

STÁUTW FIRST NATION

NEWSLETTER

www.tsawout.ca

April 2025



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SXEDJELI Child Care Centre has been having all sorts of events with the kids that include community members and elders from art to music to outdoor activities. We thank the Childcare Team for all their hard work and efforts to provide a enriching experience for our children.



Instagram: [tsawoutfirstnation](https://www.instagram.com/tsawoutfirstnation)



Facebook: [Tsawout First Nation](https://www.facebook.com/TsawoutFirstNation)

Wellness - Upcoming events



STÁUTW FIRST NATION

S T Á U T W
Elders

LOONIE TOONIE



April 30th, 2025

10am-6pm

Lunch served at 12pm

Dinner served at 5pm



STÁUTW FIRST NATION

EXTENDED!

STÁUTW Community Craft Nights!

Feb 03 - April 16

**Community crochet and
knitting nights!**

EVERY MONDAY!

**5-8pm in the STÁUTW Wellness
building**

**EVERYONE IS WELCOME
FROM BEGINNER TO PRO!**

**Choose the time that works best for you to
walk or run!**

TC10K



TRAINING

WITH JOHN SAMPSON

We will meet outside of the Wellness building

every Monday @

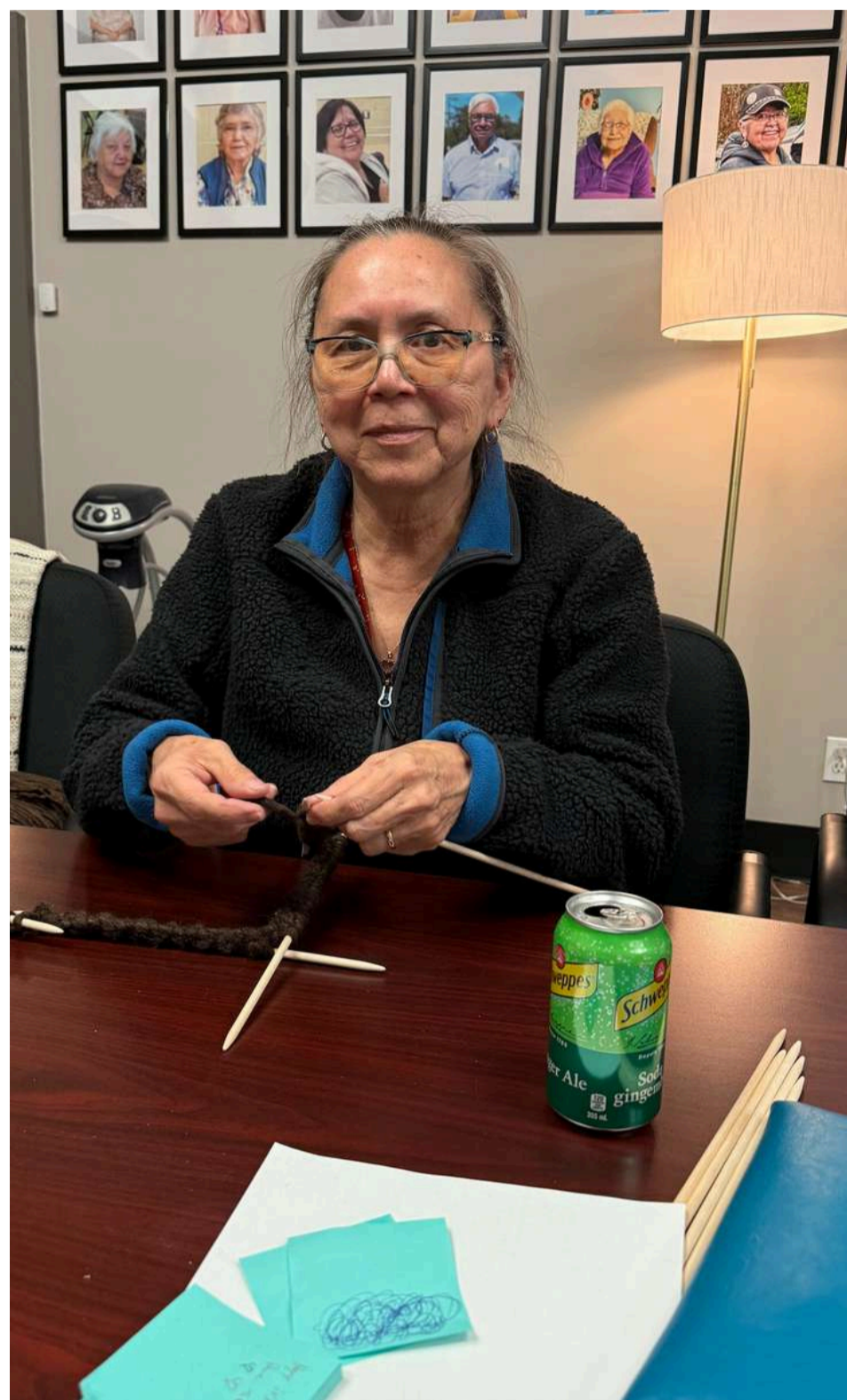
12pm-1pm

and/or

4:30pm-5:30pm



Craft Night Photos



Wellness hosted Craft Nights in the Elders room every Monday evening from 5 -8 PM. Simone Underwood taught knitting and Shana Sylvester taught Crocheting to the group.

Wellness Resources

Court & justice system resources:

-Victoria Indigenous Justice Centre

All Indigenous Peoples, regardless of whether they qualify for legal aid, can access free legal and outreach services if they are facing a criminal or child protection issue.

Address: 794 Yates St, Victoria, BC V8W 1L4

Hours: Open 8:30am · Closes 4:30 p.m.

Phone: (250) 419-9665

-Aboriginal Coalition to End Homelessness

Phone: 778-432-2234

Community Relations, Protocol and Social Justice

-Addictions and support resources

In addition to my availability to support you, here are some online resources that may come handy:

Families for addiction recovery (Phone: 855-377-6677): This organization offers:

- parent-to-parent support for families struggling with addiction.
- A voice for families to influence government policy. (farcanada.org)

Together We Can: Alcohol and Drug Recovery & Education Society (Phone: 604-451-9854) offers:

- Men/Women Treatments
- Aftercare Program
- Sober Living Residences
- Medical Care
- Counselling
- Pharmacy
- Health and Fitness

They have a Frequently asked questions under the Recovery tab to answer of the questions you may have. (twcrecoverylife.org)

Here are other resources:

Parents Forever: Index (parentsforever.ca)

Service Directory across BC: Helpline Services - United Way British Columbia (uwbc.ca) - Phone: 250-591-8731

BC Centre for Substance Use: BCCSU – British Columbia Centre on Substance Use - Phone: (778) 945-7616

Please reach out, there is always someone there for you. Like our Elders share, “you don’t have to walk alone.”

Victoria Counselling Supports Resource Information

Low Cost or Free Counselling Services

Community Counselling: These agencies generally provide counselling on a sliding-scale basis, and some offer free services.

- Citizens Counselling Centre - individual counselling and couples counselling - 941 Kings Rd – (250)-384-9934
 - Esquimalt Neighbourhood House – 511 Constance Rd - (250)-360-0644
 - Beacon Community Services (serving the Saanich Peninsula) – (250)-656-0134
 - South Island Centre for Counselling – 3821A Cedar Hill Cross Road - (250)-472-2851
 - Sooke Family Resource Centre (for Sooke Residents) – (250)-642-5152
 - Pacific Centre Family Services (serving the Westshore) – 345 Wale Rd – (250)-478-8357
 - Cascadia Counselling (1:1 and groups including anger management) – #300–755 Queens Ave - (250)-590-7050 (no longer offering sliding scale as of April 2023)
 - Victoria Sexual Assault Centre - trauma counselling, crisis support, group counselling for women and trans people. #200-754 Broughton St - (250)-383-3232
 - Men’s Therapy Centre [former Men’s Trauma Center] – Individual trauma counselling, men’s groups – #102-1022 Pandora Ave - (250)-381-6367
 - 1Up Single Parent Resource Centre – range of supports for single parents, including free counselling, groups, practical supports. 2001 Douglas St - (250)-385-1114
 - Victoria Native Friendship Centre –Indigenous focused counselling, groups, support. 231 Regina Ave – (250) - 384-3211
 - Victoria Hospice – (250)-370-8868, groups and 1:1 counselling, BC Bereavement Line – 1-877-779-2223
 - Her Way Home - Health care and social support for pregnant and parenting women who are affected by substance use, mental health issues, and/or violence (250)-519-3681
 - The Foundry – ages 12-24 – confidential medical services, counselling, psychiatry – 919 Douglas St – (250)-383-3552
 - Esquimalt Military Family Resource Centre – programs and services for military members and their families - (250)–363-2460
- **Employee and Family Assistance Program/Extended Health Benefits:** If you have access to counselling through an EFAP, we encourage you to access this benefit while waiting for your intake appointment. There is usually a toll-free number for you to call to arrange an appointment. Services are confidential – your employer would receive no record of your counselling sessions.
 - **Student Services :** If you are a student at UVic or Camosun, you have access to counselling through campus Counselling Services. UVic also has psychiatry services for students through the campus Health Services. Health and Counselling services can also assist with any academic accommodations that you may need.
 - **Eating Disorders Program:** The Eating Disorders Program accepts self-referrals. They can be reached at (250)-387-0000
 - **Mental Health Recovery Partners:** Services, peer and family support, information – Regardless of diagnoses – (250) 384-4255
 - **Together Against Poverty Society (TAPS)** - #302-895 Fort Street - (250) 361-3521

Support for Substance Use:

- **Addictions Outpatient Treatment and Withdrawal Management Services:** Counselling, groups, psychiatry. Drop in Substance Use Intake at 1119 Pembroke Street daily 1pm, first come first served; booked appointments also available. Sobering and Assessment Centre at 1125 Pembroke Street, which is open 24 hours a day, 7 days a week. For more information please call (250)-213-4444.
- **Substance Use Services for West Shore residents** is self-referral via Pacific Centre: (250)-478-8357
- **Connections Group:** Welcoming, safe, accessible group for people who are considering reducing or stopping substance use and have questions about services. Family members, friends welcome. Please call Umbrella Society at (250)-380-0595 for information – or look at their website under groups. Service is now via Zoom.
- **Umbrella Society:** Provides support, education, and advocacy for people affected by addiction and mental health issues. (250) 380-0595, Web: <http://www.umbrellasociety.ca> There are many groups including SMART Recovery, delivered via Zoom.
- **Alcoholics Anonymous:** (250)-383-7744
- **LifeRing:** (250)-920-2095
- **Al-Anon:** Support for friends and family of problem drinkers - (250)-383-4020

Private Counselling Services

- **BC Association of Clinical Counsellors:** Online search agents help to connect you with a Registered Clinical Counsellor (RCC) in your area. May be covered by extended health benefits – Web: <http://bc-counsellors.org/>
- **BC Psychological Association:** Online search agents help to connect you with a Registered Psychologist in your area. Services may be covered by extended health benefits – Web: <https://www.psychologists.bc.ca/>

Group Supports:

- **Bounce Back:** Program includes self-help activities and telephone coaching to help clients work on mild/moderate depression and/or anxiety symptoms. Ages 15+ Speak to your family doctor for a referral - Web: <http://www.cmha.bc.ca/programs-services/bounce-back/>
- **CBT Skills Group:** Eight-week Cognitive Behavioural Therapy (CBT) Skills Group for patients who are suffering with mild-moderate or remitted depression and anxiety. Speak to your family doctor for a referral – (778)–746-1705 Web: <https://www.divisionsbc.ca/victoria/CBTskillsgroup>
- **BCalm Group – The Art of Living Mindfully:** Eight week course provides participants (21+ y/o) with a firm grounding in mindfulness based strategies useful in navigating stress and in recognizing patterns of thought, speech and behavior that may be contributing to stress and suffering. Speak to your family doctor for a referral. Web: <http://www.bcalm.ca/>
- **Anxiety Management Support Group:** meets at Island Community Mental Health, 125 Skinner Street, Bridge Room – (250) 389-1211. Led by registered Psychologist. Free, drop in - no referral needed. Every Thursday from 6:30 pm – 8:00 pm. Web: <http://group.breezi.com>
- **Mood Disorders Support Group:** meets at Island Community Mental Health, 125 Skinner Street, Bridge Room – (250) 389-1211. Led by registered clinical counsellor. Free, drop in – no referral needed. Every second Tuesday from 7:15 pm – 9:30 pm.
- **Borderline Personality Disorder Support Group:** meets at 125 Skinner Street, GROW Room – 250-383-5144. Led by individuals in recovery from BPD and family members of those with BPD. By donation. Every Wednesday from 7-9pm.
- **Women’s Adult Support Group:** A peer support group delivered by the Stigma-Free Society. The group is unique in that it consists of a small number of female participants 25+ who live with a mental health condition such as bipolar disorder, schizophrenia, anxiety and/or depression. You do not need an official diagnosis to attend; any mental health concerns are welcome. Meets at the Fernwood Community Centre @ 1240 Gladstone Avenue, Tuesdays 7-8:30pm. For more details and to contact about attending, please visit <http://stigmafreezone.com/programs/womens-adult-support-group/>
- **Strengthening Families Together** – through MHRP/formerly BCSS. 10 session course to help families gain information, develop strategies, and build contacts to better help their loved one or friend with a serious mental illness such as schizophrenia, bipolar disorder, major depression with/without addiction. Twice per year. Fall & Spring. www.mhrp.ca
- **Mental Health Recovery Partners** (formerly BCSS) – offers several free groups for individuals and families of those with mental illness with/without addiction. Call or visit their website for more information - 250-384-4225. www.mhrp.ca
- **Citizens Counselling Centre** – Groups such as Self-Esteem, Anger Management, Stress, Anxiety, Depression, Art Therapy, etc. are offered three times each year. TO REGISTER: Call 250-384-9934 10am-4pm weekdays. Fees are on a sliding scale based on family income.

Online Resources:

- MoodGYM (<https://moodgym.anu.edu.au>) is a free self-help program to teach cognitive behavior therapy skills for coping with depression and anxiety.
- Anxiety BC (<https://www.anxietybc.com/>) – self-help strategies, information, videos, Mind-Shift app downloads.
- Canadian Mental Health Association (www.cmha.ca) – education, resources, support.

Crisis:

- **Vancouver Island Crisis Line:** 1-888-494-3888. Online Crisis Chat for all ages is offered from 6:00 pm to 10:00pm Pacific Time, 7 days a week. Web: <http://www.viccrisis.ca/>
- **Kuu-us Crisis Line:** 24 hour crisis line for First Nations - 1800-588-8717



Blue Bus

is now back!

Tuesday's from 6:30pm – 8:00pm

Youth are invited to come to the Blue Bus for some games, full-on sports, God talks, yummy snacks, friendship, and even road trips!

who? Indigenous youth ages 12-18 from Tsawout, Tsartlip, Tseycum, Pauquachin, and Malahat are welcome!

where? the Tsawout Gym (7728 Tetayut Rd, Saanichton BC)

registration? all youth **MUST** register for 2025 before they can participate. scan the QR code to register online OR complete a printed form, you can get this form by checking with youth worker Emma or emailing Rick, contact information listed below.

Rick Wismer

rickeyfcvictoria.com or 250-216-8287

Emma Winter Pelkey

youthcoordinator@tsawout.ca or 250-883-9936



Housing Events



The poster features the Tsawout First Nation logo on the top left, which includes a stylized fish and the text 'TSAWOUT FIRST NATION'. The main title 'Tsawout Community Yard Transformation Contest' is written in a large, bubbly font across the top. Below the title, two columns of text provide instructions and criteria. The bottom half of the poster is an illustration of two children, a boy and a girl, wearing orange safety vests and blue gloves, cleaning a yard. The boy is holding a shovel and a bag of trash, while the girl is holding a shovel and a bag of trash. There are several bags of trash, a recycling bin, and a large tree in the background. A speech bubble from the boy says 'Wow!' and lists prizes: '1st Prize: Yard Landscape', '2nd Prize: House Painting', and '3rd Prize: Barbecue Grill'. Another speech bubble from the girl asks 'What's the prize?'. In the bottom right corner, there is a 'LEARN MORE' button and contact information for Monique Horne, Housing Manager.

TSAWOUT FIRST NATION

Tsawout Community Yard Transformation Contest

How to join:

1. Take a before photo of your yard.
2. Clean, organize, and enhance your outdoor space.
3. Take an after photo of your yard.
4. Submit your photos with a short description by April 30, 2025 to: housingmanager@tsawout.ca

Criteria:

1. Cleanliness – Spaces are clean (50%)
2. Orderliness– Organized, minimized clutter, tidy, and neat (30%)
3. Creativity & Aesthetic Effort – Showcase your unique touch (20%)

Wow!
1st Prize: Yard Landscape
2nd Prize: House Painting
3rd Prize: Barbecue Grill

What's the prize?

LEARN MORE

Monique Horne | Housing Manager
housingmanager@tsawout.ca
(778-351-6562)

Join!!!



Spring

**CLEAN UP
DRIVE**



Let's Keep Our Land Beautiful!

Sunday, April 13, 2025
9:00 AM – 3:00 PM

With special participation:

Victoria Filipino-Canadian
Seventh-day Adventist Church

Head Start Calendar

SXÁNEŁ - Bullhead

April 2025

SXÁUTW Head start Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 Drop in Crafts 6pm - 8pm in the multi purpose room	3 drop in play group @ centennial rides available 10:30 from the bus	4	5
6	7 Morning stroll 10am meet @ the benches	8	9 Drop in Crafts 6pm - 8pm in the multi purpose room	10 drop in play group @ iroquois available 10:30 from the bus stop	11	12
13	14 Morning stroll 10am meet @ the benches	15	16 Drop in Crafts 6pm - 8pm in the multi purpose room	17 EASTER EGG HUNT AND PICNIC 1PM - 3PM	18 good Friday	19
20 Easter Sunday	21 Easter monday	22	23 Drop in Crafts 6pm - 8pm in the multi purpose room	24 drop in play group @ gyro rides available 10:30 am from the bus stop	25	26
27	28 Morning stroll 10am meet @ the benches	29	30 Drop in Crafts 6pm - 8pm in the multi purpose room	1	2	3
4	5	Holiday/non operating days	special events	walking days	drop in crafts	drop in play
<p>In this moon, the PIOTEŁ (a group of three stars in Orion's belt called the Duck Hunters) appears on the horizon. During the SXÁNEŁ there is a big wind, and thereafter, the bigbullheads (a type of sculpin) appear on the shore and the swallows arrive.</p>						

Head Start Events





Caregiver & Me
MUSIC GROUP

music group with Deven Miles
Wednesdays 12:30 - 1:30

The poster features a light gray background with colorful musical notes and stars. On the left is an acoustic guitar. In the center, there is a pink bird, two maracas, and a drum. On the right, a young girl with dark hair is singing into a microphone. At the bottom, two children and two elderly people are also shown singing into microphones.



For head start families
Hop on over for our

EASTER
Egg hunt

Join us on
April 17th at 1pm
for some egg-citing fun!

@ tsawout band office

The poster has a light blue sky with white clouds and a green grassy field. It features several colorful Easter eggs, two rabbits (one white, one brown), and a small yellow star.

Ready, Set, Learn for 3-5 Year Olds



FOSTERING POSITIVE CONNECTIONS BETWEEN FAMILIES,
SAANICH SCHOOLS AND LOCAL COMMUNITY PARTNERS.

We are excited to host our one-day event on the
traditional **WSÁNEĆ** territory of
STAUTW First Nation

April 16, 2025 4:30 to 6:30 pm

Tsawout gymnasium 7728 Tetayut Road, Saanichton, V8M 2E4

ALL CHILDREN 3-5 AND THEIR FAMILIES ARE INVITED TO :

- TAKE PART IN HANDS ON LEARNING ACTIVITIES.
- LEARN MORE ABOUT COMMUNITY RESOURCES AVAILABLE FOR FAMILIES.
- ENJOY SOME FOOD & REFRESHMENTS.
- ENGAGE IN THE FUN!
- 3-5 YEAR OLDS LEAVE WITH AN EARLY LEARNING GIFT BAG.



Scan the QR code to register for an Early Learning bag for your 3-5 year old and/or to inquire about the bus transportation to and from the event.

Pre-registered families will be entered for a prize

HÍSWŪKE ,Thank you to STAUTW (Tsawout) Nation for hosting Ready Set Learn

"We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care"



Tsawout Headstart Program evaluation & Interest form



***to scan QR code open
your phone camera and
point to the code**

Child Care Centre Events



Join SXEDJELI Childcare Centre in creating a
COMMUNITY COOK BOOK
PRESERVING ST'ÁUTW
CULTURAL FOOD KNOWLEDGE



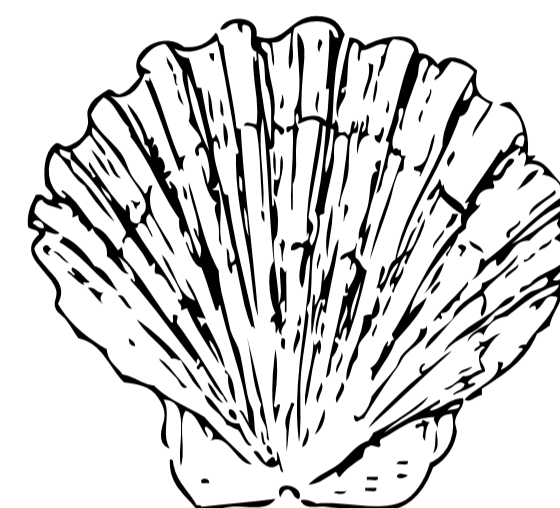
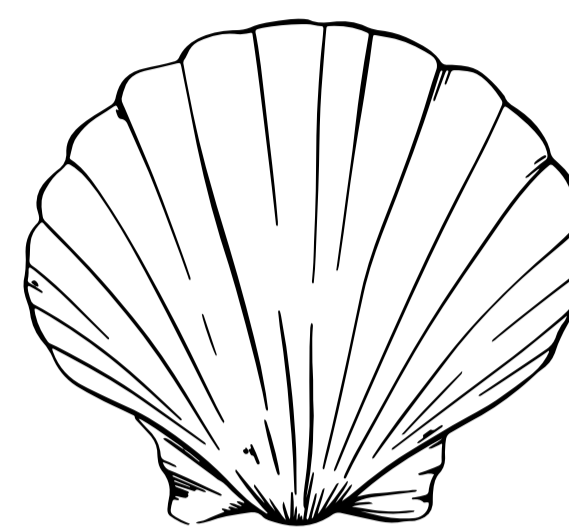
Do you have any recipes that you would like to share?

SXEDJELI Childcare Centre is working on a Community Cookbook so that we can share food and knowledge with the children to carry on into the future! Whether it is a traditional way of cooking, or a childhood favourite, we are happy to accept all recipes to create this community keepsake!

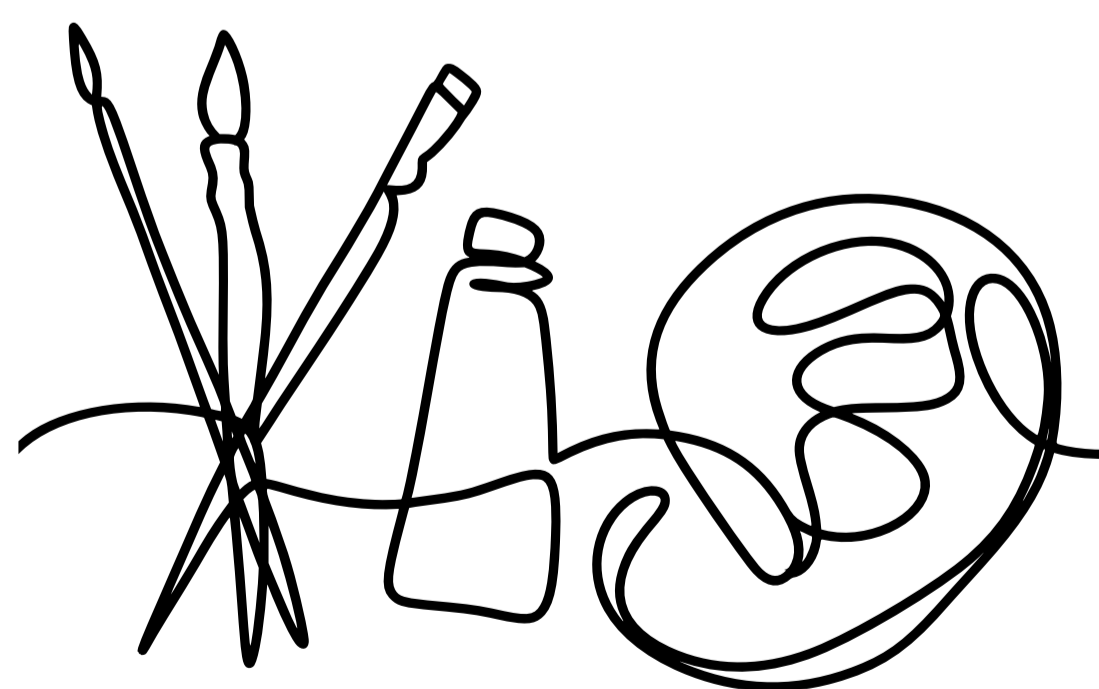
EMAIL YOUR RECIPE TO:

childcaresupervisor@tsawout.ca

Child Care Centre Photos



Beach Day with the children and KANTENOT



Art Day with the children







Fisheries Update



On Friday March 14 STÁUTW (Tsawout), WJOŁEŁP (Tsartlip), WSÍ,KEM (Tseycum), MÁLEXEŁ (Malahat), BOKÉĆEN (Pauquachin) and WLC (QENTOL, YEN) Fisheries/Marine Teams met to discuss monitoring and restoration priorities for SELEKTEL (Goldstream River). It was a productive meeting where overlap in priorities and opportunities for collaboration were identified. Moving forward we hope to continue these conversations and meetings on a technical level, working collaboratively with the other WŚÁNEĆ Nations, to restore and protect SELEKTEL.

-Bridget, Fisheries Referral Coordinator

April Garbage, Compost & Recycling

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 	8 	9	10	11	12
13	14 	15	16	17	18	19
20	21 	22 	23	24	25	26
27	28 	29	30			

Garbage Pickup: Garbage and compost is managed by CCR and picked up every Monday

Recycling (Bi-weekly): If your recycling is missed or not picked up, call Emterra at 250-385-4399. Call by 11:00 AM the next day and they'll most likely be able to do a pick-up. If later, it would have to wait until the next pick-up date.

Reminder that the Heavy Garbage Program has ended. Please do not leave heavy garbage on the side of the road. We continue to clean up the dumpsite on Longhouse Road from the previous years programs. Please discard your heavy garbage at local metal recycle or Hartland Landfill.