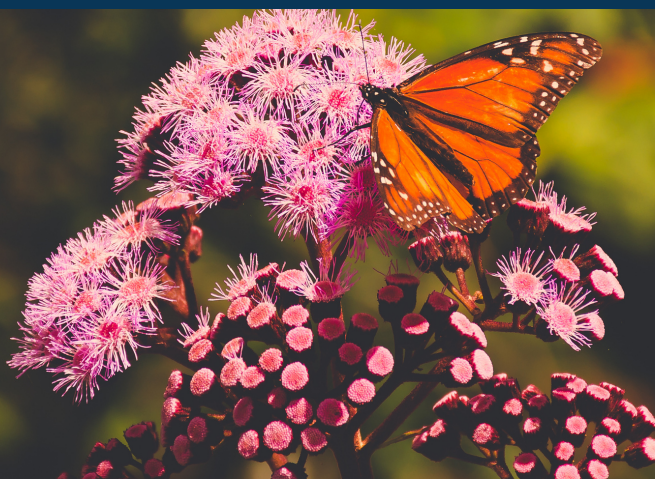


# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 83 | UP-TO-DATE INFORMATION AS OF JANUARY 14, 2022



"If you are unvaccinated, you really do need to consider your risk right now and take measures to reduce your risk of contracting this virus because it can have dramatic effects on you. [...] And, you know, that is a preventable illness. It creates a lot of distress for our healthcare workers to be caring for young people and seeing them in so much distress when it can be prevented."

- 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](mailto: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 83

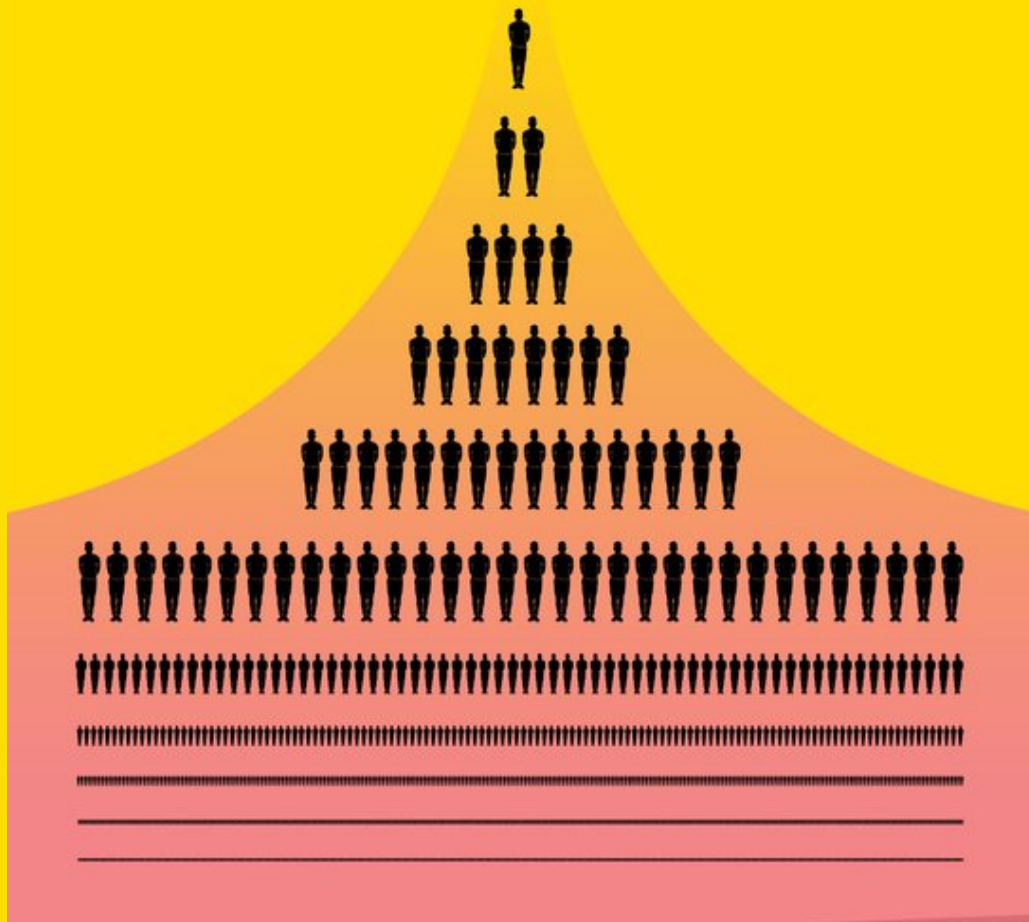
### UPDATES & INFORMATION

- 2 PHO Orders & Information
- 4 Omicron Variant Information
- 6 COVID-19 self risk assessment
- 7 Pediatric COVID-19 Vaccine
- 8 Boosters vs. 3rd Dose
- 9 BCCDC COVID-19 Surveillance
- 10 Northern Health Restrictions
- 11 Interior Health Testing Q&A
- 12 Do you need a COVID-19 test?
- 13 How to self-isolate after your COVID-19 test
- 14 Mask fitting
- 15 Influenza vaccine

### PROGRAMS & EVENTS

- 16 MNBC COVID-19 Elders Temporary Financial Support
- 17 New Year Smoking Cessation
- 18 Resilient Roots - Call for Submissions
- 19 Living Life to the Full Waitlists

# 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.



# Public health orders in effect Dec 23



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

Jan. 4 - Jan. 11, 2022

## OMICRON VARIANT

The Omicron variant accounts for around 80% of the cases in BC. We continue to see high rates of virus transmission across British Columbia, and this is anticipated to continue for the next few weeks.

**"If you are vaccinated, you have less risk of infection particularly after your booster. You're much more likely to have mild illness, to not need hospital care to not need ICU care, and to not die from this virus, and the risk that you're going to pass it onto others is dramatically reduced, compared to people who don't have that protection." - Dr. Bonnie Henry**

Read more on page 4.

## COVID-19 CASES

COVID-19 test positivity rates increased from 5.1% in early December 2021 to 31.1% this past week (see page 9). Hospitalizations are rising, which is expected after a surge in cases.

## COVID-19 SAFETY PLAN FOR BUSINESSES

OPHO order: Businesses should reinstate their COVID-19 safety plans.

## COVID-19 NEW TREATMENTS

BC is anticipating new anti-viral medications for treatment of COVID-19.

## PROPER MASK WEARING IMPORTANT

A good fitting mask with proper wear is crucial in keeping us safe. Refer to page 14 for properly fitting your mask.

## LONG-TERM CARE VISITORS

Long-term care facilities are restricted to essential visitors only. Once more rapid tests are available, BC will transition to one designated social visitor per resident in addition to essential visitors.

## COVID-19 RAPID TESTS

To date, B.C. has received 4,850,457 rapid tests and deployed over 2 million of these test to key strategic areas. An additional 821,000 tests are expected to arrive late this week or into next week. BC will provide updates as they receive supply from the federal government.

These tests focus on supporting **symptomatic staff** in acute care facilities and K-12 education sectors. As well as rural remote Indigenous communities (FNHA), long-term care facilities.

**Rapid tests are NOT used as a green light to socialize with others.**

**Not everybody needs a test, there is a limited supply and we need to save it for people with greatest need and risk. Please refer to page 12 to see if you need to get tested.**

## K-12 FULL RETURN

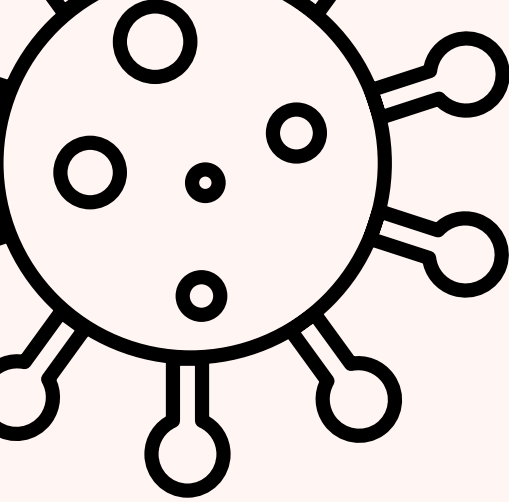
This week, our K-12 school communities had a full return with enhanced protocols.

Students and staff need to complete a daily health check every day before coming to school. Stay home if you have any symptoms. See link [here](#).

School attendance rates will now be the proxy to monitor cases in schools. If attendance drops below typical rates, then public health will be alerted.

Parents are encouraged to report rapid test results to public health and to ensure they contact the school if their child is staying home because of illness.





# Omicron Updates

Omicron has a shorter incubation period, so your symptoms will likely show about 3 days after exposure.

For those that are vaccinated, the illness is mostly mild and it tends to go away after 3 to 5 days.

The booster dose decreases Omicron infections by 50%, and gives 80-90% protection from hospitalization, severe illness, and death.

Studies from Europe show that vaccinated people are less likely to transmit Omicron to their household contacts.

People with two doses of the vaccine are less likely to transmit COVID-19 to others, and even less likely if you have the booster dose.

Make sure you wear a well-fitting mask especially when you are around others. Avoid high risk settings.

Those unvaccinated also don't receive the same protection through community immunity.



island health



First Nations Health Authority  
Health through wellness



# 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 <http://gov.bc.ca/getvaccinated> or phone 1.833.838.2323

**Thank you for doing your part!**



# COVID-19 SELF RISK ASSESSMENT



## Keep children safe at school

Be cautious if you work in a place where you have contact with a lot of people in the public you don't know. Consider these scenarios and make adjustments.

## Consider someone's age and health status

- Remember that people over 70 are at a higher risk of getting COVID-19, even with boosters.
- If you spend a lot of time with those who are older or with family members who are immune compromised or going through treatments like cancer treatments, you need to take additional precautions in other aspects of your life.



## Different types of connection

- Have social connections virtually or outside.
- Reach out to a friend or family members.
- Keep social groups small, especially in higher risk groups

## Kid's extra-curriculars activities

- Prioritize the essential aspects of school and perhaps limiting activities outside of school - so maybe one key activity rather than three or four.
- Stay in local sports areas, and default to less not more activities during this period.



# 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](#)



# COVID-19

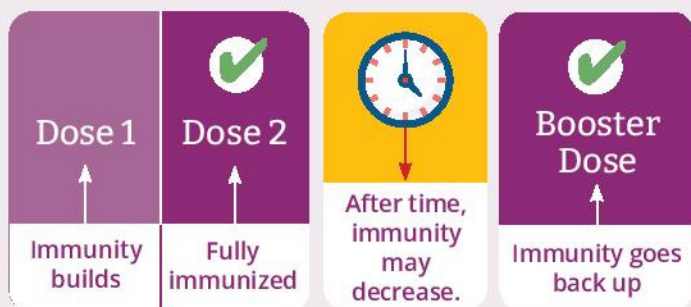
## Vaccine boosters & 3<sup>rd</sup> doses

While booster doses and 3<sup>rd</sup> doses for COVID-19 may seem similar, they actually have very different purposes.

### Booster dose

**A booster dose is given as immunity may decrease over time.**

A booster dose helps you maintain and lengthen your protection against COVID-19.



★ For people who received the Janssen vaccine, 1 dose is needed to be fully immunized.

### Who is a booster dose for?

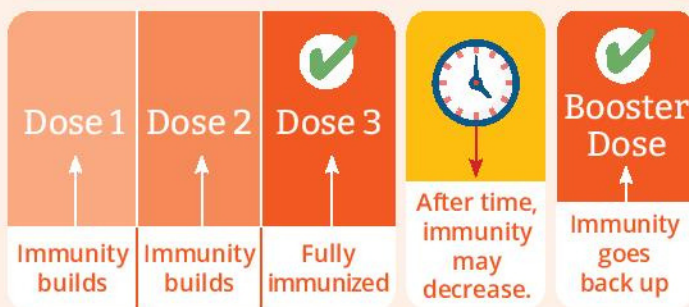
**Everyone 12 years of age and older** will be invited to get a booster dose of the COVID-19 vaccine, 6 to 8 months after their second dose, starting with people most at risk. Guidance has changed again so this can be removed now.

### Which vaccine for a booster dose?

- You will be given an mRNA vaccine, either **Moderna or Pfizer**.
- There is no need for your booster to be the same as your previous vaccines.
- Getting an mRNA booster is highly effective and safe even if you received AstraZeneca for your 1<sup>st</sup> or 2<sup>nd</sup> dose.

### 3<sup>rd</sup> dose

**Some people, like people with compromised immune systems, need 3 doses to achieve the level of protection that most people get with 2 doses.**



★ Even after a 3<sup>rd</sup> dose, a booster dose may be needed in the future if immunity decreases over time.

### Who is a 3<sup>rd</sup> dose for?

A 3<sup>rd</sup> dose is recommended for people with **moderate to severely compromised immune systems** such as those receiving dialysis or active cancer treatment. See the full list [here](#) speak to a medical care provider.



### Which vaccine for a 3<sup>rd</sup> dose?

- The **Moderna** vaccine is recommended for a 3<sup>rd</sup> doses as it helps develop a slightly stronger immune response in people with compromised immune systems.
- If Moderna is not available, the Pfizer vaccine also provides an effective increase in immune response.
- There is no need for your 3<sup>rd</sup> dose vaccine to be the same as your previous vaccines.

### What you need to know:

You will be notified when you are eligible for your booster or 3<sup>rd</sup> dose. Make sure you are registered in the **Get Vaccinated** system online or by calling **1-833-838-2323**.

Your invitation to get vaccinated will say whether you are getting a booster or 3<sup>rd</sup> dose.

- It is important to get all the recommended doses of the vaccine to keep your level of protection against COVID-19, especially severe disease.
- At this time, there is no requirement to take a booster or 3<sup>rd</sup> dose to be considered fully vaccinated for the vaccine card in B.C.

- Data are being monitored to figure out how long the protection from booster doses will last and whether more will be needed in the future.

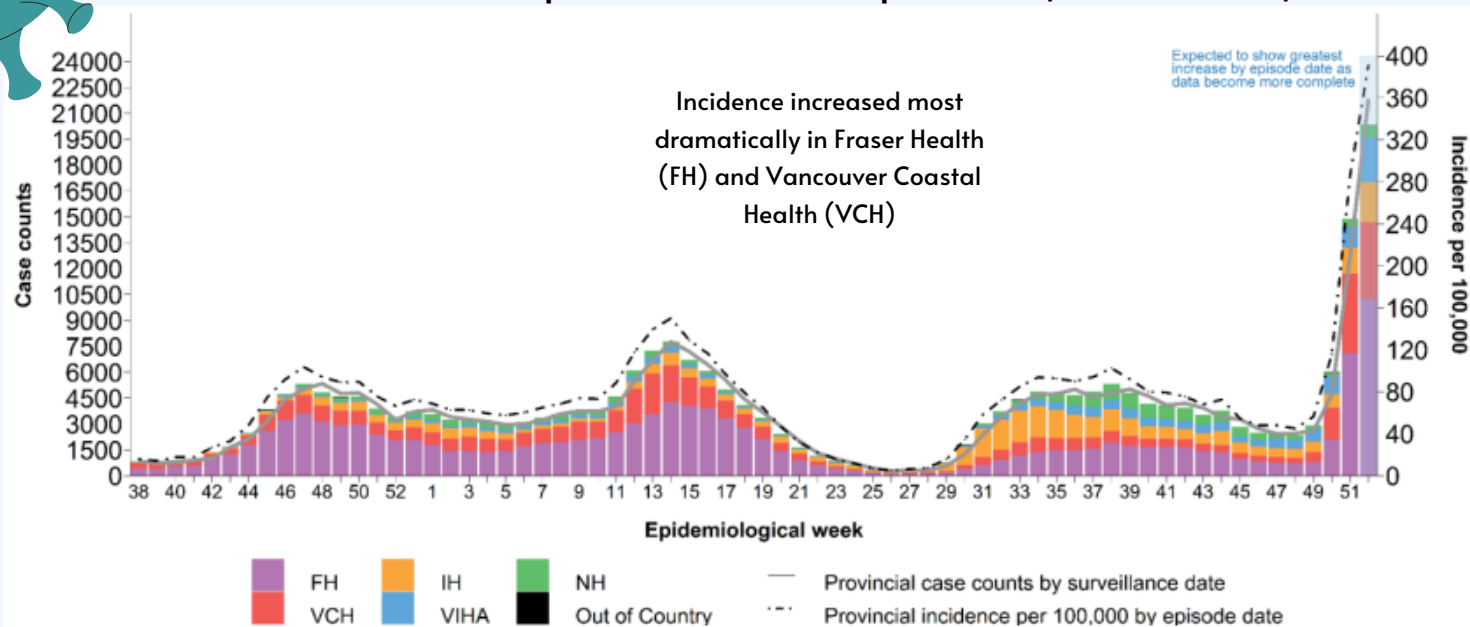
For more information visit the **BCCDC Vaccines page** or call **8-1-1**.

# BCCDC COVID-19 SURVEILLANCE

UP TO  
1 January 2022

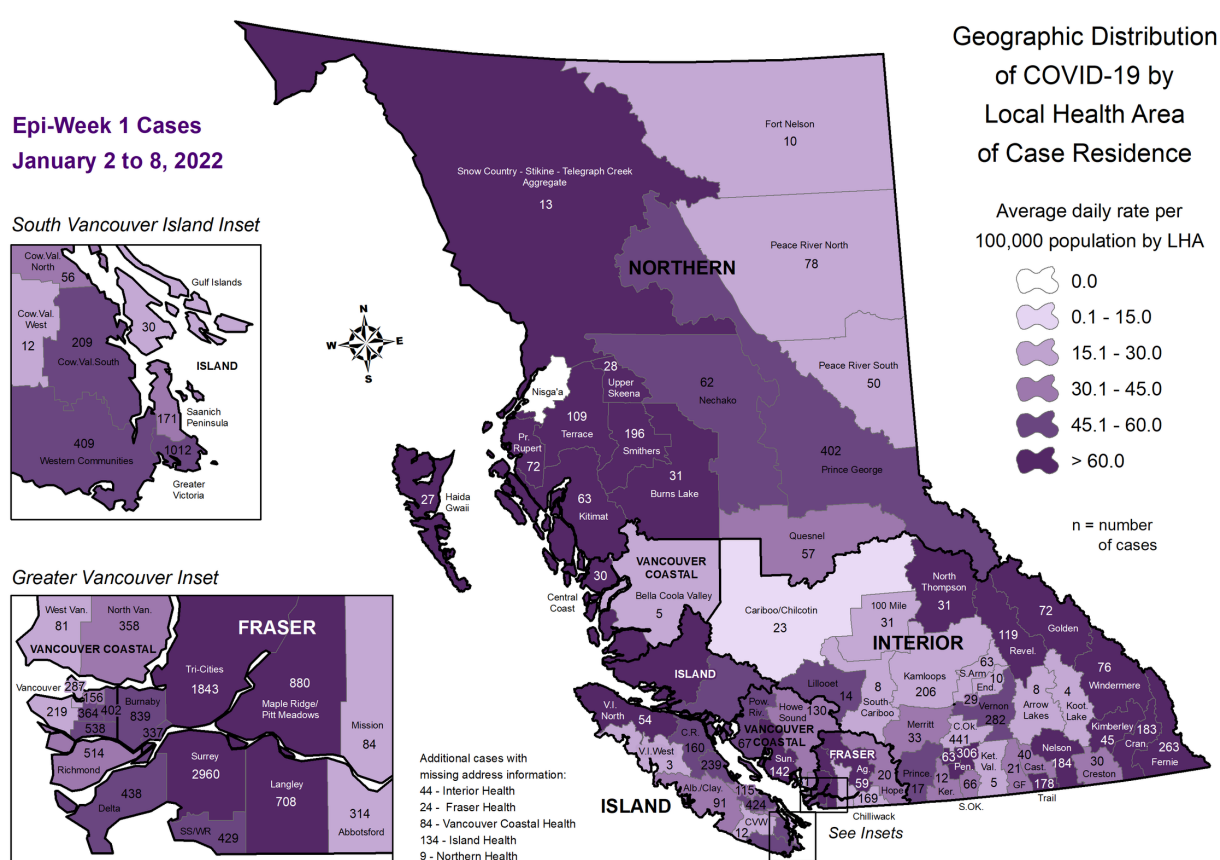
Provincial COVID-19 incidence continue to increase; hospitalization admissions are increasing while deaths are decreasing

COVID-19 case counts and epidemic curve from September 12, 2020 to Jan 01, 2022



Source: [BCCDC](#)

## COVID-19 cases for the most recent 7-day period (Sunday to Saturday)



**Regional Restrictions**  
Additional restrictions for Northern Health. See [here](#) for more information.

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



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, see [here](#)

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



## Can I get a **PCR** test?

**PCR testing is reserved** for people with higher risk of severe disease and people who live or work in high risk settings.

**Tests are by appointment only,** book at [www.interiorhealth.ca](http://www.interiorhealth.ca) or call 1-877-740-7747.

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

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

Interior Health systems are still strained. Testing is **ONLY** available to people who have symptoms of COVID-19 and is prioritized based on risk.

## Can I get a **Rapid Antigen** test?

**Tests are prioritized based on risk** and require a clinical assessment of your symptoms. Afterwards, you may be given a take-home test.

**Do not book an appointment for rapid antigen testing.**



# Do you need a COVID-19 test?

If you are fully vaccinated at lower risk and have mild symptoms you don't need a test. Stay home and stay away from others and manage your symptoms.



## SYMPTOMS

## WHAT TO DO

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

**1 or more of these symptoms:**

**Get tested and stay home.**

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

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.**

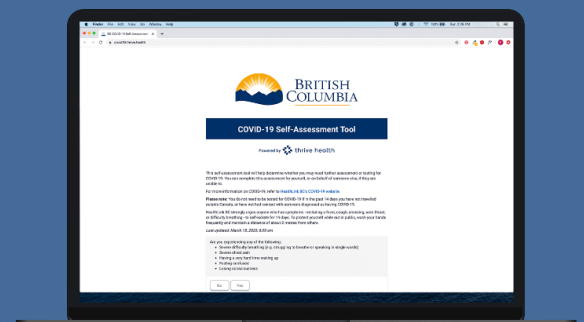
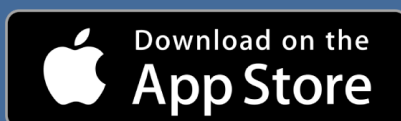
**Get tested if not better after 24 hours.**

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

# COVID-19

## How to self-isolate after your COVID-19 test or if your test result is positive



BC Centre for Disease Control  
Prevention • Health • Services Authority

### Stay home

- Do not go to work, school or other public places.
- Have family, friends or a delivery service bring food, medication and other supplies to you.
- Do not have visitors inside unless they are homecare providers.
- Avoid going outside of your home even while you wait for your test results.

### If you need to go out for medical reasons

- It is best to walk, ride a bike, or drive yourself
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
  - Everyone must wear a mask
  - Roll down all the windows
  - Everyone should clean their hands before and after the ride
- If you must take public transit:
  - Wear a mask
  - Clean your hands before and after the ride
  - Stay 2 meters away from others

### If you live with others

Let everyone at home know you are self-isolating.

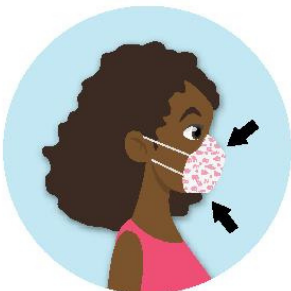
- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
  - Stay more than 2 meters apart as much as possible.
  - Everyone should wear a 3-layer mask that covers the nose and mouth and goes under the chin.
  - Open windows to increase airflow.
- Eat alone in the room where you are self-isolating. If you must eat in a shared space, eat by yourself.
- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
  - Put down the toilet seat before you flush.
  - Turn on the fan or open the window.
  - Clean handles and faucets after each use.
  - Avoid sharing personal items like toothbrushes and towels
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.

# COVID-19 mask use:

## How to make your mask fit properly

When layered with other recommended public health measures, a well-constructed, well-fitting and properly worn mask can help prevent you and others from being exposed to COVID-19. No matter which type of mask you are using, proper fit is a key factor in its effectiveness.

### How to make your mask fit properly



Make sure your mask completely covers your nose, mouth and chin.



Check for gaps between your face and your mask.

- Check the top, sides and bottom of your mask.



- Check the edges of your mask for air leaks and adjust if necessary.



Improve mask fit so it's snug and has no gaps.

- Adjust the ties, bands or ear loops.



- Adjust the nosepiece.

### Other ways to improve mask fit include:



Tie knots in the ear loops.



Tuck in the sides of the mask so that it lies flat against your face.



Use a mask fitter or brace to help provide a snug fit.



Layer a well-fitting non-medical cloth mask over a disposable mask to help push the edges of the disposable mask closer to your face.

- Make sure that you can still breathe easily when wearing 2 masks.



Consider keeping facial hair shaved or short if possible, as this allows the masks to fit more closely to your face.

### General principles for mask fit

A well-fitting mask should:

- be large enough to completely and comfortably cover the nose, mouth and chin without gaps
- not allow air to escape from edges
- fit securely to the head with ties, bands or ear loops
- be comfortable and not require frequent adjustments
- maintain its shape after washing and drying (for reusable non-medical masks only)

### Choosing a mask that fits properly

When choosing a mask, the fit is important. Keep in mind:

- the fit of the mask can vary depending on the size and features of your face
- masks with a flexible nosepiece may provide a better fit over the nose
- masks with ties or bands that go around the back of the head may provide a better fit
- if choosing an ear loop-style mask, use one with adjustable ear loops, or use the tips below to improve mask fit
- respirators are designed to fit snugly on the face, which may allow for a better fit than a medical mask
- a respirator worn in the community doesn't need to be formally fit tested

This advice is intended for the general public and is **not** intended for occupational health purposes, including health care settings. For more information, visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus).



# 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](#).**





# 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**

# 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.

**Sign up before end of January!**

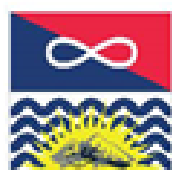
To enter or for more information, please contact Lloyd Main at [lmmain@mnbc.ca](mailto:lmmain@mnbc.ca) or call 1-250-241-4589

**ONE-ON-ONE  
COUNSELLING**

**WRITTEN  
RESOURCES**

**CARBON MONOXIDE  
MONITORS**

**FINANCIAL  
ASSISTANCE**



**MÉTIS NATION**  
BRITISH COLUMBIA



TOBACCO/VAPING CESSATION



Quitting addiction  
is a journey



# 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](mailto: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](mailto:jjones@mnbc.ca)

To learn more about the Living Life to the Full program, please visit: [livinglifetothefull.ca](http://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](mailto: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





**See previous issues [here](#)**

**Issue 82 Contents:**

**PHO Orders & Information**

**Holiday Safety**

**Omicron Variant Information**

**COVID-19 Videos**

**BCCDC COVID-19 Surveillance**

**Benefits of Vaccination**

**Get Vaccinated for COVID-19**

**Influenza Vaccine**

**Drug Safety for the Holidays**

**Signs of Overdose & Supports**

**BC Flooding Supports**

**BC Wildfire Supports**

**At Home Holiday Activities**





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*thank you*

TO ALL THE HEALTH CARE WORKERS AND  
K-12 STAFF AND PARTNERS