



Moving Forward Together

A message from the Interim Executive Director

In BC, the month of October marks the time for Foster Parent Appreciation. While we appreciate our caregivers in this Province year round, we don't always get the chance to tell them so. As a result, October has been set aside to ensure that we take the time to let our caregivers know how much we appreciate them for the work that they do for our children and youth.

This year, we held our Foster Parent Appreciation dinner at Skowkale Community Hall. The theme was a Luau and it was a beautiful blend of both the Polynesian and First Nations culture and traditions. It was a wonderful evening filled with rich cultural entertainment from our local youth performing Hoop Dances and the Ladies Fancy Shawl Dance, as well as a presentation from a Polynesian dance group. We were also very fortunate to have Arne Leon with us who shared some teachings with our caregivers and staff and entertained us with the beautiful melody from his Native American flute. FVACFSS would like to thank all our caregivers for their dedication for the work they do day in and day out.

Over the past several months, FVACFSS has also been committed to strengthening our relationships with our caregivers and with our community stakeholders. Planning meetings have been held with our caregivers and I have also had the opportunity to sit with several of our community members. The purpose of those meetings was also to talk about our working relationships and to determine ways to build upon them.



It was very evident to me that our communities and our caregivers are committed to working together in a collaborative way to build our partnerships in an effort to ensure better outcomes for our children and families.

I am very honoured to meet those that I met and look forward to meeting more people in the months to come as we move forward together toward our vision of ensuring that Families and communities are empowered to provide a nurturing environment to ensure that their children are healthy, safe and connected to their culture.

All my relations,
Samantha Langton
Samantha Langton

HAPPY FOSTER PARENTS MONTH!!

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World Suicide Prevention Day

Strengthening Protective Factors and Instilling Hope

World Suicide Prevention Day is observed on September 10th every year to provide worldwide commitment for communities to become involved and work together in preventing suicides.

This year, Sumas First Nation was the host location and in partnership with Aboriginal Child & Youth Mental Health, Sumas First Nation, Stó:lō Nation, and Fraser Health highlighted effective prevention activities and information on understanding suicide. The theme “Suicide Prevention across the Globe: Strengthening Protective Factors and Instilling Hope” showcased to communities and partners that by coming together we bring hope, support and you can reach out for help. Experiencing the devastating loss of a loved one to suicide through the eyes of a *mother* exposed the other aspects involved with suicides to participants. The mother’s story gave everyone a deeper understanding and empathy on the situation.

The event organizers hope that we “stand together” on this issue and educate it is okay to “talk” about suicide.

Did you know? The World Health Organization estimates that each year approximately one million people die from suicide. Suicide is the second leading cause of death among Canadian youth following motor vehicle collisions.



YOU'RE NOT ALONE!

Need to Talk? Call toll-free 1.877.820.7444

24 hours a day-free-confidential!

Fraser Health Crisis Line

Stó:lō Nation Health Services

Aboriginal Support & Crisis Intervention Response Team (ASCIRT)

For more information about ASCIRT contact Jenz Malloway, ASCIRT Coordinator, Stó:lō Nation Health, at 604-824-3224 or by e-mail at Jennifer.Malloway@stolonation.bc.ca

The National Aboriginal Youth Suicide Prevention Strategy (NAYSPS) was established to reduce risk factors and promote protective factors against suicide. The strategy is:

- Evidence-based and recognize traditional and cultural knowledge;
- Built on existing structures and processes; and
- Respect federal, provincial, and territorial mandates.

The Aboriginal Support & Crisis Intervention Response Team (ASCIRT), funded by NAYSPS, is part of the strategy with a focus on the risk of youth suicide. ASCIRT is composed of volunteers who are already part of Stó:lō communities. The team is community-driven and comprised of “community members” who would normally attend a community crisis.

[Training was provided by Stó:lō Health on October 11 and 12 and available for community members from Aitchelitz, Leq’á:mel, Matsqui, Popkum, Skawahlook, Skowkale, Shxwhà:y, Squiala, Sumas, Tzeachten, and Yakwekwioose].



Free of charge.....
Sessions to continue in
Jan 2013!

Parenting Group

Date [s]: November 7th, 14th, 21st and 28th, 2012
 Location: Kekinow Common Room, 45555 Knight Rd, Chilliwack, BC
 Time: 9:30 to 11:30 a.m.
 Facilitator: Flo Robertson & Loretta Peters

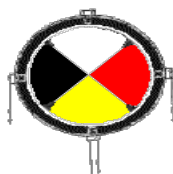
Please come join us and share free snacks & door prize

Look forward to group discussion and exercises about traditional family values, co-parenting, coping strategies, strength based self-care as it relates to the emotional, spiritual, intellectual and physical well-being



We commit to respecting your confidentiality....

To register contact: Elly Janik @ 604-858-0113 or by email at elly.janik@xyolhemeylh.bc.ca



POWER OF PARENTING

Mission Friendship Centre
33150A First Avenue
Mission, BC
Tuesday and Thursday at 11 a.m. to 1 p.m.

Twice a week parenting group. The group runs year round, allowing parents to build healthy supports, community, and connection, while at the same time developing their parenting skills and having a safe forum to ask questions.

For more information phone the Centre at 604-826-1281.

POW WOW DANCE GROUP

Nicomekl Elementary School
20050 - 53rd Avenue
Langley, BC
November 9, 2012 to January 23, 2013
Friday's at 3:30-4:45 p.m.

Pow Wow dancing for children ages 5 to 12. Parents and/or caregivers must stay during program. (Space is limited). For more information, contact Gary Robinson, Community Development Worker, at 604-532-3682.

WOMEN'S HEALTH EVENT

Leq'á:mel First Nation
43101 Leq'á:mel Way
Deroche, BC
Thursday, November 1, 2012 at 10 a.m. to 3 p.m.

A number of different information tables in our gym, some demonstrations in our kitchen on some healthy and quick recipes, some fitness demonstrations, and an opportunity to discover different ways to look after yourself. We invite all women to attend this event and to come out and gather information, socialize, get your hair or nails done as well. Lunch and refreshments are being provided and there will be door prizes.

MEN'S HEALTH EVENT

Leq'á:mel First Nation
43101 Leq'á:mel Way
Deroche, BC
Friday, November 2, 2012 at 10 a.m. to 3 p.m.

A number of information tables in our gym, some cooking demonstrations using our outdoor BBQ on some healthy and quick recipes, so quick food prep demos in the kitchen, fitness demonstrations, and an opportunity to discover different ways to look after yourself. We invite all men to attend this event and to come out and gather information, socialize, get your hair cut. Lunch and refreshments are being provided and there will be door prizes.

Both health events are supported by Stó:lō Nation Health Services, Fraser Health and Leq'á:mel First Nation. Open to all to attend.

WALK/RUN FOR SOBRIETY

Vedder Rotary Trail
Wednesday, November 21, 2012
at 11 a.m. to 3 p.m.

Join the walk/run for sobriety as an individual or come as a team. The walk will be happening from 12-1 so if you cannot attend the whole event join us during your lunch hour. Speaker to share her personal story with addictions. Brown bag lunch provided. For more information, contact Stephanie Villeneuve or Jenz Malloway, Stó:lō Nation Support Services team at 604-824-3200 or 1-877-411-3200.

FAMILY NIGHTS

Mission Friendship Centre
33150A First Avenue
Mission, BC
November 13, 2012 at 5-9 p.m.
Tuesday's (every two weeks)

Healthy forum for families to come and practice their parenting skills. The family nights have a multiplicity of activities, including cooking, arts/crafts, drumming and singing, discussions and booths pertaining to family health such as dental care etc. At these evenings, parents are doing all activities with their children at their sides, with parenting facilitator being present to help them work through and model the healthy parenting skills learned that week. This allows for both theoretical discussion and hands on learning; it also supports healthy, culturally appropriate, fun family interaction.

CIRCLE OF HEALING

FVACFSS Office
102-20621 Logan Avenue
Langley, BC
November 8, 2012 to January 3, 2013
Thursday's at 6-8 p.m.

Using traditional teachings to building healthy families the Healing Circles is a way of providing group support for people who are facing a variety of issues. For more information, contact Norma Commodore at 604-755-1200 or through e-mail at norma.commodore@xyolhemeylh.bc.ca.

TRADITIONAL KITCHEN

Aldergrove Youth Drop-in Centre
3089 - 272 Street
Aldergrove, BC
November 1, 2012 to January 10, 2013
Thursday's at 5-8 p.m.

Come and join us every Thursday in preparing and sharing a meal. Gain new information on food preparation, nutrition and meal planning. For more information and to register contact Norma Commodore, Toll Free: 1-877-870-5894 or stop by the drop in centre during the program.

WOMEN'S EMPOWERMENT GROUP

Head Start Building
#9, 7201 Vedder Road
Chilliwack, BC
From October 9 to December 18, 2012
Tuesday's at 5-7 p.m.

Sharing our teachings on self care, big drum, budgeting, rights of indigenous women, healing circles, etc. Free for ALL Aboriginal Women. Snacks and activities provided.

For more information contact Elly Janik, FVACFSS Prevention Supervisor at Bldg #1 - 7201 Vedder Rd, Chilliwack, by e-mail elly.janik@xyolhemeylh.bc.ca or phone 1-800-663-9393. Transportation & child minding available upon request.

CHEAM ROOTS & TIES

Cheam Band Hall
52170 Old Yale Road
Rosedale, BC
Sunday (Monthly) at noon

This monthly event is set up to engage face to face communication, share a meal and develop relationships between foster children, families, social workers and community. It is hosted on the third Sunday of every month. For more information, contact Joanne Hugh at 604-858-0113 or through e-mail at joanne.hugh@xyolhemeylh.bc.ca.

TOOL TIME

HD Stafford Middle School
20441 Grade Crescent
Langley, BC
November, 7, 2012 to January 23, 2013
Wednesday's at 1:30-2:30 p.m.

Youth learn tools for building healthier relationships, how to communicate, how to build trust, love and gain respect from others. For more information, contact Norma Commodore at 604-755-1200 or through at e-mail norma.commodore@xyolhemeylh.bc.ca.

The latest "events" are posted the calendar of our website. You can also find the newsletter, *plus much more*.

Click on www.fvacfss.ca today!



WOMEN'S CRAFT AND CULTURAL GROUP

FVACFSS Office
Suite 102, 20621 Logan Avenue
Langley, BC
Tuesday's at 10 a.m. to 12 p.m.

This is free gathering for women of all nations. For more information, contact Gary Robinson, Community Development Worker, at 604-532-3682.

LITTLE FEATHERS PLAYGROUND

Douglas Park Elementary School
Strong Start Room
5409—206 Street
Langley, BC
Wednesday's at 9:30 a.m. to 11:15 a.m.

Parents, Caregivers and children ages 0-6 can learn Aboriginal culture from our Kwantlen Elder through traditional teachings, drumming, songs, stories, circle time, snacks and more. For more information, contact Gary Robinson at 604-532-3684 or through e-mail at gary.robinson@xyolhemeylh.bc.ca.

THE EFFECTS OF TRAUMA ON CHILDREN

FVACFSS
2276 Clearbrook Road
Abbotsford, BC
Thursday, November 15, 2012 at 6:30-8 p.m.

An overview of what trauma is and discussion on the different types. Learn how trauma affects brains in youth and why stress and attachment have an impact. You will also be provided with a list of behaviours children and youth may demonstrate as a result of exposure to traumatic incidents

FVACFSS Caregivers can register by contacting Jennifer Littleboy at 1-800-663-6363 or e-mail jennifer.littleboy@xyolhemeylh.bc.ca.

FVACFSS COMMUNITY GREETER PROGRAM

Do you know of a Aboriginal family new to the area, new birth or a family that could just use a friendly visit?

Refer them to FVACFSS to have a Community Greeter pay them a visit. Call Gary Robinson, Community Development Worker at 604-532-3682 for more information.

Stó:lō Nation Health Services

Schedule Announcement: 2012 Influenza Immunization Clinics

“The influenza vaccine, or “flu shot,” is an inactivated (i.e., killed virus) vaccine containing three influenza viruses: one influenza A/H1N1 virus, one influenza A/H3N2 virus, and one influenza B virus. The vaccine components often change from year-to-year based on worldwide tracking for changes in the virus and predictions about which strains will circulate each season.”

- BC CDC Website: <http://www.bccdc.ca/imm-vac/VaccinesBC/FluVaccine.htm>

The flu vaccine is free to those who fit the following criteria:

- Aboriginal peoples (on and off reserve)
- People 65 and older and their caregivers
- Children and adults with chronic health conditions and their household contacts
- Health care workers
- Emergency responders
- Healthy children aged 6-23 months
- Household contacts and caregivers of children aged 0-23 months
- Pregnant women who will be in their 3rd trimester during the influenza season
- Residents of nursing homes and other chronic care facilities
- People who are very obese (those with a body mass index of 40 or greater)
- Corrections officers and inmates in provincial correctional institutions.
- Those who provide care or service in potential outbreak settings housing high risk persons (e.g. crew on ships)

With this year’s flu season approaching, Stó:lō Nation Health Services (SNHS) is planning a series of Influenza Immunization Clinics to be held all throughout the Stó:lō Territory. The schedule is as follows:

<i>Date</i>	<i>Time</i>	<i>Location</i>
October 25, 2012	1:00 – 5:30 pm	<i>Tzeachten First Nation (with Fraser Health)</i>
November 16, 2012	11:00 am – 1:00 pm	<i>Skawahlook First Nation</i>
November 14, 2012	5:00 – 8:00 pm	<i>Yakweawkwoose Longhouse</i>
November 19, 2012	2:00 – 5:00 pm	<i>Stó:lō Nation Health Services</i>
November 20, 2012	2:00 – 5:00 pm	<i>Sumas First Nation</i>
November 21, 2012	2:00 – 5:00 pm	<i>Leq’a:mel First Nation (Community House - Unit 10 on Holachten Road)</i>
November 22, 2012	2:00 – 5:00 pm	<i>Matsqui First Nation</i>
November 23, 2012	2:00 – 5:00 pm	<i>Stó:lō Nation Health Services</i>
November 30, 2012	2:00 – 5:00 pm	<i>Stó:lō Nation Health Services</i>
December 3, 2012	2:00 – 5:00 pm	<i>Skway Village</i>

For more information, please contact Stó:lō Nation Health Services at 604-824-3200 or toll free at 1-877-411-3200.



Stó:lō Nation Health Services
Bld 7-7201 Vedder Road, Chilliwack BC
604-824-3200 • 1-877-411-3200
<http://www.stolonation.bc.ca/>

welcome new volunteers!

The Fraser Valley Aboriginal Children and Family Services Society is delighted to welcome our newest volunteers to the Aunts and Uncle Aboriginal Youth Mentorship Program! The Langley Program welcomes; Tabitha Job, Tia Hazelton and Keenan Lambright and the Abbotsford Program welcomes; Shiona Nickle and Simon Walker.



If you are interested in becoming a Mentor, please contact:

Gary Robinson, Community Development Worker, Langley Program at (604) 532-3684 or e-mail gary.robinson@xyolhemeylh.bc.ca or

Annie Silver, Community Development Worker, Abbotsford or Chilliwack Programs at phone (604) 755-1200 or e-mail annie.silver@xyolhemeylh.bc.ca

Shxw'ow'hamel Back to School

A "Back to School" welcoming with a BBQ, face painting, free hair-cuts, three legged races, relay race, Frisbee contest, school supplies, gift package and more. Now that's a good way to begin a new school year!

Joanne Hugh, ROOTS Worker, Angie Bailey, Executive Assistant and two youth volunteers joined Shxw'ow'hamel on September 3rd for their Back to School BBQ with community members.

Joanne shared the story of the jumping mouse, a Sioux Legend, which explains how the eagle got a white head.



The mouse goes on a journey, encounters many obstacles and finds support and loyalty and trust along the way in frog, white buffalo, wolf and then eagle....The moral of the story is:

To be as great as the eagle you must have a vision and keep going towards it even when obstacles get in the way.

To be as great and revered as the eagle you must be generous and giving always.


This was a great opportunity to get together as a community for fun, food and activities. We wish everyone all the best in their learning this coming year! Ey Si:yam.


Did you know? The **Canoe** is one of the few traditional Aboriginal objects still in use today in its original form. For centuries First Nations across Canada have built canoes of many different styles, sizes and shapes. Traditional canoe builders were highly talented craftsmen who took great pride in their work and in passing down their skill and knowledge from generation to generation.

Made from materials found in the environment in which they lived, First Nations built canoes for different tasks and for different bodies of water. Some used small canoes to fish and travel calm lakes and rivers, while others carved large war and hunting canoes to navigate the ocean carrying dozens of warriors or hunters. Each canoe is a reflection of the environment in which it was built and used. *(Information provided by the Government of Canada www.aadnc-aandc.gc.ca)*




More Resources

 Operating four regional crisis lines and two **1-800-SUICIDE** lines which are connected to a network of crisis lines across BC.

 **YouthInBC.com** - Online service where BC youth can connect live, one-on-one with a crisis chat volunteer, obtain e-mail support from professional staff, locate timely and accurate information on different issues, and connect to referral services in their own community

 **www.suicideprevention.ca**

 **www.honouringlife.ca** - The Honouring Life Network is a project of the National Aboriginal Health Organization. The website offers culturally relevant information and resources on suicide prevention to help Aboriginal people deal with a problem that has reached crisis proportions in some First Nations, Inuit, and Métis communities.

 **www.riveroflifeprogram.ca** - River of Life provides on-line training about Aboriginal youth suicide

Websites focus on the issue of bullying:

YouthInBC.com - with a live chat function

Imaginenobullying.ca - launched by the Red Cross

Bullying.org - with a separate site for cyber bullying

NOTE: None of these sites are a substitute for medical or professional help. Always speak to someone you trust as soon as you can.

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

Xyolhemeylh is produced four times a year.

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Address #1-7201 Vedder Rd, Chilliwack, BC

Web: www.fvacfss.ca



If you think a child is being abused or neglected, you have the legal duty to report your concern.

Call toll-free at **1-800-663-9393**.

If it is after hours or you are not sure who to call, phone the Helpline for Children at 310-1234. The Helpline call is free. You do not need an area code and you do not have to give your name.

If the child is in immediate danger, call 9-1-1 or your local police.

