



UFV ISC JUNE 2022 Newsletter

Éy swáyel stá:xwelh, good day students,

We hope you are having a wonderful summer 2022 semester!

Please note that the ISC is open in both Chilliwack and Abbotsford campuses from 8:30AM - 4:30PM (Monday - Friday) unless otherwise posted.

The Abbotsford ISC is available via Campus Card Access. 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!

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

ISC Website: ufv.ca/isc

Staff Emails:

Alyson.Gher-White@ufv.ca
Chantel.Watt@ufv.ca
Rebekah.Brockett@ufv.ca
Stacy.Hulbert@ufv.ca
Josephine.Charlie@ufv.ca
Betty.Peters@ufv.ca





Important Dates

June 21: July 3: 5% of tuition withheld for any dropped courses or sections for Late session of Summer 2022 Semester

June 27: Final day to withdraw from a course for the Full Summer 2022 Semester

June 14-15: Convocation (Abbotsford Entertainment Centre)

June 18: Indigenous Plant Tour (Abbotsford)

June: Every Monday afternoon (2:30PM-3:30PM) Cultural Activity (Beading, Drumming etc.) Abbotsford Please email Alyson.Gher-White@ufv.ca or Rebekah.Brackett@ufv.ca for more information

<https://www.ufv.ca/student-services/shuttlebus/>

A Message from Sto:lo Health!

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 Summer 2022 Peer Mentors: Cortney & Candice

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 Alyson.Gher-White@ufv.ca or Rebekah.Brackett@ufv.ca or filling in a "Mentee" application [here](#).

Student Lounge

The Chilliwack and Abbotsford Student Lounge will be open for Indigenous Students. Masks are optional, and please be assured that computers and tables will be kept sanitary for student usage. If you would like to book an appointment with our Student Transition and Engagement Coordinator please email ISC@ufv.ca

Drop-in Tutoring

ISC's Peer Tutor Richard will be available on Campus during the following days:

Tuesdays at the Abbotsford ISC - 11am to 1pm

Thursdays at the Chilliwack ISC - 9am to 11am

Updated information about the above supports can be found on our Facebook page, or email us for details.

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!).

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

Elders are also available for face-to-face, phone, or virtual appointments!

Contact isc@uf.ca for more 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.

Building Brighter Futures

<https://indspire.ca/programs/students/bursaries-scholarships/>

Deadline: Aug 1

Canada Post

<https://www.canadapost-postescanada.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-awards-for-indigenous-students.page>

Deadline: Aug 31

Building Brighter Futures

<https://indspire.ca/programs/students/bursaries-scholarships/>

Deadline: Aug 1





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

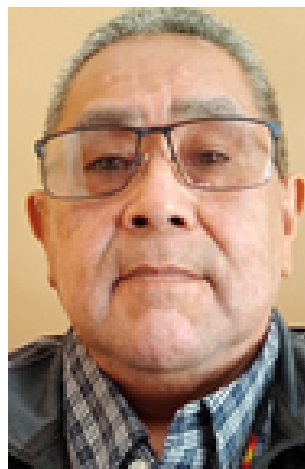
Message from Frank Charlie:

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

