



the SEABIRD ISLAND

Sq'ewqel

YOO HOO

Because news isn't all bad or boring!

www.seabirdisland.ca

Mid-March 2017



*SICS celebrates Anti-Bullying day:
Check out some of their art projects on pg. 7.*

Spring Break

March 24 - 31



INSIDE

Burning Notice.....pg.2
 Chief and Council Candidates.....pg.3
 Youth Conference.....pg.4
 Home Visit Safety.....pg.6
 Seabird Internet Looks to Expand.... pg.7
 SICS Anti-Bulling Art.....pg.8
 Job Postings.....pg.9/10
 Classifieds.....pg.10
 NITEP.....pg.11

Pancake Breakfast



Community Members are invited to a Pancake Breakfast at the College Room #4

See Tilly Charlie for more information.



HEARING CLINIC

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

9 a.m. - 4 p.m.

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

SICS Pro-D Day
Friday, March 24.

ADMINISTRATION

Burning on Pipehom from March 8 - April 30

Sqéwqel Development Corporation has found Eastern Filbert Blight Virus on some of our crop trees, so we need to cut and burn the wild hazelnut trees that are infected in the community.

Farm staff will be burning wild hazelnut trees in the old hazelnut crop located along Pipehom Rd. from March 8 to April 30, 2017. For safety concerns, we ask that you be aware of where your children are playing. The burning will be monitored by staff at all times.

Thank you, Management of Sqéwqel Development Corporation.

BAND GENERAL ELECTION FOR CHIEF AND COUNCIL

APRIL 19



Grade 7 - 12 Student Allowances

2nd student allowance payment
Mar. 15, 2017 (for Dec. - Feb.)

3rd student allowance payment
Jun. 30, 2017 (for March - June)

Student Allowances are as follows:

Grade 7-10 \$9/month = \$90/school yr

Grade 11 -12 \$19/month = \$190/school yr

Student allowances will be direct deposited for students with bank accounts. Student allowances are based on monthly attendance.

Student must not miss more than 4 school days per month to be eligible for allowance.

Post-Secondary Application Deadlines

Are you a registered Band Member interested in post-secondary studies to obtain a Certificate, Diploma or Degree? Deadlines for completed applications are:

Apr. 1 For Sept. (Fall)

Oct 1. For Jan. (Winter/Spring depending on institution)

Jan 1. For May. (Spring/Summer depending on institution)

Funding dependent upon available budget. For more information, contact Cindy Kelly 604-796-2177, she is located at Seabird College.

Garbage pick-up reminder

We would like to thank all of our tenants who are keeping their garbage areas clean and also remind everyone that the garbage pick-up limit is 2-bags per household.

Please contact Housing to submit a request for more than 2-bags.

Confirmed list of Chief and Council candidates

Candidates for Chief:

1. CAMPBELL, Jason Garry Gray
2. SEYMOUR, Clement Eugene

Candidates for Council:

1. ANDREW, Paul Thomas
2. HUNT, Shalon Ryan McNeil
3. JOE, Ronald Archie (Zack)
4. KAY (PETERS), Linda Joan
5. LOUIS, Rena Louise
6. MCNEIL, Stacy Lynn
7. MCNEIL-BOBB, Robert William Mark-Roy
8. MUSSELL, Francis Alexander
9. PARSEY (Harris), Janice Rose
10. PETERS, Angi Marie
11. PETERS, Marcia Christine
12. PETERS, Rodney Curtis
13. PETERS, Sheldon Charles-Joseph
14. PETTIS, Jessica Lorraine Catherine
15. ROPER (BOBB) Alexis Grace
16. SEYMOUR, Myra Clementine

The General Band Election will be held on April 19, 2017 at the Band Office.

For more information, please contact Leona Sam, Electoral Officer at 604-791-3671
or email leonasam@outlook.com.

Youth Conference planned for later this month

“From March 24 - 26 we are holding our very own Youth Conference,” said Tara-Lyn Linton, Youth Worker.

The event will feature a range of speakers and include cultural activities and of course, lots of fun. The Youth Conference will be for Youth ages 13-18, younger Youth can participate if parents chaperone them.

“There is no cost but Youth are asked to bring their own bedding and prepare for it being a bit chilly!”

Registration forms are available from Tara-Lyn Linton, Jonny Williams, or Angie Chapman and should be handed in as soon as possible. Parents are welcome and asked to drop their Youth off.

Contact: Tara-Lynn at 604-796-6524, Jonny at 604-796-4832 or Angie at 604-819-1944. For more information, call or drop by the Youth trailer!



Francis Williams (center) teaching the Youth about drums.

Youth also participated by drumming and singing with Francis as part of our Youth Resiliency nights.

It was a great experience for all the youth!



Rifle Shooting, which began in December, came to a close this month with Youth participating in our last session. Rifle Shooting was part of the Youth Fitness program.



Youth took part in our February outing to the Escape Rooms in Abbotsford. We had 45 minutes to get out of a puzzle room as part of our group! After the Escape Room, Youth were taken for dinner. There were 25 Youth that came and everyone enjoyed the trip.

Expecting a home visit from staff? Keep their safety in mind



“To ensure all staff are safe, this is a friendly reminder to refrain from smoking 1 hour prior to in home visits, keep dogs leashed up in yards and properly dispose of sharp objects such as needles in ‘sharps’ containers,” says Heather Mack, Manager of Human Resources and Chair of the Occupational Health and Safety Committee for Seabird Island.

“The Occupational Health and Safety Committee at Seabird Island Band is working hard on ensuring staff are safe when carrying out the duties of their jobs,” she explained.

This is especially true for our maintenance workers.

When hazards, such as sharp objects (broken glass, needles, etc.) have been identified in garbage bags, smoking, or unleashed dogs in yards when service or delivery is occurring, staff are required to report the incident to their manager and avoid putting themselves at risk.

“This could potentially result in missed delivery or garbage pick-up at the residence,” warns Heather.

Incidents involving any work-related injury to staff result in costs to Seabird in Worksafe BC claims.

Please help to ensure staff are safe at your residence so that they can continue to provide services to your residence.

For more information about disposing needles safely, please contact Health and Social Development at 604-796-2177.

Employment, Training and Social Development

UBC Dairy Education and Research Centre in Agassiz NOW hiring!

All current students who will be returning to post-secondary studies in the Fall are welcome to apply for a summer position with the UBC Dairy Education and Research Centre in Agassiz.

This includes graduating high school students who are planning to attend post-secondary school in the Fall. Individuals who are interested in this opportunity should submit their application as soon as possible. All applications must be submitted online through the Federal Student Work Experience Program (FSWEP) website which can be found at <https://emploisfp-psjobs.cfp-psc.gc.ca/srs-sre/page01.htm?poster=1&lang=en>.

Come speak with an Employment Counsellor at the Employment Office for assistance. We can help get your application to the front of the line!

Employment & Training Workshops

We will be hosting ongoing workshops in the Upstairs Boardroom.

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

- 1st Wednesday Chapters 1, 2 and 3
- 2nd Wednesday Chapters 4, 5 and 6
- 3rd Wednesday Chapters 7, 8 and 9
- 4th Wednesday Open Study and Support

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

Resume & Cover Letter: 2nd Tuesday 9 a.m. - 4 p.m.

Basic Job Search Skills: 3rd Tuesday 9 a.m. - 4 p.m.

Interview Skills: 4th Tuesday 1 - 4 p.m.

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

College Students

In need of obtaining tuition funding for a college program? There may be funding available, we can help! Come by our office or call 604-796-6865 to make an appointment to see Andrea or Whyles. Drop-ins welcomed! We can help with funding applications, which must be submitted 4 weeks prior to program start dates. Please allow adequate time.

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 your monthly student attendance.

Dates to Remember

Labour Pool Timesheets Due: March 17 and 31.



Seabird College
www.seabirdcollege.ca

Register now
 for September



Seabird College has several new programs starting soon:

- Heavy Equipment Operator Preparatory (Apr. 2017)
- Speech & Language Assistant
- Dogwood & Adult Dogwood (continuous intake)
- Education Assistant
- NITEP Indigenous Teacher Education Program
- Hairstylist & Aesthetics Introduction
- Women in Trades as well as Bridging to Trades

All programs are pending student enrolment.

Register today!

Ph: 604-796-6839

Fax: 604-796-1124

admissions@seabirdcollege.ca

www.seabirdcollege.ca

Seabird Internet looks to expand service area

“Planning process is in progress to expand Seabird Internet Cable Services to the remaining areas of the community,” explained Hans Wegener, IT Enterprise Program Manager.

The first phase of the project brought internet up Chowat Rd to Wahleach Rd and across to Strawberry Island. The Band is seeking funding to finish the second phase of the project which will cover Pipehom Rd to Seabird Island Road (including Chaplin Rd), to just before Strawberry Island. Ya:la Dr, Peters Rd and Wahleach Rd are also being targeted.

Areas services by large internet providers already cannot be targeted due to funding requirements.

“We are not able to include Sthitsem Dr at this roll out due to other internet cable options being available from both TELUS and Shaw.”

More information will be available in May, provided Seabird has been successful in receiving funding.

**X Elections Canada
 Voter Registration**

Location: Band Office

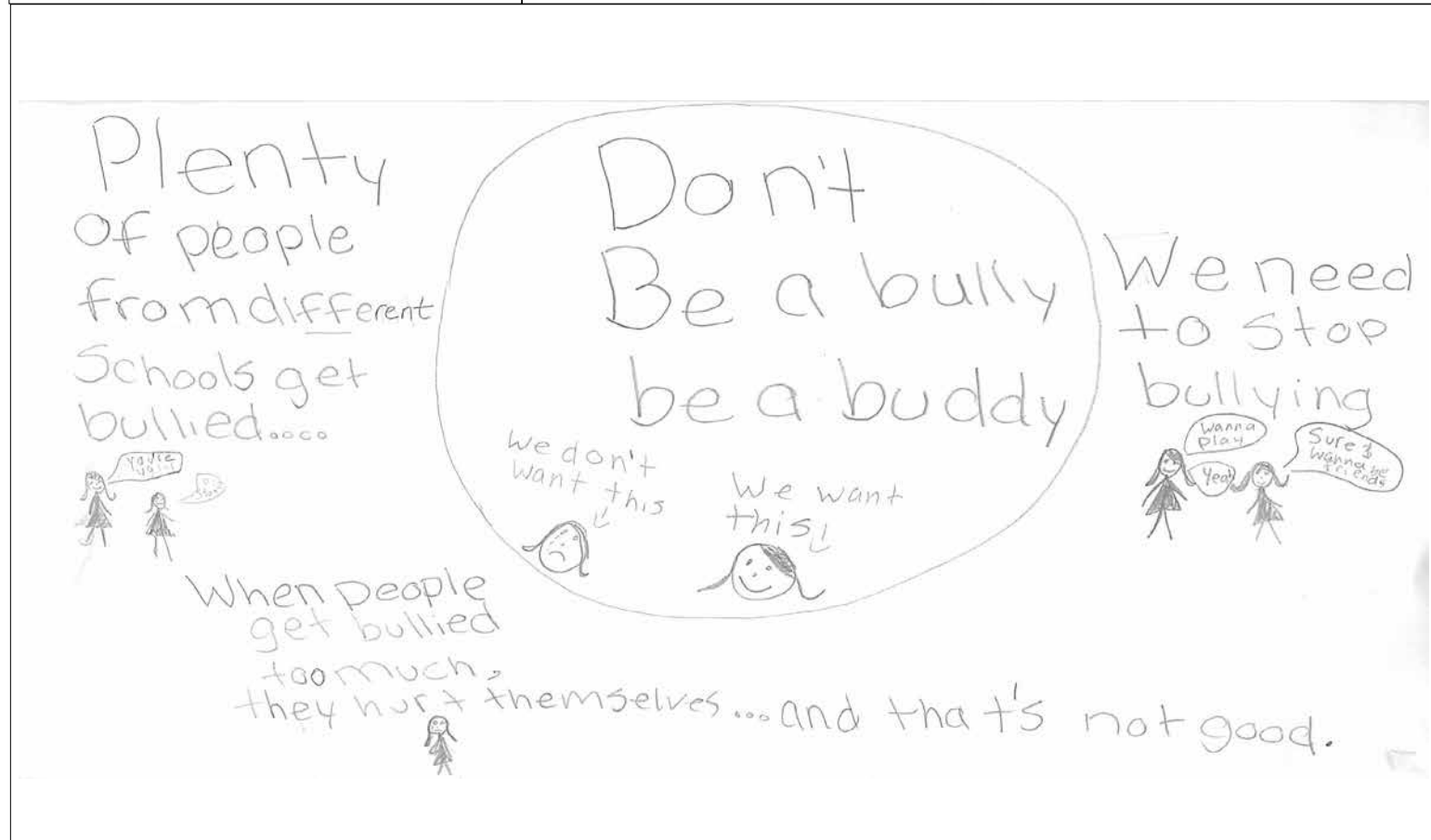
**Friday, March 17
 from 10 a.m. to 2 p.m.**

Elections Canada will be on hand to help people register to vote in the upcoming provincial election on May 9.



VOTE

Seabird Island Community School celebrates Anti-Bullying day with art projects



JOB POSTINGS

Education Assistant

Job ID: **JP-2017-006**

Under the supervision of school administration, the Education Assistant will work with students individually or in small groups to deliver activities that reinforce and advance the educational program and make the educational experiences of children more rewarding. Education Assistant's will assist teachers in student assessment and evaluation through observation, recording and data collection. At Seabird Island Community School, Education Assistants are valued members of the school community and they make a significant contribution to the work of the school and toward the education of all students.

Senior Director

Job ID: **JP-2016-086**

The Senior Director will report to the Chief Administrative Officer (CAO). Primary responsibilities will include assisting the CAO with planning, organizing, coordinating, maintaining, leading and directing the overall operations and activities of Seabird Island.

The Senior Director will have superior negotiation and resolution skills, will coordinate and develop relationships with agencies, Boards/Committees, government affiliates, etc. to further Seabird Island's strategic goals.

S/he will be well versed in the overall management of the organization's operations, including: finance, personnel and strategic planning and will act for the CAO in their absence.

Residential Support Worker - Night Shifts

Job ID: **JP-2016-092**

The role of the Residential Support Worker is to support residents struggling with substance use issues 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.

Early Childhood Educator

Job ID: **JP-2016-060**

Under the direction of the Early Childhood Program Manager, the Early Childhood Educator will provide hands-on child care to children in Early Childhood Education programs on an on-call basis, in accordance with all child care licensing requirements and the philosophies, policies, and objectives established by Management. Possible programs include the Out of School Care, Seabird Island Daycare etc.

Career Development Practitioner

Job ID: **JP-2017-015** | Closing Date: **17 Mar 2017**

The Career Development Practitioner (CDP) is responsible for the facilitation of one to one employment support and counselling with First Nations clientele. They also provide employment readiness workshops and advocacy for clients who reside both on and off reserve within the upper Fraser Valley. Clients will range from 19-24 years of age. The CDP will provide education, information and assistance to clients on all aspects of employment, education, training, and life career planning. The CDP will take a hands on approach to assisting their clients in finding employment including building relationships with potential employers for current and future clients. This is a term position with funding through March 31, 2018.

Executive Assistant to Director

Job ID: **JP-2017-007**

Under the direction of the Director of Education, the Executive Assistant shall provide administrative and executive secretarial duties in Education Department. This position assists with all matters of an immediate, administrative and task oriented nature and may include managing:

- Day-to-day office operations
- Filing and record keeping
- Scheduling appointments and managing the office calendar
- Putting together and editing correspondence, reports, and presentations
- Taking care of travel and guest arrangements

Employment Program Supervisor

Job ID: **JP-2017-017** | Closing Date: **17 Mar 2017**

Under the direction of the Health and Social Development Director, the Employment Program Supervisor will operate efficiently in accordance with the philosophies, policies, and objectives established by Management. Programs (with their sub-programs) under the care and supervision of the ESDM include:

- Income Assistance (Basic Needs, Shelter, Special Needs, Child out of Parental Home)
- Social Development (including the Traditional Food Bank)
- Employment Services (including the Labour Pool)
- Enhanced Service Delivery
- Seabird Island Driving School

Admin Assistant – Employment Centre

Job ID: JP-2017-016 | Closing Date: 17 Mar 2017

The Employment and Social Development Centre is providing an opportunity for an Employment Centre Assistant. Responsibilities will include answering phones, booking appointments for clients, file management, organizing and maintaining the traditional food bank and other clerical duties. This position will also require the successful applicant to be able to provide exceptional client and customer service; courteous, friendly, and professional assistance to clients from a broad demographic. Work term is till March 2018.

Speech and Language Assistant

Job ID: JP-2016-087

The Speech and Language Assistant will work directly under licensed speech pathologists, aiding them in their daily responsibilities include providing a range of clinical services that focus on promoting communication, language and speech and that contribute to a client/patient's overall cognitive, physical, social and emotional well-being.

Family Counselor

Job ID: JP-2017-008

The Family Counselor is responsible for providing counseling to families, youth, and children regarding addictions and family issues. Counseling will be provided in a culturally sensitive manner on a one-to-one basis, families, in groups, circles and couple's counseling. The counselor must be able to work from a trauma informed perspective.

The Family Counselor will offer services to Bands which Seabird Island provides Health Services to and will involve travel to the communities. The Family Counselor will educate the community through workshops to address issues identified.

The Family Counselor will facilitate daytime and evening education workshops. The Family Counselor will make referrals for clients to residential treatment centers as required, and help facilitate at the Recovery Home.

Lands Administrative Assistant

Job ID: JP-2017-014 | Closing Date: 17 Mar 2017

Under the direction of the Lands Manager, the Lands Administrative Assistant processes all Seabird Island Registration instruments pertaining to Lands.

S/he assists the Lands Manager in managing and developing land laws, operational policies and procedures, land use plans, land surveys and informing band members in liaising with INAC about wills and estates.

Applying for jobs – information you need to know

When was the last time you updated your resume before applying for a job?

A resume isn't just a list of job titles and how long you've worked at various jobs, it's a record of all your skills, achievements, academics, capabilities and progress. Your resume contains information about what you've learned and the skills you've developed.

Always update your resume when you have:

- Changed jobs/positions
- Acquired new skills/certifications
- Completed a course/project/program
- Gained experience in your area of work

Applying with an updated resume will increase your chances of getting called for the interview and possibly getting the job/position you've always wanted!

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
2.5x3 \$25.00

	Full Color:	Greyscale:
8x10	\$135.00	\$37.50
8x5 or 10x4	\$65.00	\$25.00
3.8x5	\$32.50	\$17.50
2.5x3	\$20.00	\$12.50

Classified Advertisements .40¢ per word
\$4.00 Minimum

DIGITAL DISPLAY AD RATES

Per week Rates	15sec	30sec	60sec
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

OPTOMETRY 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 Haukeland 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. on the 1st and 3rd Sunday of each month.

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. 2 garbage bages per household per week.

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 1 hour 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.



Indigenous Teacher Education Program

NITEP

NITEP Fraser Valley Field Centre Now Open!

Bachelor of Education Program

Application Period opens October 2016!

NITEP is a teacher education program that integrates Aboriginal traditions and cultures into post-secondary education. This program is offered in partnership with Seabird College.

Admission Requirements for BC High School students:

- **Grade 12** English 12 or English 12 First Peoples; 3 additional approved Grade 12 courses
- **Grade 11** English 11 or English 11 First Peoples; Principles of Mathematics 11, Pre-Calculus 11, or Foundations of Mathematics 12; Civic Studies 11 or Social Studies 11; An approved Science 11; An approved Language 11

A minimum final grade of 70% in either English 11 or English 12 (or equivalent), including provincial examination, is required

Pursue a fulfilling career as an Indigenous educator!

Learn how education and culture can be interwoven in an educational setting.

Have a question? Contact us to learn more about this program today!

1. **What credentials will I get?** Upon successful completion you will receive a Bachelor of Education Degree from the University of British Columbia.
2. **Where will this program be offered?** The first 2-3 years will be offered at Seabird College in Agassiz, BC.
3. **How long is the program?** NITEP is a five-year program but can be completed in 4 years as the final year is condensed into 12-months.
4. **How do I apply?** Drop in to Seabird College to speak to an advisor or NITEP Coordinator

Call 604.796.6839 or email admissions@seabirdcollege.ca
Call 1.604.822.5240 or email nitep.educ@ubc.ca



nitep.educ.ubc.ca

Autoimmune Disorder Conference

eg: Arthritis, Diabetes, Lupus, Bowel Disorders, Multiple Sclerosis, Thyroid Disorders etc.

Seabird Island

April 6, 2017

10:00 AM – 8:00 PM

- *There are as many as 80 types of autoimmune disorders*
- *Symptoms usually fluctuate between flare ups and remissions*
- *Treatment is focused on living well within your illness as cures are not yet known*

Morning Workshops to choose from:

- Nutrition/Cooking
- Thai Chi
- Yoga
- Arthritis Society
- Pharmacy – Pain Management
- Irritable Bowel Syndrome
- Traditional Medicines
- Occupational Therapy / Physical Therapy

Lunch Break

Pow Wow Fit

Key Note Speakers:

- Allen Huang – Arthritis Society
- Heather McDonald – PhD RN – Stress, Genes and Autoimmune

Dinner Break

- Traditional Dancers
- Miss Molly's Comedy Cabaret

**REGISTER
AT THE
BAND
OFFICE**

