

Tem welh̓s (February) - time of frogs



Syétsem tl'a Sxexelhnát

News of the Week

Monday, February 2, 2026



table of content

Medetomidine Warning	2
Yúusnewás Town Hall	3
Community Gathering 'we will heal ourselves'	4
Grief and Loss Healing Circle.....	5
Drop-in Immunization Clinic.....	6
Hiyáám Housing Listening Circle	7
CJMC Spring Break Camp	8
Stitsma Career Centre Upcoming Programs.....	9
Parent and Caregiver Sharing Circle	10
Sexual Health Clinic.....	11
Call For Artists – Stars Fundraiser Gala	12
NEXWNIŴÉYALH Youth Mentorship Program	13
Environmental Youth Alliance Workshop Series	14
Job Postings.....	15
Puzzle Page	16
Income Assistance Notice and Form for March 2026	17-18

Medetomidine is now common in BC's unregulated opioid supply



Medetomidine is a sedative usually found in opioids (down).

If you use unregulated opioids, you might be using medetomidine and not know it. Overdoses in BC are increasing and medetomidine is most likely the cause.

What happens when you take medetomidine

Medetomidine can cause **harmful effects** and **make an overdose worse** by:

- lowering the heart rate
- causing prolonged sedation (not waking up for a long time)
- changing blood pressure

You can get **serious withdrawal symptoms**:

- severe vomiting
- a racing heart rate
- chest pain
- severe headache
- confusion

Use harm reduction practices to reduce risk



Test your drugs



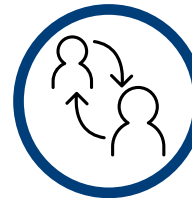
Check drug alerts



Have naloxone and know how to use it



Use with someone you trust



Take turns using so you can help each other



Start low, go slow

- If you want help using less or stopping, help is available. Ask your doctor about opioid agonist therapy and other supports.
- **Call 911 or go to the hospital** if you experience harmful effects or serious withdrawal symptoms.
- Naloxone doesn't work on medetomidine but **still give naloxone for an opioid overdose** - it's safe and helps the person start breathing again.

For more information

- Find out more about medetomidine in the [BCCDC Medetomidine Info Sheet](#)
- Learn how to respond to a drug poisoning by following the [SAVE ME steps](#)
- Healthcare providers: learn how to respond to low heart rate in the [BCCDC Responding to Low Heart Rate](#)
- Find where to [get your drugs tested](#)
- For mental health and substance use supports go to [HelpStartsHere.gov.bc.ca](https://www.helpstartshere.gov.bc.ca)

January 2026



Yúusnéwas Town Hall

Yúusnéwas invites Sk̓wx̓wú7mesh Úxwumixw (Squamish Nation) members to join us for a town hall at the Chief Joe Mathias Centre in North Vancouver.

Date: Saturday, February 7, 2026

Time: 10:45 am - 2 pm

Location: Chief Joe Mathias Centre

100 Capilano Road, West Vancouver

Doors Open at 10 am.

This is a chance to share a meal, connect, and learn more about our work honoring the legacy of our survivors and ancestors who attended St. Paul's Residential School. The community's participation in this event, especially by survivors and Elders, will help shape the future of Yúusnéwas going forward, while supporting healing today, and for generations to come.

The areas that will be focused on are **Cultural Health & Wellness, Truth Telling, and Ongoing Research.**

Registration is not required. For more information, or if you require transportation to CJMC, please send an email to yuusnewas@squamish.net, or call 236-308-4877.



**Skwxwú7mesh
Úxwumixw**

Squamish Nation

Community Gathering for Healing & Addiction Support

Iháwatsut chet 'we will heal ourselves'

FEBRUARY 6, 2026

4:30PM - 7:30PM, CHIEF JOE MATHIAS CENTRE

The Community Health & Wellness team invites you to uphold and honour one another at our Addictions Awareness Event. With the help of our external partners, join us for an evening of food, entertainment, and connection. We welcome you to come as you are and participate to your comfort level.

AGENDA

4:45pm - Opening Prayer

4:55pm - Opening remarks & overview of activities

5:10pm - Food & community sharing

6:00pm - Mental Wellness speaker

6:15pm - Guest speakers

6:45pm - Blanketing

7:20pm - Closing Prayer

Questions? Require transportation? Email wellness@squamish.net or call 604 982 7816



**Skwxwú7mesh
Úxwumixw**
Squamish Nation

Grief and Loss Healing Circles

Please join us in a Healing Circle as we learn how to move through grief in a good way. These Circles are open to all Community Members, and will be facilitated by Elder Gene Harry.

Dates:

North Vancouver:

Wednesday, February 18, 5 – 9pm

Wednesday, March 18, 5 – 9pm

Location: Shaker Church, 104 Mathias Rd

Squamish Valley:

Wednesday, January 28, 5 – 9pm

Wednesday, February 25, 5 – 9pm

Wednesday, March 25, 5 – 9pm

Location: Shaker Church, 1365 Chief Billy Drive

Food and refreshments will be provided.

Hosted by:

Justice Services, Member Services Department

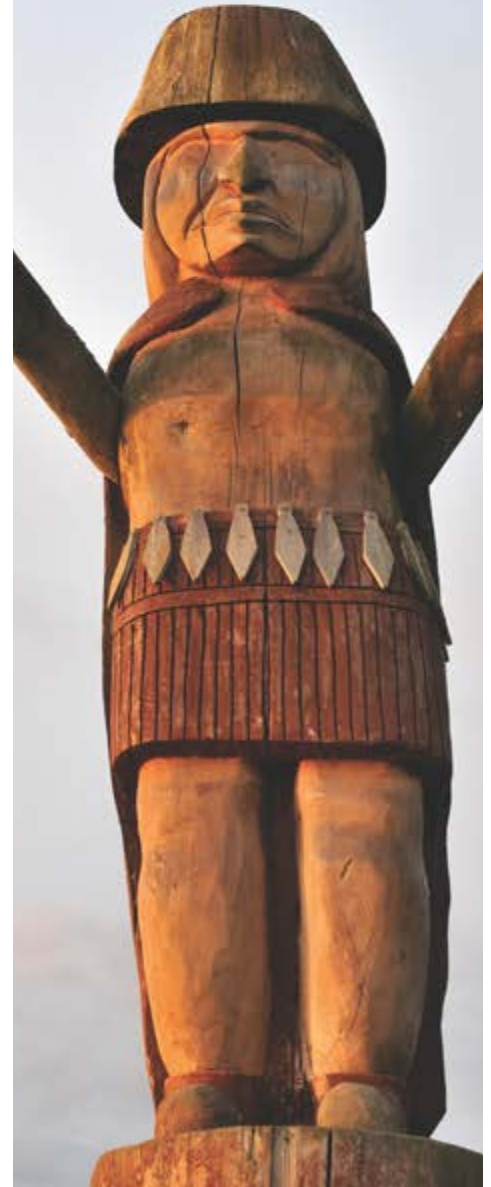
For further details, or any questions, contact:

Nicasio Campos:

604-369-4220, Nicasio_Campos@squamish.net

Stacey Williams:

604-762-4905, Stacey_Williams@squamish.net



Drop-In Immunization & Tuberculosis Screening

Yúustway Health & Wellness

Unit 9 A 380 Welch Street, West Vancouver

- Flu, COVID, Pneumonia **vaccines** & information for **all ages**
- Other vaccines & reviewing **immunization information**
- **TB screening** & information
- **Infant & child development** information



Dates & Times

TUESDAY, FEBRUARY 10TH 2026, 1:00 - 3:00 PM

Questions? Please contact the Public Health Nurses.

✉ publichealth@squamish.net ☎ 236-668-9653



**Skwxwú7mesh
Úxwumixw**

Yúustway
Health & Wellness

Housing Listening Circles and Dialogues

A Space to Be Heard and Inform Action

Squamish Nation and Hi'yám Housing are hosting a series of Housing Listening Circles to hear directly from Squamish People.

Share your experiences, concerns, and interests related to housing and inform future action.

Each Circle is opened and closed by an Elder, guided by a neutral facilitator, and supported by a notetaker. Small group sessions create time and space for every voice to be heard.



To register: Sign up online at
<https://bit.ly/HousingListeningCircles>
or call **236-330-9942**

Dinner will be provided.

If Circles fill, more sessions will be added. Information about Dialogue Sessions will be shared later this year.



Skwxwú7mesh Úxwumixw
Squamish Nation



Hi'yám
Housing

CJMC'S

SPRING BREAK CAMP



REGISTRATION OPENS:

TUES, FEB. 24th @ 11:00am

<https://form.jotform.com/240325718880257>

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6-8

YEAR OLDS

MARCH 16 - 19

(MONDAY -
THURSDAY)

9-12

YEAR OLDS

MARCH 23 - 26

(MONDAY -
THURSDAY)

TEEN DAYS

(13-16 YEAR OLDS)

FRIDAY, MARCH 20
&
FRIDAY, MARCH 27

For more info contact:

Shannon Dawn Baker

604.499.2384

shannon_baker@squamish.net



Skwxwú7mesh
Úxwumixw

Sts'its'áp'newás
Employment & Future Skills
Stitsma Career Centre

Empower Your Future with Stitsma Career Centre

Stitsma Career Centre
345 5th St W, North Vancouver
1221 Chief Billy Drive, Squamish Valley

UPCOMING PROGRAMS: WINTER 2026



NORTH VANCOUVER

**Life Skills for Income Assistance Clients:
“What the L”**
February 9 & 13

Construction Safety Officer Training
February 9-20

Marine Sampler
February 23-27



SQUAMISH VALLEY

Basic Security Training
February 9-13, 17

SuperHost
February 25

What the L
March 18 & 25

Training Includes: Lunch + \$75/day incentives

Gain transferable skills in a supportive environment!

Empower Your Future with Stitsma Career Centre

Career Services

- Resume Building
- Cover Letter Writing
- Tips on Interviewing
- Career Counseling
- Work Gear
- Job Searching
- Short Term Training



See our current job opportunities
please visit our job bank

📞 **NV: 604-985-7711 SV: 604-848-2260**

✉️ **stitsma_career@squamish.net**

PARENT AND CAREGIVER SHARING CIRCLE

Talk to Your Kids about Sexual Health



Thursday, February 12



6:00 - 8:00 PM



So Sah Latch

422 Esplanade W. North Vancouver,
BC V7M 1C1



Virtual option to attend

Wondering how to talk about healthy relationships, healthy sexuality, and body science with your children? The **Public Health Nurses** from Yúustway invite you to this circle during **World Sexual Health Week**. All parents, grandparents, and caregivers are **welcome**.



We will share ideas on:

- **What information to share** about body science and healthy relationships – and at what age.
- **How to find words** to address tough questions
- **Exploring our own values, feelings, and personal beliefs** about sensitive topics.
- **Being approachable** when it comes to tough topics as your child grows.
- **Where to get current and reliable information** on sensitive topics.



**Skwxwú7mesh
Úxwumixw**

Yúustway
Health & Wellness

To **register** or for more information, please contact Dení Olivares at **(236) 668 - 9653**.

SEXUAL HEALTH CLINIC

*All Ages + All Genders
drop-in*

MONDAY, FEBRUARY 9

4:30 - 7:00 PM

YÚUSTWAY HEALTH AND WELLNESS

Unit 9A, 380 Welch Street, West Vancouver

The Public Health Nurses from Yúustway invite you to an evening of sexual health services for all ages and all genders, during **World Sexual Health Week**.

Services include: confidential and nonjudgmental Pap/HPV screening, Pregnancy testing, STI care, and vaccines in a safe space.



**Skwxwú7mesh
Úxwumixw**

Yúustway
Health & Wellness

For any questions please contact
the Public Health Coordinator
Dení Olivares at **(236) 668 - 9653**



**Skwxwú7mesh
Úxwumixw**

Sts'its'áp'newas
Employment & Future Skills
Nexw7áystway Training & Trades Centre

Skwxwú7mesh Úxwumixw Artists: Submit your masterpiece for a live auction!

We're seeking stunning, high-value art pieces to feature in the 10th Anniversary Reach for the Stars Fundraiser Gala Live Art Auction on March 6th, 2026.

Selected artists will receive 60% of the final sale price (with some items auctioning for 3 times the retail price) of their work, with the remaining proceeds supporting Nexw7áystway Training & Trades Centre students.

What we're looking for:

- Bold, beautiful, and impactful pieces
- Large-format or statement works that captivate
- Original creations from emerging or established artists



SCAN QR CODE OR EMAIL PHOTO SAMPLES OF ART TO:
info@eliteeventsbybianca.com

Deadline: Friday January 30th, 2026





NEXWNIWÉYALH YOUTH MENTORSHIP PROGRAM

Squamish youth are invited to join us every Friday to learn from Elders Mary Jane Natrall and Donna Billy. Participants will learn about traditional protocol and practices as well as take part in land based healing activities. Attendees will share a meal together and get brushed off every week. To learn more, email wellness@squamish.net or call 604 982 7816.

WHEN: Every Friday, 4:15-7:15PM, January 16th - March 27th, 2026

WHERE: Totem Hall Elder's Lounge



Environmental
Youth Alliance

Join Cultivate:

EMPLOYMENT SKILLS WORKSHOP SERIES

Location:

EYA Office (1245 Glen Dr), Strathcona Community Gardens
(759 Malkin Ave), & remote

xʷməθkʷəy̓əm, Skwxwú7mesh, and sə́ílwətał territory

2 WAYS TO PARTICIPATE

TO SUIT YOUR SCHEDULE & GOALS:

1. Drop-In: Choose the workshops you're most interested in and register for as many as your availability allows. Perfect for those with flexible or changing schedules.
2. Cohort: Commit to all 10 workshops and move through the series as part of a group of like-minded youth, fostering community, connection and shared growth.

FEBRUARY 26TH - APRIL 30TH, 2026

THURSDAYS 4:30PM - 7:30PM

- Register for all or a selection of the workshops
- Open to youth/young adults ages 18-25 who identify as BIPOC (Black, Indigenous, People of Colour), 2SLGBTQIA+, and/or living with a disability
- A light meal & bus tickets provided
- Receive an honorarium of \$20/workshop attended; receiving up to \$200 upon completion of the program. (**note: you must attend at least 2 workshops in order to qualify for the honoraria)

Call 604-689-4446 or email sayan@eya.ca with any questions.

Learn more & apply at:
www.eya.ca/cultivate



New Job Postings

Squamish Nation

Archivist

Permanent Full-Time

Ta na wa Ns7éyxnitm ta Sne'wiyálh Language & Cultural Affairs | North Vancouver, BC

Desktop Support Analyst

Permanent Full-Time | Nexwsp'áyaken ta Smets'álken Kw'áxwa7 IT & IS | North Vancouver, BC

Indigenous Monitor

Term Part-Time | Ta na wa Yúus ta Stitúyntsam Rights and Title | North Vancouver, BC

Planning Analyst

Permanent Full-Time | Ta na wa Shéway I7x w ta Úxwumixw Planning and Capital Projects | North Vancouver, BC

Team Lead, Registered Nurse, Home and Community Care

Full-Time Term | Yúustway Health and Wellness | North Vancouver

Case Social Worker

Full-Time Permanent | Ayás Méhmen | North Vancouver, BC / Squamish, BC

Hiyám Housing

Tenant Support Worker (multiple positons)

Full-Time / Part-Time

Esqékwí7ch t'la Sp'ákw'us Place, Estítkw Place

Senior Property Manager

Full-Time

Location: Various

Senior Property Manager

Full-Time

Location: Various

Building Maintenance / Service Worker (BSW)

Full-Time

Esqékwí7ch t'la Sp'ákw'us Place

hiyamhousing.com/career-opportunities

Develop your career with the Nation

Questions? Need help applying? 604-985-8335 | careers@squamish.net

Ché'ncenstway (Human Resources) connects with all Squamish People who apply for positions with Skwxwú7mesh Úxwumixw. We look forward to receiving your application and supporting your professional growth with the Nation.

squamish.net/careers

W
 C O R N E R
 R
 D

PUZZLE PAGE IS BACK

SUDOKU

Easy

	5	1			2	4		9
	2	3			8			1
4		9	1	7		6		3
9	6	2			4	3	7	5
1	4	8			7	9	6	2
3	7			9				8
8	9	6	4		1			7
5	1	4	7	2	3	8	9	
2	3	7	6		9		1	

Medium

	4				3		6	9
		3	8		9		4	
8			2	4	7			3
5	3		6			4	7	1
4				3				2
	9				1	5	3	
	8		9					5
9			7	1			8	6
7	1	5		8	6		2	4



Income Assistance Notice

IMPORTANT DATES – PLEASE READ CAREFULLY

ACTION PLAN FOR EMPLOYABLE CLIENTS

- Employable clients **must complete an Action Plan with Stitsma Employment monthly.**
- **Please book your appointments in advance** to meet your deadline.
- If you miss the deadline, your cheque will be delayed by 3–10 business days.
- **No monthly check-in = No cheque.**

MONTHLY DECLARATIONS 2026

- Declaration Week is now **1 day** per month.
- **Declarations must be submitted IN PERSON** at EsIha7an Learning Center.
- **Late submissions may DELAY benefit payments by 3–10 business days.**

NOTICE OF ASSESSMENT

- Provide your **Notice of Assessment for 2024, 2023, and 2022.**
- **IA requires a copy for your file**, which you will receive by mail or online after filing your taxes
- **File your taxes every year** to confirm eligibility for IA.

ANNUAL RENEWAL

- Ensure your **Annual Renewal** is completed each year.
- Contact your worker to complete this process.

BILLS

- **Send your BC Hydro & Fortis bills** as soon as you receive them.

DECLARATION WEEK	CHEQUE ISSUE DATE
Jan 14	Jan 28
Feb 11	Feb 25
Mar 11	Mar 25
Apr 15	Apr 29
May 13	May 27
Jun 10	Jun 24
Jul 15	Jul 29
Aug 12	Aug 26
Sept 16	Sept 30
Oct 14	Oct 26
Nov 10	Nov 25
Dec 2	Dec 30

CLIENT APPOINTMENTS

- **NO WALK-INS – Please book an appointment with the receptionist.**
- Appointments will be scheduled at the **earliest available time.**

Please contact the Income Assistance team for any further questions.

Update your worker with any changes to **Identification, Address, Phone Number, when your child turns 18/19, if expecting a child, or when you turn 64/65.**

*Tell your worker if someone moves in or out of your household. This affects your bills/rent. If there are changes, fill out a new **Occupancy Form***



SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION FOR: March 2026 >>555
Cheque issue date is Wed. February 25th – March issue.

PRIVACY ACT STATEMENT Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision. The information will be stored in personal information bank INAI.P-PU-020 and is protected under the provisions of the Privacy Act.

1. Are you still in need of Social Assistance? Yes No

2. Has your marital or employment situation changed? Yes No

If YES, explain change

MANDATORY: Current Address _____ Current Phone # _____

List any changes in your living situation _____

If you do not hand in your **Declaration** on ... **Wednesday, February 11th, 2026.** You will **NOT** receive your **Cheque** on **Wed. February 25th.** **Late Declaration** means, late cheque

Have you had any earned or unearned Yes No **Income this month?** 5. Has there been any change in your assets? Yes No
If yes, completed **➡** If yes, complete **➡**

➡ Earnings	\$
➡ Family Allowance	\$
➡ Maintenance	\$
➡ Employment Insurance	\$
➡ Other (specify) _____	\$
TOTAL ➡	\$

Bank Account	\$
Property	\$
Other (specify) _____	\$
TOTAL ➡	\$

6. Is there any change in your number of dependents or their school status? Yes No

If **Yes**, explain the change(s)

I declare that this is a true statement concerning my monthly income, assets, marital, employment, and family status. I give permission for this information to be verified and I consent to a report being obtained from any reporting agency for that purpose.

Status Number	Signature of applicant	Date

*****PLEASE CLEARLY PRINT YOUR NAME HERE:** _____

*** **Worker Initials:** _____ **Signature of Spouse:** _____

*****PLEASE CLEARLY PRINT YOUR NAME HERE** _____

Please remember that you cannot drop off your Declaration early, unless there is an emergency. If your Declaration/Job search is late, so is your cheque. **Declare all Earnings, Family Allowance, DB, GST, Maintenance and other monies received. Also any changes to address and family unit size.**

ALL CLIENTS MUST BRING IN PERSON ESLHA7AN LEARNING CENTRE

