



## UFV ISC January 2022 Newsletter

Éy swáyel stá:xwelh, good day students,

**Please note the various concessions made regarding final grades for the Fall 2021 semester.**

**Both Abbotsford and Chilliwack ISC's are closed Jan 4 - 7th, 2022. Staff are available remotely - please email [isc@ufv.ca](mailto:isc@ufv.ca) with any inquiries.**

**Staff will be available at the Chilliwack campus ONLY on these days:**

- Monday, Jan 10th - Thursday, Jan 13th
- Monday, Jan 17th - Thursday, Jan 21st

**We will be back to full time M-F, 8:30am - 4:30pm starting Jan 24th pending UFV direction and Provincial Health Orders.**

**The Abbotsford ISC is available via Campus Card Access. Please email [Stacy.Hulbert@ufv.ca](mailto: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 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-F, 8:30am - 4:30pm

**Email:** [isc@ufv.ca](mailto:isc@ufv.ca)

**ISC Website:** [ufv.ca/isc](http://ufv.ca/isc)

#### **Staff Emails:**

[Chantel.Watt@ufv.ca](mailto:Chantel.Watt@ufv.ca)

[Rebekah.Brackett@ufv.ca](mailto:Rebekah.Brackett@ufv.ca)

[Stacy.Hulbert@ufv.ca](mailto:Stacy.Hulbert@ufv.ca)

[Josephine.Charlie@ufv.ca](mailto:Josephine.Charlie@ufv.ca)

[Betty.Peters@ufv.ca](mailto:Betty.Peters@ufv.ca)





**Job Opportunity:** if there are any fourth+ year Indigenous students interested in an upcoming opportunity in research at UFV, please connect with [Chantel.Watt@ufv.ca](mailto:Chantel.Watt@ufv.ca)!

## Important Dates

Jan 3 -19	SUS Health and Dental Fee change of coverage dates ( <b>SPONSORED STUDENTS MAKE SURE YOU <u>OPT OUT OF HEALTH AND DENTAL BY JAN 19TH - BANDS WILL NOT PAY THIS</u></b> )
Jan 4	University re-opens
Jan 4 - 31	<u>SUS UPass and Inter-Campus Shuttle opt-out dates</u>
Jan 7	<u>Extended deadline for RBC Indigenous Scholarship</u>
Dec 21 - Jan 9	5% of tuition withheld for any dropped courses or sections.
Jan 10	First day of classes for most programs
Jan 10 - 25	10% of tuition withheld for any dropped courses or sections.
Jan 12, noon	Deadline to log on to online classes
Jan 16	Last day to register for courses using myUFV
Jan 25	Fee payment deadline
	Last day to withdraw from a course and get a fee reduction or refund.
Jan 31	Deadline to Request for Late Withdrawal for Fall 2021 courses with a one-page form: <a href="#">link</a>

### Crafts with Josephine

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

- **Will return in February due to current PHO**

### **A message from Sto:lo Health:**

We now have COVID vaccines at Sto:lo Health! (Moderna, Pfizer and Pediatric Pfizer).

We will be welcoming all people who would like to receive their 1st, 2nd or 3rd doses, booster doses and children 5 years of age and up (must have had their 5th birthday by the time of the apt).

We will be hosting clinics in Building 7 on Tuesdays from 12-3pm. (Starting January 11)

We do require an appointment. Please call Deb at 604-824-3210 or Marge at 604-824-3271, between the hours 8:30-2:30.

Bookings can be made for appointments as early as Tuesday, January 11th.





## 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!

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

Winter  
2022

## Drop-in Tutoring

FOR INDIGENOUS STUDENTS  
FROM THE ACADEMIC SUCCESS CENTRE



**\*Beginning Jan 24, 2022 pending PHO\***

**Mondays at the  
Abbotsford ISC  
from 12am-2pm**

**Thursdays at the  
Chilliwack ISC  
from 2pm-4pm**



## 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](#) for the month of January.

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

We are hopeful that we will be able to see Elders face-to-face pending UFV direction and Provincial Health Orders after Jan 23, 2022.

Keep an eye on the [ISC UFV page](#) for up-to-date information!



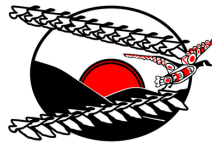


## Bursaries, Scholarships and Awards

**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.

### **First Citizen's Fund Student Bursary Program: Due Jan 31, 2022**

Provides financial awards to Indigenous students enrolled in post-secondary education. Bursaries between \$700-\$1,200 are awarded to students who meet all eligibility requirements and who demonstrate significant financial need. Students apply for the bursary after they successfully complete a semester of post-secondary school. Click for details:



### **Indspire Bursaries, Scholarships, and Awards: Due Feb 1, 2022 at 11:59 pm**

Full and part time studies in college, university, skilled trades, apprenticeships, and technology programs. Click for details:



### **Canadian Federation of University Women Aboriginal Women's Award: Due Jan 17, 2022**

Canadian Aboriginal woman; Study in Canada; Holds or will hold an undergraduate university degree or equivalent before the CFUW AWA for which she applied is granted; and Must have applied to be a full-time student in any year of an eligible program at a recognized or accredited Canadian post-secondary degree-granting institution. See website for list of eligible programs:



### **Health Sciences Association HSA Bursaries for Indigenous Students: Due Jan 21, 2022**

HSA provides two \$1500 bursaries to Indigenous students from BC who are continuing or proceeding in any HSA-related field leading to a recognized certification, degree or diploma at a public college, university or other post-secondary educational institution. Click for details:





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.

Contact Phyllis Johnston for more information: [phyllis.johnston@ufv.ca](mailto:phyllis.johnston@ufv.ca)

**Please see website for up-to-date info**

### **December 7th Story Telling Event**



A big yálh yuxw kw'as hó:y (thank you) to our guest presenter At Wel (David Gutierrez) and supporting presenter Elder Gary Williams (Qohtyetel).

We enjoyed a short session listening to and learning about various stories from S'ólh Téméxw te Stó:lō (Stó:lō territory).

Please keep an eye on [ufv.ca/isc](http://ufv.ca/isc) for updated information heading into Winter 2022, as well as your student emails!







## 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

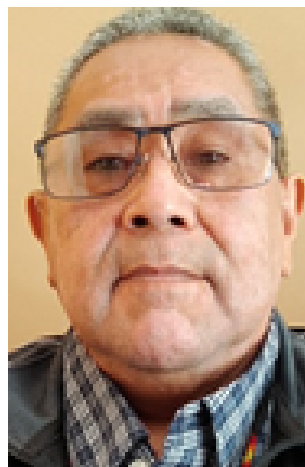
Message from Frank Charlie:

**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:qwélstóm Justice (Sto:lo Nation Health Service)**

**Bld. #7 -7201 Vedder Rd, Chilliwack**

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

**francis.charlie@stolonation.bc.ca**

