



**Sk̓wx̓wú7mesh Úxwumixw**

Squamish Nation

## Message to Community – Additional Cultural Supports Available

Date: September 19, 2023

ha7lh skwáyel ta newyáp (good day to you all),

As the Yúusnewas Project continues, the Nation has been sharing frequent video updates to keep community members informed about the latest phase of work. You can watch these videos on [Facebook](#), [the website](#), and [YouTube](#).

Wellness and healing journeys are an important part of this work and look different to each person. We are here to walk alongside you in a way that works for you. A variety of supports, including traditional land-based practices, are available to all community members.

We are pleased to share that additional cultural supports are being added over the next few months, including brushing off, candle blessing, and cedar brushing. Please watch [this video](#) or visit [the website](#) for more information.

If you have any questions, please reach out to Mackenzie and Hannah directly or email the Project Team at [yuusnewas@squamish.net](mailto:yuusnewas@squamish.net).

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wa chexw yuusténaʔmut. Take care of yourself.

chet wanáxwstúmi (respectfully),

Council Spokespersons

Syexwáliya, Ann Whonnock and Sxwíxwtn, Wilson Williams