



SQ'ÉWQEL (SEABIRD ISLAND BAND)

Resilience and Prevention Program

WOMEN EMPOWERMENT DROP IN GROUP

Starting February 6, 2026

Every Friday
1:00 PM - 3:00 PM
Seabird Band Office
Community Health Room

Have Questions?

Contact: **Wendy**

Phone: **604-793-8926**





SQ'ÉWQEL (SEABIRD ISLAND BAND)

Resilience and Prevention Program

“ROOTED IN RESPECT AND COURAGE, LED BY CULTURE AND GUIDED BY OUR ANCESTORS”

The Path to healing, safety, and supports.



Holistic and Responsive Crisis Support

That addresses sexual violence, immediate support needs and long-term intergenerational healing.



Culturally Safe and Confidential Support

That focus on connection and access to culturally safe wrap around support services and resources.



Resilience and Prevention of Dignity

That upholds the sacredness of the body, mind and spirit through culturally grounded healing and ceremony, and connection to support.



Community Circle of Care

Lead engagement with community, survivors and families to bring awareness, provide education, and support collective healing.



Survivorship Sovereignty & Informed Choice

That builds relationships with service providers and communities to form connections wrapped in culture that fosters consistent, safe supports - allowing for “Two-Eyed Seeing”

