Message from the Chief

As Chief of Westbank First Nation it is an honour to share with members, on reserve residents and the general public Westbank First Nation’s 2018 Program and Leisure Guide. We are very pleased and proud that people of all ages can access and benefit from these healthy activities and programs. We encourage everyone to get involved, participate and stay active to create healthy, active, balanced lifestyles. We believe in holistic healing, physical activity and our programs are based on the four natural qualities we all have within ourselves. Spiritual, Mental, Physical and Emotional. We look forward to continued commitment and dedication in creating a strong, healthy environment for everyone and would like to thank the staff, members and families who have contributed to the success of our Leisure Programs.

Ilim lamt,
Chief Roxanne Lindley

Mission statement
WFN Community Services delivers programs and services to support the wellbeing of Community members.

Vision
All WFN community members are physically, mentally, emotionally and spirituality healthy.

Values
- Integrity
- Confidentiality
- Advocacy
- Respect
- Excellence
- Fairness
- Compassion

I C.A.R.E. For Community
Message from Community Services
Way' WFN Community Members,

Welcome to our eighth issue of the WFN Community Services Program and Leisure Guide. This guide will give you the listing of all the services and programs being offered from September 2018 to April 2019.

In accordance with the WFN Government Strategic Plan’s priorities and goals, the programs and services outlined in this directory follow the Chief Saskatoon Berry Goal #9 which states: Provide programs, services and activities that promote the physical, mental, emotional and spiritual well-being, and healing of members of the community and which ensure timely notice and information about available programs, services and activities.

All eight departments within Community Services: Early Years, Education & Social Development, Health & Wellness, Membership Services, Sensisyusten School, WCDC, Administration and Youth & Recreation, work towards achieving the overall goal and objective of creating a healthy community. As you review the directory you will find a program or an activity that meets your interest and fits your schedule. However, if you find that your personal interest is not included, you are welcome to inform us, and we would work towards embracing your interest.

I would like to take the time to officially announce the recent hiring of Kelsey Lindley as Executive Assistant to the Director of Community Services. Kelsey has transitioned into the role from Community Services Administration and quickly demonstrated herself to be a detrimental role within Community Services. Please feel free to reach Kelsey in all matters regarding the Director’s attention.

The Fall season is a time of renewal to take time to think about what is important to each and every one of us. How we can support, care for & enhance our community by providing professional & comprehensive services.

We look forward to connecting with you at one of the many programs and services listed, all brought to you by WFN, Community Services and its awesome teams.

Lim lemt
Maria Reed RN, BN
Director, Community Services
Westbank First Nation Facilities
TEAM MEMBERS

Nicole Werstuik  Youth and Recreation Manager  (250)768-4838
Kyle Allen  Youth/Rec Team Leader  (250)768-4838
Saije Werstuik  Youth/Rec Leader  (250)768-4838
Sharanna Gabriel  Youth/Rec Leader  (250)768-4838
Stevie Scott  Youth/Rec Leader  (250)768-4838
Hailey Causton  Youth/Rec Leader  (250)768-4838

Come on out to the WFN Youth Center to meet new friends and participate in a ton of fun activities and programming such as the following Fall/Winter planned programs;

Youth Drop In
Monday to Friday (4:00 PM – 9:00 PM)

Youth aged 12-18 are invited to the Youth Centre to socialize and engage in a variety of activities. We have different resources available such as a small computer lab, video gaming systems, pool table, air hockey and foosball tables. Every evening youth have the opportunity to take part in drop-in sports at the gym including, but not limited to; dodgeball, basketball, and open gym time. The youth also go on weekly out trips to places like H2O, movie nights, Scandia, lazertag and bowling. Youth from the Community are all invited, whether they are WFN members, aboriginal on reserve, or youth who reside on WFN lands.

Drivers Training
Monday to Friday (Register with Nicole anytime)

The Drivers Training Program is a partnership between Westbank First Nation and the Westside Driving School. This program is designed to help new drivers gain the confidence and skill that they need in order to become a properly licensed driver under the graduated licensing program. This program is open to WFN youth who hold a valid Learner’s license and who can contribute a portion of the fee. Please contact Nicole to register and find out more details.
Youth Leadership Council  
*(All seats currently full)*

2nd Thursday of every month – September to July (5:00 PM – 7:00 PM)

The mission of the Youth Leadership Council program is to guide youth, aged 15 to 24, in taking a positive, more prominent role in the community, by promoting unity, leadership skills, and independence.

The goal is to empower youth, give them a voice in the community, build confidence and promote the development of future leaders.

Open to WFN members or WFN member children. Currently all seats are filled with 2 alternate positions.

**Youth Homework/UBCO Partner Tutoring Program**

Monday & Thursday - or as needed (4:00 PM – 6:00 PM)

Partnering with UBCO we have tutors and all supplies are located at the homework station. If you need any assistance with any supplies please feel free to speak to any Youth/Rec Leader or Tutor and we will assist you in getting what you need. You are not only rewarded with individual pizza after homework is completed but each homework session your name will also be entered to win a $250 gift card to the mall!

**Cooking Sessions**

Thursday- September to June (6:00 PM – 7:30 PM)

A fun session where you learn basic cooking techniques, eat healthy food, and learn some recipes you can make for your family such as moose stew and bannock and spaghetti and caesar salad.

**Youth Fitness/Tuesday Movie Nights**

Youth Fitness: Tuesday (4:30 PM – 5:30 PM)

Tuesday Movie Nights- Extreme Theatre (6:15-10:00pm)

***It is a prerequisite to attend Youth Fitness in order to participate in Movie Night

Youth Fitness is an exciting and fun way for our youth to get out and be active. There are all kinds of ways to be fit and active and these different classes will be explored through this program. At the end of all that hard work, the youth can sit back and enjoy a movie and socialize with each other.
**Yoga**  
Michael Christy  
Monday and Wednesday– September to June (6:30 PM – 7:30 PM)  
***Punch card required, childcare not available  
A certified yoga instructor teaches a basic beginner class in out multi-purpose room facility. These classes run from September to June and are offered at a small fee to community members. They are open to WFN members and residents living on-reserve. Contact Community Services to get more information, registration and to get your punch card. Childcare not available.

**Bootcamp**  
Denise Leeuwangh  
Tuesday & Thursday - September to June (6:00 PM–7:00 PM WFN)  
***Punch card required, childcare available  
A certified personal trainer teaches a basic beginner level boot camp for 15+ years of age. It is advisable to get your physician’s approval before you start any fitness program. Contact Community Services to get more information, registration and to get your punch card. Childcare available.

**Balance the body, calm the mind, and connect with the spirit-indigeneous perspective**  
Tricia Miller  
Wednesday (September to June) (12:00 PM – 1:00 PM)  
***Youth Center multi-purpose room  
A fun session where you learn basic cooking techniques, eat healthy food, and learn some recipes you can make for your family such as moose stew and bannock and spaghetti and caesar salad

**Drop in Sports/Weight Room- WFN gymnasium**  
Drop In Sports: Wednesday (6:00 PM – 8:00 PM)  
WFN Weight Room: Mon-Thurs (9:00AM-9:00PM & Friday 9:00AM-5:00PM)  
***WFN Gymnasium, all attendees of WFN Weight Room must be 16+ years of age  
Community members have access to the facility for drop-in sports including, but not limited to; Basketball, Volleyball, Raquetball and Dodgeball. The Weight Room is open all year around and are no cost to WFN members and residents living on-reserve.
Youth Wellness Workshops
3rd Wednesday of each month (4:00 PM - 5:30 PM)
Our Youth Wellness program is designed to assist youth to connect to their true selves in an empowering, respectful, healthy and dynamic way to have a safe environment to learn about Wellness. The program focus is on building skills to help youth excel socially and emotionally. This is open to WFN members, aboriginal or community members living on reserve.

Girls United
Tuesdays- TBD (1:30 PM - 3:30 PM)
Girls United is a program designed for girls aged 12-15 years of age. It is geared towards encouraging the development of strength, courage, confidence, honesty and communication skills for girls. The goal is to enhance girl's abilities so that they are able to take full advantage of their talents, academic interests, leadership skills and potential for healthy relationships. The topics covered include self-esteem, body image, practical skills, boundaries, friendship, anger and physical fitness. This program is open to WFN members, aboriginal or community members living on-reserve.

Showshoeing
Wednesday- December to March (4:45 PM - 6:00 PM)
***Weather permitted, location varies
Come out and get active with family and friends! This outing is fun for all ages, please dress appropriate for weather and prepare for a great workout. Youth/Rec has 9 snowshoes that can be used on a first come first served basis, protein bars and water is provided. Contact Youth/Rec Leader for more information.

Big White Fridays
Friday- January to March (4:00 PM - 10:00 PM)
Join the Youth Department for Friday night skiing/snowboarding at Big White. Please bring all appropriate winter gear, Snowboarding equipment can be borrowed from the WFN Youth/Rec Department. There is no charge for lift tickets, however, youth will need to rent equipment if needed. IR#10 pickup 4:20 PM/return drop-off @ 9:40 PM at the Shoppers Drug Mart parking area. A youth out-trip permission form is required to attend.

Main Tel: 250.768.0227 | Email: communityservices@wfn.ca
**Saturday Snowboard Club**
Saturday- January to March (8:00AM - 4:00PM)
Westbank First Nation members with passes to Big White can get a ride in the Youth/Rec van and head up for a day of skiing or snowboarding. Ages 12+ are welcome to attend, and while the program is intended for WFN members, community members may catch a ride in the van and truck (space permitting). There is some equipment available on a first come first serve basis. Any associated costs while up at Big White are the responsibility of the individual. Register the Thursday before to reserve your seat!

**WFN Noon Hour Yoga - Body, Mind & Spirit**
Tricia Miller
Monday (September to June) (12:00 PM -12:45 PM)
This Yoga class is designed for WFN members who may like to try out basic strength training Yoga with a smaller group. It is free of charge and is offered to WFN members and their families as well as WFN staff.

**Basic Hunting Skills 101**
October SD#23 Pro-Day (possible winter dates TBD)
This is a great opportunity for youth to learn hunting skills such as; patience, gutting, skinning, butchering, gun safety, building a fire, traditional teachings and stories. Youth will be visiting our traditional hunting territories and the Derickson Trap Line with Raymond Derickson and family. Permission form mandatory to attend, best behavior practices required. Please call Nicole for more information.

**Sport Court**
We are excited to officially announce the official opening of the Westbank First Nation Multi-Use Sport Court! This facility is open to all WFN members and community members (those living on-reserve). Be safe and remember to bring and use your helmets! Contact Nicole Werstuik to find out about our helmet incentive.
TEAM MEMBERS

- Vicki Saler, Administration Supervisor (250) 768-0227
- Nadine Jules, Administrative Support II (250) 768-0227
- Wanda McDougall, Administrative Support I (250) 768-0227
- Sacheen Lindley, Administrative Support I (250) 768-0227
- Tara Amorim, Administrative Support I (250) 768-0227
- Autrey Derickson, Administrative Support I (250) 768-0227
- Sabrina Collie, Food & Services Coordinator (250) 768-0227

The Community Services Administration team performs all duties and responsibilities in accordance with WFN’s policies, standards and procedures. We provide excellent client care and customer service to members, the community and all departments and staff. Our team is always eager to take on new challenges and be an integral part of community events and programs and ensure that they can provide the most updated, helpful information to all while upholding a high level of professionalism and confidentiality.

Food Services Program

Vicki Saler/Sabrina Collie

The purpose of this program is to provide healthy, balanced and nutritious meals and snacks to our community programs listed in this leisure guide as well as various internal/external events and meetings. We ensure the Canada food groups are followed and food safe practices are adhered to. We create menus to accommodate cultural events, food sensitivities, diabetics and various diet restrictions.
TEAM MEMBERS
Sheila Marentette, RN Health Services Manager (250) 768-0227
Shauna Moir, RN Community Health Nurse (CHN) (250) 768-0227
Megan Oelke, LPN Community Nurse (250) 768-0227
Julia Walker, NP Nurse Practitioner (250) 768-0227
Raven Mikuletic, LPN Community Care Nurse (250) 768-0227
Colleen Otteson, LPN Community Care Nurse (250) 768-0227
Chelsea Coble Accreditation and Admin Support (250) 768-0227
Amanda Fankhauser Health & Wellness Services Admin Support (250) 768-0227

HOME CARE TEAM
Bev Swite Norma Ryder Mary Jane Isnardy
Lorraine Harry Sonja Gerow Twyla Lindley
Daphne Webster Barb Ford Joan Tronson

Chronic Disease Management Program
Chantelle Attwood LPN, Shauna Moir RN, Sheila Marentette RN
Monday to Friday (8:30 AM – 4:30 PM)
This program promotes a healthy lifestyle and management of persons living with a chronic disease such as high blood pressure (Hypertension), high cholesterol, chronic obstructive airway disease, (COPD), Asthma, Diabetes and Arthritis. Clients are encouraged to participate monthly by making an appointment through Community Services Reception. WFN members will receive a monthly $25.00 gift certificate from Quality Greens or Nature’s Fare which are used to make healthy food choices. Monthly appointments involve health monitoring for example blood pressures, weight, blood glucose monitoring, health discussion and education with the Nursing team and Nurse Practitioner.
**Tuberculosis (TB) Screening**  
Shauna Moir, RN, Sheila Marentette, RN  
Monday to Wednesday (8:30 AM – 4:30 PM)

TB screening is done to prevent tuberculosis from spreading in our community. The aim is to eradicate it altogether. We are able to provide and read the test needed to determine whether it is present in the community. It is required for all of Pine Acres Staff, Sensisyusten Staff, Daycare Staff, Community Services and Lindley Building staff as well as any volunteers within our community.

**Immunizations**  
Shauna Moir, RN, Shelia Marenette, RN  
Monday to Friday (8:30 AM – 4:30 PM)

Full immunization programs are offered for both adults and children. The same immunization program is provided by Interior Health. Access to immunizations is quick and easy; appointments can be made at the reception desk. We also have a program that allows us to record and track the immunizations that you receive at community health or other Health Centres in BC. This program allows the community health nurses to print out yours and your child’s immunization record. You can keep it for your own records as well as for school registration.

**Canada Prenatal Nutrition Program**  
Shauna Moir, RN, Sheila Marentette, RN  
Monday to Friday (8:30 AM – 4:30 PM)

This program is targeted to pre and post-natal families who are WFN members and live on reserve. The program is open to first time moms as well as those who already have children. The focus of the program is to increase awareness around nutrition and healthy pregnancies, healthy weight gain, and healthy birth weights of babies. There are monthly incentives as well such as car seats and baby welcome packages. We are also available to provide support and education pre and postnatally. There are group and individual sessions available. We are non-judgmental and help connect families to the services they need for example; Doulas, hypo no birthing and answer any questions you might have during and after your pregnancy.
C’as’csawt — Clean/Healthy Body, Mind and Spirit Program
Shauna Moir, RN, Shelia Marentette, RN, Megan Oelke, LPN
Ten week session, twice a year (5:00 PM – 7:00 PM)

The program is adaptable depending on the needs of the group, however, the focus is on a healthy body, mind and spirit. It is a motivational program that has a different theme each week related to the areas mentioned above. Depending on the time of year, various seasonal activities will be offered. The program is based on healthy living via diet, exercise, mental wellness and spiritual wellness. It looks at ways to create balance in individual lifestyles. It involves meeting to share a healthy meal, tips on creating balanced healthy meals at home, health screening and monitoring, and sharing ways to get active. Some of the previous sessions have included acrylic painting, hiking, snowshoeing, and dietitian for meal planning, walk with a guide to explain medicines available and when to harvest. Child minding available.

Pediatrician

2 days a month (8:30 AM - 4:30 PM)

We have a pediatrician who joins us 2 days a month. She requires a referral from the Nurse Practicioner (Julia) or from a family doctor.
Health Promotion

Shauna Moir, RN, Sheila Marentette, RN, Chantelle Attwood, LPN

Monday to Friday (8:30 AM – 4:30 PM)

At Community Services we want to see a vibrant healthy community, and we do this by promoting different health and safety initiatives during the year. All departments collaborate with each other and outside agencies and information is shared with community members. There are periodic screening tests, hearing tests, a mobile diabetes clinic which includes eye testing, cooking and canning sessions, walking programs, events like Movember and Sun Run, just to name a few. If you have any specific health related questions or concerns, the friendly nursing staff are here to address them, and look forward to hearing from you. Appointments are recommended, so please call and ask to speak to the nurses.

Indigenous Wellness Clinics

Julia Walker, LP, Shauna Moir, RN

Monday to Friday (8:30 AM – 4:30 PM)

Second Monday of every month (6:00 PM - 9:00 PM)

Indigenous Wellness Clinics will not be offered at Westbank First Nation Community Services. Our clinics provide confidential, non-judgemental sexual and reproductive services for everyone in our community. Our services include Well Womens Clinics, Men’s Health Clinics, birth control options, Plan-B, STI testing and treatment, PAP screening and pregnancy testing. To schedule an appointment please contact Shauna Moir at (250) 768-0227 or directly at (250) 863-1853.

Patient Travel

Monday to Friday (8:30 AM – 4:30 PM)

We provide financial assistance for travel to specialist appointments, surgery or medical care outside of the Kelowna area within BC. This program is for aboriginal persons on WFN lands, and there are some criteria to qualify. Contact Amanda Fankhauser for more information.
Home and Community Care Program and In Home Care
Sheila Marentette, RN, Chantelle Attwood, LPN
Monday to Friday (8:30 AM – 4:30 PM)
This program is designed for individuals of any age who have an assessed need, who are currently living on reserve and want to maintain their independence and health. The assessments are completed by the nurse and based upon assessments, home supports are set in place. Supports vary from client to client and can include light meal preparation, assistance with activities of daily living, supplies and equipment.

Primary Care
Julia Walker, NP
Monday & Wednesday (8:30AM – 3:30PM)
We have a Nurse Practitioner who joins us every Monday and Wednesday to assess, diagnose and treat any acute and chronic illnesses. Julia is able to order diagnostic tests, write prescriptions, perform assessments, make referrals and provide treatments. The target population is community members who do not have a physician, can’t get to their physician and/or require regular check-ups. Appointments are necessary, so please call the Community Services office and ask to speak with Amanda to set up an appointment.
Post-Secondary Education Support Services

Denise Clough
Monday to Friday (8:30 AM – 4:30 PM)

The post-secondary education program supports WFN members in their pursuit of a higher education to further their education and career goals. We can provide the information that you may need to start your educational journey and goals. The education team can help you to navigate through the sometimes confusing world of admission and registration, or can provide you with a referral to post-secondary aboriginal advisors. The deadline for post-secondary education applications is May 30th. It is important to set up a meeting with the Education Department once you are ready and determined to pursue a post-secondary program.

WFN Bursaries and Scholarship

Denise Clough
Monday to Friday (8:30 AM – 4:30 PM)

The Annual Bursary and Scholarship program acknowledges students for their dedication to higher learning. The deadline for bursary and scholarship applications is July 31st.

Bursaries: WFN honours students through four bursaries in different programs. All WFN member students currently enrolled in post-secondary education are eligible to apply. Each of the four bursaries are distributed under one of the Four Food Chiefs.

Scholarship: WFN is pleased to honor one student through the St’k’wêk’wip Scholarship. This scholarship is awarded to students who display exceptional academic achievement and community contribution.
WFN Alumni Bursary
We are seeking input, support and contribution from WFN post-secondary graduate students. We welcome your input and monetary support to start up the WFN Alumni Bursary.

WFN Tutoring Support
Denise Clough
Monday to Friday (September to Mid-June) (8:30 AM – 4:30 PM)
In partnership with Westside Tutor, the tutoring support program supports school aged (elementary, middle, and high school) WFN members who need assistance to fulfill the Ministry of Education learning outcomes through homework support, prepare for provincial exams, and maintain the academic requirements to enter a post-secondary institution. Westside Tutor delivers one on one tutoring and WFN Education is responsible for financially supporting the tutoring program up to a maximum of 2 hours per week after regular school hours.

Active Measures
Diane Roy
Monday to Friday (16 week program) (8:30 AM – 2:30 PM)
The Active Measures program is a 14 week life skills program delivered at the Health & Wellness Building. We accept application from individuals on income assistance or under skilled clients. The aim of this program is to teach students basic personal development and employment readiness skills to prepare them for future employment or education & training. Workshops include; Native arts and culture, computer skills, upgrading, resume writing, cover letters, interview techniques, and certificates (Food Safe, First Aid, WHMIS, Serving it Right). The curriculum is developed based on student intake and needs; therefore changes to each session may apply.
Okanagan Training Development Council (OTDC)
Kevin Ned
Monday to Friday (8:30 AM – 4:30 PM)
OTDC services Status and Non-Status First Nation people who are under skilled or employment ready. The goal of OTDC is to work with clients to establish an action plan, which includes further education or training, wage subsidies, job referrals and job supports. Clients who struggle to determine an education or career path can be assisted in career aptitude testing, Guiding Circle assessment, Employment Readiness Scale, and personality assessment. OTDC services individuals living in the Westbank and Peachland area.

Income Assistance
Tina Alexander
Monday to Friday (8:30 AM – 4:30 PM)
The Social Development office assists individuals and families who reside on WFN lands and are in need of financial assistance to meet their basic needs. The Income Assistance program is mandated by INAC (Federal Government) and clients must meet eligibility requirements to receive assistance. If you require assistance, please contact Tina for a list of information and documents that must be submitted for your first appointment.
Westbank Child Development Centre

TEAM MEMBERS
Andrea MacLellan       WCDC Manager       (250) 768-4568
Alana Ouellet        ECE/SN/IT        (250) 768-4568
Cristina Reid       ECE        (250) 768-4568
Amanda Derickson       ECE/IT        (250) 768-4568
LeRay Fuller         ECE/SN/IT        (250) 768-4568
Fae McMath        ECE        (250) 768-4568
Donna Prupas        ECE/IT        (250) 768-4568
Roxanne LeMarchant       ECE/IT        (250) 768-4568
Virginia(Vicky) Belteton       ECE/Preschool        (250) 768-4568

Hours of operation: Monday to Friday (7:30 AM to 5:00 PM)

WCDC is a provincially licensed facility providing care for children aged 6 months to 5 years, and preschool programming for 3 and 4 year olds. The Centre supports and promotes Okanagan Sylix language and culture offering weekly sessions to all the children. Developmental screening tools are used at the Centre and are a key component to offering a tailored and enriched Early Childhood Education experience to all the children and families in the WCDC programs. WFN members receive a subsidized rate and encourage caregivers to further their education and employment goals. Enrolment is open to WFN members, community members residing on WFN lands and, if space permits, off reserve community. Currently accepting registrations for September 2018 enrollment in daycare & preschool programs.
# TEAM MEMBERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone</th>
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<tbody>
<tr>
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<td>Early Years Manager</td>
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<td>Bobbi Tronson</td>
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<td>Michael Blackburn</td>
<td>ASP / Summer Camp Supervisor</td>
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<tr>
<td>VACANT</td>
<td>After School Program Assistant</td>
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<tr>
<td>Lori Kronyk</td>
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<td>VACANT</td>
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<td>Emma Dovell</td>
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<td>Deanna Thorne</td>
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</tr>
<tr>
<td>Kim Teichroeb</td>
<td>Early Years Coordinator</td>
<td>(250) 768-4838</td>
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## Aboriginal Supported Child Development

By appointment  
***Registration required for Intake***

Aboriginal Supported Child Development is designed to specifically meet the needs of children who require additional supports. This program is designed for children ages birth to twelve, with delays or challenges in one of the following areas; cognitive, communicative and social/emotional/behavioral. Information regarding development and provision of resources can be provided to support individual development. Staff is available to support parents/families under a family centered model.

## Infant Development Program

By appointment  
***Registration required for Intake***

This program provides individual support to families with new infants ages birth to three years of age. Support will be individualized to the needs of the child and family and can be received either in an office environment or at the families home. This program is driven through a family centered approach and focus is on the strengths of the family unit. All families with infants are eligible to enter this program.

## Outreach

By appointment (9:00 AM – 4:00 PM)  
Support given to individual families on a one to one format. Focus includes; education, nutrition support, baby massage, limited transportation or assistance with other matters pertaining to family.
cəcamaʔt səŋkliʔ cnyiʔ - Little Coyotes
Friday (11:00AM – 3:30 PM)
This program is for Aboriginal families on reserve with children birth to six years of age. nqilxʷcn (Okanagan language) is used as much as possible during the telling of our cəptikʷɬ and singing songs. A healthy lunch is served followed by a curriculum that focuses on education, language and culture, health promotion, parent and family involvement and social support. There are plenty of opportunities for bonding between the parent and child, in addition to developing friendship bonds between the other families within the community.

After School Program
Monday to Friday (September to June) (2:30 PM – 5:30 PM)
This provincially licensed program is open to children attending Sensisyusten and Chief Tomat schools. Children are received in priority of WFN member, Aboriginal, community members on reserve and, if space available, off-reserve residents, ages 5 to 12. Pick up is provided at Chief Tomat Elementary. After School Care provides an environment where children are encouraged to explore, make choices and develop an positive sense of self and uniqueness. Space is limited to 24 children- so register quickly. Provincial subsidies are available to qualified families. One week of spring break care will be considered depending on needs of the families.

Tetẁit - Boys Group
Tuesday - Starting mid September (3:00 PM- 5:00 PM)
***Registration required
A free program for boys age 7-11 to develop the foundational principles for managing conflict, standing up for themselves, and making healthy choices within their friendships.

Xixuʔtem - Girls Group
Wednesday- Starting mid September (3:00 PM – 5:00 PM)
***Registration required
A free program for girls ages 7-11 that encourages young girls to feel strong and empowered, self-confident and independent, healthy and beautiful.
snaqsilt snyaŦans - Family Circle
Tuesday (11:00AM – 3:30PM)

Designed for parents with children aged birth to 30 months, this program targets aboriginal families with community members on reserve. A healthy lunch is followed by curriculum that is supported by Head Start and Success by Six. The focus is on education, language and culture, health promotion, parent and family involvement, social support and nutrition.

Connecting Fun for Families
Wednesday- Starting mid September (5:00 PM – 7:00 PM)

***Registration required

A weekly gathering for families with children ages birth to 11yrs. A fun and interactive time full of education and cultural activities. Children are included in the program with activities designed for them. Each week has a different focus surrounding topics that support parenting skills, nutrition, education, literacy, healthy choices and community engagement. Be prepared to meet new people, be challenged and to have a good time.

Bond to Literacy
Thursday- starting September 13th

To provide support services for the families to improve their child’s literacy- to ensure our children are able to reach their full potential. The books will engage learners interests, values and culture with reading. We will be doing an assessment for each child’s reading level, short and long term goals by the use of relevant and reputable learning skills. All materials are provided for parents and you will get to take them home.

NEW Sports Program
Starting this Fall

***Registration required

A free lacrosse program that will be offered for children ages 7-11. Please check out the website for program updates as they will be posted there once available.
**Wellness Department**

**TEAM MEMBERS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Jessica Arends</td>
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<td>Linda Jones</td>
<td>Family Support Worker</td>
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<tr>
<td>Julie Ferris</td>
<td>Wellness Mentor</td>
<td>(250) 768-8282</td>
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<tr>
<td>Lisa Schultz</td>
<td>Child &amp; Youth Counsellor</td>
<td>(250) 768-8296</td>
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<tr>
<td>Dawn Adamson</td>
<td>Addictions Counsellor</td>
<td>(250) 768-8299</td>
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<tr>
<td>Michaeala Marentette</td>
<td>Harm Reduction/ Outreach Worker</td>
<td>(250) 317-1168</td>
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**Wellbriety**

Dawn Adamson
Tuesday Evenings (5:00 PM – 7:00 PM)

Wellbriety is a recovery circle for individuals, families, and communities facing addiction and related issues. This program focuses on healing through culture and spirituality. Ultimately working toward sober lifestyles, wellness and balance, connection to principles and values, walking the red road, and healing our community and families. Come join us from 5-7pm, Dinner will be provided.

**Wellness Mentor**

Julie Ferris
Monday to Thursday (Hours vary, 25 hours per week)

The Wellness Mentor offers advocacy, navigation, and education regarding mental health and wellness. Whether you have concerns about mental health or overall wellness, the WFN Wellness Mentor can guide you in the right direction and assist in accessing various mental health and wellness services, and can provide counselling support during one-on-one sessions. The goal is to promote mental health and wellness for individuals and families by using various strategies to manage mental health and wellness. The Wellness Mentor provides an opportunity for individuals to experience a more satisfying, healthy life, and will support clients to achieve that goal. All support is personalized for individual or family needs, from addressing and resolving specific concerns to improving relationships with others.
Therapeutic Counselling Services
Jessica Arends
Monday to Friday (8:30 AM – 4:30 PM)
Counselling is offered to individuals, couples and families in areas such as trauma, anxiety, depression, boundaries, stress, relationships and many other wellness concerns. All sessions are client-led and collaborative, in order to empower each individual to reach their own wellness goals. Services are confidential and appointments can be booked off-site upon request.

Children & Youth Counselling
Lisa Schultz
Monday to Friday (8:30 AM – 4:30 PM)
Counselling services are provided to children and youth using a variety of strategies and techniques, incorporating a holistic and culturally-sensitive approach. Counselling goals are developed with the family to ensure an inclusive, integrated approach is used. Young clients and their families may be supported through loss and grief, family conflict and/or change, violence, bullying, depression, and/or anxiety. Education and referrals to outside agencies may also be provided as required.

Addictions Counsellor
Dawn Adamson
Monday to Friday (8:30 AM – 4:30 PM)
Counselling is provided for those dealing with addiction and related areas such as; trauma, mental health, emotions, violence and grief. Referrals can be made to treatment, with aftercare counselling and support provided by the Addictions Counsellor.

Family Support Worker
Linda Jones
Monday to Friday (8:30 AM – 4:30 PM, and evening hours as required)
The Family Support Worker, in collaboration with the Ministry of Children and Family Development (MCFD), supports families and children that are at risk or involved with MCFD. With ongoing intervention, prevention, education, and support to the families and children, the goal is to reduce and improve outcomes for children and families involved with MCFD.

Main Tel: 250.768.0227  I  Email: communityservices@wfn.ca
Harm Reduction Worker
Michaëla Marentette
(Hours vary, 24 hours/week)
The Harm Reduction Worker delivers harm reduction supplies in Westbank. Outreach takes place throughout the week in downtown Westbank, as well as other needed locations. The Outreach Worker also provides individualized support services to any individuals, as needed. Referrals are made to partner agencies and Community Services. Anyone can text directly at any time for anonymous connection to services, harm reduction or naloxone kits. If you, or someone you know, would like a naloxone kit you can text confidentially to Michaëla at: (250) 317-1168.

Westbank First Nation Community Garden
Monday to Sunday (Dawn to Dusk)
The community garden is now located behind the new Youth Center. The garden is open to any and all WFN community members. A community garden allows for all WFN Members to be involved in a garden project as well have access to nutritional and fresh food. Gardening itself promotes physical activity, relaxation and the opportunity get some fresh air. A community garden has the potential to positively affect the well-being of the community in social, economic, physical, and cultural aspects. Please feel free to drop by the garden and if you would like to volunteer please contact front desk Community Services.
sənsisyustən House of Learning

**TEAM MEMBERS**

Philip Johnston Principal  (250) 768-2802
Sherry Hamilton Executive Administrative Assistant  (250) 768-2802
Ms. Debbie Billyboy Kindergarten  (250) 768-2802
Ms. Michelle Smith Grade One  (250) 768-2802
Ms. Alisha Manuel Grade Two  (250) 768-2802
Racheal Ritchot Grade Three/Four  (250) 768-2802
Ms. Fern Thomson Grade Five / Six  (250) 768-2802
Mr. Maynard McRae Language & Culture Teacher  (250) 768-2802
Ms. Marlene Johnston Language Assistance Teacher  (250) 768-2802
Ms. Jennifer Austin Certified Education Assistant  (250) 768-2802
Mr. Mark Oddy Certified Education Assistant  (250) 768-2802
Mr. Wilfred Barnes School Elder  (250) 768-2802
Mr. John Simmons Bus Driver  (250) 768-2802
Mr. Ron Sutherland Bus Driver  (250) 768-2802

Hours of operation: Monday to Friday September to June (8:25 AM – 2:35 PM)

sənsisyustən is an Independent Private Elementary School that fully implements the new BC Curriculum; the Core Competencies thereof, with respect to positive personal and cultural identity, are inherent in the traditions and teachings of the school and community. With an integration of Okanagan Syilx perspectives offered in a nurturing environment, the school offers a balance of academics with Okanagan Language and Culture in every grade, with hands-on learning through culturally defined field trips, such as tea picking, gathering sage, and digging bitter root. Small class sizes provide students with more one on one teaching time, and a Learning Assistance Program should a child require additional support or enrichment. A school-wide discipline program promotes social responsibility in our community of learners, effectively enhancing the learning experience.

Sensisyusten is open to all students and collaborates with School District 23 and other First Nation schools to work towards offering all students opportunities to come together to share and build capacity.
Westbank First Nation Elders Group

Sonya BigEagle
First Tuesday of the Month

This program is designed to bring Westbank First Nation Elders together to meet, discuss issues of mutual interest, socialize, engage in traditional practices, attend various events and gatherings, and relay their knowledge of Okanagan language, heritage and culture to the youth and children of our community. Elders are encouraged to participate in programs that contribute to the health and wellness of both themselves and the WFN community as a whole. Any WFN member who is 55 or older is encouraged to register.

Elder Fitness Classes

Sonya BigEagle
Tuesday (9:00 AM – 10:00 AM)

This program was started to get the WFN Elders out to participate in a weekly exercise routine. The class is run by Denise Leeuwangh, who provides a variety of programs like Chair Fitness, Zumba and Stretching. The programs help with mobility and overall health.

Elder Emergency Housing Repair Program

Lorrie Hogaboam, Sonya BigEagle

This service is funded by WFN for the benefit of WFN Elders that are on a limited income or have become disabled and are in dire need of an emergency repair of their home in order to maintain a safe environment in which to live. This program has limited funding and repairs are prioritized by need and safety first. Applications can be filled out with the Elder Coordinator to start the process.
**Benefits Specific to Elders**

Lorrie Hogaboam, Tasha Swite  
As required (8:30 AM – 4:30 PM)

These services are provided to WFN Elders (over 55) who are in financial need and/or can benefit from a service due to their health or physical mobility and who reside on WFN lands. Services provided are: residential garbage pickup, snowplowing of driveway, providing firewood to heat their home, and lawn mowing.

**Membership Services Registry Specialist**

Audrey Wilson  
Monday to Friday (8:30 AM – 4:30 PM)

Indian registry services are provided by the Membership Department within the guidelines of the Indian Act for Entitlement & Registration, Federal Law & Policy and the WFN constitution. Such services provided within this department are: status card issue and renewal; birth registrations; name changes; entitlement registration, death, divorce and marriage amendments; upkeep of the membership roll and database; transfers; and serving as an Electoral Officer for Membership voting. Appointments only.

**WFN Newborn Grant for Members**

Audrey Wilson  
Monday to Friday (8:30 AM to 4:30 PM)

This program was put in place to provide each newborn WFN member with a deposit to a trust account that can be accessed when they are 19.
Member Extended Health Benefits
Lorrie Hogaboam
Monday to Friday (8:30 AM – 4:30 PM)

We provide WFN members with an extended health, vision and dental benefits plan up to a maximum of $3,000 per member. This is to promote health and wellness of our members and provide them with the extra coverage they may need for health related issues. Contact Lorrie or Tasha to fill out the enrollment forms, and for assistance with submission of receipts for reimbursement by the insurance company, CINUP.

WFN Employment Coordinator
Taryn Gerow
Monday to Friday (9:30 AM – 2:30 PM)

The target for this program is for WFN employable members to gain employment. Priority is given to WFN members that are on WFN Income Assistance and enrolled in the Active Measures program. The WFN Employment Coordinator assists with resume and cover letter writing, employment planning, career planning, interview preparation and any other essential skills that will aid in obtaining employment.

Prospera Place Box Suite
Membership Services Team
Monday to Friday (8:30 AM – 4:30 PM)

The Prospera Place Suite is for WFN members to have the opportunity to come out and enjoy events that come to Kelowna. There is a variety of events from concerts to comedy shows. Contact Membership Services to have your name added to the draw for the event you are interested in. (Food and refreshments are the responsibility of the individual)
Culture Exchange Policy
Lorrie Hogaboam
Monday to Friday (8:30 AM – 4:30 PM)
Financial assistance is available to WFN students wishing to participate in major international and domestic education and/or cultural exchange program that also has an academic component. Upon returning from this exchange, the student will share their experiences, knowledge and skill that they have learned to the community and explain how this exchange will credit their educational goals, objectives and academic studies.

Horseback Riding Lessons
Lorrie Hogaboam
One hour per week / One session per week - seasonal
Many of our members have an avid interest in horsemanship, so we now offer horseback riding lessons to any WFN members that wish to learn. They will learn general horsemanship, horseback riding skills, how to tend to a horse, as well as maintenance of the riding equipment.

Meat Program
Membership Services Team
Monday (except holidays) (1:00 PM - 2:00 PM)
Limit one pick up per month per Member
Westbank First Nation realized that it is expensive to live in the Okanagan, and hope to help out its members by offering meat (game/fish) once a month, for those members in need living on reserve.

Flower Day
Sonya Big Eagle
Date to be Determined – Annually Saturday (10:00 AM – 2:00 PM)
Once a year, the community is invited to come out and clean up the graveyard of both IR#9 and IR#10. Many of us have family members who have passed on and in respect to them, we come together to clean up and share a meal and memories. Please come out and support this initiative.
Funeral Assistance Benefits
The purpose of this policy is to assist the surviving family with the funeral assistance benefits to help cover the costs associated with the deceased member’s funeral. Personal representative, next of kin, executor of the estate can apply for the funeral assistance benefits on behalf of the deceased. The aim of this service is to provide financial assistance and in kind support for the family of deceased. Please contact Membership Services for more information.

Leisure & Wellness Funding
The new Leisure and Wellness Policy has encompassed the Medicine Wheel; mental, physical, emotional and spiritual. The four quadrants within the medicine wheel covers all needs such as; education, mental, language, cultural, recreational and spiritual. This policy has increased from $400.00 to $500 per fiscal year, but remains that it is on reimbursement only.

Tier Athlete Policy
This policy was created to promote members to be healthy, strong and physically fit. This policy was intended to assist those who participate in sport activities to create affordability for members who wish to improve their health and wellness, obtain athletic scholarships, or pursue athletic careers through such activities. Contact Membership Services for more information.

Health Emergency Funding
This Policy was developed to promote physical, mental, emotional and spiritual wellbeing. Health Emergency Fundig will provide eligible WFN members with financial assistance during a health emergency or during times of health or financial hardship.