



www.seabirdisland.ca

Mid-January 2017



STAFF AWARDS: Honouring years of service.
See more photos on pg. 3

Mind, Exercise, Nutrition...Do It!

Starting January 18, the District of Kent Community Recreation and Cultural Center is offering a FREE program called MEND - Mind, Exercise, Nutrition, Do it!

MEND is a fun, FREE 10-week program for families with 7-13 year olds. The program supports families to live a healthy lifestyle. Groups of up to 15-children, accompanied by at least one parent or caregiver meet with program leaders twice a week for 10-weeks. The first hour is an interactive family session on nutrition and behaviour topics. Followed by one hour of fun exercise for the children, while parents and caregivers meet for support and discussion on topics such as goals and rewards, label reading and problem solving.

The program will take place Mondays and Wednesdays from 5:30 - 7:30 p.m.

There is no cost to take part and siblings are able to attend. Participating families receive a free pass to a program at the Agassiz Community Recreation and Cultural Center on successful completion of MEND.

For more information or to register, call 604-796-8891 or email menddok@gmail.com.

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Road Safety Warning:

Due to unsafe weather conditions, Community Members are asked to stay off Pipehom Road if they are able to. Please take Seabird Island Road instead.

Chief Hali Road (the shortcut road) from the Gas Bar to the cemetery is also unsafe due to extreme weather. Community Members are encourage to take a different route.

Education Conference correction

Winner of the two tablets drawn in December were Bradley Chapman (*as indicated in the January Yoo Hoo as Bradley Cooper*) and Hunter Kay Silver. Congratulations to the winners!



Update of Christmas events

We are happy to announce that Janell Peters was our Hamper Drive winner. Janell's family enjoyed the large hamper they received for winning. We would like to thank Fortis BC for donating some of the items in the hamper.

Seabird Island Band would like to thank the community for the generous donations received through the Fire Department's annual Food Hamper Drive as well as thank the Fire Department for supporting our community hampers.

We would like to acknowledge and thank the following sponsors for the hamper donations:

Seabird Island Band Staff, Seabird Band Members, Tamihi Lodging, Fortis BC, Stqó:ya Construction, Agassiz Produce, Loblaw's, Seabird Island Chief and Council.

Through their support, we were able to provide 346 food hampers this year.

Band Members have until January 20 to pick up their gift cards from the Events team.

Chief and Council Meeting

January 21
 8 a.m. - 4 p.m.

Chief and Council Continuation Meeting

January 26

Awards honour Sister Therese and others for years of service



Seabird Island said goodbye and wished Sister Therese a happy retirement on December 14. Sister Therese had been part of the community for well over two decades at the Immaculate Conception Church.

Her retirement celebration took place alongside the Band's annual Staff Service Awards Ceremony which honours staff who have worked at Seabird Island for 5, 10, 15, 25, and 30+ years.

This year, nine staff were honoured. Leslie Brown, Cheryl Klotz, Linda McNeil-Bobb, Erna Paul, Valerie Thomson and Barbara White celebrated 5 years. Angela McNeil and Fallon McNeil celebrated 15 years and Yvonne Duncan celebrated 25 years.



Employment, Training and Social Development

Employment & Training Workshops

We will be hosting ongoing workshops every Tuesday and Wednesday.

THE FOLLOWING WORKSHOPS ARE HELD AT THE COLLEGE IN ROOM 15

L Test Workshops: Every Wednesday from 1 - 4 p.m.

- 1st Wednesday: Chapters 1, 2 & 3
- 2nd Wednesday: Chapters 4, 5 & 6
- 3rd Wednesday: Chapters 7, 8 & 9
- 4th Wednesday: Open study/support

Training Application & Funding Request: 1st Tuesday from 9 a.m. - 4 p.m.

THE FOLLOWING WORKSHOPS ARE HELD AT THE BAND OFFICE UPSTAIRS BOARDROOM FROM 9 A.M. - 4 P.M.

Resume & Cover Letter: 2nd Tuesday

Basic Job Search Skills: 3rd Tuesday

Interview Skills: 4th Tuesday

If you have questions or would like to register, contact Pearl at the Employment Office or call 604-796-6865. Drop-ins welcomed.

Labour Pool Timesheets

Rena will be taking a few minutes with each labour pool employee to review how to properly fill out and complete timesheets. She will be reviewing this during timesheet submission.

Action Plans

Employment action plans are due before the 20th of each month. Appointments can be made with Andrea or Whyles prior to Income Assistance day to avoid waiting in line.

College students are also reminded to bring in their monthly student attendance.

Dates to Remember

Labour Pool Timesheets Due: January 20 and February 3 .

FENTANYL

CAN BE DEADLY WHEN CUT WITH THE DRUGS YOU'RE TAKING

KNOW YOUR SOURCE? BE DRUG SMART

COMMUNITY INFORMATION SESSION

For Youth, Parents, Elders & Community Members

Thursday, January 19 from 5:00 – 6:30 p.m.
Seabird Island Band Office Gymnasium

This is in partnership with the Riverstone Program
Daytox & Home/Mobile Detox Program

Come and learn about the dangers of Fentanyl and also about the Naloxone Kits that help save lives.

For more information contact
Lolly Andrew at 604-796-2177.

You're invited to our

Men's Group

Tuesdays until Feb. 28

5:30 - 7:00 p.m.

Wellness Centre Upstairs

Come out and join our Men's Group where we discuss a variety of topics, including: cultural teachings, traditional roles, medicine wheel and healthy lifestyles.

Facilitated by: Willie Charlie

For more information contact
Lolly Andrew at 604-796-2177



SEABIRD ISLAND BAND

Quarterly Band Meeting

AGENDA

DATE: Wednesday, January 18, 2017

LOCATION: Main Board Room

- 1:00 p.m. – 1:05 p.m. Welcome – Chief Clem Seymour
- 1:05 p.m. – 1:30 p.m. Prayer & Refreshments (light meal)
- 1:30 p.m. – 1:35 p.m. Meeting Etiquette, Agenda
- 1:35 p.m. – 1:50 p.m. Election Code
- 1:50 p.m. – 2:00 p.m. Governance
- 2:00 p.m. – 2:15 p.m. Policy Matrix
- 2:15 p.m. – 2:30 p.m. Answers to Questions from Nov.19/16
- 2:30 p.m. – 2:40 p.m. Education Committee Appointment
Seat Election
- 2:40 p.m. – 3:15 p.m. Portfolio Update
- 3:15 p.m. – 3:45 p.m. General Q & A
- 3:45 p.m. – 3:55 pm. Closing Remarks
- 3:55 p.m. – 4:00 p.m. Door Prizes

*note: handouts will be made available for various projects/programs.



Child-minding care is available.

PLEASE NOTE:

ONLY BAND MEMBERS CAN PARTICIPATE IN DISCUSSIONS REGARDING BAND BUSINESS AND ONLY BAND MEMBERS ARE ELIGIBLE TO RECEIVE DOOR PRIZES.



HEARING CLINIC

**STARTING TUESDAY, JANUARY 24
FROM 9 A.M. - 4 P.M.**

All hearing services are at no charge.

Has your family suggested you should have your hearing checked?

Are you concerned about your hearing and need a free hearing test?

Are you in need of a new hearing aid?

Do you need a free hearing aid cleaning service?

Do you need batteries?

Do you need a hearing aid adjustment or a hearing aid repair?

Call 604-792-8481 today for your service or test appointment at the Seabird Health Centre

Miracle-Ear provides services through WorkSafe BC, First Nations Health Authority, Veteran Affairs and provides service to all makes of hearing aids.

Hearing Clinic dates:

March 21 | May 23 | July 18
September 19 | November 21

Sqeqotel- Circle of Families Fundraiser- Flea Market



January 21st, 2017



Seabird Island Band Gymnasium

DOORS OPEN FROM 8:30 TILL 3:30 PM

50/50 Raffle will be onsite/ Concession onsite
No outside Raffles will be permitted

Tables are \$10.00 for one and x2 for \$15.00

Vendors must be set-up by 8:30am and must prepay in advance to secure your spot. No refunds will be given if you fail to show up for your location.

Please contact the following people to help book your table:

Jennifer Bobb @ 604-796-0964 (anytime during day from 8-4) or
Angie Chapman after 5 pm at 604-793-5403.

Tables that are booked include the following:

Tupperware, Smoked Salmon, Beading, Baked Goods & Pies,
Native North West Products, Jewelry, Gently used Clothing, Knitting, Toys,
Used Kitchen Appliances, Bannock, Bread, and much more!

Etransfer is Available:

karen.mcneil@stolotribalcouncil.ca, Jennichell07@gmail.com, dorothyeters649@hotmail.com,
ntsetswek@hotmail.ca, kristimcneil20@gmail.com, imdakota887@gmail.com, sunshine26708@yahoo.com,
gannamackinnon@telus.net, Lorraineeters1921@gmail.com, jfraser87@gmail.com, Mzzpocahontas@gmail.com,
chelseypeters56@gmail.com, Myraseymour@outlook.com, swayel17@gmail.com,
Kchapman009@gmail.com

Thanks for your support!



Diabetes Management Session & Lab Day

Thursday, January 26
8 a.m. Lab & Breakfast
9 a.m. Workshop & Lunch

For more information contact Val Thomson at 604-796-6829



Community Members are invited to a
Pancake Breakfast at the
Wellness Centre

Every Wednesday from 9 - 11 a.m.



Community Members are invited to
6-session's for creation
of a small crochet blanket.

Facilitated by Tilly Charlie

Every Thursday from Jan. 12 - Feb. 16
from 1 - 3 p.m.

Take care to protect your pets from cold winter weather

Although many come with their own fur coats, your pets still need your help to keep them safe from winter's chilly temperatures.

“Cold weather conditions can pose a serious risk to your pet,” says Lorie Chortyk, general manager of community relations for the BC SPCA. “Extra caution should be taken to ensure that your pet stays warm, safe and healthy this winter.”

The BC SPCA is vehemently opposed to keeping dogs permanently outdoors, but it acknowledges that some pet guardians still house their dogs in this manner. In these cases, the dog must have shelter that protects him from cold, wind and dampness that is appropriate to his weight and coat. To accomplish this, the shelter should be elevated, insulated, ventilated and regularly cleaned.

Cold weather safety tips:

- Make sure you thoroughly clean the pads of your pet's paws after they've walked on sidewalks or roads to remove any coarse salt that can cause irritation. For your own sidewalk, choose a pet-friendly, non-corrosive de-icing compound readily available through retail outlets;
- When winterizing your camping gear, ensure your pets are not hiding inside, as some equipment can exert intense pressure when being expanded or dismantled;
- Use pet-safe propylene-based antifreeze instead of ethylene glycol antifreeze, which is toxic to pets and wildlife. A mere tablespoon of ethylene glycol antifreeze can kill a cat or small dog;
- “Think and Thump” before starting your car. Cats and wildlife gravitate to warm engines during cold weather. Banging on the hood before getting into your car can avoid a tragic ending for an animal seeking refuge from the cold;

The SPCA strongly urges pet guardians to keep all animals indoors during cold weather, but if you must keep domestic outside, ensure they have access to shelter that is off the ground, provides protection from wind, cold and dampness and is properly insulated. Regular checks to ensure drinking water has not frozen over are also a must.

“When the temperature drops outside, we need to take extra care with our pets,” says Chortyk. “Ideally, we should keep our pets indoors with us where they are warm and safe and where we can enjoy their companionship throughout the winter.”

<http://www.sPCA.bc.ca/news-and-events/media-room/press-releases/news-cold-weather-safety.html>



Seabird Recreation

Seabird's 1st Outdoor Winter RACE
January 28th 2017

Event	StandardTime	Name	Ages	Gift Cards 1 st
1 mile	10:00 a.m.		7-12	\$25
1 mile	10:00 a.m.		13-17	\$50
1 mile	10:00 a.m.		18-49	\$50
1 mile	10:00 a.m.		50+	\$50
100 m	10:45 a.m.		7-12	\$25
100 m	10:50 a.m.		13-17	\$50
100 m	11:00 a.m.		18-49	\$50
100 m	11:10 a.m.		50+	\$50

All amounts are in the form of gift cards from Sport Chek
These races will be done on the Track Outdoors
 Will be postponed, if below 0 degrees Celsius or if winds are above 10km an hour.

PRACTICES: WEDNESDAYS & FRIDAYS
JANUARY 4 - 25 4 - 4:30 P.M. & 6 - 6:30 P.M.
LOCATION: FITNESS CENTER

Indoors: on the day of the Race
1 - 50 meter race for under 7 year olds. Prizes

For details contact Tania:
Phone: 604 796-6836
or email: taniacarter@seabirdisland.ca

To enter any of the races or to receive any award: all runners must have some training and attend a least 2 practices. For training, we will be doing home visits for Elders and visiting the youth center and other programs.

Event	StandardTime	Ages	Prizes 1 st , 2 nd
Walk or Run			
Most Kilometers	Jan. 1 - 25	0-17	\$50, \$2
Most Kilometers	Jan. 1 - 25	18-49	\$50, \$2
Most Kilometers	Jan. 1- 25	50+	\$50, \$2

Location: Track, Seabird Island Roads or Treadmills
 Weekdays: 6 - 8 p.m. and
 Wednesdays & Fridays: 2 - 5 p.m and 6-8pm
 Monitored by: Tania Carter or a designate

Day of the Race

Location: Seabird Island Band Office Gymnasium
 Doors open at: 9:00 a.m.
 Warm-up begins at: 9:30 a.m.
 Designated warm-up area for runners
 Tables and chairs for resting and community
 Juice, water & herb teas and snacks

Rules:

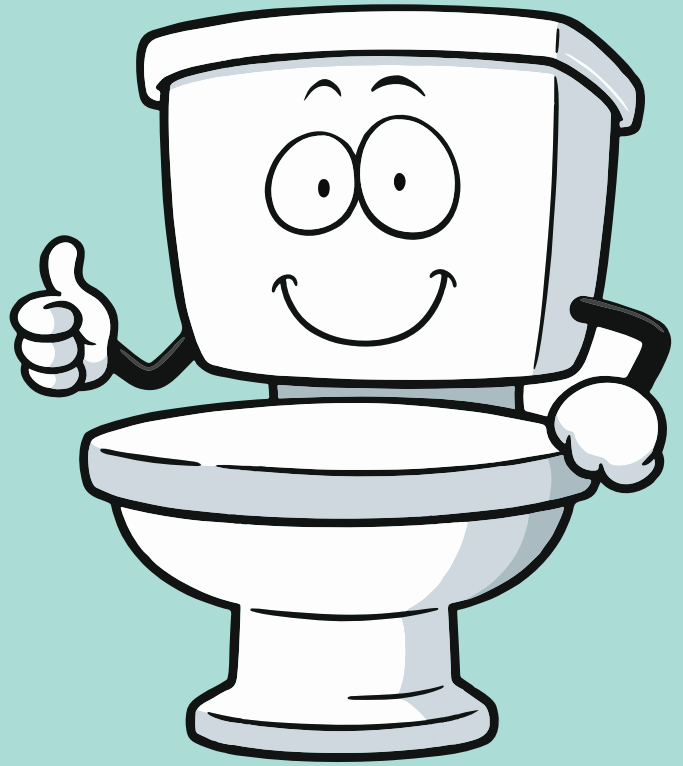
1. Registration: at side door of Gym. Age and name.
2. 15 minute warm up and 10-minute light stretch before races
3. Parental supervision required **for children** under 15 years of age

Awards for all events: 11:45 a.m.
Lunch: 12 p.m. Turkey Soup, Salad & desert (buffet style)

It's a Toilet, Not a Trash Can!

**Never flush the following items (or put them down the garbage disposal or drain).
Toss them in the trash instead.**

- Baby/Facial/Cleaning Wipes
- Tampons
- Sanitary Napkins
- Medication
- Hair
- Dental Floss
- Cotton Swabs/Balls
- Bandages
- Rags and Towels
- Rubber Items (like latex gloves)
- Fat, Cooking Oil, Grease
- Clothing Labels
- Candy/Food Wrappers
- Syringes
- Cigarette Butts
- Disposable Toilet Brushes
- Kitty Litter
- Aquarium Gravel
- Plastic Items
- Diapers
- Fruit Stickers
- Paper Towels



Optometry Clinic

Dr. Ahmed will be returning to Seabird Island on

March 20 - 22

April 10 - 12

June 5 - 6

**Would you like to book an appointment?
Contact Maggie Pettis at 604-796-2177**

JOB POSTINGS

Case Manager

Job ID: JP-2016-090

Closing Date: 7 Jan 2017

Under the direction of the Health and Social Development Director, the Case Manager will operate efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management and within the specifications and regulations of the Community Care Facility Act.

The primary goal of the Case Manager is to support residents with a caring and supported environment in which to address addictions and substance use. Through a variety of programs, the Case Manager will ensure that residents can access health, healing and other services and programs, through programming in the home and through broader community services, to address the underlying causes of addiction and substance use, and to make choices that are life sustaining and positive.

Peer House Leader

Job ID: JP-2016-091

Closing Date: 6 Jan 2017

Under the direction of the Health and Social Development Director, the Peer House Leader will operate the A:yelexw Stabilization and Transitional Living Residence (STLR) efficiently in accordance with the philosophies, policies, and objectives established by Seabird Island Band Management and within the specifications and regulations of the Community Care Facility Act.

The Peer House Leader will ensure that the A:yelexw STLR is run like a family home, with chores, 'family' meetings and goal setting. S/he will also ensure that all residents are provided with a caring and learning environment, equipped to access health, healing and other services and programs through programming in the home and through broader community services, to address the underlying causes of addiction and substance use, and to make choices that are life sustaining and positive.

Residential Support Worker

Job ID: JP-2016-092

The role of the Residential Support Worker is to support residents struggling with substance use issues possible to facilitate personal growth and relationship building, as well as other duties associated with the recovery home such as cooking, cleaning, charting, participating in group sessions, driving and shopping.

**View more detailed information
about these and other
opportunities, or to apply for
current opportunities:**

<https://seabirdisland.startdate.ca>

*Please ensure you have received
confirmation for your online
submission. If you have not received
confirmation please contact
humanresources@seabirdisland.ca.*

*Job postings are also available at the
Band Office and the Employment,
Training and Social Development
Office.*

Pursuant to the Aboriginal Employment Preference Program, preference may be given to applicants of Aboriginal Ancestry. Interested candidates are invited to submit a cover letter, resume and three references.

We regret that we will only respond to those applicants chosen for an interview.

We thank all applicants for their interest.

Advertising for Seabird Departments and Programs are provided through the Seabird Organization Departments.

ALL OTHER ORGANIZATIONS ARE SUBJECT TO A PRE-PAID ADVERTISEMENT FEE.

PRINT AD RATES

300+ hard copy production
800+ e-mail production
average 1,300 reads on Seabird website.

Advertisement rates (per issue):

Front Page Color: limited availability		
1/4 pg banner (8x2.5)		\$40.00
2.5x 3		\$25.00
	Full Color:	Greyscale:
8x10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
3.8x5	\$32.50	\$17.50
2.5x 3	\$20.00	\$12.50

Classified Advertisements .40c per word
\$4.00 Minimum

DIGITAL DISPLAY AD RATES

Per week Rates	15sec	30 sec	60 sec
Full Screen	\$20.00	\$40.00	\$50.00
Banner	\$10.00	\$20.00	\$30.00

Digital advertisements will play
no less than 5 times / day

PACKAGES

Starter	Premium	Starter
1/4 page colour 30 second Banner	1/2 page colour 30 second Banner	Full page colour 30 second Banner
\$60.00	\$100.00	\$140.00

DISCOUNTS AND FEES:

Only one discount may be applied /order.

Band Member	-35%
Non-Profit	-10%
3 month term	-25%
6 month term	-35%
Design & Layout (additional)	\$40/hr
Flyer Insert (furnished)	\$20.00
Returned Cheque	\$35.00
Late Fee	+3%

Fees are not for profit and they help us produce this newsletter.

DEADLINES

Submissions and Advertisements are due 7 business days prior to delivery

DELIVERY

The 15th (or closest business day) and the last business day of each month.

OFFICE HOURS

Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 604-796-2177

Have an ad or story idea?

E-mail: comm@seabirdisland.ca

Graphic Design / Layout / Formatting
Sandra Bobb 604-796-6838

E-mail: sandrabobb@seabirdisland.ca

Website: www.seabirdisland.ca

Editing Committee: Sandra Bobb,

Phaine Wegener, Kristy Johnson,

Lori Burns, Zorana Edwards-Shippentower,

Rose Nijkamp and Teresa Harper.

AGREEMENT/LEGAL

It is agreed by any display or classified advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for the portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for any slight changes in typographical errors that do not lessen the value of an advertisement.

Editorials are chosen and written by Seabird staff, they are the expressed opinion of the staff, and do not necessarily reflect the views of the Seabird Island Band.

Letters to the Editor submissions must be under 300 words. Please include your name, phone number, band number and signature (not for publication), as well as the date and year submitted.

We reserve the right to revise, edit, for length and clarity as well as to classify or reject any advertisement / story submissions.

'Round The Rez

Community Events, Workshops & Outings

OPTOMETRIST CLINIC

March 20 - 22

Recommended annual check-ups for children under the age of 19 and every 2 years for ages 19-64.

Elders 65 & up can be seen annually.

Have a medical condition such as diabetes, or taking high risk medicines? You can also be seen annually.

Contact Maggie Pettis 604-796-2177.

DENTAL CLINIC

HOURS

Mon. to Thurs.: 8:30 a.m. – 5:30 p.m.

Walk-in Tues.: 1:00 – 5:30 p.m.

Fri.: Closed

Accepting new STATUS PATIENTS

WALK-IN PAIN CLINICS *

Every Tues. afternoon from 1:00 - 5:00 p.m.
First come, first serve.

Please come to Dental to register your name and note your dental problem.

* Patients will be screened and the most urgent problems will be seen to first.

BUILDING BOOKING AND MEETING ROOMS

► **Gymnasium and boardrooms** located within the Band Office. All requests must be submitted using a rental form.

Contact Angie Chapman 604-796-2177.

► **Millennium Hall.**

Contact Sandra Haukland 604-796-2177.

FIELD LIGHT BOOKINGS:

Contact Angie Chapman 604-796-2177 to book the field lights for your sports team.

\$2.⁵⁰ for Band Members and

\$8.⁵⁰ for Non-Band Members.

VOLUNTEERS REQUIRED

Contact Angie Chapman 604-796-2177 if you would like to help during events with set-up, clean-up, cooking, decorating and child minding.

HAVE YOU HAD A LOVED ONE PASS AWAY?

We can help you send a copy of the death certificate to the First Nations Health Authority.

Contact Maggie Pettis 604-796-2177.

AMBULANCE BILLS

Please submit ambulance bills as soon as you receive them. If the bill is more than 1 year old, ambulance costs will no longer be covered under the Non-Insured Health Benefits (NIHB). Anyone with a Status Number can have the ambulance paid for by Health Canada as long as it's not an ICBC claim.

Ambulance bills – We can only help those with a status number, everyone else has to pay for their own unless it's an ICBC claim.

Unfortunately ambulance bills will not be covered if you have been incarcerated (in jail cell).

Please take note that the Ambulance Billing in Victoria know when you have been incarcerated just by the address provided on the billing.

Please do not bring those in because we are unable to assist, as they will be denied and it will be the client's responsibility to pay.

Contact Maggie Pettis 604-796-2177.

MEDICAL CARDS

We can assist people with requesting their medical cards, if they are lost or stolen and need a replacement.

*Each client is responsible for paying for their medical cards! If they've been lost or stolen more than 2 times the cost is \$20.00 for each new card.

Sorry we don't help people get their BC ID.

Contact Maggie Pettis 604-796-2177.

BABIES ID CARDS

Apply for medical for babies as soon as possible. Contact Maggie Pettis 604-796-2177.

Apply for Status Cards for babies as soon as possible. Contact Carol Hope 604-796-2177.

SUNDAY MASS

Mass takes place at the Seabird Church 11 a.m. - 12 p.m. every second Sunday.

ALCOHOLICS ANONYMOUS MEETING

Every Tuesday night at 7 p.m. at the Seabird Island Community Hall.

Website for AA in BC: www.bcyukonaa.org

EMERGENCY / SECURITY:

Emergency	911
Seabird Security	604-991-8635
Griffin Security	604-798-9311

SIFD FIRE PRACTICE

Tuesdays 7:00 - 9:00 p.m.

GARBAGE SCHEDULE

COMPOST, RECYCLE and GARBAGE:
Every Monday, unless Monday is a statutory holiday, then pick up will take place on the Tuesday immediately following the holiday.

MAJOR GARBAGE: 1st Wednesday of each month, by request.

If you need a Bin dropped off for your major cleaning please submit your request in writing.

Contact Ashley Bobb 604-796-6844, or e-mail: ashleybobb@seabirdisland.ca.

PRINTING SERVICES

The Communications Office is available to provide Band and Community Members with:

- Printing Services
- Copy Services
- Status Card Photos
- Laminating
- Advertising

There is a small fee for these services, please contact us for more information 604-796-2177 or 604-796-6838.

*** Band Member Funeral Pamphlets:**

- As per Seabird Funeral Policy:
- 1st 100 color, 1st 150 grey-scale and 1st hours of design time is free.
- Additional or Non-Band Members; inquire for fees.

We are located upstairs in the Band Office.

NOTICE

NO SOLICITING PEDDLING DISTRIBUTION OF PAMPHLETS

All offenders will be reported and prosecuted to the full extent of the law.

By order of Chief and Council

Chief and Council assert there is to be no solicitation of any sort. Visitors need permission from Chief and Council to solicit door to door.

If you get a questionable person knocking on your door you do not need to let them in. You have the right to close the door and contact the RCMP. There is an open file at the RCMP.

Community safety is a Chief and Council priority. Please contact us if you have any concerns.

QWI:QWELSTÓM DAY TREATMENT PROGRAM

WHEN

Jan 17-Feb 23, 2017
Tuesdays & Thursdays
10am - 2pm

WHERE

Stó:lō Service Agency
10 -7201 Vedder Road, Chilliwack

**SOME SESSIONS INCLUDED: All My Relations • Our Spiritual
Journey • The 12 Stone Steps • Addiction Cycle • Process of
Change • Guilt • Anger Management • Grief & Loss**

WWW.STOLONATION.BC.CA

**FOR AGES
18 & OVER**

**PROGRAM
OFFERS**

**A safe environment
within a group
setting**

ORIENTATION

**Sign Up for the
Registration**

REGISTRATION

**Contact Darcy Paul
or Darren Charlie
to sign up at:
(604) 824-3200**

