



# Tla-O-Qui-Aht Community Support Newsletter

~ August ~

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# Youth Second Dose



## Vaccine Clinic



Ages 12-17

August 12<sup>th</sup>, 2021

At the Tiic-mis-Aq'kin Health Center

From 10:00am-3:30pm

Please contact Kyra Sam by phone at  
(250)-725-3335

Or by email

[communitysupport@tla-o-qui-aht.org](mailto:communitysupport@tla-o-qui-aht.org)

To make an appointment



# Bounce-A-Rama



Is coming to Ty-Histanis August 6<sup>th</sup>!

In between the two roundabouts

From 12:00pm - 4:00pm

Boat and bus rides available

(Details coming soon)



# Coloring Contest!

Deadline is Wednesday August 25<sup>th</sup>

Winner will be announced on Friday August 27<sup>th</sup>

Color one of the pages provided and hand into reception at the Health Center in Ty-Histanis; Please write your category, full name and a phone number on the back of the page

prizes in each category!

1<sup>st</sup> \$100.00 Gift Card

2<sup>nd</sup> 75.00 Gift Card

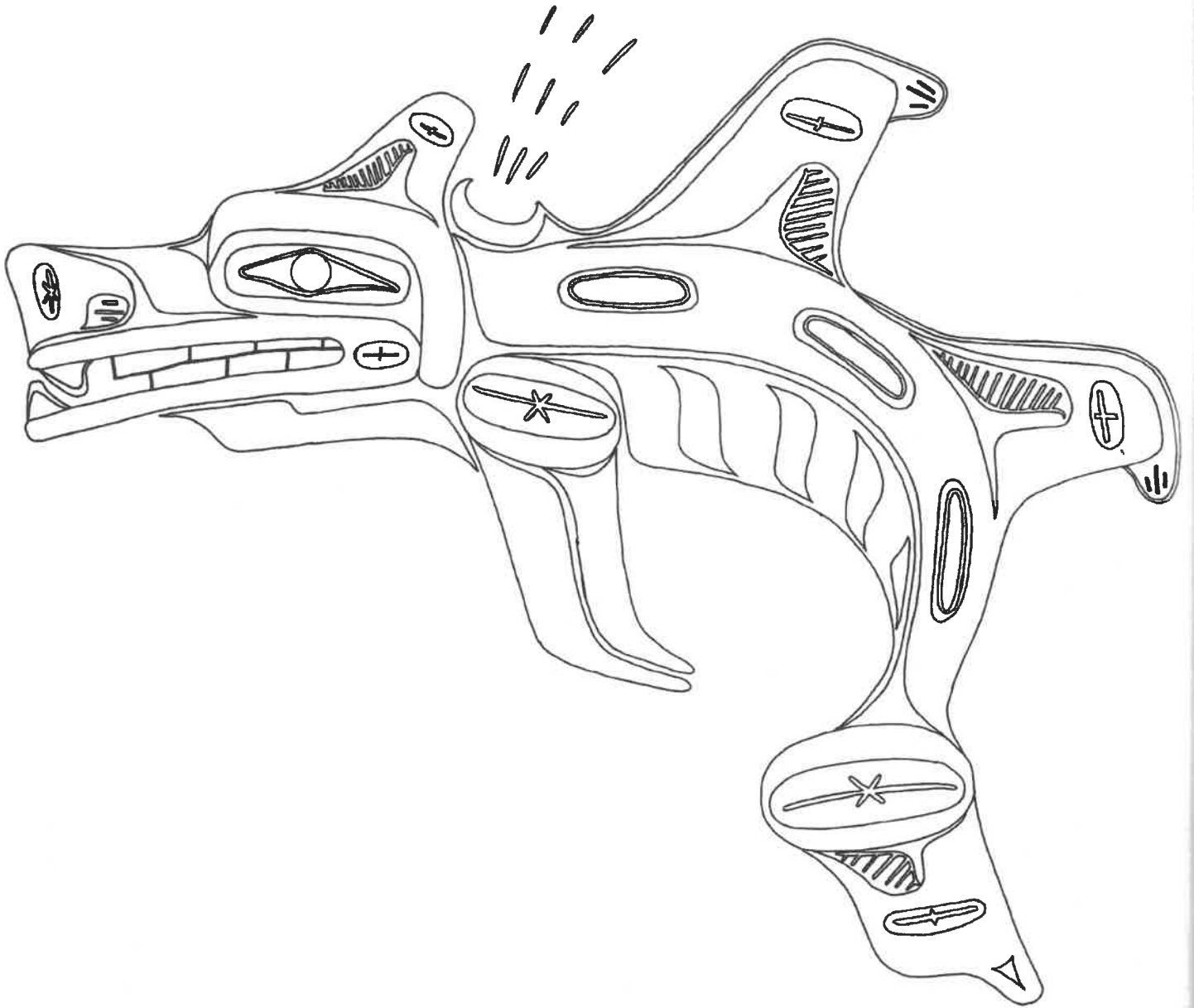
3<sup>rd</sup> 25.00 Gift Card

Category A - Ages 2-6

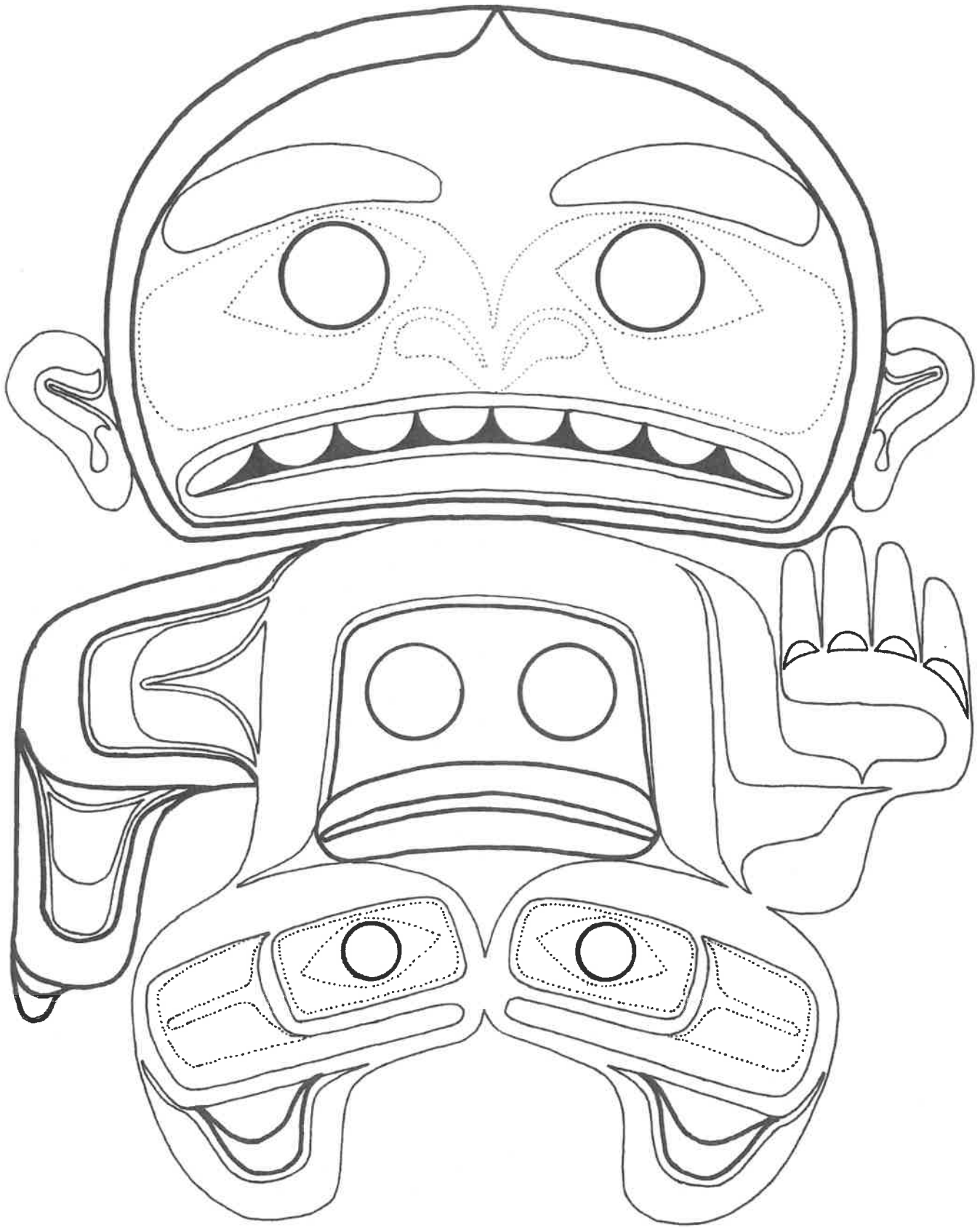
Category B - 7-13yrs

Category C -14-18yrs

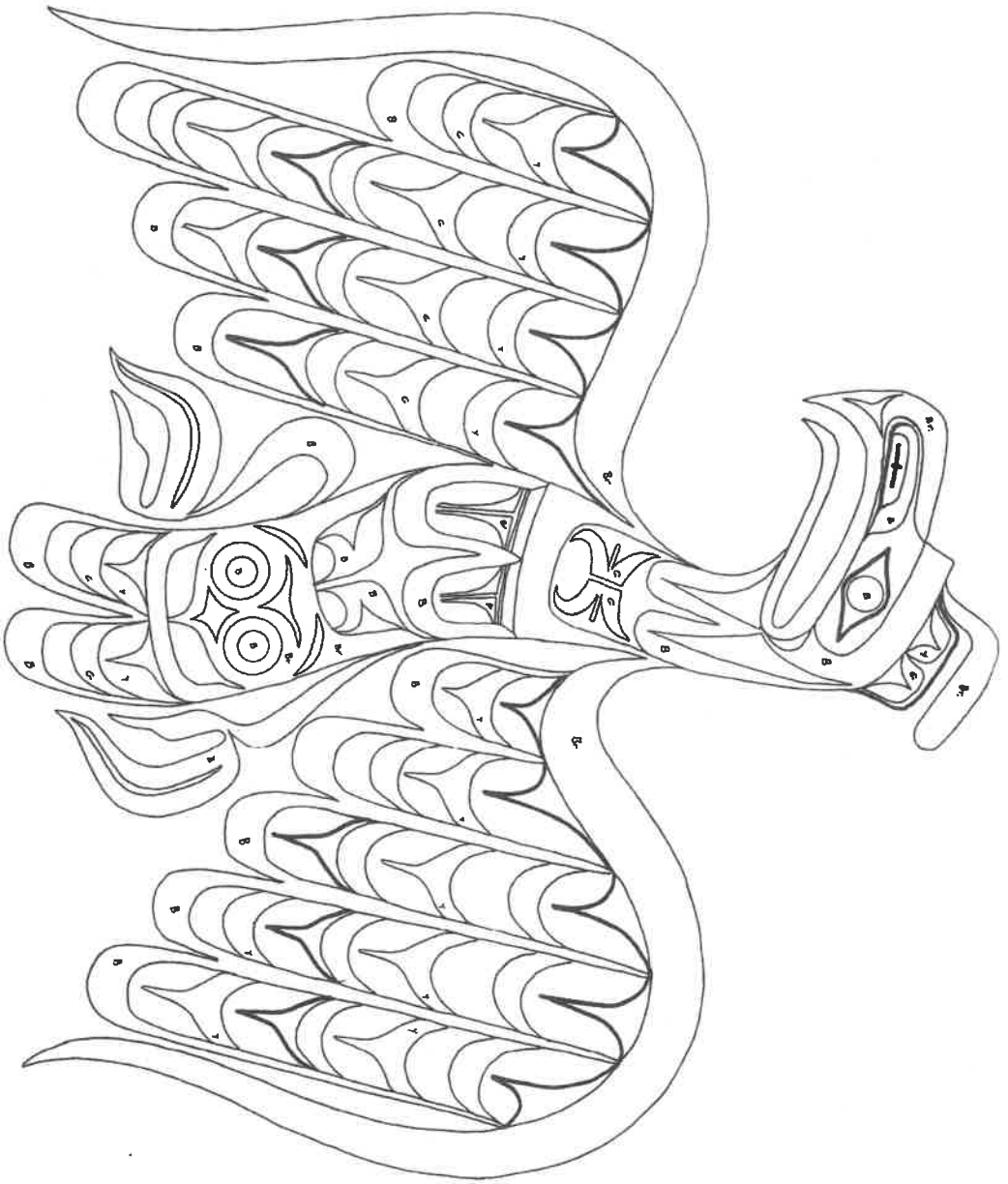
Category D - adults 19+



*A Sea Wolf combines elements from a  
Wolf and a Killerwhale.*



*Man changing into a ling cod.*



WEST COAST

THUNDERBIRD

CLAYOQUADT  
by Joe David



## Elders Luncheons

**Opitsaht: August 4<sup>th</sup>, 2021 @ MICC**

**Ty-Histanis: August 18<sup>th</sup>, 2021, at the  
Tiic-Mis-Aq'kin Health Center**

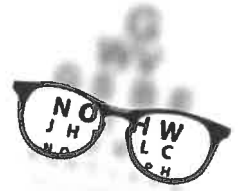
**We look forward to sharing a meal with you! 😊**



**TLA-O-QUI-AHT**  
FIRST NATION



# Optometry clinic is coming to Ty-Histanis!



August 20<sup>th</sup> & 21<sup>st</sup> at the  
Tiic-Mis-Aq'Kin Health Center from  
9am-5pm

*Limited Availability:* please contact Kyra Sam at  
the Health Center to set up an appointment



**\*\*Please note\*\***

- Members are covered through the Pacific Blue Cross for eye exams and glasses once every 2 calendar years.
- A portion of the glasses are covered, there can be outstanding balances due, members are responsible for paying these totals before the glasses can be ordered.

If you have any questions, please email Ashley at  
[hi@outreachoptometry.ca](mailto:hi@outreachoptometry.ca)



# Pilates is Back!

Starting July 21<sup>st</sup>

Hosted by Marissa George at the

Tiic-Miss-Aq'Kin Health Center

Every Wednesday 6:30pm-8:00pm

If you have any questions, please email

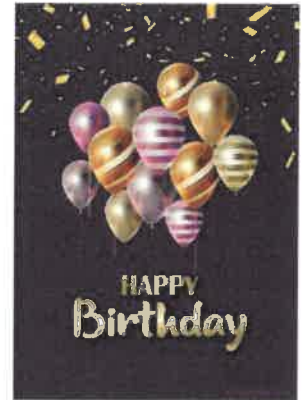
Marissa at:

[tyhistanisintake@tla-o-qui-aht.org](mailto:tyhistanisintake@tla-o-qui-aht.org)

\*Limited space of *24 individuals* following covid safe protocols\*



# *Introducing the Greetings and Announcements page!*



*For Future newsletters we will be having a page  
dedicated to birthday wishes, anniversaries,  
congratulations, baby welcoming's etc..*

*If you would like anything submitted, please email  
[communitysupport@tla-o-qui-aht.org](mailto:communitysupport@tla-o-qui-aht.org)  
by the last Monday of every month.*



## **Social Development Reminders**

- ❖ Renewals are due on the 5<sup>th</sup> of each month, filled completely with the job search section (any incomplete will not be accepted and can lead to a late cheque process).
- ❖ Income earned between that 5<sup>th</sup> and the 6<sup>th</sup> of the month before must be declared.
- ❖ You must inform your worker of any income earned or new jobs (this helps to decide the eligibility of the next month)
- ❖ Shelter Confirmations need to be signed by Housing.
- ❖ Utility bills need to be submitted immediately, when received.
- ❖ If someone moves in or out of the unit you are in, your file with Housing and Social Development must be updated.
- ❖ Client must be the one to bring in their renewal to follow up with file.

## **Patient Travel Reminders**

Opitsaht membership,

Please be aware that Patient Travel will begin issuing these boat tickets for any future Medical Transportation appointments. Therefore, you must see Hazel Curley, the Opitsaht Intake Clerk, to pick up your ticket before you go to your appointment.

- ❖ Patient Travel confirmations must be submitted as soon as received. We require at least 2 weeks to process.
- ❖ Escort meals will only be covered when the client is a minor or needs assistance.
- ❖ Please provide a Direct Deposit if you can and an email address for follow ups.
- ❖ Off reserve and Opitsaht membership please connect with Hazel Curley for PT and Tyhistanis/Esowista please contact Marissa Sampson.



Indian and Northern  
Affairs Canada

Affaires Indiennes  
et du Nord Canada

# SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION

## 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 INAF-PU-020 and is protected under the provisions of the Privacy Act.

If you require continued Social Assistance, please complete this form and return to your local administering Authority at least 2 weeks before the next cheque issue.

1. Are you still in need of Social Assistance?

Yes

No

2. Has your marital / employment situation changed?

Yes

No

If yes, explain change \_\_\_\_\_

3. List any changes in your living situation (e.g. address, rent, etc.). Submit new receipts.

Continued on reverse  
901-20 (6-88)

**WILL NOT  
BE PROCESSED!**

**Canada  
INCOMPLETE**

4. Have you had any earned or unearned income this month?

Yes  No

If yes, complete \$

Earnings	\$
Family Allowance	\$
Maintenance	\$
Unemployment Insurance	\$
Other (specify)	\$
TOTAL \$	\$ 0

5. Has there been any change in your assets?

Yes  No

If yes, complete \$

Bank Account	
Property	
Other (specify)	
TOTAL \$	0

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.

Band Name \_\_\_\_\_

Family no. 12345

Signature of applicant

Jane Doe

Date \_\_\_\_\_

Job Search Activity: \_\_\_\_\_

Signature of spouse \_\_\_\_\_

date \_\_\_\_\_

Employer name/contact \_\_\_\_\_

job search description \_\_\_\_\_

contact number \_\_\_\_\_

Employer name/contact \_\_\_\_\_

job search description \_\_\_\_\_

contact number \_\_\_\_\_

Employer name/contact \_\_\_\_\_

job search description \_\_\_\_\_

contact number \_\_\_\_\_

Printed Name \_\_\_\_\_

Month for \_\_\_\_\_



### SOCIAL ASSISTANCE MONTHLY RENEWAL DECLARATION

#### 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 INA/P-FU-020 and is protected under the provisions of the Privacy Act.

If you require continued Social Assistance, please complete this form and return to your local administering Authority at least 2 weeks before the next cheque issue.

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

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

If yes, explain change had a baby July 2.

3. List any changes in your living situation (e.g. address, rent, etc.). Submit new receipts.

Got a new phone set up. Bill attached.

Continued on reverse  
501-28 (6-88)

Canada

**COMPLETED CORRECTLY**

4. Have you had any earned or unearned income this month?  Yes  No

If yes, complete \$		
Earnings	\$	210.00
Family Allowance	\$	480.00
Maintenance	\$	0
Unemployment Insurance	\$	0
Other (specify)	\$	0
TOTAL \$	\$	0

5. Has there been any change in your assets?  Yes  No

If yes, complete \$		
Bank Account		0
Property		0
Other (specify)		0
TOTAL \$		0

*Paystub attached.*

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

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.

Card Name TIA-a-gui-ait Family no 6600012945 Signature of applicant Jane Doe Date July 5, 21

Job Search Activity: Signature of spouse John Doe date July 5, 21

Employer name/contact BW Tinwis job search description dropped off resume contact number 250 725 4445

Employer name/contact TFN job search description emailed application contact number 250 725 3350

Employer name/contact Hotel 2ed job search description Phoned contact number 250 725 2523

Printed Name Jane Doe  
Month for Aug



First Nations Health Authority  
Health through wellness

# Mental Health and Wellness Supports

The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health services to Indigenous people in BC.

## SUPPORT AVAILABLE 24 HOURS A DAY

- **HOPE FOR WELLNESS HELP LINE** offers immediate mental health counselling and crisis intervention by phone or online chat to all Indigenous people across Canada. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at [hopeforwellness.ca](https://hopeforwellness.ca).
- **INDIAN RESIDENTIAL SCHOOL CRISIS LINE** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.
- **KUU-US CRISIS LINE SOCIETY** provides crisis services for Indigenous people in BC. Adults/Elders line 250-723-4050; children/youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at [www.kuu-uscrisisline.com](https://www.kuu-uscrisisline.com).
- **MÉTIS CRISIS LINE** is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

## OTHER CULTURALLY-SAFE SUPPORTS

- **FIRST NATIONS VIRTUAL DOCTOR OF THE DAY** provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30 a.m. to 4:30 p.m. every day. Call 1-855-344-3800 to book an appointment. Learn more at [fnha.ca/virtualdoctor](https://fnha.ca/virtualdoctor).
- **INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY (IRSSS)** is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools in BC, and their families, regardless of status. Call toll-free 1-800-721-0066 or visit [www.irsss.ca](https://www.irsss.ca).
- **TSOW-TUN LE LUM SOCIETY** provides confidential outreach services in BC, such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit [www.tsowtunlelum.org](https://www.tsowtunlelum.org).
- **VIRTUAL SUBSTANCE USE & PSYCHIATRY SERVICE** is an FNHA service providing virtual specialist support in addictions medicine and psychiatry to First Nations people in BC and their family members. This service requires a referral from a health and wellness provider. The first Nations Virtual Doctor of the Day provides referral support for anyone who does not have a provider

## SERVICES COVERED BY FIRST NATIONS HEALTH BENEFITS

- **INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM** provides access to cultural supports and mental health counselling for former students of Indian Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at 1-877-477-0775.
- **MENTAL HEALTH AND WELLNESS COUNSELLING IN BC** may be eligible for Health Benefits coverage. Many providers are registered to bill Health Benefits directly for services so clients do not have to pay out of pocket. Before booking an appointment with a counsellor, call 1-855-550-5454 or visit [fnha.ca/benefits](https://fnha.ca/benefits) to check if they are registered and if the service is eligible for coverage.
- **MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS HEALTH SUPPORT SERVICES** is a national program administered in BC by First Nations Health Benefits. Services are available to survivors, family members and others who have been affected. Call Health Benefits toll-free 1-855-550-5454 for more information.





VANCOUVER ISLAND REGION  
First Nations Health Authority

## Nuu Chah Nulth Mental Health Supports

### FOR MENTAL HEALTH & CRISIS SUPPORT LINES:

- **Hope for Wellness Helpline:**

1-855-242-3310 Offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

- **Indian Residential School Survivors Society:**

1-604-985-4464 or toll-free 1-800-721-0066

- **KUU-US Crisis Line Society:**

1-800-588-8717 Indigenous crisis line in BC. Available 24 hours a day.

- **Tsow-Tun Le Lum Society:**

1-250-268-2463 24-hour support line for people struggling with addiction, substance misuse, and trauma - including residential school survivors.

### FOR ADDICTIONS & SUBSTANCE MISUSE SUPPORTS:

- **Kids Help Line:** 1-800-668-6868

- **Adults Help Line:** 1-800-663-1441

- **Health Link BC:** 811

### FOR DOMESTIC VIOLENCE OR ABUSE:

*If you are in immediate danger call 911*

- **Domestic Violence Help Line:**

1-800-563-0808 (confidential, 24 hours a day, service in multiple languages)

- **KUU-US Crisis Line Society:** 1-800-588-8717 Indigenous crisis line in BC operates 24 hrs/day

- **VictimLinkBC:**

1-800-563-0808 confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

- **Hope for Wellness Helpline:** 1-855-242-3310 Offers 24-hour immediate mental health counselling and crisis intervention to all Indigenous people across Canada

### FOR CHILDREN AND YOUTH SUPPORTS:

- **Kids Help Phone:** 1-800-668-6868

- **Helpline for Children in BC:** 310-1234 (no area code needed)

- **KUU-US Crisis Line Society Child and Youth Crisis:** 1-250-723-2040 or toll free 1-800-588-8717 Available 24 hours a day

If you or someone you know is struggling to maintain mental wellness, reach out for support to a hotline, a mental health counsellor or clinician, a doctor, a health and wellness provider or a nurse practitioner in your area. If you do not have access to a provider, call the First Nations Virtual Doctor of the Day for referral support at 1-855-344-3800. The service is available seven days a week from 8:30 a.m. to 4:30 p.m.

## INDIAN DAY SCHOOL INFORMATION



**For Support please contact:**

**Veronica Morgan – NTC Indian Day School Support worker**

**Cherie Elliott & Richard Watts – NTC Resolution Health Support Worker**



**Tiičfaqt program – 250-724-3939 / 1-888-624-3939**

- Provide Emotional support to survivors of Indian Day School
- Assist with filling out Day school applications
- Submit applications on behalf of the claimant
- Assist with setting up individual, group and/or family support
- Coordinate information sessions (when needed)
- Make referrals as needed
- Assist in healing sessions
- Liaise between client and Gowlings
- Assist/coordinate group information and healing sessions
- Monthly Nuu-chah-nulth Regional Visits/ Scheduled Urban Visits
- Community Events/NTC events support
- Referrals to clinical counselling and continued healing as needed

**Service Area: Ditidaht, Huu-ay-aht, Hupacasath, Tse-shaht, Uchucklesaht, Ahousaht, Hesquiaht, Tla-o-qui-aht, Toquaht, Yuu-cluth-aht, Ehattesaht, Kyuquot/Cheklesah, Mowachaht/Muchalaht, Nuchatlaht, Port Alberni, Campbell River, Nanaimo, Victoria & Vancouver**

**FAQs (sourced from <https://indiandayschools.com/en/faq/> )**

### **What is the Federal Indian Day School Settlement all about?**

It is a class action lawsuit against Canada to seek compensation for the harms suffered by Indigenous students forced to attend Federal Indian Day Schools and Federal Day Schools across Canada

### **Who is eligible under the settlement?**

To be eligible for compensation, an individual must have attended one of the identified Federal Indian Day Schools or Federal Day Schools listed on the List of Federal Day Schools (Schedule K) and experienced harm

### **How can I apply on behalf of a deceased Claimant?**

If the deceased Claimant passed away on or after July 31, 2007, attended a school on Schedule K, and experienced harm, then an estate representative (executor, administrator, or trustee) may file a Claim Form on behalf of the deceased Claimant. For more information, please see the estates infographic

### **I attended an Indian Day School, but I'm not sure who ran it. Am I eligible?**

Some schools were run by entities other than the federal government, such as churches, First Nations, or provincial or territorial governments. This settlement only applies to those who attended federally established, operated, maintained, and controlled schools as set out in Schedule K. To find out if your school was federally operated, please review the list of approved Day Schools (Schedule K) or contact Gowling WLG directly at 1-844-539-3815.

### **How can I differentiate a Federal from a Provincial Day School?**

A complete list of Federal Indian Day Schools and Federal Day Schools can be found here. If your school is not on the list, it is likely a Provincial Day School or another type of institution.

### **Where can I locate my school records?**

Evidence of school attendance includes school records that you or a family member may already have, including report cards, class photographs, or letters from teachers or the principal. Institutional records, such as class lists or administrative documents, are not required.



If you cannot obtain school records, you can provide a Sworn Declaration included on Part 6 (page 12) of the Claim Form.

### **What if I cannot find my school records?**

School records are not required for Level 1 Claims. For Levels 2-5, if you cannot obtain school records, you can provide a Sworn Declaration included on Part 6 (page 12) of the Claim Form.

### **Are school class photos sufficient proof to satisfy evidence of attendance?**

Yes. Class photographs are listed on page 10 of the Claim Form under “**School Records**”.

**Is it possible to send a “draft” copy of the Claim Form narrative for feedback/legal advice?**

Yes. Legal counsel is available, at no cost to you, to help review your narrative and assist you in selecting the appropriate level. Please call 1-844-539-3815 to speak with a member of our legal team

**What if I also attended a Residential School and received a Common Experience Payment from the Residential School Settlement? Can I still apply?**

Yes. As long as you attended a Federal Indian Day School or Federal Day School at some point, you would be eligible to apply for compensation under the settlement. To be eligible for compensation, Claimants must have attended one of the identified Federal Indian Day Schools or Federal Day Schools listed on the List of Federal Day Schools (Schedule K) and experienced harm. You can find the list of schools here.

**Who is an eligible Guarantor that can sign the Sworn Declaration? (Part 6 of the Claim Form)?**

The following individuals may act as Guarantors and sign the Declaration found at Part 6 of the Claim Form:

- Border Service Officer
- Certified Aboriginal Financial Manager
- Certified/Registered Accountant
- Chartered Professional Accountant
- Commissioner of Oaths
- Correctional Officer
- Elected Officials (e.g., Chief, Government Councillor, or Inuit Community Leader)
- Federal or Provincial Court Judge or Justice of the Peace
- Indian Registration Administrator
- Indigenous/Aboriginal Liaison Officer
- Lawyer
- Licensed Medical Doctor/Physician
- Northern Villages’ Secretary Treasurer
- Notary Public
- Peace Officer
- Pharmacist
- Police officer
- Psychologist / Psychiatrist
- Registered clinical councillor
- Registered nurse
- Registered Occupational Therapist
- Registered Social Worker
- Teacher (Primary/Secondary)

The Guarantor is only required to see you sign the Sworn Declaration. The Guarantor is not required to read your entire Claim Form or verify the accuracy of the events described by you.

You are only required to complete a Sworn Declaration if you are missing one or more of the required documents in support of your Claim for compensation for Levels 2 to 5. More information on these documents can be found in the Claim Form.

**What mental health supports are available to people to assist them through this process?**

Mental health support is available 24 hours a day, 7 days a week through the Hope for Wellness Help Line. You can call at 1-855-242-3310 or connect with someone online at [www.hopeforwellness.ca](http://www.hopeforwellness.ca).

You may also access ongoing mental health resources in your region. A listing of these services is available [here](#).

<p><b>Nuu-chah-nulth Quuasa Teechuktl</b> provides confidential outreach services, counselling, cultural supports and personal wellness programs. <b>Port Alberni</b> <b>250-724-3939 / 1-888-624-3939</b></p>	<p><b>Kuu-us 24 hour Crisis line</b> – offers 24 hour out reach support via telephone.</p> <p><b>Adults/Elders (250-723-4050)</b> <b>Child/Youth (250-723-2040)</b> <b>Toll free (1-800-588-8717)</b> <b>Métis Line (1-833-MétisBC)</b></p>	<p><b>FNHA Doctor of the Day</b> 1-855-344-3800 to book an appointment. <b>Offers medical virtual appointments as well as mental health appointments. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.</b></p>
<p><b>National Suicide Prevention Lifeline.</b> <b>Dial 800-273-8255</b></p> <p><b>As well as 1-800-suicide</b></p>	<p><b>Hope for Wellness Help Line</b> offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at <a href="http://hopeforwellness.ca">hopeforwellness.ca</a>.</p>	<p><b>Indian Residential School Crisis Line</b> is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419</p>
<p><b>Tsow-Tun Le Lum Society provides confidential outreach services such as counselling, cultural supports and personal wellness programs. Call toll-free 1-888-403-3123 or visit <a href="http://www.tsowtunlelum.org">www.tsowtunlelum.org</a>.</b></p>		

# DEADLINE FOR INDIAN DAY SCHOOL FORMS

## JULY 13, 2022

### Nuu-chah-nulth British Columbia Approved Indian Day Schools

School Name	Name Variants	Opening Date	Closing or Transfer Date	Location	Religious Affiliation
Ahousaht	Ahouset	Feb 1,1940	Sept 1, 1940	Ahousaht Indian Reserve	United Church, Presbyterian, Roman Catholic
Kyuquot		1882 Sept 1, 1949	Dec 31, 1911 Sept 1, 1974	Kyuquot BC	Roman Catholic
Nootka	Friendly Cove ,Yuquot Yugot	Sept 1, 1951	June 30, 1968	Nootka BC	Roman Catholic
Opitsaht	Clayoquot	Sept 1, 1957	June 30, 1971	Opitsaht Reserve	Roman Catholic
Ucluelet		1894/1895 Jan 1, 1927 Sept 1, 1948	June 30, 1925 Sept 1 1943 June 30, 1966	Ittatsoo Reserve # 1	Presbyterian United Church

**The IDSSW has a complete list of all approved Federal Day Schools applicable to claimant.**

Richard Watts will be hosting a  
*drop-in* August 18<sup>th</sup>, 2021, at  
the Tiic-mis-aq'kin Health  
Center regarding support and  
information on the Indian Day  
Schools



## Honouring Grief: Support Circle

COVID-19 has been disrupting life for over a year and has made it difficult for us to grieve and mourn our losses.

We are here to support you.

Please join our Circle of support  
starting August 3rd  
Tuesdays from 3:00pm - 4:30pm  
@ Tiichmisaqk̓in Health Centre  
Community Room

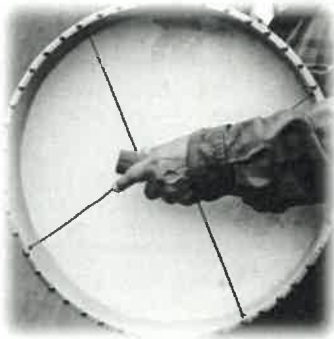
Tla-o-qui-aht Family Support 250-725-3335

- Facilitator, Anita Charleson-Touchie, Family Counsellor
- Cultural Support, Chris Seitcher
- Family Cultural Support, Catherine Thomas



# Culture Night

With Catherine Thomas



**Wednesday August 4<sup>th</sup> in Opitsaht at MICC**

**Thursday August 5<sup>th</sup> in Ty-Histanis at the  
Tiic-Mis-Aq'Kin Health Center**



**If you can, please provide something for our  
Chumus Potlock**





## Mindfulness Mondays with Anita

Mindfulness is the practice of learning how to calm your body, mind & spirit by doing things that help you to focus on the here and now. Our ancestors were very good at it!

Join Anita to learn more tools for wellness.  
Dress appropriately for comfort & the weather.

Mondays from 9:00am – 10:00am  
starting August 9th  
@ Yaaqsis (Long Beach)

Meet outside the Education Building @ Esowista.

Tla-o-qui-aht Family Support

- Family Counsellor, Anita Charleson-Touchie,
- Telephone: 250-725-3335
- Email: [familycounsellor@tla-o-qui-aht.org](mailto:familycounsellor@tla-o-qui-aht.org)



**Naasuxsa timast?ak?i tuucamaih  
(Strengthening the Spirit of the Women)  
Women's Support Group Meeting**

**Date: Aug 4, 2021**

**Time: 9:30am**

**Location: Monks House**

**Agenda: Talking Circle  
Crafting**

**For further information please contact  
Nora Martin at 250-725-3335**

You are  
powerful,  
beautiful,  
brilliant  
and brave.

Train your mind to see  
the good in everything.  
Positivity is a choice.  
The happiness of your life  
depends on the quality of  
your thoughts.

Don't compare your  
life to others.  
There's no comparison  
between the sun and the  
moon. They shine when  
it's their time.



“You are never too  
old to set another  
goal or to dream a  
**NEW DREAM.**”

Love yourself first and  
everything else falls into  
line. You really have to love  
yourself to get anything  
done in this world.

Lucille Ball