

# Dream Speaker

Surrounded by Cedar Child and Family Services  
Spring 2022 Edition



***"Social work has always been essential. Now, social workers are in Critical Demand."***



## **SOCIAL WORK WEEK**

March 13 - 19, 2022

*In the week of March 14th—18th we had the pleasure of holding up our Social Workers, for Social Worker Appreciation Week. We are so grateful to have such a passionate group of Social Workers within our organization. Not only do we have skilled Social Workers in our delegated programs, but many work within our support services and management as well. We celebrated the week while gathering over lunch, gift baskets, and special awards for each team member. Acting Team Leader, Courtney Norris-Jones and Practice Manager, Jenna Bailey presented the awards in tribute to the well-loved TV show "The Office" and did a rendition of "The Dundies" awards show. A few of the awards given were the "Bill Gates Award" to Brian Garvin, for his skills in technology, and the "Steady Eddy" award which went to Natalie Henderson for her ability to remain calm and consistent while in the hustle and bustle of the work. We raise our hands to our Social Workers who show unwavering commitment to our children and families.*



We raise our hands to the FPSSS for thinking of our amazing Social Workers!

---

# STAFFING CORNER

---

---

## Welcome to the Team!

### **Karissa Percival | Guardianship Social Worker**

We welcome Karissa as our newest member to the Surrounded by Cedar team. Karissa is Dutch and mixed European ancestry. Karissa received her Bachelor of Social Work from Vancouver Island University in 2020 and has been a Permanency Social Worker for over three years now. Karissa believes in working from a trauma-informed and strengths-based approach. Karissa looks forward to getting to know and working alongside everyone.

### **Sheldon Anderson | Guardianship Social Worker**

Sheldon Anderson is Woodlands Cree on his maternal side and Métis with mixed ancestry on his paternal side. Mistahimaskwa (Big Bear) is his traditional name; given to him by his great-grandmothers. He is a proud member of the Bigstone Cree Nation, located on treaty eight territory in Alberta. Sheldon has completed his fourth-year in the Bachelor of Social Work program at the University of Victoria with a specialization in Indigenous Child Protection. In 2016, Sheldon was an intern with SCCFS through the Indigenous Youth Internship Program and we were thrilled to see him return for his Bachelor of Social Work 4<sup>th</sup> year practicum. Most recently, Sheldon accepted a temporary position as a Guardianship Social Worker. Welcome to the team Sheldon!!

## Staff Announcements

### **Amanda Star | Guardianship Social Worker**

We are happy to announce that Amanda Star has accepted a one year extension to her contract! Amanda's positive energy and spirit, paired with her enthusiasm to jump in to anything to support and help our youth, are incredible gifts. Thank you for all your hard work over the past year! We are so happy to work along side you for another year.

### **Farewell:**

### **Mia Yule | Resource Social Worker**

The team wishes Mia a heartfelt farewell! Mia started her journey with SCCFS back in 2018 as a practicum student. Mia then returned to our agency in 2021. During that time, Mia provided the Guardianship and Resource team with an immense amount of support. We appreciate and honor the heart work that Mia provided Surrounded by Cedar Child and Family Services.

### **Kacie Poskitt | Métis Guardianship Social Worker**

Surrounded by Cedar Child and Family Services would like to thank Kacie Poskitt for her incredible contributions to the Guardianship & Permanency Planning Team & most recently, the Resources team over past few years. Kacie has been an integral part of our SCCFS family and we are sad to see her go. We wish her the best of luck in her future endeavors.





# EVENTS RECAP

## OUR WOMXN ARE SACRED WALK

A DAY TO GATHER, HEAL, CELEBRATE, HOLD UP OUR CHILDREN, FAMILIES, AND COMMUNITIES, HONOUR THE SACREDNESS OF OUR WOMXN, AND RECOGNIZE THE ROLE AND RESPONSIBILITY OF OUR MEN.



When: May 5th, 2022

Event Starts at 10:00am

Walk will begin at the corner of Hallowell and Admirals Roads, and will end at Maple Bank.

- Please feel free to wear red or your regalia and bring your drum.
- Special guests have been invited to speak while gathered at Maple Bank.
- A limited number of T-shirts and hoodies will be available for sale: CASH ONLY PLEASE-\$20/t-shirt and \$40/hoodie.
- Please consider public transportation or carpooling to the event. Vehicles may be parked in advance at Maple Bank.

HOSTED IN PARTNERSHIP ON Ləkʷəŋən TERRITORY BY:



## Moose Hide Campaign Day 2022

For the last few years, SCCFS has closed its doors to create space for our team to take part in Moose Hide Campaign Day, a reconciliation movement that calls upon all Canadians to stand together to end violence against women and children. Moose Hide Campaign Day will take place on **May 12th, 2022** and will showcase a live-streamed event featuring traditional ceremonies, inspirational messages from guest speakers and online interactive workshops. As with previous years, there will also be a fast for those who are able to participate.

SCCFS will close its doors for the day on May 12th, 2022. The closure will allow staff to take part in the various workshops the campaign has to offer. If you plan to take part in Moose Hide Campaign Day can register online: [Moose Hide Campaign Day](https://moosehidecampaign.ca)



## Our Womxn are Sacred Walk

On May 5<sup>th</sup>, in recognition of the National Day of Awareness for Missing and Murdered Indigenous Women and Girls, SCCFS, in partnership with the Songhees First Nation, the Esquimalt First Nation, the Victoria Native Friendship Centre, South Island Indigenous Authority, NIL TU, O Child & Family Services, Indigenous Perspectives Society, Hulitani Family & Community Services Society, and Island Métis Family & Community Services Society will host the first "Our Womxn Are Sacred" walk.

The intention of this walk was to honour the sacredness of women in Indigenous communities. We came together to bring awareness to our traditional values, to heal, to celebrate and to hold each other up.



**Moose Hide Campaign Day**  
May 12, 2022

**TAKE ACTION. HELP END VIOLENCE AGAINST WOMEN AND CHILDREN.**

Join us online on **May 12, 2022** to support reconciliation and help end violence against all women and children.

On **Moose Hide Campaign Day**, hear from inspiring speakers and workshop facilitators, take part in ceremony and the **#FastToEndViolence**. Wear and share the moose hide pin and organize events in your organization, university, school or community.

Join us and register early at [moosehidecampaign.ca](https://moosehidecampaign.ca)

Register here

Email: [info@moosehidecampaign.ca](mailto:info@moosehidecampaign.ca) Address: 204-1105 Fairview St  
Phone: x1 250-3892-7015 Victoria, BC V8A 2H6



## Have a Heart Day



February 14, 2022

Surrounded by Cedar participated in the 10th annual "Have a Heart Day" which is a child and youth-led reconciliation event where First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are. The statistics of funding for On-reserve schools is astounding compared to that of our off-reserve and private schooling.

### Have a Heart Day - February 14

First Nations children on reserve receive less funding from the federal government for education, child welfare and health services than other children receive from the provinces and territories.

Have a Heart Day is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the services they need to grow up safely at home, get a good education, be healthy, and be proud of who they are. Anyone can take part by sending a Valentine's Day card or letter to your elected official, hosting a Valentine's Day party to raise awareness.

#HaveaHeartDay #JourneeAyezUnCoeur



## Pink Shirt Day

February 22, 2022

On February 22, 2022, the team at SCCFS participated

in Pink Shirt Day and stood up against bullying! We purchased pink shirts for our employees who expressed an interest in receiving one. The design was created by 19-year old Bayja Morgan-Banke, who is Nuuchahnulth (Toquaht) and Secwepemc (Shuswap). *Artist Statement: "To stand up for those weaker than ourselves regardless of consequence is one of the strongest acts of love we can show one another. When we choose to use our strength to protect rather than to harm others we make the world a better place for at least one person. The eagle represents wisdom, strength, and courage. I believe that to achieve a kinder world for our children we need to have the wisdom to think before we act, the strength to defend one another, and the courage to stand up and take action. We lead by example for our youth and showing them love with the definition of unconditional is the most important thing to ensure them the most success raising the next generation."*



Women  
Inspiring  
Women



INTERNATIONAL  
WOMEN'S DAY



March 8, 2022

Fight for  
what you  
believe  
in!



# WE RAISE OUR HANDS TO YOU!

SCCFS was recently contacted by a community member who wanted to make a donation to our Back-to-School Picnic program and also wanted to look at a longer term gift by including SCCFS in her will. There are many organizations in community that one can choose to donate to, and SCCFS is always grateful when someone in our community comes forward to support the work we do.

A donation of \$3000 was made to the BTSP by community member, Sherry. In response, almost our entire team came together to acknowledge Sherry's generosity, honoured her in song, and provided her with some gifts.

*We have so much gratitude for you Sherry!*



## LIFE BOOKS

COMING SOON!!

Working together to record the memories and histories of our children and families

Updated "Creating a Path"  
Lifebook's will be available  
soon!

If you are interested in being  
placed on our waitlist, please  
email:

[info@sccfs.com](mailto:info@sccfs.com)





# CULTURAL CONTINUITY UPDATE

BY SARAH LEGGEAT

## HADA

On Halloween day, we made the long journey from Victoria to Alert Bay. We passed snow-capped mountains and very rarely saw anyone else on the road. When we arrived in Port McNeill, we sat at the ferry terminal waiting to head to Alert Bay and we got to watch a firework show.

We checked out of our hotel early the next day and headed to the boat dock to make the long journey to Hada (Bond Sound). However, we learned our boat ride would be delayed due to choppy waters. We were told to hang tight and explored Alert Bay while we waited for updates.

It was decided that afternoon, we would fly by helicopter instead. This was a first for me and the youth I was with. The helicopter ride was exhilarating; we got into the helicopter and next thing we knew we were in the air! It wasn't quite the build up to take off as airplanes. We flew over the ocean and mountains before finally landing at Hada. We were greeted by staff and others who arrived before us. They drummed as we landed and welcomed us to the territory.

The lodge at Hada was a large, wood communal space. It had a large industrial kitchen, staff loft sleeping area, and a large open concept sleeping area for everyone else. Downstairs there was private rooms for Elders.

Every day at Hada was a different adventure. One day, Elders were flown to camp, and we spent the day hearing their stories and learning about culture. We practiced yoga with Kwakwaka'wakw integrated into the workshop. We learned how to make cedar bracelets. We went on a hike through an old growth forest. There were even a few bear sightings around camp as well.

In the early morning, every day of camp, everyone was invited to do a morning bath in the river. I participated one morning, the water current was strong, and the water was shockingly cold. A bear was seen on the trail back to camp just seconds before we walked the same trail.

On one adventure, the group walked an old growth forest. They got to visit trees that haven't had human contact or heard our songs in years.





In March, some of our youth spent time with Jessica Joseph who is lək'wəŋən, with relatives from Ellwah and Ahousaht. She taught the youth about the advantages of the hill at Beacon, shared plant knowledge, science of tree growth and signs of ancestral trees via burn marks. Jessica also talked about the significance of the Camas and chocolate lilies, to name a few. The youth learned various teachings from Jessica.

Pictured below our youth are reading about the ancestral connections to the land. The second photo are of the youth giving Jessica a group hug and thanking her for sharing with them.

***They rated her with 5 Gold stars!***

-Brandi Lancaster



## **Family Care Homes**

There are many different ways you can provide support and care to the children and youth who need either long term or short term placements, emergency relief or even potentially adoptive homes. Becoming a Foster Parent or Caregiver is a way to extend our hearts and homes to Indigenous children in the community. As a caregiver, you and the child or youth in your home will receive supports where you can provide a safe and loving placement for them child while they are away from their parents.

***Interested in caregiving, or know someone who might be? If yes, please connect with one of our Resource Social Workers at [becomeacaregiver@sccfs.com](mailto:becomeacaregiver@sccfs.com)***



# TRIP TO HAIDA GWAI

BY BRIAN GARVIN



The beach in Skidegate



Balance Rock in Skidegate



Spirit Lake Trail

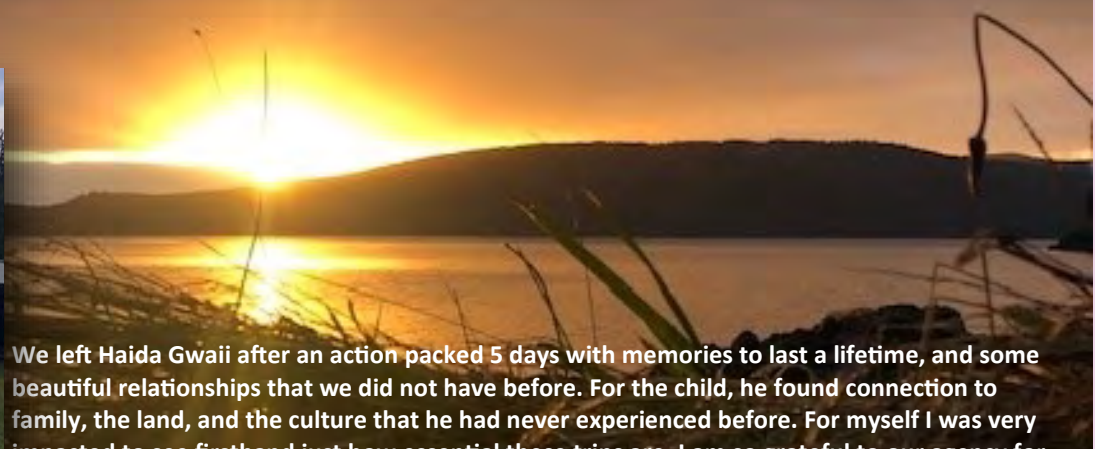
In mid-November 2021, I had the privilege of accompanying one of our Children in Care in visiting his Traditional Territory of Haida Gwaii. This was the child's first-time setting foot on his traditional territory, and his first time on an airplane! We both had a wonderful time on the trip and were very warmly welcomed by everyone! I raise my hands in gratitude to our sister agency, Haida Child and Family Services Society ("Haida CFSS"), who were instrumental in making this trip such a huge success!

Shortly before our arrival, social workers with Haida CFSS had done some exhaustive genogram work and discovered local relatives of this child who had never met him – or even known of the relationship before they were contacted! It was a beautiful moment to witness as this young child in care was received so lovingly by his Old Masset relatives! His newfound "uncle" carries a lot of knowledge on this child's family; in our time together, he shared stories and old photos of the child's relatives and introduced us to other relatives including young children who we spent a couple fun days playing with.

In our time in Haida Gwaii we took in sights by attending the Haida Heritage Centre to observe the incredible collection of re-patriated Haida art and read about traditional Haida stories and legends. We walked the Spirit Lake trail; drove the coastal highway; and spent hours on beaches searching for sea glass, shells, and the local prized beach treasure: agates! Our gracious hosts took us for a drive through the Skidegate community and arranged for us to spend time in the carving shed where master carvers were hard at work on a variety of projects – one of which would be displayed in the Vancouver Airport upon completion! On our last full day in the community, a ceremony was arranged to honour the child. His newly discovered family members attended for the ceremony, as did various members of the community; elders; and staff from Haida CFSS. The child was gifted with a Raven's Tail traditional piece of regalia. We all enjoyed a meal together and the kids had a great time playing some more.



Haida Heritage Centre



We left Haida Gwaii after an action packed 5 days with memories to last a lifetime, and some beautiful relationships that we did not have before. For the child, he found connection to family, the land, and the culture that he had never experienced before. For myself I was very impacted to see firsthand just how essential these trips are. I am so grateful to our agency for the high value they place on providing experiences like these to the children we care for!

-Brian Garvin



# PARTICIPATE IN CULTURE!



## Nuu-chah-nulth Culture Nights

**Date:** Every Monday Night

**Location:** Dogwood Auditorium at Royal Roads University.

**Time:** 6:30 pm—10:00 pm.

Community members are welcome to attend the Nuuchah-nulth culture nights including drumming & singing.

Sheldon, Brian, and Sarah L. attending the honoring ceremony of our youth, who received their regalia.



## Unity Drummers and Singers

Unity Drummers and Singers are an urban Aboriginal group of community members who come together to drum and sing, while providing a safe and culturally sensitive space for family and community to gather.

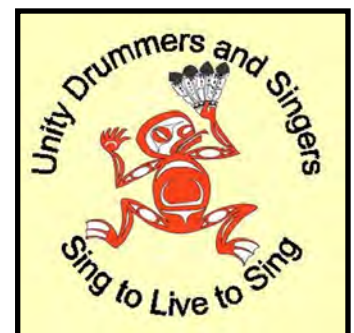
Drum practices are open to anyone who may have an interest in spending time with community, while drumming until your heart is content.

Practices take place weekly. If you don't have a drum, no worries! Several members bring extra drums to share.

**Date:** Every Friday Night

**Location:** Victoria Native Friendship Centre Gym

**Time:** 6:00 – 8:30 p.m.



# First Nations Virtual Substance Use & Psychiatry Service

*Culturally-safe specialist support for your health and wellbeing*



**1.** Ask your health and wellness provider for a referral or call the First Nations Virtual Doctor of the Day.



**2.** You and your provider can call the service together to set up an appointment by video or phone.



**3.** An assistant will connect you with a specialist to give you the support you need.

**Support is available Monday to Friday**  
**Learn more at [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)**



First Nations Health Authority  
Health through wellness

## COVID-19 Mental Health Resources

News and updates around COVID-19 have been coming at us quickly and it can be hard to remain calm given all that is going on. It is important that we deal with our stress and anxiety and support one another through these challenging times. You know your body and its signs of stress. If you are having trouble managing your mental health, contact your healthcare provider and encourage those you love to do the same.

**If you need help, here are a few resources available:**

- ⇒ HealthLink BC: Provides 24/7, confidential health information or advice. Call 8-1-1 or visit: [www.healthlinkbc.ca](https://www.healthlinkbc.ca)
- ⇒ Wellness Together Canada provides an online portal for Canadians to access self-assessments, self-directed, e-mental health tools, peer support and live counselling by telephone, video and text. Visit [www.wellnesstogether.ca](https://www.wellnesstogether.ca) or call 1-866-585-0445.
- ⇒ Crisis Intervention and Suicide Prevention Centre: Provides confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call toll-free 1 800 SUICIDE or visit: [www.crisiscentre.bc.ca](https://www.crisiscentre.bc.ca)
- ⇒ The KUU-US Crisis Responsive Service: Provides 24/7 culturally-aware crisis support to Indigenous people in BC. Call 1-800-588-8717 or visit: [www.kuu-uscrisisline.ca](https://www.kuu-uscrisisline.ca).
- ⇒ Mental Health Digital Hub: A provincial website that provides information, services, education and awareness about mental health and substance use for adults, youth and children [www.gov.bc.ca/mentalhealth](https://www.gov.bc.ca/mentalhealth)
- ⇒ Bounce Back: a free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back teaches effective skills to help people improve their mental health. Call toll-free 1 866 639-0522 or visit [www.bounceback.ca](https://www.bounceback.ca)