

# GOOZIH DUST'LUS



Mar / Apr 2025

## 2025 Hockey Jamboree Tournament

Skak ha ba beh /  
Nezkeh ba  
(For the Children)

Jurisdiction: Sitting down  
with our new Executive  
Director of Jurisdiction

## Road to the Tachick Lake Healing Centre

Transitioning programs from  
Ormond Lake to Tachick Lake  
Healing Centre







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**Editorial Director:** Marlaena Mann  
**Managing Editor:** Jordan Cryderman  
**Editors:** Andrea Palmer  
Brooke Wiebe  
Jessie Scheele

**Writer / Editor / Designer:** David Sikobe  
**Writers:** Olamipo Bandele  
Beth Neufeld  
Meagan Howard-Gibbon





## A Message from our COO

Mike  
Bote

**H**adih!

As we are now four months into 2025, I am pleased to update you on the significant progress that has been made across key areas of our organization under my portfolio, with exciting developments in capital projects & infrastructure, child welfare, justice, human resources, and communications. These initiatives are strengthening our ability to serve communities and improve internal operations.

Our Capital team has been hard at work advancing major infrastructure projects. The Clan Houses project has entered the Stage 2 design phase, with detailed planning underway to ensure the space meets both cultural and operational needs. Alongside this, we are actively planning how each facility will function to best support our staff and communities.

I am happy to report that we are restructuring our Child & Family

Services department to focus on serving the member Nations whilst a new department has been created to provide advocacy at a high level. Mary Teegee-Gray has transitioned into a new role as the Chief Administrative Officer – Child & Family Policy & External Relations, that focuses on high-level advocacy, youth, early childhood, and community services. Recruitment for a new Executive Director of Child & Family Wellbeing is underway, whose responsibility will be to oversee the department's daily operations and will report directly to myself.

The Justice team has completed a concept paper outlining the operational plan for implementing traditional decision-making on reserve. This plan includes the hiring of six on-reserve mediators and reflects our commitment to embedding traditional practices into governance.

Our HR team continues to build capacity with ongoing recruitment

efforts and community engagement. Meanwhile, our Communications team is strengthening its presence through the Communications Community of Practice, which supports developing communications professionals within the Nations we serve. An external communications audit is also underway, and we are starting preliminary work on a full website redesign.

All of these efforts reflect our commitment to growth, advocacy, and community-driven services. We're excited for what's ahead and look forward to sharing more updates with you soon!

Mussi cho,

Mike Bote, Chief Operating Officer



**C**SFS continues to work on its transition plan from Ormond Lake to the Tachick Lake Healing Centre as construction on the new site is ongoing. The goal of the transition period is to provide comprehensive addictions management services as an integral part of the proposed Tachick Lake Healing Centre and Centre of Excellence. This initiative aims to create a safe space for healing, where individuals can access culturally sensitive, trauma-informed care. The service delivery plan builds on the amalgamation of CSFS' 30 years of experience in offering culturally competent, safe, land-based healing using modalities rooted in tradition supported by evidence-based mental health and addiction practices. CSFS will provide services at Ormond Lake from April 2025 to October 2025, extending the duration of overall treatment to 6 weeks (from 28 to 42 days) to align with our vision of the Tachick Lake Healing Centre. Withdrawal management will be provided during the first week of each treatment intake cycle and weekly follow-up assessments and medical care will continue to be provided thereafter.

## Program Transition and Expansion of Services

### Detox/ Withdrawal Management (Week 1):

This innovative program was developed and implemented by the CSFS addiction medicine specialty team. Medical policies and protocols were adapted from evidenced based and standardized vetted guidelines, current drug use practices, and a culturally appropriate person-centred mindset.

This phase is a transitional step prior to entering the treatment program, providing withdrawal management services for up to 7 days. Ormond Lake will offer withdrawal management (formerly known as 'detox' or 'medical detox') which will be available for the first week of each program. Individuals will not require 14 days free of substances before they arrive. The CSFS Substance Use and Addiction Service (SUAS) team will be providing medically supervised detox and withdrawal management for people to safely and comfortably withdraw from alcohol and other

substances and start rapid titrations of opioid replacement therapies if required. The medical team will support and monitor withdrawal symptoms 24 hours a day for 7 days. Monitoring will include measuring physical symptoms such as blood pressure and heart rate, restlessness, anxiety, agitation, and mood changes. This process usually takes 5-7 days and may require daily 'check-ins' after. Clients will work with social workers and cultural workers to complete psycho-social assessment and treatment goals while participating in land-based activities.

### Core Programming (4 weeks):

The core programming service delivery will focus on land-based activities as well as various psychosocial modules including grief and loss, relapse prevention, and trauma along with traditional ceremonies and on the land service. According to Dr. Gabor Mate, known addictions specialist, trauma is the root cause of addiction. We propose to provide programming that focuses on historical and complex trauma.

*(continued on the next page)*



Clients will be supported culturally by Elder(s) in Residence, social workers, counsellors, clinicians and cultural workers.

SUAS addiction medicine specialist will provide weekly visits for follow-up assessments and medical needs.

#### Discharge Planning (week 6):

The healing team and clients will work together with the Substance Use Team, community Drug and Alcohol workers, referral, support and/or

wellness workers for preparation of discharge including but not limited to coordinating travel arrangements and housing and ensuring support is available to clients. The healing team will connect with the client's family to arrange a family in-person or virtual visit to provide resources for the family on how to best support the client for after-care.

At the end of the program, clients and workers will complete a follow-up on goals, planning and discharge and an exit summary. A Graduation

Ceremony will be completed by an Elder and cultural worker. The clients will remain supported through the process of integrating back into community, continuing to work with referral worker/community counsellors (NADDAP, Wellness and/or support workers, CSFS community clinicians etc.). The SUAS addiction medicine specialist will complete medical discharge planning ensuring prescriptions to local community pharmacies, and medical summaries to the clients' primary care providers are completed.

## Compensation for First Nation Child and Family Services



**Compensation for First Nations Child & Family Services**

**Starting March 10**

**Who can apply?**

- First Nations individuals who were removed from their homes as children between April 1, 1991, and March 31, 2022, while living on reserve or in the Yukon and placed into care funded by Indigenous Services Canada, OR
- Their Caregiving Parents or Caregiving Grandparents.

**For additional support**

 **1-833-852-0755** (Monday to Friday from 5 a.m. to 5 p.m. PST)

 **Generalinfo@Contact.FNChildClaims.ca**

Free mental health and wellness supports are available 24 hours a day through the Hope for Wellness Helpline at 1-855-242-3310.



CARRIER SEKANI  
FAMILY SERVICES

**F**rom March 10, 2025, eligible First Nations children and families can apply for compensation as part of the settlement recognizing the harms caused by the child welfare system.

If you or a loved one were impacted, you may be eligible. Learn more and check your eligibility at [www.fnchildclaims.ca](http://www.fnchildclaims.ca)

#### Who Can Apply?

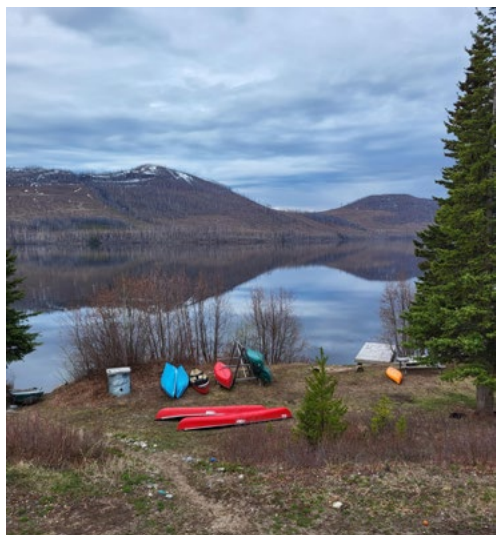
1. First Nations individuals who were removed from their homes as children between April 1, 1991, and March 31, 2022, while living on reserve or in the Yukon and placed into care funded by Indigenous Services Canada.
2. Their Caregiving Parents or Caregiving Grandparents.

This applies to the Removed Child and Removed Child Family classes, two of the nine classes under the settlement. Future claims periods for other classes will be announced later.

Have questions or need support? You can contact the Administrator of the Settlement at no charge by calling 1-833-852-0755 (Monday to Friday from 5 a.m. to 5 p.m. PST excluding statutory holidays) or emailing [Generalinfo@Contact.FNChildClaims.ca](mailto:Generalinfo@Contact.FNChildClaims.ca).

Get ready for the application process by visiting [fnchildclaims.ca/claims/get-ready/](http://fnchildclaims.ca/claims/get-ready/). We will share more information as available to keep you informed throughout the process.

# Program Highlight: Addictions Recovery Program (ARP)



Ormond Lake Camp, Nadleh Whut'en

CSFS through the Addictions Recovery Program (ARP) offers multiple activities and services to support individuals on their path to healing. The program blends Indigenous and Western healing practices guided by a "two-eyed seeing" philosophy. This integrated approach creates a holistic and culturally grounded environment that encourages a lifestyle free from addiction and helps restore pride in Indigenous identity.

The program operates in two seasonal phases: from May to October, offering services regularly; from November to April, services are provided upon community request. The Addictions Recovery Program leads workshops and works closely with each community to tailor programming to their specific needs.

In addition to in-program support, the ARP team assists clients in maintaining sobriety through after-care planning. This includes collaboration with the National Native Alcohol and Drug Abuse Program (NNADAP) and local clinicians. Individuals seeking treatment are encouraged to complete at least 14 days of detox

before starting the program. It's also recommended that they engage with a mental health professional and participate in at least six one-hour pre-treatment counselling sessions. Looking ahead, CSFS is excited about the development of the Tachick Healing Centre. Once completed, the centre will provide year-round recovery services, including immediate access to medical detox for up to 10 clients and residential treatment for up to 36 individuals.

## Return of the Land-Based Recovery Program at Ormond Lake

This summer, the land-based Addictions Recovery Program is returning to Ormond Lake. Although the program was originally set to move to a permanent location at Tachick Lake, ongoing construction has us returning to Ormond Lake and pilot key services that will later be implemented at the new Tachick Lake Healing Centre.

This year's program has been extended from four to six weeks and includes:

- A medically supervised detox week to help participants begin their recovery on solid ground

- Core sessions focused on cultural traditions, land-based healing, clinical therapy, and overall wellness
- A final week dedicated to after-care planning, ensuring a smooth reintegration back into the community with ongoing support

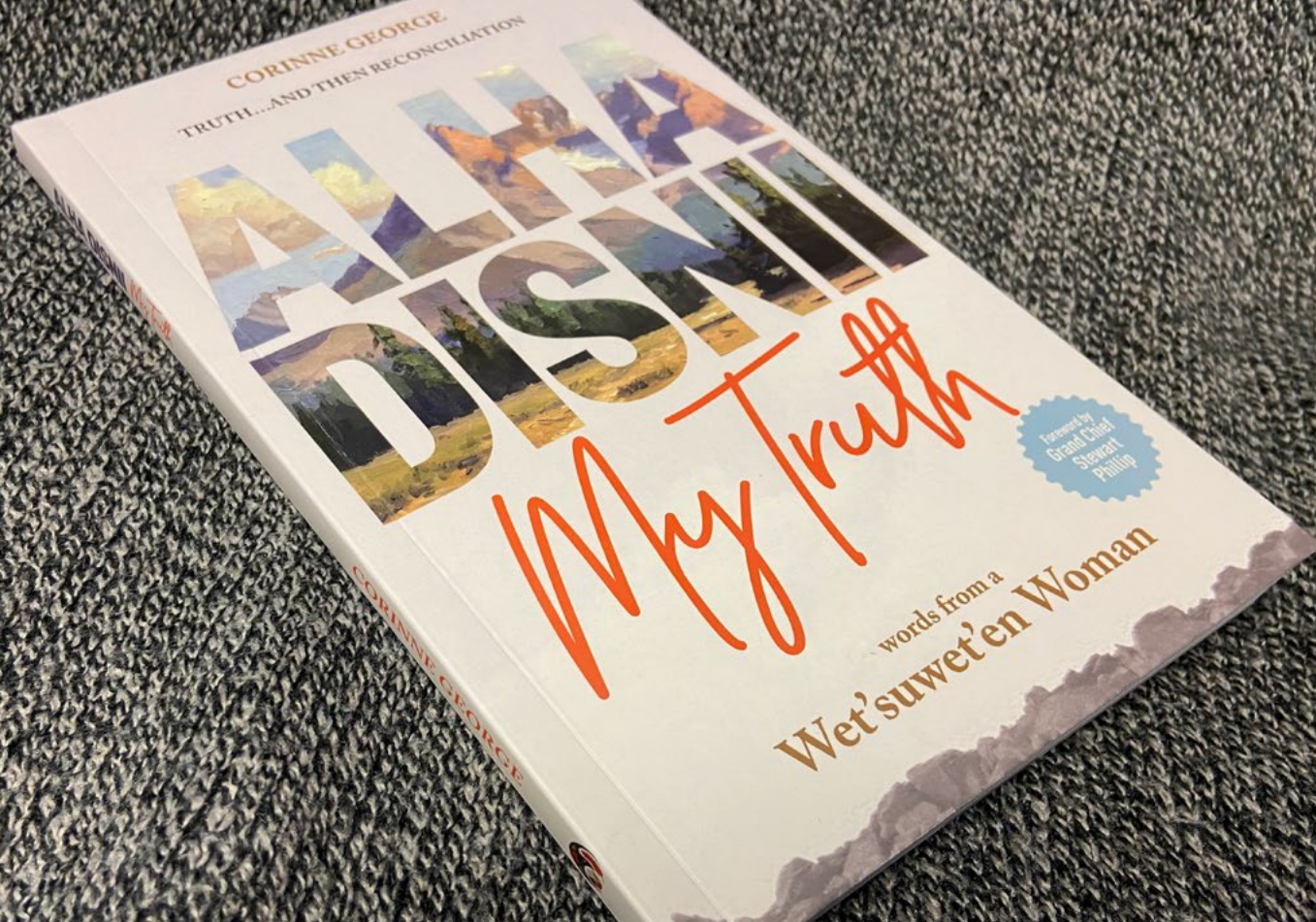
We are now taking intakes for our first cohort starting on April 28. Our intake form can be found on our website [www.csfs.org/services/addictions-recovery-program](http://www.csfs.org/services/addictions-recovery-program).

The current 2025 dates are:

- **Session 1 Detox:** April 28 – May 4
- **Full Session 1:** April 28 – June 8
- **Session 2 Detox:** June 12- June 18
- **Full Session 2:** June 12 – July 24
- **Session 3 Detox:** August 11- August 17
- **Full Session 3:** August 11 - September 21

For intake inquiries, please contact Renee John, Addictions Recovery Intake Worker, at [arp@csfs.org](mailto:arp@csfs.org).





## Alha Disnii-My truth: words from a Wet'suwet'en Woman

In conversation with Corinne George on her new book

A common misconception about Truth and Reconciliation is that it solely focuses on pushing guilt, blame and recounting pain, when it's really about acknowledging past harms and working towards a future of equality and justice. In her new book, *Alha Disnii*, Corinne George takes us through her journey as a Wet'suwet'en woman raised on what is now known as the 'Highway of Tears'. With courage, she shares her experiences about being the daughter of a residential school survivor and a WWII veteran, exploring family ties, moving to the city for university, enduring abuse and meeting her husband and love of her life, John.

Despite these obstacles, Corinne found a way to overcome by reconnecting to culture and the territory. She hopes that this book helps validate the experience of Indigenous people

and communities who have endured generations of harm, but also inspires non-Indigenous people to listen, learn, and unlearn the myths that have shaped mainstream understandings of Indigenous history and identity.

### ***What inspired you to write and publish this book?***

The idea of writing a book had been percolating for about twenty years. My main reason for *Alha Disnii* is to honour my grandparents all of whom held hereditary chief names, my parents, matriarchs and ancestors. I wanted to speak to my identity as a Wet'suwet'en woman as well as my connection to our rich culture and history. When the 215 unmarked grave were found in Kamloops, it really prompted me to begin writing a book about my experience and the words just flowed naturally.

### ***Grief and trauma are deeply personal— how did you find the strength to explore these topics so openly?***

I started coming to terms with my own personal trauma a few years ago. My path to healing is something that I'm actively working towards, so acknowledging the pain and hurt was an important first step. Culture is healing, so I learned to navigate it from an interconnected and holistic lens. For example, growing up I heard my grandparents sing Carrier hymns, so singing them has brought me restoration and strengthened my faith in 'Uttigai' (the Creator). Walking on the territory also helps me feel deeply connected to the ancestors. I train in Aikido, 'art of peace' which emphasizes harmony, non-violence, and self-overcoming, which is like my personal value system and Indigenous ways of



healing. I also have a trauma therapist, who helps me become aware of my triggers, identify them, and provide tools to regulate my emotions. A combination of all these tools is how I found the strength to tell my story.

***Was there any moment in the writing process that felt overwhelming?***

I wouldn't have been able to write this 10 or 20 years ago, because I wasn't at that point yet. I still go through moments in my personal and professional life where I still go through triggers. There were moments where I was reflecting on my experiences, and the thought of putting myself out there and sharing my story was scary, but my mum and family supported me all the way and I am so grateful for them.

***What is the main thing you want people to learn from your book?***

Listen to the experience to try to understand. However, it is worthy of mention that there has been progress made towards reconciliation. These initiatives bring awareness and encourage individuals, organizations, government, businesses and

communities to continue to take steps towards ensuring that Indigenous history is not forgotten.

***What was your experience with publishing the book?***

Medicine Wheel Publishing were amazing to work with. From the moment I submitted my first draft, it took about a year to publish because it required edits and revisions to ensure that it is a good reader experience. The process taught me the value of patience. Patience can be hard when you have something as exciting as

a first book being published. It all worked out.

***What's next for you — do you have plans for another book or project?***

Currently, I am busy taking care of my 85-year-old mum Matriarch, Rita George. I have a full-time job that keeps me occupied. I also spend a lot of time in community. I live a busy life and haven't yet gotten to the point of thinking about writing more. Right now, my focus will be spending time on niwh Yintah and with family as much as I can.



**From Top: (L) Corinne George snowshoeing on C'iggiz - my great grandpa Madeek- Bulkley Lake Isaac territory (R) Seasonal rounds- trout fishing, (below) Corinne on top of Nadina Mountain on Gidimt'en Yintah**

# Jurisdiction: Skak ha ba beh / Nezkeh ba (For the Children)

## Introducing Lincoln Hallgren, the New Executive Director of Jurisdiction

**H**adih! My name is Lincoln Hallgren, and I am excited to follow in Mabel Louie's footsteps as the newly appointed Executive Director of Jurisdiction. I grew up and currently reside in Burns Lake and am a member of Lake Babine Nation, sitting with Likhc'ibu (Bear Clan).

I am looking forward to engaging with members of the eleven Nations that CSFS serves. To hear directly from community members on aspects of traditional governance, what jurisdiction means to the community, and how to best incorporate the views of community with the jurisdiction project, as after all, the nations will resume their right to child and family decision-making alongside CSFS.

The vision I see, that may vary from person to person and Nation to Nation, ten years from now that all eleven member Nations have their own jurisdiction for child and families, based on traditional Carrier and Sekani governance so every Carrier and Sekani child knows who they are, their belonging to their community and family, and live their lives to their fullest potential. Together we will re-assume jurisdiction for the best interests of Carrier Sekani children and families, as we have for time immemorial.

Jurisdiction is important as we know the provinces have not done well in regard to our children. By reassuming our traditional right to child and family decision making, our Nations will ensure our children are close to their communities, know who they are and where they belong in their culture and traditions, as well as assisting family well-being for generations to come.

### *What is 'jurisdiction'?*

Jurisdiction is the right to make decisions. Our people have always had the right and responsibility to make decisions about their children and families but under the Indian Act, the responsibility for making decisions about children and families rests with the provincial government.

When An Act Respecting First Nations, Inuit and Métis Children, Youth and Families (formerly C-92) came into effect in 2020, Nations' right to be the decision-makers was recognized at a federal level.

So, when we are talking about 'jurisdiction', we are talking about transitioning the right and responsibility for child and family decision-making back to Nations.

### *How will this new law on children and families be different than the current Province of BC laws?*

The Carrier and Sekani child welfare law will not be 'new' to our people – it will be based on the traditional governance practices of Carrier and Sekani people.

Our law will act as a framework for each Nation to develop their own child and family laws through recognizing

the autonomy and unique governance practices of each Nation.

### *How will this law stand up against provincial laws?*

The Carrier and Sekani child welfare law will be a 'federal enabling' law. Through An Act Respecting First Nations, Inuit and Métis Children, Youth and Families, Indigenous nations have a recognized legal authority to reimplement their own child and family laws.

These Indigenous laws have paramountcy over provincial laws in the case of conflict when related to child and family services – meaning the Carrier and Sekani child welfare law would be recognized over a Ministry of Child and Family Development (MCFD) regulation. The province can no longer assert their decisions over our Nations.

Reasserting our people's right to be decision-makers for our children and families has been CSFS's goal since our inception over 30 years ago. This is an exciting time for our people, and I feel incredibly honoured to be leading this good work.

You can find more information and Frequently Asked Questions about the jurisdiction journey on our website at [www.csfs.org/jurisdiction](http://www.csfs.org/jurisdiction).



Executive Director of Jurisdiction, Lincoln Hallgren sharing his report at the CSFS 2024 AGA in Ts'il Kaz Koh



# From the forest to the river

## Yekooche Dialect



**'Adih**

*(Ant)*



**Ts'ihna**

*(Bee)*



**Lugok**

*(Chicken)*



**Lho**

*(Fish)*



**Musdzi**

*(Owl)*



**Hoonliz**

*(Skunk)*



**Tl'ughus**

*(Snake)*



**Talo**

*(Sockeye Salmon)*



**Ts'uncho**

*(Swan)*



# CSFS 2025 Hockey Jamboree Tournament

The CSFS Health Promotion and Physical Activity Program hosted a 2025 Hockey Jamboree Tournament in Burns Lake at the Tom Forsyth Arena on Feb 28, March 1 and 2. This was an amazing event that included fun off-ice activities like the 360 photo booth, rock climbing, spectator prizes, health booths, team prizes and amazing kid's activities.

The Hockey Tournament featured six teams namely Team Black, Blue,

Orange, Purple, Red and White that saw 90 players participate throughout the tournament.

Congratulations to Team Red, who took home the championship, along with Team Purple who placed second and Team White who placed third. This tournament embodied the value of true sportsmanship, which saw Team Orange being awarded the "Wighehc'onleeh" Most Sportsmanlike Team Award for exhibiting the true

nature of fairness and team cheer. Damien Ketlo and Shannon Hand took home the individual "most sportsmanlike" awards for proving that competition is not about winning at all costs, but about playing with integrity, respect, and fairness.

Mussi cho to all the volunteers, athletes, referees, Lakeside Multiplex staff, and community members who came together to make this a truly unforgettable event.









# CULTURE CORNER

## Northern BC Springtime Foraging – Spruce Tips

**D**ory Himmelspace is a Master Herbalist who resides and was born in Prince George. Her mother is Tse'kene from Kwadacha Nation, and her father is from Hungary. Growing up, Dory's grandmother introduced plant medicine to her at a young age; generational knowledge passed down to her mother, and finally to Dory. This is where her love for the plant world came from. Now, Dory shares her knowledge about springtime foraging and spruce tips, a superfood that can be found anywhere that spruce trees can be found.

"Climate change has an ongoing impact on our world in many ways, and what used to be foraged in May is now more often found in mid-late April. Of course, these times can vary so you have to keep a close eye on the plants to see when they're ready", Dory shares. "A springtime harvest in Northern BC could include many things; spruce tips, stinging nettle, chickweed, fiddleheads, fireweed, burdock, golden rod, birch leaves, shepherds' purse, lamb's quarters, wild violet, dandelion, and mint to name just a few."

Spruce tips are a superfood high in vitamins C, A, B1, B2, B3, calcium, magnesium, potassium, iron, phosphorus, arginine, flavonoids, and terpenes. This makes it great for anti-fungal and anti-bacterial purposes among others. When picked during the right season, it has a citrusy taste.



Dory Himmelspace harvesting Devils Club

Here's what to do when harvesting spruce tips:

- Try to stay minimum 100 meters off the road.
- Look at the community of trees you are picking from – are the branches brown and yellow, is the tree infested with bugs? Then look for another tree!
- Pick from branches that are growing outwards at the bottom of the tree. If an animal has pruned it a bit, you can pick a bit higher.
- Choose the right time of year – Mid- April to May is when they're at their peak for only about 10 days so be patient and keep a close eye on them. When the sheath (the part that looks like peanut skin) comes off easily is when they're ready. If it's sticky with a pitchy taste, it's not ready.
- Make sure you're picking from the right tree – spruce's are spikey

and their branches have a pokey feel. Firs are soft with flat and smooth needles. But don't worry, they're both edible.

- Pick from trees that are at least twice your height – any smaller is too young and needs time to grow.
- Look for the tips to be bright green.
- Pick from various trees, not all from one tree.
- Remember, once the tips have been removed it will not grow anymore so don't take more than you need.

Once you've harvested your spruce tips, you're ready to make your recipe! Check out Dory's personal *Spruce syrup recipe* on the next page!

Dory offers land-based workshops and a wealth of plant knowledge, to learn more visit [www.plants4healing.ca](http://www.plants4healing.ca).



## Spruce Tips Syrup



### Ingredients:

- Fresh spruce tips
- Equal amounts of spruce tips and sugar (white sugar, brown sugar, maple syrup, or monk fruit sweetener)

**Alternative Method:** Equal amounts of honey and water

### Directions:

1. Place fresh spruce tips into a clean jar.
2. Layer equal amounts of spruce tips and your chosen sweetener (white sugar, brown sugar, maple syrup, or monk fruit sweetener) to the jar.
3. Leave the jar in the sun for at least one week, turning it every day to ensure even infusion.

### Alternative Method:

1. If using honey, mix equal amounts of honey and water in a jar.
2. Fill the jar with as many spruce tips as you can.
3. Leave the jar in the sun for 7-10 days, turning it daily.
4. After the infusion period, strain out the syrup. The spruce tips are still edible, now you are left with spruce tips and spruce syrup!

# Calls for Justice Updates

## Strong Women - Strong Community

### (Tse-ké Helth'tus - Wel'eh Kayah Wulth-tus)

There's a popular saying that health is wealth, and wealth from an Indigenous lens considers an all-inclusive approach to living a fulfilling and purpose driven life by integrating emotional, mental and physical health.

Starting May 6th, 2025, CSFS invites women of all ages to join us for weekly wellness programming in Burns Lake, Ts'il Kaz Koh, Wet'suwet'en, Cheslatta, Skin Tyee and Nee Tahi Buhn. This initiative is a collaboration between CSFS Health Promotion and Physical Activity and the Calls for Justice department.

"The collaboration between departments is essential because our goal is to continue to offer preventative care, education and healing rooted in traditional knowledge in communities, therefore bridging the gap often experienced by women living in the North. Prioritizing physical health through movement, traditional foods, and self-care can help prevent and manage these conditions," shares Kelsey Spears, CSFS Calls for Justice Outreach Worker.

"The weekly programming is designed to empower and support females as we explore the five pillars of health: physical, mental, emotional, social, and spiritual well-being. Participants will have fun learning self-defence, yoga, relationship safety, self-love practices and much more. These activities will hopefully help in reducing stress, anxiety, and depression, which disproportionately affect Indigenous women and girls due to systemic challenges like racism, intergenerational trauma, and socioeconomic barriers."

We hope you can join us on May 6th at the Ts'il Kaz Koh hall (The Gathering Place) to kick off this exciting new program. Tracie Leost will be our keynote speaker, and childcare and youth activities will be offered.

For more information, please reach out to Dana Thorne at [Dthorne@csfs.org](mailto:Dthorne@csfs.org) or Kelsey Spears at [kspears@csfs.org](mailto:kspears@csfs.org).

## Strong Women Strong Community

### Tse-ké Helth'tus -Wel'eh Kayah Wulth-tus

## Opening Event May 6th 2025

Featuring Key Note :  
**Tracie Leost**

Women and Children Welcome

**Tsil Kaz Koh Gathering Place  
Burns Lake BC  
5:00 PM - 7:00 PM**



For questions or more information contact  
[dthorne@csfs.org](mailto:dthorne@csfs.org) or  
[kspears@csfs.org](mailto:kspears@csfs.org)



CARRIER SEKANI  
FAMILY SERVICES

Soup & Sandwiches will be served  
Little Angels childcare available- please contact Dana or Kelsey





## Lake Babine Nation You're in **healing hands** with Carrier Sekani Family Services



Carrier Sekani Family Services (CSFS) provides a variety of holistic services to member Nations – have you explored all the services we have to offer?

Impact reports have been made for each member Nation to identify community needs and provide information on available services. These reports are a powerful tool for understanding and accessing information. Here are three services that you told us you wanted to know more about:

### 45%

of respondents from Lake Babine Nation have heard of:

- **Mobile Diabetes:** Works to bring nurses with specialized knowledge and training in diabetes to clinics across Northern BC and to meet one-to-one with patients. The program provides diabetes screening and assessment, laboratory testing, counselling, endocrinologist consultation, and ongoing follow up.
- **Who is eligible:** Members living in/away from community
- **How to access:** In person, virtual
- **Phone:** 1-866-899-6855 or (250) 562-3591  
[www.csfs.org/mobile-diabetes](http://www.csfs.org/mobile-diabetes)

### 57%

of respondents from Lake Babine have heard of:

- **Maternal Child Health:** Offers resources and support to Indigenous pregnant women and parents of infants and young children from 0–6 years of age. Staff can provide support and information around Indigenous health care benefits, nutrition, breastfeeding, harm reduction, parenting, childhood growth & development, and perinatal & postpartum depression & anxiety.
- **Who is eligible:** Families living in/away from community
- **How to access:** In person
- **Phone:** (778) 916-7429  
[www.csfs.org/maternal-child-health](http://www.csfs.org/maternal-child-health)

### 60%

of respondents from Lake Babine have heard of:

- **Child and Youth Mental Health:** Provides services to children, youth and their families/caregivers. Services can include intervention and family work, individual therapy, group work,

mental health consultation and workshops based on community needs. Counselling services are voluntary and self-referrals are accepted.

- **Who is eligible:** Children/youth (typically aged 6–19) living in/away from community
- **How to access:** In person, virtual
- **Phone:** (250) 692-2387  
[www.csfs.org/health-and-wellness-counselling-program](http://www.csfs.org/health-and-wellness-counselling-program)

## Key Survey Results

### Staff members at CSFS...

...are easy to talk to.

### 78%

answered yes

...are involved in care or treatment options.

### 58%

answered yes

...explain things clearly.

### 73%

answered yes

...deliver high-quality services and programs.

### 75%

answered yes

...treat me with respect.

### 85%

answered yes

...follow up on appointments and action items consistently.

### 63%

answered yes

Curious about what is available for your community? Visit [www.csfs.org/healinghands](http://www.csfs.org/healinghands) to find more information on programs and services available in your Nation.

# Photo Submissions



Photo By: Linda Marie Charlie



Photo By: Nancy Sue Crouse



Photo By: Leslie Lee

## Want to share your photos?

Send us your best photos, and we'll include a number of them right here in the next issue!  
Submit your photos to David Sikobe at [dsikobe@csfs.org](mailto:dsikobe@csfs.org).



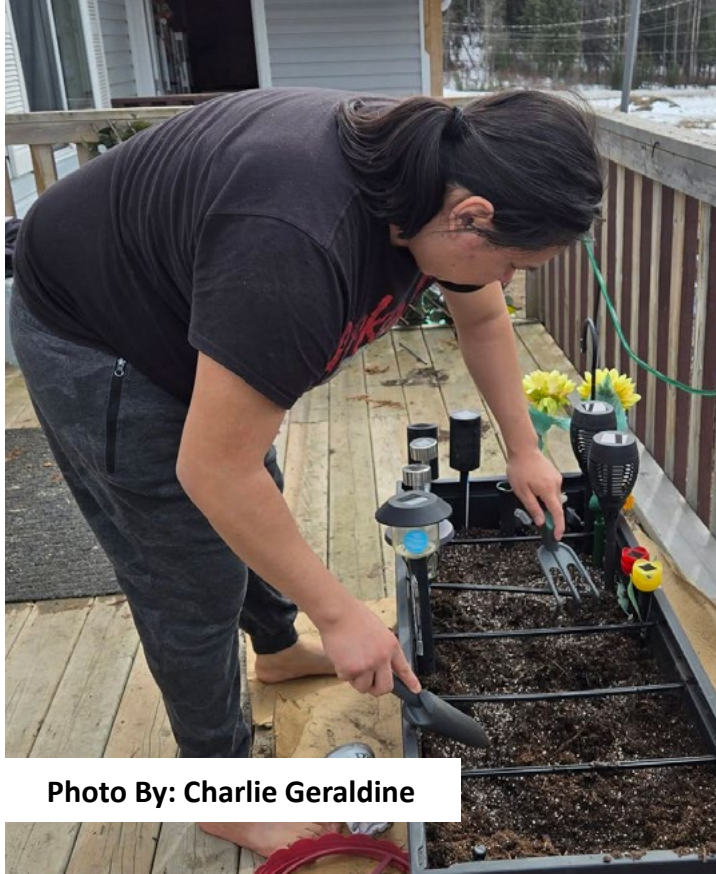


Photo By: Charlie Geraldine



Photo By: Glenda Alexander



Photo By: Pamela Ketlo-Cheblak



Photo By: Sandra Mae Nooski





CARRIER SEKANI  
FAMILY SERVICES