

The CSFS Goozih Dus'tlus

Carrier Sekani Family Services 'Nosey News'

#MMIW Inquiry

The Prince George Pre Inquiry for Murdered and Missing Indigenous Women Meeting took place January 15th with CSFS assisting the governments in organizing the event, supporting families and providing facilitation. Approximately one hundred family members of missing and murdered women were in attendance.

The purpose of the Pre Inquiry meeting was to meet with survivors, families and loved ones to understand what outcomes they want to see come from the National Inquiry. This was one of many meetings that will be taking place, and we anticipate a long process ahead.

There is an online survey available at:

www.canada.ca/inquiry-missing-murdered-indigenous-women-girls

Families, organizations, leaders, as well as provincial and territorial governments working with families should submit their concerns through this online survey. For more information Brenda can be contacted at 250 563-1281 ext 215.



CSFS Winter Games 2016

The CSFS Winter Games are taking place again this year with grant funding received from FNHA! We had a great time over the past few years and anticipate another great turnout and lots of fun this year! The Ice Hockey tournament will take place in Fraser Lake Jan 29-31, 2016, Snowshoeing Jan 30 & 31, 2016 in Fraser Lake, and Floor Hockey in Burns Lake Jan 30, 2016. We hope to see you there! To register an ice hockey team contact travis@csfs.org For all other inquiries, contact Annie at aweinard@csfs.org or call them at 250-562-3591. Further information will be posted on our CSFS Facebook page in January.

Save the Date!

Women's Focus Group

January 27th, 2016

A safe place for women in the Burns Lake area to discuss violence prevention – contact Carmen at 250-563-1281 for further information

FASD Training

February 11, 2016

The training will be focused on working with adults with FASD as well as some other topics. Limited Seats. Contact Dawne at 250-567-2900

BL Bridging Intake

March 21, 2016

The next BL Bridging to Employment program intake is scheduled for March! Call the program staff at 250-692-3997 for more information

Drivers Training Program

The first Driver's License Training Program took place at the Burns Lake CNC campus December 7-18, 2015. The next training is January 11 - 22 on the Southside for the Cheslatta, Skin Tyee and Nee Tahi Buhn members working again with CNC campus. During the 10 days students can expect the following:

- ½ Day with RCMP covering how to address RCMP, consequences, and relationship building
- ½ Day with CNC Councilor and Aboriginal Advisor Liaison covering scripts and strategies for pressured situations
- ½ Day focusing on Resource Roads 1 Day working on computers skills and practice tests
- 6 ½ Days with class room instructor focusing on driver theory, incorporating testimonials and using a varieties of media forms for teaching
- Student support for test day including ICBC Testing Fees
- ICBC manual supplied

For more information about this program, please contact jbrett@csfs.org, or call Joan at 250-563-1281

CSFS Receives 3 Year Accreditation

CARF International announced that Carrier Sekani Family Services has been accredited for a period of three years for: Aboriginal Supported Child Development, Canadian Prenatal Nutrition Program, Mental Health- adult and child/youth, Addictions Recovery, Resources, Guardianship, Home Care, Family Support, Family Preservation, Family Empowerment, Family Justice, and Intensive Family Preservation Services.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards.

An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.

We are very proud of this achievement and thank our staff immensely for the time and hard work that they put into implementing and maintaining these rigorous standards. For additional information, contact the CSFS Research Department at 250-562-3591.





CSFS Scholarships

Did you know that CSFS partnered with UNBC a number of years ago to offer scholarships to First Nations students enrolled in post secondary studies? We understand that education is key to empowering individuals and Nations, and through our scholarships we ensure students have opportunities for financial support! CSFS offers four scholarships to students enrolled at the University of Northern British Columbia. Information on these awards is available through awards@unbc.ca

- The Sophie Thomas Scholarship is offered in partnership between UNBC, CSFS and Saik'uz First Nation.
- The Dr. Mary John Bursary is available to full or part time students enrolled in the Arts or Social Sciences at UNBC.

- The Celena John Bursary is offered to UNBC students enrolled in full or part time studies.
- The Perry Shawana \$1000 bursary is also available to UNBC students who have completed 30 credit hours. All of the scholarships are designated to support First Nations students with their post-secondary studies.

There are two additional Perry Shawana bursaries available. The first one is through the University of Victoria for full or part time students enrolled in graduate studies in the LLM program in the Faculty of Law. Another is through the BC Aboriginal Child Care Society, to which Perry played an instrumental role in the formation of their agency.

CONGRATS TO OUR 2015 RECIPIENTS!

Celena John Bursary - Nicole Tourangeau

Dr. Mary John Bursary - Taylor Boucher

Perry Michael Shawana Bursary - Jennifer Kanester

Sophie Thomas Bursary - Saskia Hart

Groups and Workshops

Drum Group with Bruce Allan

Youth and their caregivers in the Prince George area are welcome to join in and learn traditional songs. No drum is required. The group meets bi-weekly starting Thursday, January 21, 2016 at 1145 2nd Avenue from 4 pm – 5 pm . Hope to see you there! For more info call the guardianship team at 250-563-1281.



Around the Kitchen Table- Saik'uz

Join us in the Saik'uz Band Office for a women's group where we share a meal, and then spend an hour together in facilitated learning about healthy relationships and sexuality. Then the group participates in a cultural activity and has an opportunity to casually discuss the topic of the evening. This group starts Tuesday January 19th and ends March 29th. Please join us on Tuesdays from 4-7pm – we hope to see you there! For more information – contact Cheryl at the Saik'uz Health Center 250-567-9337 or email her at cvandelaar@csfs.org

Growing Great Kids - Takla

The Family Preservation and Maternal Child Health program offers the Growing Great Kids program. This awesome program helps parents with attachment, health, play, basic care, communication, and development. Together we will learn ways to foster secure attachment with our children while building family strength. Join Flora Abraham in Takla starting February 2nd, from 1-3pm at the Takla Health Center. For more info, call Flora at 250-996-7780 or email her at flora@csfs.org



9 Ways We Can Make Our Lives Easier

When we were young life was easier, right? Sometimes it seems that way, but the truth is life can still be easy. For some, the older we get, the harder we make things for ourselves. When we were young we saw the world through simple, hopeful eyes. We liked people who smiled. We avoided people who frowned. We ate when we were hungry, drank when we were thirsty, and slept when we were tired.

As we grew older our minds became gradually disappointed by life events and experiences. At some point we began to hesitate and question our instincts. When a new obstacle or growing pain arose, we stumbled and fell down. Eventually we decided we didn't want to fall again, but rather than solving the problem that caused us to fall, we avoided it all together.

Here is a few ways we make our lives harder:

- We look to others for the answers only we can give ourselves.
- We let others make us feel guilty for living our life.
- We allow toxic people to get the best of us.
- We are part of the drama circle.
- We assume negative intent to other people's actions.
- We are too worried that people will steal what we have.
- We try to compete with everyone else.
- We have been too much of a taker.
- We focus on popularity over effectiveness. Seek respect, not attention.

So how have you been making your life harder than it has to be? What can you do today to simplify things? Here are a few alternatives:

1. Put Your Imagination to Work on Your Life's Behalf. Hope is another word for the imagination of the heart. No matter what a person is doing, the imagination is busily working away either towards hope or despair. Choose hope!

2. Celebrate Your Gifts. Everyone is born with gifts. The challenge is to get to know ourselves and find out what our gift is, and then share our gifts the community.

There is no greater gift than sharing our gifts with others!

3. Befriending Yourself and Others. Have faith in yourself and treat yourself with kindness. The more you know and love yourself, the more you will be comfortable letting others know and love you.

4. Learn to Accept Change. One of the toughest parts of transition is leaving what we have known and, letting go and surrendering to what is new. All of our hopes and dreams are outside of what we now know, so letting go helps us get what we want!

5. We Are Free to Choose Our Values. We can base our standards on what others are doing or we can base them on what we know is right in our hearts.

6. Real Motivation Comes from Within. No matter who you are or what your age may be, if you want to achieve permanent success, the motivation that will drive you toward your goals must come from yourself. Remember, 'Rome wasn't built in a day'. Many small steps are needed to achieve anything.

7. Goals Are Dreams with Deadlines. People with goals succeed because they know where they are going and how they are getting there. They set a schedule and stick to it.

8. Sometimes You Have to Give Something Up to Get Something. Decide what you want, decide what you are willing to do to get it, establish your priorities and then go to work.

9. No One Else Can Raise Your Self Esteem. If you are consistent with these areas in your life, you'll show yourself that you and your desires are important.

It is possible to grow closer to our authentic selves as we grow up and grow older. **Be kind, be honorable, be productive and be positive.** With kindness, compassion and trust in ourselves we can make our lives easier.

Best Beginnings- Burns Lake

“Every Child is a unique gift from the Creator”

The Best Beginnings Outreach Program is a new innovative program intended to reach Aboriginal children 0-6 years, and their families, with assessment, diagnosis, and early intervention services in the outlying areas of Burns Lake (Burns Lake Band, Cheslatta Nation, Nee Tahi Buhn, Skin Tyee, Wet'suwet'en and Lake Babine Nation, including Fort Babine).

Referral Process:

A referral to the Best Beginnings Outreach Program can be made by parents, guardians or family members, child care providers, nurses, physicians, social workers, or aboriginal infant development consultants. All referrals must have the consent of the parents or guardians.

Schedule:

Mondays: Home visits in the community of Wet'suwet'en, and one-on-one work with children at the Head Start Daycare.

Tuesdays: Southside Home visits and one-on-one work with children at Grassy Plains School Strong Start Program with Early Childhood Educator, Rita Thompson.

Wednesdays: Woyenne Grade 1 one-on-one work.

Fort Babine trips will occur bi-weekly on Tuesdays and Wednesdays.

- January 26/27th - Carrier Sekani's Speech Language Pathologist Megan Young, and Occupational Therapist Laura Purves.

The community Food Share Program kicked off in April 2014, and we are excited to have Overwaitea Foods as our partner. Numerous agencies are working together to recover and distribute food to people that are in-need throughout the Lakes District.

