



UFV ISC February 2022 Newsletter

Éy swáyel stá:xwelh, good day students,

Both Abbotsford and Chilliwack Indigenous Student Centres (ISC) are open!

ISC staff are available Monday - Friday from 8:30 am - 4:30 pm at the Chilliwack (CEP) campus.

ISC staff are available Monday - Thursday from 8:30 am - 4:30 pm at the Abbotsford campus. Candice, one of our Peer Mentors, will be available in the Abbotsford Centre Fridays from 9 am - 2 pm.

The Abbotsford ISC is available via Campus Card Access outside of the above hours. Please email Stacy.Hulbert@ufv.ca for assistance. Masks are mandatory.

If you have any questions regarding your education or need help communicating with your sponsor, please connect with the ISC and a staff member can assist you with your request. We're also here to point you in the right direction if we don't have direct resource(s) for you!

Please visit our [website](https://ufv.ca/isc) for a full listing of resources and events!

Virtual Drop-in Lounge

The ISC will continue to offer a weekly virtual drop-in over Zoom every Thursday from 10am - 11:30am. This space is for students to join and ask any questions you may have!

Zoom Meeting:
Meeting ID: 626 9928 9848
Passcode: 860929

Final session for Winter 2022 will be Thursday, Apr 21, 2021

Connect with us!

Chilliwack ISC – A1441
45190 Caen Avenue
604-795-2835
M-F, 8:30am - 4:30pm

Abbotsford ISC - S1113
33844 King Road
604-557-4069
M-Th, 8:30am - 4:30pm
F, 9am - 2pm

Email: isc@ufv.ca

ISC Website: ufv.ca/isc

Staff Emails:

Chantel.Watt@ufv.ca
Rebekah.Brackett@ufv.ca
Stacy.Hulbert@ufv.ca
Josephine.Charlie@ufv.ca
Betty.Peters@ufv.ca





Important Dates

Jan 4 - Feb 11

Jan 26–Mar 8

Feb 2

Feb 3

Feb 8

Feb 9

Feb 9–Mar 8

Feb 15

Feb 16

Feb 17

Feb 21

Feb 22 - 25

Mar 2

Mar 8

No refunds for withdrawals

SUS* UPass and Inter-Campus Shuttle opt-out dates

Crafts with Josephine in CEP ISC, 11:30 am - 1:30 pm

Crafts with Josephine in the CEP Library, 11:30 am - 1:30 pm

Last day to withdraw without a W appearing on transcript

Last day to register to audit a course

Cultural Resurgence Event: Learning From the Land

Dept. Head permission required to add a course.

Withdrawals get a W grade recorded on transcript.

Crafts with Josephine in Abbotsford Library, 11:30 am - 1 pm

Crafts with Josephine in CEP Library, 12:30 pm - 2:30 pm

Pink Shirt Beading Session: Abbotsford ISC, please register with Josephine

Family Day – UFV closed

Mid-term break – No classes

Cultural Resurgence Event: Storytelling with Glen Malloway

Final day to withdraw from a course

- If you have a student loan, withdrawal may affect the status of your loan. Discuss withdrawal with Financial Aid before proceeding
- If you have band sponsorship, please discuss a withdrawal with your Education Coordinator first! (the ISC can help advocate for you - please email Chantel.Watt@ufv.ca for assistance)

Cultural Resurgence Event: Fishing

ISC Peer Mentor Program

The ISC is excited to announce our Fall 2021/Winter 2022 Peer Mentors: Cortney, Candice, Autumn and Chandler!

Peer Mentors are here to help our first year students navigate university life and UFV processes! Our Peer Mentors are like cousins for our first year students and are here to work one-on-one with students who want a little extra support. Peer Mentors can help get you situated as a new student and answer any questions you might have about being a student at UFV!

You can book an appointment with a Peer Mentor by contacting Chantel.Watt@ufv.ca or filling in a "Mentee" application [here](#).





S'olh Shxwlélf (Our Place)
INDIGENOUS STUDENT CENTRE

Pink Shirt Beading Session

By: Indigenous Student Centre



Staff and Students are welcome to join us on Feb 17th from 11:30am – 1:30pm where we will be learning how to bead Pink Shirt pins in honor of Pink shirt day that takes place Feb 23, 2022. Please register by Feb 9th as we have limited seating.

Abbotsford Campus
Building S

Room S1113

33844 King Road
Abbotsford

To Register please Contact

Josephine Charlie
Phone: 604-504-7441 ext. 2473
Email: josephine.charlie@ufv.ca

UNIVERSITY
OF THE FRASER VALLEY



Resident Elders Student Support

Our resident Elders are here to support Indigenous students through cultural guidance and grounding (or just to have a conversation with!). Elder support will be available virtually on Thursdays from 10am-11:30am in the [ISC Virtual Drop-in Lounge](#).

Elders are also available to students by appointment: [click here](#).

Our Elders have agreed to be face-to-face again to offer Student Support to our students! Student Support hours are available at the Abbotsford and Chilliwack campuses on a drop-in basis.

Keep an eye on our weekly social media posts for up-to-date information on drop-in days and times!

*Winter
2022*

Drop-in Tutoring

FOR INDIGENOUS STUDENTS
FROM THE ACADEMIC SUCCESS CENTRE



**Mondays at CEP ISC
from 12pm-2pm**



**Thursdays at Abby ISC
from 2pm-4pm**



Richard





S'olh Shxwlèl (Our Place)
INDIGENOUS STUDENT CENTRE

Cultural Resurgence S'wes: Traditional teachings. Traditional ways.

September 2021 to March 2022

The Indigenous Affairs office invites you to embark on a journey to reclaim Indigenous knowledge and participate in Indigenous activities, through the Cultural Teachings (S'iwes) program.



Registration is required.

Important:

The Cultural Resurgence events are only open to Indigenous students in S'olh Téméxw. All sessions will take place from 11:30am to 1pm.

To register the event, please follow the link below:

- Slehà:l with David Gutierrez – January 19, 2022 | Zoom
- Halq'eméylem – January 26, 2022 | The Gathering Place, CEP Campus and Zoom
- Learning from the Land – February 08, 2022 | The Gathering Place, CEP Campus
Outdoor workshop, weather permitting
- Storytelling with Glen Malloway – March 2, 2022 | The Gathering Place, CEP Campus
- Fishing – March 08, 2022 | The Gathering Place, CEP Campus
- Plants and Foods – Date to be confirmed | The Gathering Place, CEP Campus

Contact Phyllis Johnston for more information!

Crafts with Josephine

Please join our Activities and Cultural Assistant, Josephine Charlie, on the following dates to participate in various crafts and activities!

Wed, Feb 2: CEP ISC, 11:30am - 1:20pm

Thurs, Feb 3: CEP Library, 11:30am - 1:30pm

Tues, Feb 15: Abbotsford Library, 11:30am - 1pm

Wed, Feb 16: CEP Library, 12:30am - 2:30pm

Thurs, Feb 17: Abbotsford ISC, 11:30am - 1pm





Scholarships, Bursaries, and Awards

Emergency Student Funding is available to those who are in immediate need of resources. Please reach out to ISC Staff or the Financial Aid and Awards Department for assistance.

UFV Bursaries are open until March 15th, 2022. Bursaries are a supplemental source of funding for students with demonstrated financial need. First consideration is given to students who have exhausted all other types of funding (i.e. government or financial institution funding programs). Students who have not accessed funding may receive bursaries based on the availability of bursary funds. [More info here.](#)

Eligibility Requirement for UFV Bursaries:

- Demonstrate genuine financial need (as assessed by UFV)
- Be registered in at least 9 credits (6 credits for student with disabilities) at a post secondary level
- Show satisfactory academic achievement (2.0 GPA or better)
- Meet the eligibility criteria outlined in the award guide
- Provide all required documentation as per eligibility criteria to UFV Financial Aid & Awards

External Awards

Due Feb 28

Canadian Nurses Foundation: Indigenous Nursing Fund

Various awards are given to Indigenous students pursuing Nursing. Applications open in Jan and close in March



Due Mar 25

Dig Insights Inc.

PS students who are interested in pursuing a career in consumer insights. Applications open from Dec -March 25. 2 scholarships available, each \$4,000 (CAN). Scholarship recipients will receive a 3-month offer of paid employment either between academic years (i.e. summer) or as part of their study requirements (i.e. internship) in the year the scholarship is awarded.



Due Mar 31

First Nations Child & Caring Society: Jordan's Principle Scholarship

For First Nations Students Studying Children's Health or Children With Disabilities. Five scholarships available (2 x \$5,000, 3 x \$2,500)





Your mental health is important!

If you need emotional support, **UFV Counselling** has phone and in-person appointments available for students:

- Abbotsford: 604 854-4528
- Chilliwack: 604 795-2808

here2talk.ca offers free counselling and community referral services to BC post-secondary students

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada: <https://www.hopeforwellness.ca/>

Kuu-us Crisis Response Services through FNHA offer culturally sensitive services via phone. FNHA also offers an abundance of other services for First Nations peoples living in BC.

Counselling services available for status First Nation peoples at SSA

Message from Frank Charlie:

Ey'swayel (hello):

Sto:lo Nation Health Services has 11 Therapist that contract with our Health Services. Individuals seeking personal support through counselling can contact me and I do intake/referral process for counselling support from one of the contracted therapists. **Individuals need to have a status card.** Individuals are good for 20 (1hr) sessions (I usually approve sessions as required). I offer spiritual/cultural guidance as well as counseling (one -ones). With Qwi:qwélstóm Justice we have 7 Elders, and some individuals like one to one with Elders. I do sessions with Elders present as well. We use circle process as well with an Elder always present in circle. We have an array of referrals and other supports (networking).

Contact me for additional information

Kw'as hoy (thank you)



Frank Charlie (TÉLÉHÚSTÍN), BSW

Mental Liaison Worker (Cultural Navigator), Qwi:qwelston Justice (Sto:lo Nation Health Service)

Bld. #7 -7201 Vedder Rd, Chilliwack

604-824-3200 / Office: 604-824-3236

francis.charlie@stolonation.bc.ca

