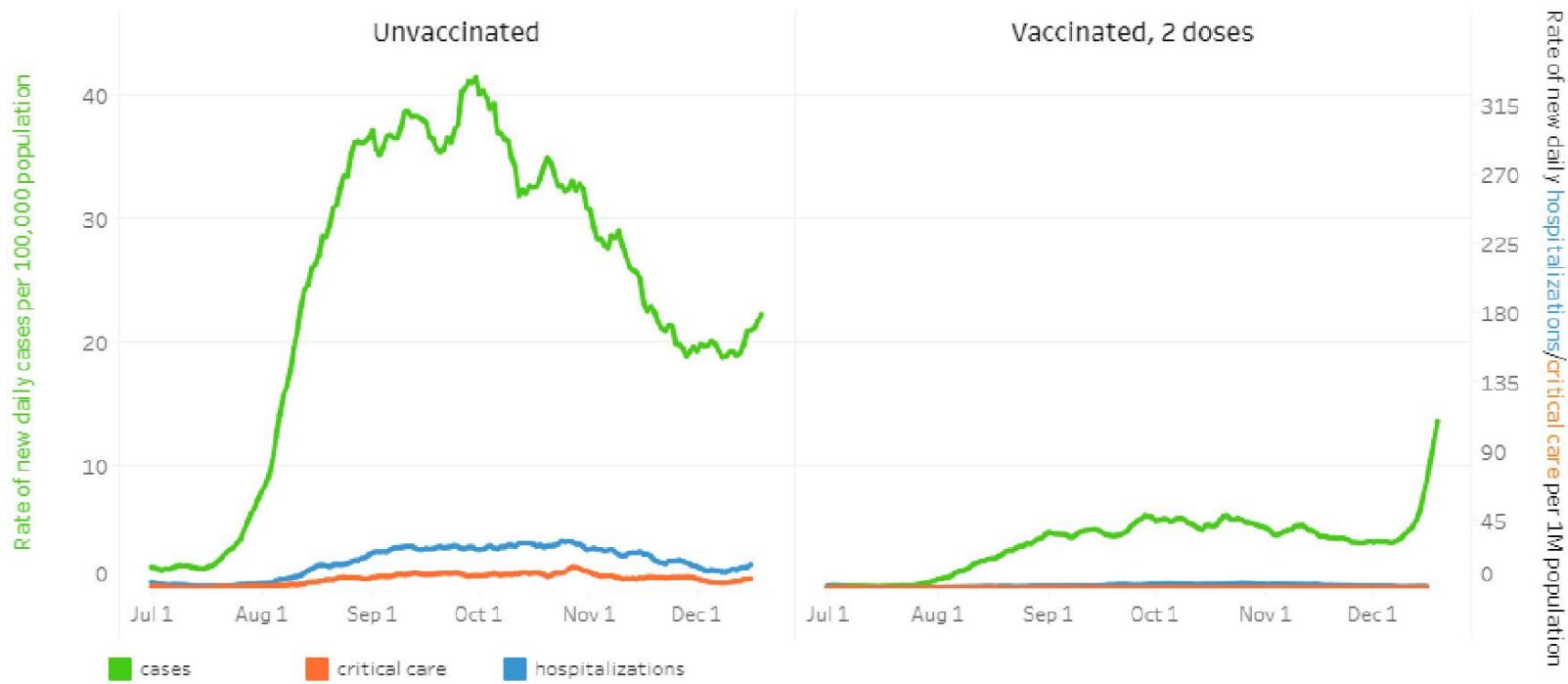
For an up to date version of this map click [here](#)



Benefits of getting vaccinated

Below are data within BC

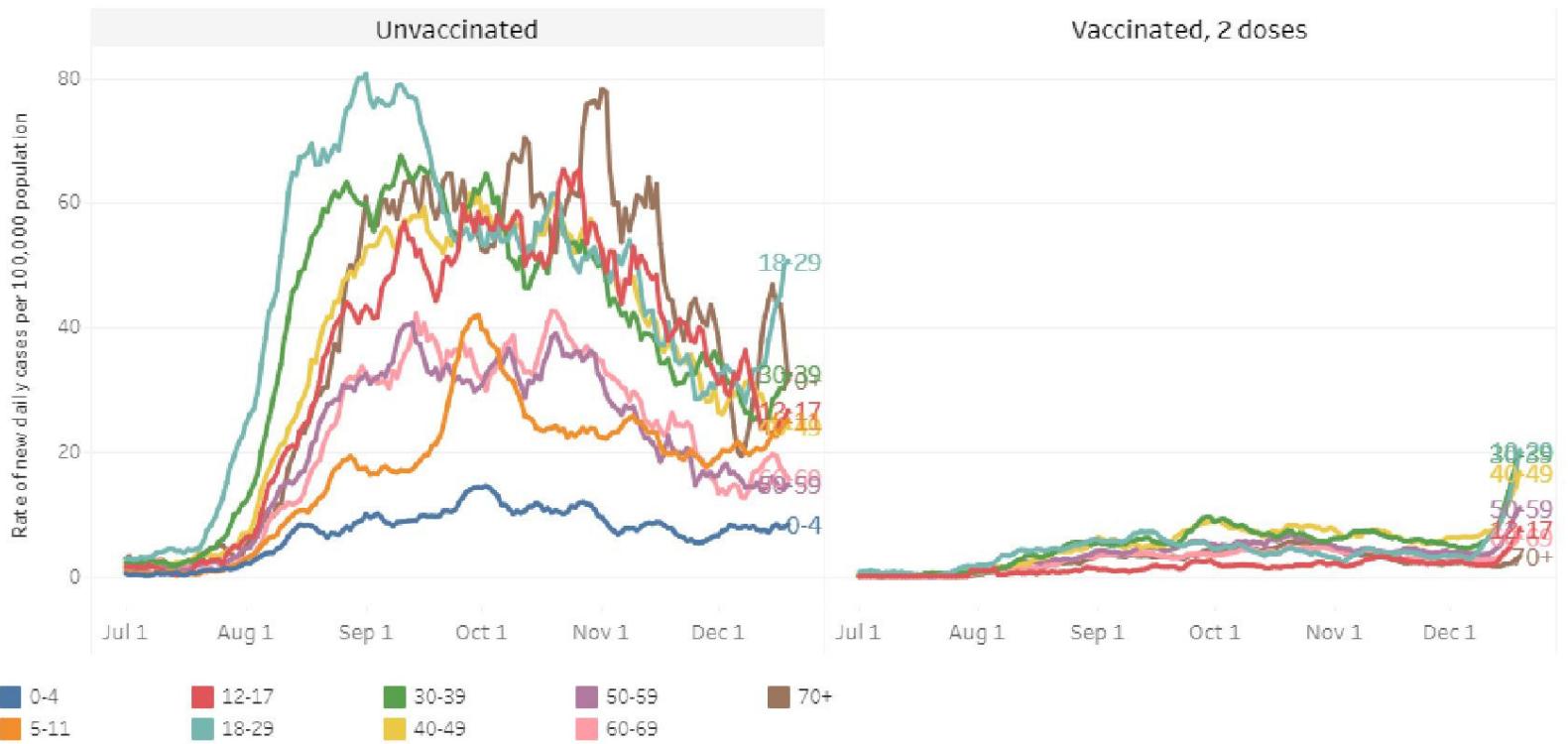
Case, Hospitalization & Critical Care Rate, BC, all ages, Jul. 01 - Dec. 19



People who don't have the protection that vaccination gives us, have a much, much higher rate of getting infected with COVID-19, getting sick with COVID-19, and being hospitalized with COVID-19.

Case Rate by Age Group, Jul. 01 - Dec. 19

BC



Vaccination has a dramatic protective impact across all age groups

GET VACCINATED FOR COVID-19



Register and book
with the GET
VACCINATED system
[Register here](#)

Other registration and booking options:

- Call: [1-833-838-2323](tel:1-833-838-2323)
- Register in-person at [all Service BC offices](#) (for dose 1&2)

Dose 1&2

Drop in clinics are available, but registration recommended.

Find drop-in clinics for **1st dose COVID-19 vaccinations** in your health authority:

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

The AstraZeneca vaccine is only available through pharmacies. You can book an appointment online or by phone at a [pharmacy in your community](#).

List of [Moderna Vaccines in Northeast Pharmacies](#)

Dose 3

- For some people who are moderate to severely immunocompromised.
- for a list of people that are eligible, see [here](#)
- You will receive an invitation by text, email, or phone call through the [Get Vaccinated system](#) about how and when to book a third dose.

No drop-ins

Pediatric Vaccine / Children ages 5-11

- Register your child with [Get Vaccinated](#). Once you've registered, you'll be invited to book an appointment.

No drop-ins

No pediatric vaccines in pharmacies

Booster doses

- Currently, **all Indigenous people 18+** will be invited to book an appointment on the [Get Vaccinated System](#).
- Invitations will be sent out by risk and the date of your second dose.
- If you haven't received a booking invitation, you might not be registered. [Register now](#).
- If you want to get your booster dose at the same time as a family member, you must both book an appointment.

No drop-ins

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

Find answers to questions about the vaccine and vaccination process on each Health Authority webpage listed here or at immunizebc.ca, or visit [How to get vaccinated for COVID-19](#)

Do you need a COVID-19 test?

Check your symptoms first using these tools below to [see if you need to book a COVID-19 test](#).



SYMPTOMS

- Fever (above 38° C)
- Chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

WHAT TO DO

1 or more of these symptoms:

[Get tested and stay home.](#)

If you have 1 symptom:

[Stay home until you feel better.](#)

2 or more of these symptoms:

[Stay home and wait 24 hours to see if you feel better.](#)

[Get tested if not better after 24 hours.](#)

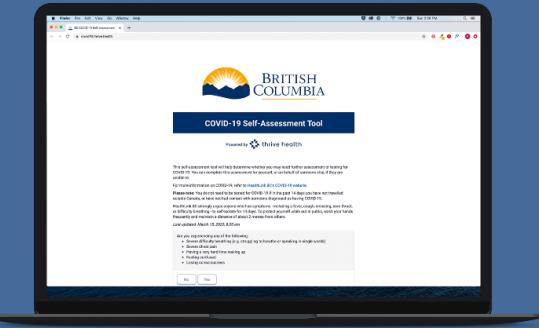
If you are a **close contact*** of someone who has COVID-19 and have any of the symptoms listed above:

[Get tested and stay home.](#)

Download the Support App & Self-Assessment Tool

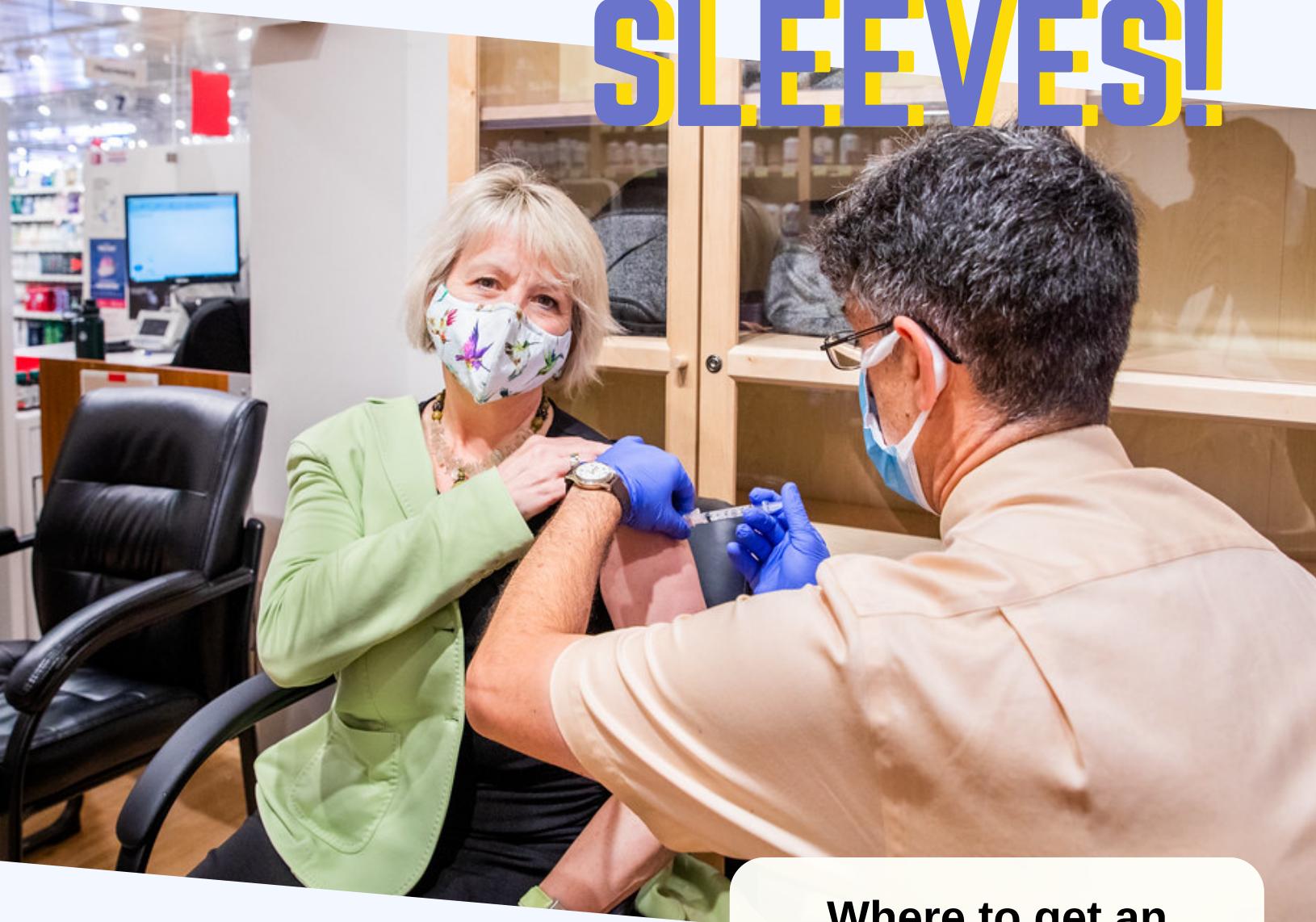


Access the Self-Assessment Tool online



click on the images and icons to go to link

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](#).

Our holiday wish is a community with immunity!

We're getting closer every day! Let's continue to work together by getting vaccinated and following the Public Health Orders.

Northern Health's orders will be in effect until at least January 31, 2022, and include the entire NH region.



Personal gatherings, of
fully vaccinated people:
10 indoors,
25 outdoors



Indoor seated events (including
weddings, funerals, theatre,
performing arts): 50% of capacity
venue, with proof of vaccination



Outdoor event capacity:
50% of capacity venue



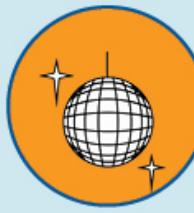
Worship services: 50%
capacity, and everyone over
the age of 11 is vaccinated



Restaurants: alcohol
service ends 10pm



Restaurants, fast food, cafes:
require vaccination to dine in



Bars and nightclubs
are closed

Full details on the orders and vaccination clinics for
everyone aged 5 years and older at nothernhealth.ca

NORTHERN HEALTH RECOGNIZES MNBC
CITIZENSHIP CARD AS A PIECE OF PHOTO ID.



UPCOMING COVID-19 VACCINE CLINICS

Keremeos



Dose 1: All people 12+

Dose 2: People vaccinated at least 56 days ago

Booster: Eligible people 18+*

Pediatric vaccine: Kids 5-11*

*Register at getvaccinated.gov.bc.ca
By appointment only

South Similkameen Health Centre

700 3 Street

Dec 23, 30, Jan 6

9 a.m. - 3:30 p.m.

Dec 28, Jan 4, 11

11:30 a.m. - 6 p.m.

Pediatric (Kids 5-11)

Dec 22, 29

By appt only

Check out the upcoming clinics in your area [here](#)

Register your children now in the provincial Get Vaccinated system:
<http://GetVaccinated.gov.bc.ca>

To support our immunization clinics throughout the Interior region, Interior Health is looking for qualified health care workers, including retired nurses, dental hygienists, first responders, chiropractors and others. If you are qualified, find out how you can help [here](#)



COVID-19 VACCINE CLINIC

Book your appointment online when you receive your text or email invite



Kaslo Legion
403 5th Street
Kaslo, B.C.



Jan 10: 1 p.m. to 5:30 p.m.
Jan 11: 9:30 a.m. to 4 p.m.



Dose 1: All people 12+
Dose 2: People vaccinated at least 56 days ago
Booster: Eligible people 18+
Pediatric vaccine: Kids 5-11*

*Register kids 5-11 at getvaccinated.gov.bc.ca

DRUG SAFETY FOR THE HOLIDAYS

NEVER USE ALONE.

People are at a higher risk of experiencing a fatal overdose when they use alone. Let your friends know if you'll be using substances and look out for each other.



Download the [Lifeguard App](#) 

DON'T MIX DRUGS.

Using multiple substances at the same time, including alcohol or prescription medication, is dangerous and increases the risk of overdose.

2021 IS THE YEAR WITH THE HIGHEST ILLICIT DRUG TOXICITY DEATHS

Many of these deaths are related to an increase in fentanyl and its analogues in the unregulated drug supply. Fentanyl has been found mixed with other drugs like fake oxycodone, ecstasy, cocaine, and heroin. Many people don't know what's in the drugs they're using – they might take fentanyl without knowing it.

GET YOUR DRUGS CHECKED.

Drug checking services give people who use drugs life-saving information about the drug they intend to use, like whether it contains fentanyl or benzodiazepines. [Drug checking](#) services are available at [supervised consumption and overdose prevention sites](#) across the province.

GO SLOW.

Test a small amount of a substance first. If you haven't taken a drug before or have taken a break from using drugs, your tolerance will be low.

SIGNS OF OVERDOSE AND SUPPORTS

SIGNS OF OVERDOSE



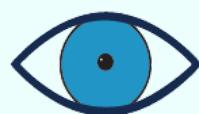
Not moving and can't be woken



Slow or no breathing



Choking, gurgling sounds or snoring



Tiny pupils



Clammy or cold skin



Blue lips and blue nails



GET A NALOXONE KIT AND KNOW HOW TO USE IT.

Naloxone is a medication that can quickly reverse the effects of an overdose from opioids.

Learn how to get a naloxone kit [here](#).

STAY CONNECTED AND FIND HELP WHEN YOU NEED IT.

WHAT TO DO IF YOU SEE AN OVERDOSE.
IF YOU SUSPECT AN OVERDOSE,
CALL 911 RIGHT AWAY.



Call 911



*Stay and help. Canada's Good Samaritan law can protect you**
More at: canada.ca/opioids

Know the *SAVE ME* steps to save a life



STIMULATE

Unresponsive? Call 911



AIRWAY

Check and open



VENTILATE

1 breath every 5 seconds



EVALUATE

Breathing?



Keep giving breaths. Brain damage can occur within minutes.



EVALUATE & SUPPORT

Wait 5 minutes. Another dose?

- Look out for your friends and stick together when going out to parties or events.
- Reaching out to a friend, student services or visit your school counsellor
- **Bounce Back:** a free, online program to help people of all ages who are feeling depressed, stressed or anxious.
- **Foundry:** an organization that supports people aged 12-24 with accessing care, dealing with anxiety or depression, and getting support for substance use challenges.
- Calling **8-1-1** for information on recovery and addiction treatment services in your area or to speak to a registered nurse or pharmacist.
- Using the [Mental Health and Substance Use Service Map to find services in B.C.](#)
- Calling the [Alcohol and Drug Information & Referral Service](#) at **1-800-663-1441** for individual, family, and small group counselling and referrals to community substance use treatment services.
- Call **1-800-588-8717** for culturally aware crisis support for Indigenous Peoples in B.C.



MNBC COVID-19 ELDERS TEMPORARY FINANCIAL SUPPORT

MNBC Ministry of Elders is assisting our low-income Métis Elders/Seniors citizens whose income has been impacted by COVID-19 to obtain groceries, household goods or medications.

ELIGIBILITY

Must be a registered Métis Nation BC Citizen. Those who have submitted applications for citizenship and are in the process are considered.

Low-income Métis Elders/Seniors citizens who are 60 years of age or more who are single/widowed/divorced with an income of \$28,150 or less, or married/common-law with an income of \$45,720 or less.

The application must demonstrate how COVID-19 has impacted the applicant's income or ability to obtain groceries, household goods or medications.

Métis Elders/Seniors citizens that are single may qualify for \$500

Métis Elders/Seniors citizens who are married/common-law may qualify for \$750 (partners do not need to be Métis)

To apply visit <https://www.mnbc.ca/portal/login/>
For assistance to apply call 604-557-5851 ext 8226

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](#).

START THE NEW YEAR BREATHING EASILY

...and you can win big!

MNBC would like to support Métis citizen's quit journey with assistance, resources and prizes!

THE CHALLENGE: **GIVE UP SMOKING!**

We want you to quit or reduce smoking for two months. Each participant will be given a personalized carbon monoxide monitor, to monitor their progression to smoking cessation.

Prizes to be drawn from participants who have significantly reduced or have quit smoking, each draw, participants must submit carbon monoxide readings showing a reduction in carbon monoxide.

Draws will take place on January 17 for \$100, January 31 for \$250, February 18 for \$400, and ending with the Grand Prize of \$1000 on March 4.

To enter or for more information, please contact Lloyd Main at lmain@mnbc.ca or call 1-250-241-4589

ONE-ON-ONE
COUNSELLING

WRITTEN
RESOURCES

CARBON MONOXIDE
MONITORS

FINANCIAL
ASSISTANCE



MÉTIS NATION
BRITISH COLUMBIA



Quitting addiction
is a journey

TOBACCO/VAPING CESSION

CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #3

MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

MNBC's Métis Youth Mental Health and Wellness Initiative is seeking submissions for the third issue of Resilient Roots: Métis Mental Health and Wellness magazine! This magazine works to raise Métis voices and perspectives, and to engage in topics around mental health and wellness.

We welcome anybody who is interested to submit content! This magazine is meant to showcase a diverse range of Métis perspectives, and we encourage anybody who is interested to share their voice.

Submitted content can come in many forms (articles, lived-experience stories, art, poetry, etc.), but must be related to the area of mental health and wellness.

The deadline for submissions is January 31st, 2022. All submitted content must meet submission guidelines in order to be accepted for publication.

To receive the submission guidelines or learn more, please contact Jillian at jjones@mnbc.ca

REGISTRATION REQUEST

LIVING LIFE TO THE FULL 2022 ADULT COHORTS EIGHT-WEEK, GROUP BASED MENTAL HEALTH PROGRAM

MNBC's Ministry of Mental Health and Addictions is excited to be offering TWO FREE adult cohorts of the Canadian Mental Health Association's program, Living Life to the Full!

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles.

Please note that Living Life to the Full is not delivered by psychiatrists or psychologists, and is not intended to be a medical or therapeutic intervention.

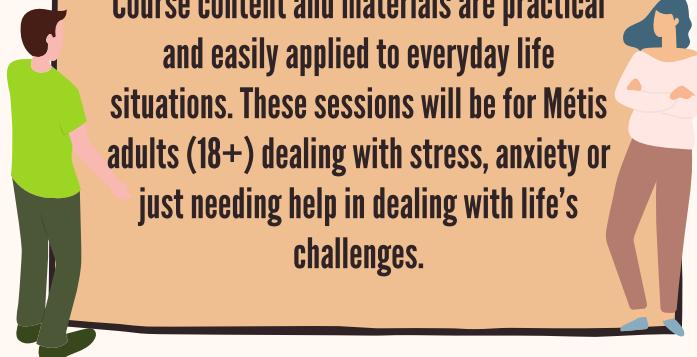
Sessions will be delivered by certified Métis community facilitators and include a booklet, handouts and exercises to guide your learning. These courses will be delivered virtually over Zoom. Each course will have up to 20 Métis youth participants.

To learn more, please email Jillian at jjones@mnbc.ca

To learn more about the Living Life to the Full program, please visit: livinglifetothefull.ca

Living Life to the Full is an eight-week, group-based mental health promotion course. Living Life to the Full helps people make a difference in their lives in eight enjoyable 90-minute sessions – taking place at the same time, once per week.

Course content and materials are practical and easily applied to everyday life situations. These sessions will be for Métis adults (18+) dealing with stress, anxiety or just needing help in dealing with life's challenges.



To request registration, please visit: [LINK](#)

Please note that completing this survey does not guarantee registration. Due to overwhelming interest and limited capacity, not everyone who completes this survey may be offered a spot. You will receive a confirmation email to confirm registration, if eligible.



Canadian Mental Health Association
British Columbia

Association canadienne
pour la santé mentale
Colombie-Britannique

LIVING LIFE
TO THE FULL
resilience & connection in uncertainty



MÉTIS NATION
BRITISH COLUMBIA

WAITLIST NOW OPEN! LIVING LIFE TO THE FULL 2022 FOR MÉTIS YOUTH

MNBC's Ministry of Mental Health and Addictions is excited to be offering **ONE FREE** cohort of the Canadian Mental Health Association's program, Living Life to the Full for Métis YOUTH ages 13 to 18, beginning in February 2022.



Designed for youth aged 13-18, Living Life to the Full for Youth equips youth and young adults with the skills they need to face challenges in life. The course is a variation of the standard Living Life to the Full course, adapted in consultation with a diverse group of youth from British Columbia. The course includes fun activities and group challenges to help youth practice and develop their skills.

Living Life to the Full is an eight-week, group-based mental health promotion course. Living Life to the Full helps people make a difference in their lives in eight enjoyable 90-minute sessions – taking place at the same time, once per week. Course content and materials are practical and easily applied to everyday life situations. **These sessions will be for Métis youth navigating stress, anxiety or just needing help in dealing with life's challenges.**

Please note that Living Life to the Full is not delivered by psychiatrists or psychologists, and is not intended to be a medical or therapeutic intervention.

Sessions will be delivered by certified Métis community facilitators and include a booklet, handouts and exercises to guide your learning. These courses will be delivered virtually over Zoom. Each course will have up to 20 Métis youth participants.

The date of these sessions is yet to be confirmed - this survey is to request placement on the waitlist. You will be contacted once registration opens.



REQUEST TO REGISTER HERE

If you have any questions about any of the above opportunities, please contact MNBC's Provincial Mental Health Coordinator, Jillian Jones, at jjones@mnbc.ca



Canadian Mental Health Association
British Columbia

Association canadienne
pour la santé mentale
Colombie-Britannique

**LIVING LIFE
TO THE FULL**
resilience & connection in uncertainty



MÉTIS NATION
BRITISH COLUMBIA

MENTAL HEALTH SUPPORTS

"THE HOLIDAY SEASON IS A TIME TO ENJOY AND CELEBRATE, AND IT'S ALSO A TIME TO TAKE SPECIAL CARE OF YOUR MENTAL HEALTH AND THE MENTAL HEALTH OF THOSE CLOSE TO YOU. IF YOU NEED SUPPORT DURING THE HOLIDAYS, OR ANY TIME OF THE YEAR, PLEASE REACH OUT."

- SHEILA MALCOLMSON, MINISTER OF MENTAL HEALTH AND ADDICTIONS

MÉTIS CRISIS LINE

1-833-METIS-BC (1-833-638-4722), 24/7

BC MENTAL HEALTH SUPPORT

PHONE LINE

CALL 310-6789 (NO AREA CODE NEEDED), 24/7

KUU-US CRISIS RESPONSE

24/7, CULTURALLY AWARE CRISIS SUPPORT TO INDIGENOUS PEOPLE IN BRITISH COLUMBIA.

CALL 1-800-588-8717

BOUNCEBACK BC

FREE ONLINE, VIDEO AND PHONE-BASED SKILLS-BUILDING PROGRAM FOR SENIORS, ADULTS AND YOUTH WHO ARE EXPERIENCING LOW MOODS, MILD TO MODERATE DEPRESSION, ANXIETY, STRESS OR WORRY: [HTTPS://BOUNCEBACKBC.CA/](https://bouncebackbc.ca/)

KIDS HELP PHONE LINE

YOUTH CAN CALL 1 800 668-6868 OR TEXT TALK TO 686868. TEXTING SUPPORT FOR ADULTS IS AVAILABLE BY TEXTING TALK TO 741741. OR VISIT: [HTTPS://KIDSHELPPHONE.CA/](https://kidshelpphone.ca/)

SUICIDE CRISIS LINE

1-800-784-2433

SUICIDE CRISIS LINE FOR THOSE WHO ARE OR KNOW SOMEONE HAVING THOUGHTS OF SUICIDE.

For more Services and supports:

- Bc Gov Holiday Supports [list](#)
- MNBC Ministry of Mental Health and Addictions [list](#)

ADDITIONAL SUPPORTS

**ATIRA COMMUNITY SERVICES
SOCIETY, STOPPING THE VIOLENCE
COUNSELLING**
604-331-1407 EXT. 106 OR 107. [LINK](#)

**ADDICTIONS SERVICES, VANCOUVER
COASTAL HEALTH 604-675-3710**
SUBSTANCE USE ASSESSMENT, COUNSELLING, AND
TREATMENT PLANNING FOR INDIVIDUALS, COUPLES,
AND FAMILIES. GROUP COUNSELLING ALSO AVAILABLE
FOR FREE.

**BATTERED WOMEN'S SUPPORT
SERVICES**
CALL 604-687-1867, [LINK](#)

**DAN'S LEGACY – THERAPEUTIC
COUNSELLING PROGRAM**

COUNSELLING FOR YOUTH AGES 15-25 WHO HAVE
EXPERIENCED ABUSE OR ARE AFFECTED BY SUBSTANCE
USE. FAMILY COUNSELLING ALSO AVAILABLE. BURSARIES
AVAILABLE FOR THOSE UNABLE TO AFFORD THERAPY. [LINK](#)

**TRAUMA COUNSELLING FOR
CHILDREN AFFECTED BY FAMILY
VIOLENCE. (PEACE)**

COUNSELLING AVAILABLE FOR CHILDREN AGES 3-18
WHO HAVE BEEN EXPOSED TO DOMESTIC VIOLENCE.
604-436-1025, [LINK](#)

**CYTHERA TRANSITION HOUSE
SOCIETY**

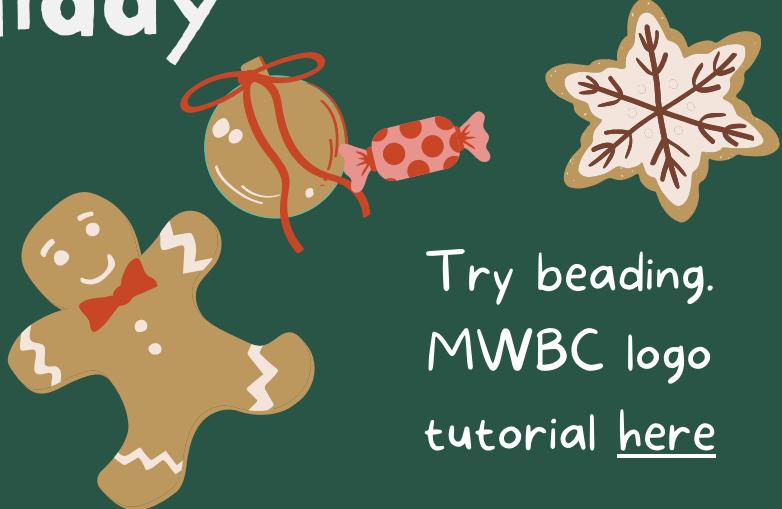
OFFERS COUNSELLING AND OTHER SUPPORTS FOR
WOMEN AND CHILDREN EXPERIENCING OR
WITNESSING ABUSE AND VIOLENCE. [LINK](#)



At home holiday activities

Make some delicious Métis foods.

Métis cook book [here](#)



Try beading.
MWBC logo
tutorial [here](#)

Deep breathing
exercises and meditation



Bake cookies for
neighbours or friends



Listen to Lisa Shepherd and Dave Peltier, share and listen to Christmas stories from three wonderful Métis folk! This episodes guests are Tanya Davoren, Gary Ducommun, and MNC President Cassidy Caron.

Share + Follow Acast

BEADING
TOGETHER

Beading Together
Métis Christmas Stories

December 7, 2021 • 1 hr 41 min • Listen later

View terms



Thank you for your strength
and dedication to the
community during these
difficult times.
Warm wishes this holiday season.

Let's keep our gatherings small, so that we don't
risk overwhelming our hospital system.

Stay safe and stay warm this holiday season

Manitou Kesi'kaw  Merry Christmas