2026 INFO TO-GO

Dear Elders,

We no longer do workshops as there wasn't enough time for you to attend them with the packed event schedule plus all of the services we provide. So, we hope that you enjoy and value the information in the second issue of the INFO TO-GO.

Please share with your band, health contacts and your family members back home. This issue will also be posted on our website for 1 year at www.bcelders.com in case you need it again.

Everyone involved with the Elders Gathering hopes that you all enjoy the event this year. And that you find the Info To-Go useful.

Please remember to also check out the Grand Entry photos in October when they are posted on our site too.

All my relations,

Donna Stirling,

2026 Elders Gathering Coordinator

BC Elders Communication Center Society Coordinator (28th Year)

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Bailey's Law: MP's bill on intimate partner violence passed

Family of Bailey McCourt, who was killed last year in Kelowna, says passing of bill is a bittersweet moment

Craig Lord · The Canadian Press · Posted: Jun 17, 2026

Canada will take a harder stance on intimate partner violence after a Conservative MP's private member's bill became law Wednesday.

The Criminal Code will soon be updated to allow the killer of an intimate partner to be charged with first-degree murder regardless of whether the act was premeditated.

Bill C-225, which received royal assent in Parliament on Wednesday, will make first-degree murder applicable to killings that happen as part of a pattern of coercive or controlling conduct.

Frank Caputo, Conservative MP for Kamloops-Thompson-Nicola, put forward the private member's bill.

The legislation is named Bailey's Law after Bailey McCourt, a 32-year-old B.C. woman and mother of two who was killed last year. Her alleged killer was a former partner who was released on bail hours before the daylight attack at a Kelowna parking lot.

Debbie Henderson, McCourt's aunt, called it a "bittersweet day" at a press conference alongside Caputo on Parliament Hill Wednesday.

"She will never be forgotten," Henderson said through tears.

"And her daughters will know that she has left behind a legacy — a legacy that will make a difference."

The act will also help track incidents of intimate partner violence in Canada's justice system by creating a specific offence for such attacks.

The Criminal Code will be updated with the new offence in 30 days. Caputo called the legislation the "most consequential change" to the justice system in modern legal history when it comes to intimate partner violence.

"No longer will you have assault being the charge when somebody abuses their intimate partner. It will be violence against an intimate partner," Caputo said.

Private member's bills rarely become law. Caputo attributed the success of Bailey's Law to the tenacity of her family and his office in meetings with MPs and senators.

"To get a bill passed within one year of Bailey's tragic murder … it's something I'll never forget."

Review finds intimate partner violence deaths preventable, calls on BC to do more Story by CBC/Radio-Canada

The B.C. government needs to step up its efforts to prevent deaths caused by intimate partner violence (IPV) and improve data collection, a death review panel called by B.C.'s chief coroner has found.

The report, which echoes calls made by previous reviews and advocates, highlights the failings of the current system to identify and prevent cases of intimate partner violence prior to the victim's death, and the outsized toll of this on women, Indigenous people and rural communities.

B.C.'s chief coroner, Dr. Jatinder Baidwan, spoke alongside Ryan Panton, who chaired the review panel, on Monday afternoon to discuss their findings and recommendations.

"These are overwhelmingly preventable deaths," said Baidwan.

Too often, he said, victims would come into contact with health-care workers, police or community support services — but the public systems didn't take the steps needed to prevent their death.

"The warning signs were present, yet response systems were unco-ordinated, overburdened, or unable to respond in meaningful ways."

The responsibility to act decisively to prevent future deaths, he said, is a shared one.

At least 135 people in B.C. died due to intimate partner violence between 2016 and 2024, the coroners service found, with those deaths disproportionately taking place in rural, remote and northern B.C. communities.

"These deaths represent only the tip of the iceberg and that so many others in our province are experiencing or at risk of experiencing acts of intimate partner violence each and every day," said Ryan Panton, who chaired the review panel.

"These facts underscore the urgent need for co-ordinated evidence-supported action to prevent further harms."

The report shares an urgent call to action, recommending targeted, long-term investment to address these issues.

"The findings of this review demonstrate that many victims had contact with systems that could have intervened, yet opportunities for prevention were missed," said the report.

In response, the report's panel recommends creating a clear, measurable and coordinated provincial response culminating in an updated provincial strategy to be released in September 2027.

The panel also calls for a standing committee to review all intimate partner violence-related deaths, for improved training for front-line responders, to create a community-based model for preventing intimate partner violence, and to launch a public awareness campaign.

It also renewed calls for improved demographic data collection and reporting on intimate partner violence.

The recommendations echo calls made in a previous death review panel report on intimate partner violence from 2016.

The new report is the result of a death review panel convened in late 2025 to examine intimate partner violence-related deaths between 2016 and 2024. It included experts in fields including health care, law enforcement, gender equity, Indigenous health, and victims services.

Since B.C. began tracking deaths related to intimate partner violence in the 1990s, Baidwan said, the situation has-n't improved.

He's hopeful, however, that the recommendations focused on improving co-ordination will lead to change, noting that some provincial ministers have been "very receptive" to the idea in meetings.

Attorney General Niki Sharma says the recommendations are similar to work underway following a review of B.C.'s justice system, and she hopes to work with Baidwan to co-ordinate actions on both fronts.

"I accept those recommendations in spirit and I'm really looking forward to working with the chief coroner on the details," she said.

Women, Indigenous people disproportionately targeted

Although Indigenous people make up just 5.9 per cent of B.C.'s population, 24 per cent of people killed by intimate partner violence during this time period were Indigenous.

The review also found that 76 per cent of people killed by an intimate partner were female.

By region, northern B.C. saw the highest death rates, followed by the Interior. Communities of less than 10,000 residents, along with "materially deprived" neighbourhoods, were overrepresented, the review found.

The majority of those killed in a private residence died in their own homes.

It is also common for there to be a history of violence, the review found, with over half of perpetrators having a history of assault prior to the victim's death.

In 36 per cent of cases, a prior incident of intimate partner violence had been reported to police before the victim's death, and 29 per cent of those incidents happened within a month of the victim being killed.

Ninu Kang, executive director of the Ending Violence Association of B.C., said the report details how the system has failed those who have lost their lives to intimate partner violence.

"I think it's a real humbling day for those of us who are working in systems to support survivors of gender-based violence, perhaps even a shameful day in some ways that we have not been able to do enough with our systems approach to responding to gender-based violence." She said there needs to be a greater sense of urgency in responding to cases of intimate partner violence, and agrees with the report's recommended approach of greater co-ordination.

It's not the first time prevention efforts have faced scrutiny. A CBC News investigation of intimate partner violence-related deaths in 2021 found that one in three people accused of the crime in Canada demonstrated at least one warning sign prior to the killing. "Intimate partner violence has long been shrouded in secrecy and silence," said Baidwan.

"This report bears witness to those lost, and voices the struggles they faced. It demands our collective attention and commitment to prevent further loss and protect those who continue to suffer, for every person whose life has been cut short, and to every person who lives in fear."

Angela Marie MacDougall, executive director of Battered Women's Support Services, said the report's findings weren't surprising — but she worried it would join a pile of reports on the issue that didn't result in official action.

While MacDougall acknowledged the coroner had done an important job with the report, she was critical of some aspects of it.

She argued the report appeared to not value risk assessments in cases of intimate partner violence, saying they are a proven tool that would help prevent further violence.

"There's a recognition that [risk assessment] has a key role in preventing death and a key role in terms of a systemic response," she said. "It was shocking to see that the [panel] report ... appeared to undermine the role of risk assessment."

VictimLinkBC This information is from www2.gov.bc.ca (go to this site and click on the service you would like to reach)

VictimLinkBC is a toll-free, confidential multilingual service available across B.C. and Yukon 24 hours a day, 7 days a week. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence. For help, text or call 1-800-563-0808.

Intimate Images Protection Service Support is available through the Intimate Images Protection Service for anyone in B.C. who has had their intimate images shared without their consent.

Crime Victim Assistance Program Financial assistance and benefits are available through the Crime Victim Assistance Program (CVAP) to help eligible victims of violent offences, their immediate family members and some witnesses.

Victim Safety Unit: Victims can register to be notified about the status of an accused or an offender through the Victim Safety Unit (VSU).

Seniors First BC: Seniors First BC (formerly BCCEAS) operates a province-wide, information and help line for seniors.

Ending Violence Association of BC:

Ending Violence Association of BC (EVA BC) provides referrals, support, and information is provided to help connect victims and programs with the appropriate service.

BC Society of Transition Houses

BC Society of Transition Houses (BCSTH) provides support to Transition, Second and Third Stage Houses, Safe Homes, PEACE, and Violence is Preventable programs through training, advocacy, research and resources.

Police Victim Services of British Columbia: (PVSBC) provides leadership, support, advocacy and training to professionals working in the field of victim services.

Canadian Armed Forces Indigenous Entry Plans

Indigenous people have served in the Canadian Armed Forces with great honour and distinction throughout our history. Today, this proud tradition of service continues at home in Canada and around the world. The Canadian Armed Forces Indigenous Programs are opportunities for Indigenous Canadians to continue this proud tradition of service while receiving first-class education and leadership training. These programs include Bold Eagle, Raven, Black Bear, and the Canadian Armed Forces Indigenous Leadership Opportunity Year (ILOY). The Canadian Rangers, volunteers who provide a military presence in remote areas, is not a program aimed specifically at Indigenous, however at least half of the Rangers are Indigenous people because they form much of the population in the regions where the program operates.
To apply to any of these programs, contact a recruiter or apply online.

For more information:
Call 1-800-856-8488 or visit www.forces.ca

https://forces.ca/en/programs-for-indigenous-peoples/



Canadian Armed Forces Recruiting Centre Vancouver
620 Royal Ave,
New Westminster, BC V3M 1J2
Mondays - Fridays 8:00am to 4:00pm
1-800-856-8488
Info.vancouver@forces.gc.ca

UNITED
for people in need

Helping British Columbians when and where it's needed most



United Way BC drives positive impact and lasting change in local communities across British Columbia through these initiatives:

- Food Security - supporting individuals and families' health and wellness through food access
- Housing - supporting individuals and families to find housing and connecting communities to deliver accessible housing options
- Children & Youth - helping kids and youth succeed through middle years development, out-of-school-time activities, and youth leadership
- Seniors - supporting older adults to stay independent and engaged at home and in community
- Emergency Response & Recovery - providing strategic, rapid response and recovery efforts when challenges affect communities
- Helpline Services - providing information and referrals to callers looking for social, government, and community services
- Communities - fostering social connectedness and supporting individuals and families to move from poverty to possibility

Learn more at our website or scan this QR Code:

uwbc.ca

United Way
British Columbia

Staying Safe in your Home

Seniors' Health and Wellness Institute, COSCO

Special Edition for First Nations Elders Gathering, August 2026

DID YOU KNOW ?

- Nearly half of all injuries to seniors take place in the home, particularly in the bathroom and on stairs.
- As we age, vision, hearing, smell, touch, strength, bone density, and balance are less. This makes accidents and injury much more likely.
- Recognizing the causes of accidents and taking steps to modify your home to suit will reduce the likelihood of injuries.

MAKING YOUR HOME SAFER

Take this list and a pencil as you walk through every part of your home. Put a Y for Yes and N for No beside each question.

- Are all rooms & hallways well lit?
- Are any small rugs and runners secured to avoid a slipping hazard?
- Are moveable rugs at the top of stairs well secured ?
- Are tripping hazards in high traffic areas away from where you walk? e.g. shoes, boots, boxes, bags, firewood, etc.
- Is there an emergency first aid kit handy and easy to access?



- Is there a list of emergency numbers near land lines or on your cell phone - or both?
- Are all electrical cords secured near the wall edge of floors or hidden behind furniture to avoid tripping over them?
- Are any open fires well-tended and away from flammables?
- Is there slip-proofing on the floor of your shower/bath?
- Is there a stool/chair and long-handled shoehorn near the door/mudroom?

Check your list and plan to make the changes needed so you will be safe from falling in your own home.

Over 40 topics are available for presentation in person or online. See details here:
https://seniorshelpingseniors.ca/workshops/

If you have stairs

- Have light switches at the top and bottom of stairs. If not available. take a pocket flashlight with you to light your way as needed.



- Keep stairs repaired and free of clutter.
- Add anti-slip stair treads near the edge of each stair. Using a contrasting colour makes the tape easier to see.
- Have solid handrails on both sides of the stairway.
- Use the handrails all the time.
- Do not wear reading glasses when navigating stairs as they distort your vision looking down.

Fire and Other Hazards

- Install a smoke alarm on every floor and check it at least twice a year.
- Install a carbon monoxide detector near floor level in your bedroom.
- Have at least one escape route & a fire-safety plan.
- Put a fire extinguisher in a handy place in the kitchen and make sure you know how to use it.

BE SAFE IN THE KITCHEN

- Keep all flammables away from the stove.
- Avoid leaving cooking unattended. Use timers to remind you to check stove regularly.



- Wearing an apron helps keep loose clothing from touching the stove - and keeps clothes clean.
- Prevent falls by using 'reachers' and a stable step stool with a handle.

Kitchen Emergency Tips

- Stove-top fire? Cover with lid or pan.
- Oven fire? Keep oven door closed and turn oven off.
- Sleeve catches fire? Immerse sleeve in water.
- Fire has spreas onto clothing? STOP, DROP, ROLL!
- Fire is spreading in room? Go outside and call for help.

BE SAFE IN THE BATHROOM

- Install grab bars in the shower/tub area and near the toilet.



- Test water temperature before stepping in.
- Avoid slips with rubberized mats.

RESOURCES

Making your Home Fall-Proof

https://www.healthlinkbc.ca/healthwise/aging-well-making-your-home-fall-proof

Home Safety Checklist

https://www.emergencyphysicians.org/article/health--safety-tips/home-safety-checklist

Over 40 topics are available for presentation in person or online. See details here:
https://seniorshelpingseniors.ca/workshops/



INDIAN
RESIDENTIAL
SCHOOL SURVIVORS
SOCIETY

WEAVING WELLNESS

Hope, Healing & Empowerment

Supporting Survivors, families, & communities for over 30 years.

Since 1994, the Indian Residential School Survivors Society (IRSSS) has been supporting Survivors, Intergenerational Survivors, and Indigenous communities across British Columbia with compassionate, culturally grounded care.

We are a Survivor-founded, independent non-profit and registered Canadian charity. Our services–offered at no cost–are grounded in First Nations traditional values and support emotional, spiritual, cultural, and physical healing.

WHAT WE DO

- 24/7 Crisis Line: 1 800 721 0066
- Counselling, crisis response and advocacy
- Support from Elders and traditional knowledge keepers
- Culturally safe care for 2SLGBTQIA+ individuals
- Help for families of missing & murdered Indigenous loved ones (MMIWG2S+)
- Emotional support for Indian Day School and other settlement claimants
- Trauma-informed crisis response during wildfires and emergencies

How to Access Support

If you or someone you know needs support, we're here to help. Visit our website to fill out our online service request form or scan the QR code to get started.

LAMATHUT CRISIS LINE
24/7 SUPPORT 1 800 721 0066

IRSSS.CA
RECEPTION@IRSSS.CA

Ki'Lala
EVENTS & DÉCOR

AUTHENTIC INDIGENOUS EVENT ENVIRONMENTS



Ki'Lala Events would also like to honor our Elders for their knowledge, their teachings, their keeping our culture, and passing it down to our children.

We raise our hands to them in honor of them.

ABOUT KILALA EVENTS

Kilala Events is an Indigenous-owned event management and décor company based in British Columbia. We specialize in creating authentic, meaningful event experiences that celebrate Indigenous culture, traditions, and community. Our work is rooted in respect, relationships, and a commitment to excellence in every detail.

EVENT MANAGEMENT

Full-service planning and coordination for events of all sizes.

AUTHENTIC INDIGENOUS DÉCOR

A unique collection of authentic Indigenous décor and backdrops.

CUSTOM SANDBLASTED GLASSWARE

Personalized designs that honor your vision, story, and occasion.

INDIGENOUS OWNED

Proudly Indigenous owned and operated, supporting our artists, communities, and culture.

Let's Connect

kilalaevents22@gmail.com

www.kilalaevents.ca

604-551-9216 | *Follow us*

ROOTED IN CULTURE • INSPIRED BY PURPOSE • GUIDED BY RESPECT

Register or Renew Indian Status through FNHA

First Nations Health Authority
Health through wellness

To provides low-barrier and culturally safe access to Indian Registration and Secure Certificate of Indian Status (SCIS) card application, the FNHA Status Card Administration team will travel to communities across the region to provide in-person services.

Where to register

Location: Vancouver Convention Centre, East Building, East Meeting Room 10
Date: August 25-26, 2026
Time: 8:00 am-5:00 pm

If you are registering for Indian Status for the first time, please bring:

- Birth certificate with parental information
- Valid ID (for a child or dependent adult, the applying parent or legal guardian needs valid ID)
- Name-linking document if your name has changed (e.g., marriage certificate, amended birth certificate, legal name change certificate)

If you are already registered, and need to renew or apply for a SCIS card please bring:

- Valid ID (for a child or dependent adult, the parent or legal guardian needs valid ID)
- Name-linking document if there has been a name change since registration.

What counts as valid ID? Valid ID must be:

- Government issued
- Not expired
- Showing your name, birthdate, photo, and signature

Examples

- Driver's License, Services Card/Health Card, Identification Card, Passport, Canadian Military ID, Citizenship Card
- OR a combination of non-expired government ID that together show a name, birthdate, photo and signature.

For questions, please contact Statuscards@fnha.ca or call 1-877-661-3817

Slaxin Lelum d.b.a.
Metro Vancouver Indigenous Services Society

Slaxin Lelum Medicine House, operating under Metro Vancouver Indigenous Services Society (MVISS), is an Indigenous-led space rooted in culture, community, and ancestral knowledge, where individuals, families, and communities come together to learn, heal, and support one another.
Slaxin Lelum, meaning **"Medicine House"** in the **Hən̓q̓əmin̓əm̓ (Hunquminum)** language spoken by Coast Salish peoples in British Columbia.

Slaxin Lelum was established as a place where Indigenous individuals, families, and communities can gather in relationship with one another, with culture, and with the teachings and traditions that have guided Indigenous peoples for generations. It is a place to access supports and services, share knowledge, strengthen community, and honour those teachings through everyday practice.

Rooted in ancestral values and guided by Indigenous knowledge, the Medicine House brings together cultural teachings, wellness programs, community partnerships, and holistic supports that honour the strengths, experiences, and resilience of Indigenous peoples. Through this work, we foster belonging, strengthen community, and create opportunities for healing.

Metro Vancouver Aboriginal Executive Council

MVAEC is a unified voice of Indigenous Organizations, who strategically plan, advocate and positively influence outcomes that strengthen the service delivery and policies that impact our Metro Vancouver Urban Indigenous Community.

To strategically plan for programs and services for the urban Indigenous population. We advocate and represent our member agencies to various levels of government and stakeholders. We work together with provincial organizations as well as our on-reserve relatives to support collaborative advocacy efforts where possible.

Our Council is made up of CEOs, Executive Directors and/or Presidents of Indigenous organizations in Metro Vancouver working daily to support cross-sector initiatives and wrap around supports for urban Indigenous peoples.

KLEIN
LAWYERS

INDIGENICITY

BUILDING STRONGER INDIGENOUS COMMUNITIES
THROUGH ENGAGEMENT, OPPORTUNITY, AND INNOVATION

RESPECTING INDIGENOUS PERSPECTIVES.
CREATING LASTING IMPACT.

INDIAN BOARDING HOMES CLASS ACTION SETTLEMENT

RECOGNITION. HEALING. COMPENSATION.

The Indian Boarding Homes Class Action Settlement provides compensation to Indigenous people who, as children, were taken away from their families and communities to live with non-Indigenous families so they could attend school.

Many children experienced harm from being separated from their loved ones, including the loss of language, culture, and community. Some also experienced mistreatment, discrimination, abuse, and other lasting impacts.

Klein Lawyers helped negotiate this settlement. We worked to secure compensation and recognition for the experiences and harms suffered by Indigenous children who were placed in Indian Boarding Homes.

Klein Lawyers will help, at no cost to you, with both parts of the claims process. If you disagree with a decision, we can also help you with an appeal.

If you have already filed a claim on your own and received letters from the Claims Administrator that are confusing or difficult to understand, we can We can also with you and explain what they mean. the next to help you understand your options and

WHY KLEIN LAWYERS?

We know that making a claim can be challenging and emotional. To better support you, we have partnered with Indigenicity, an Indigenous Community Engagement organization. Together, we are committed to treating you with care, respect, and compassion throughout the process. We will keep you informed with regular updates and make sure you have the information you need. Our Indigenous-centered approach puts your needs and well-being first.

THE CLAIMS PROCESS

THERE ARE TWO PARTS: CAT1 AND CAT2.

CAT 1

CAT1 is the first application. It asks for basic information, such as your contact details, where you lived in a boarding home, and the years you were there.

If your CAT1 application is approved, it confirms that you were part of the Indian Boarding Homes Program and you will receive a payment of **$10,000.**

CAT 2

CAT2 is the second application. It gives you the opportunity to share any abuse, mistreatment, or other harms you experienced while in a boarding home.

If your CAT2 application is approved, you may receive additional compensation ranging from **$10,000** to **$200,000**, depending on your experience.

DEADLINE TO FILE YOUR CLAIM:
FEBRUARY 22, 2027
Don't wait. File your claim today.

WE ARE HERE TO HELP.
YOU ARE NOT ALONE.

Visit our website to learn more about the settlement, the claims process, and how to make a claim.

https://www.callkleinlawyers.com/class-actions/indian-boarding-homes-class-action/

CONTACT US TODAY
1-888-508-5820

info@indigenicity.ca



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Youth Explore Trades Sampler
'tmix" syilx Science Learning

Business
Aboriginal Community Economic Development
Aboriginal Governance and Leadership
Executive Assistant
Indigenous Business
Medical Office Assistant
Office Administration

Education
First Nations Speech and Language Assistant
Indigenous Adult Instructor
Indigenous Early Childhood Education

Environmental Studies
Environmental Resources Technology

Health
Health Care Assistant
Access to Practical Nursing

Human Services
Indigenous Holistic Wellness and Addictions
Indigenous Human Services
Bachelor of Social Work

University Transfers
Associate of Arts Degree in General Arts
Open Certificate

Trades
Carpentry Level 1 & 2
Culinary Arts Professional Cook Level 1 & 2
Electrician Foundation
Residential Construction Foundation
Welding Foundation

Indigenous Language Fluency
Indigenous Language For Early Years
Dakelh Language Fluency
Nadut'en Language Fluency
Niwhkinic Language Fluency
Nłeʔkepmx Language Fluency
Nsyilxcen Language Fluency
Secwépemc Language Fluency
St'át'imcets Language Fluency
Tŝilhqot'in Language Fluency
x̌á'ísla Language Fluency

Merritt Campus
4155 Belshaw St., Merritt BC

Metro Vancouver Campus
4355 Mathissi PL, Burnaby BC

Community Education
We offer an innovative learning opportunity by bringing our programs to the community.
Contact coyotetravels@nvit.ca

Connect with us!
info@nvit.ca
1.877.682.3300
nvit.ca

PGT Public Guardian and Trustee of British Columbia

www.trustee.bc.ca

Public Guardian and Trustee (PGT) of British Columbia

Vancouver Elders Gathering

The Public Guardian and Trustee is honoured to participate in the 50th Annual Elders Gathering. We are pleased to share information about services to Elders, families and communities across British Columbia.

Who we are

The Public Guardian and Trustee (PGT) helps protect the legal, financial, personal and health-care interests of vulnerable people in British Columbia.

The PGT acknowledges the territories of First Nations around British Columbia and we are grateful to carry out our work on these lands. We acknowledge the rights, interests, priorities and concerns of all Indigenous Peoples–First Nations, Métis, and Inuit–respecting and acknowledging distinct cultures, histories, rights, laws, and governments.

Services to Adults

The PGT helps protect and support adults who are unable to manage their own financial, legal, or personal affairs and do not have someone else available to assist them. Services include:

- Investigating reports of financial abuse, neglect, or self-neglect when an adult is unable to manage their financial affairs
- Managing financial and legal matters when an adult cannot do so themselves, has no appropriate support in place, and their assets or funds may be at risk

Plan ahead

It is important to plan for the future using tools like Representation Agreements and Powers of Attorney to help ensure that your wishes are respected.

Protecting elders

If you are concerned that an adult is being financially exploited, neglected, or unable to manage important financial decisions safely, the PGT may be able to investigate concerns and connect the person with appropriate supports.

Financial abuse prevention workshops

Services to Adults can also provide workshops on preventing financial abuse, financial literacy and frauds and scams, alongside community partners.

Estate and Personal Trust Services

The PGT may administer the estates of deceased or missing persons when there is no one else willing or able to act, and may serve as trustee or executor in certain circumstances. Indigenous Services Canada handles estates where the deceased individual held Indigenous status and resided on a reserve.

Children and Youth Services

The PGT protects the legal and financial interests of children and youth under 19, including managing trust funds and property interests and supporting children and youth in care. Financial Wellness workshops are available for youth and young adults in or from care, as well for those who work with youth to help prepare them for independence.

Contact the PGT

Vancouver office	604-660-4444
Toll free in B.C.	1-800-663-7867
Email	mail@trustee.bc.ca



Hear at Home LTD.
HEARING CLINIC

112 - 3721 Delbrook Ave,
North Vancouver, BC, V7N 3Z4
(778) 340 - 1101
customercare@hearathome.ca
hearathome.ca

SIGNS OF HEARING LOSS

- ☑ Do you often ask others to repeat themselves?
- ☑ Do you find that others are 'mumbling' or not speaking clearly?
- ☑ Do others complain that the volume of your TV or radio is too loud?
- ☑ Do you have trouble hearing in noisy situations?

If you answered 'yes' to any of these questions, it may be time for a hearing test.

CONTACT US TO LEARN MORE
(778) 340 - 1101

COMPREHENSIVE HEARING CARE SERVICES

- Hearing Tests
- Hearing Aid Fittings
- Hearing Aid Adjustments & Repairs
- Ear Wax Removal
- Custom Ear Protection
- Hearing Aid Accessories

AND MORE!



Eligible First Nations clients may qualify for covered hearing tests and hearing aids through FNHA

ICBC & the 2026 Elder's Gathering

ICBC's Indigenous Community Outreach (ICO) team will be attending the Elder's Gathering on August 25th and 26th. Our team will be setting up our mobile office to issue BC Services Cards.

Room Location: EMR 9

Cost: $0.00 (no charge to apply for or renew your BC Services Card).

You will need 1 of the following primary IDs to apply for or renew your BC Services Card:

- Original Birth Certificate
- Driver Licence (not expired over 3 years)
- BCID Card (not expired over 3 years)
- BC Services Card (not expired over 3 years)
- Secure Certificate of Indian Status (federally issued status card)
- Canadian Passport (not expired)



Accompanied by 1 piece of secondary ID:

- Bank or Credit Card (both your imprinted name and signature must appear on the card)
- Non-Photo BC Services Card
- Driver Licence (not expired over 3 years)
- BCID Card (not expired over 3 years)
- BC Services Card (not expired over 3 years)
- Nexus Card
- Passport
- Certificate of Indian Status (orange laminated card)
- Metis Nation BC Citizenship and ID Card
- Tla'amin Nation Citizenship Card



To see the full list of accepted IDs, please visit: icbc.com/acceptedid

We look forward to seeing you in August! - ICO Team.

OMBUDSPERSON
BRITISH COLUMBIA

Do you have a concern/complaint about how a BC public sector organization has treated you?

Do you feel you have been treated unfairly by one of the BC public sector organizations?

Are you having problems getting services you need?

Do you have a concern that you feel hasn't been heard or do you feel like no one was listening?

You have the right to be treated fairly by BC public services.

The Indigenous Initiatives team is available to help ensure you receive fair treatment and to provide cultural supports if you need them.

How can we help?

Contact us with your concern, experience or complaint

- We will listen respectfully
- We will see if we can help
- We will try to resolve your concern or issue quickly

We may also take a deeper look into your concern through a formal investigation. If so, we will ask questions like:

- Do you need a support person?
- What organization is your concern about?
- Have you had any discussions with the organization's complaints people?

If we are not the right place to go, we will offer suggestions on who to contact.

What can happen?

- An apology
- Having the organization explain their decision
- Getting an unfair policy or practice changed
- Money owed to you

1-800-567-FAIR (3247)

Free. Independent. Confidential. Fair.

Ready to address your concern now?
Use this QR code to access our online complaint form

© 2026 BC Ombudsperson

Sysco®

At the heart of *food and service*

OUR PURPOSE

Connecting the World
to Share Food and
Care for One Another.



WHAT WE DO

We sell, market and distribute food and related products to

- RESTAURANTS
- HEALTHCARE
- EDUCATION
- HOSPITALITY

& MORE

WHAT WE OFFER

FOOD
Fresh, frozen and dry goods



BEVERAGES
Wide selection for every need



LOCAL & INDIGENOUS
Supporting local and Indigenous partners



SUPPLIES & EQUIPMENT
Everything you need to run your business



CULINARY & MENU SUPPORT
Inspiration and expertise



BUSINESS SOLUTIONS
Tools and insights to help you grow



WHY CHOOSE SYSCO?

- RELIABLE DELIVERY
- DEDICATED SUPPORT
- CULINARY EXPERTISE
- SMART TECHNOLOGY
- SUSTAINABLE PRACTICES
- STRONG PARTNERSHIPS

Your success is our passion.

- GLOBAL STRENGTH
- LOCAL EXPERTISE
- COMMUNITY FOCUSED
- FOR TODAY. FOR TOMORROW.

Together, we help foodservice thrive.

Canadian Medication Appropriateness and Deprescribing Network

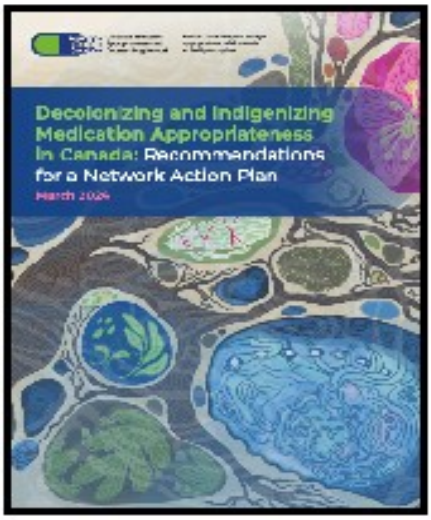
Partner with our organization to promote the safe use of medications

Interested in bringing community-specific resources to support safe and appropriate medicines? We are a public national organization that commits to being community informed and collaborative!

Our Organization

The **Canadian Medication Appropriateness and Deprescribing Network** (CADeN) is a publicly funded healthcare organization that promotes the safe use of medications for all people in Canada.

In 2024, we committed to **Decolonizing and Indigenizing our Network**. You can find out more about our Action Plan by following this QR code.



Scan QR code to access the Action

What Do We Do?

We create free, easy-to-use tools to help the public learn about safe medication use - especially when taking multiple medications.

Our goal? To help patients make decisions about their medications in collaboration with their healthcare professionals—ensuring each medication is providing more benefit than harm.



Ordering Resources

All of our medication safety resources are available **free of charge for communities.**

We can **ship them directly to your community** for free.

We can also **organize free presentations** for your community.

Learn more: DeprescribingNetwork.ca

Email us: info@caden-recad.ca

Caregiving:

An Important Part of Community Medicine

Caregivers support the health and wellness of community members.

ARE YOU A CAREGIVER?

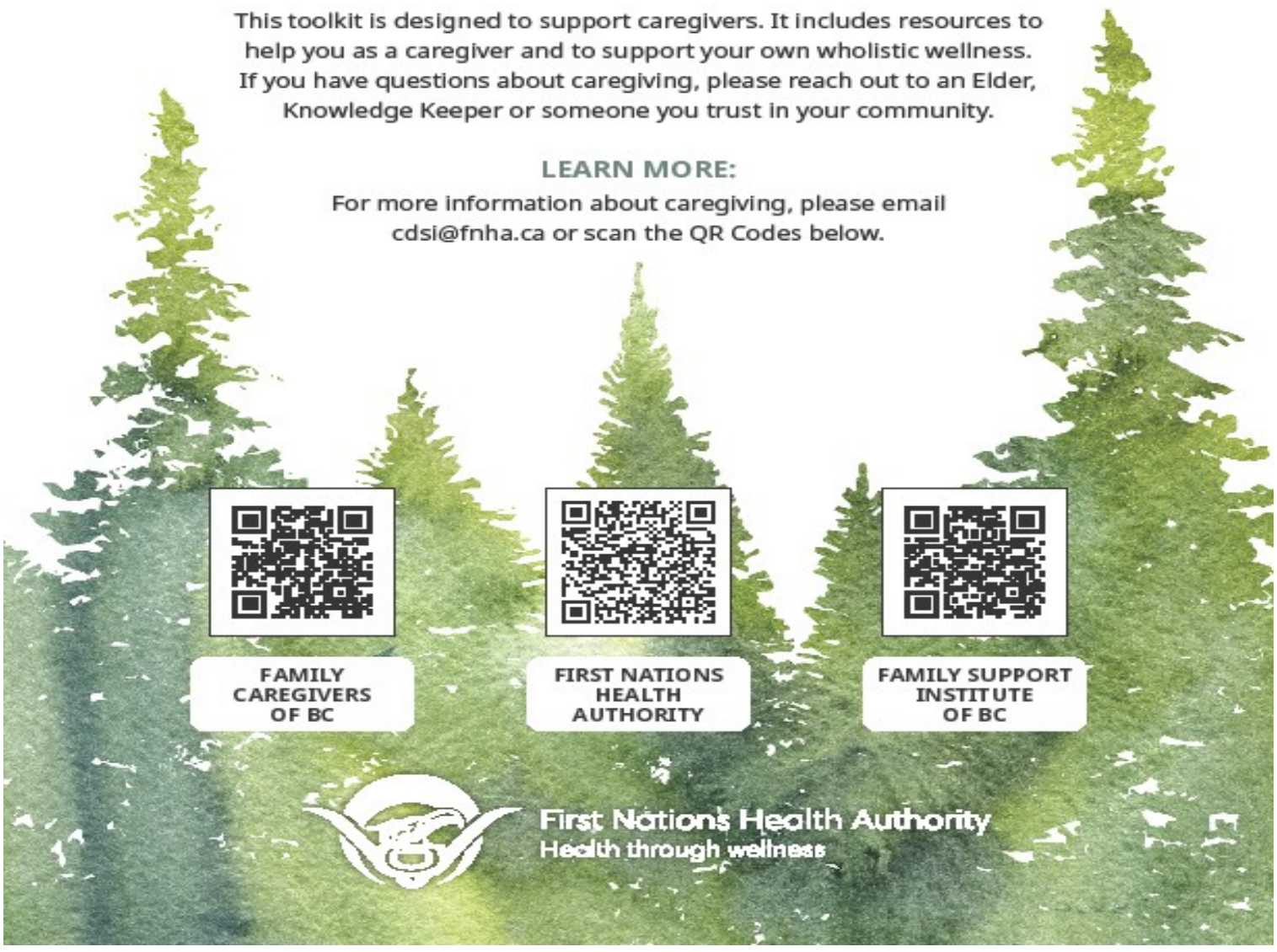
"Traditionally caregiving is rooted in community, connection, and shared responsibility. Caregivers are diverse in age and roles and include family, friends, and community members. Caregivers provide a wide range of physical, mental, emotional, cultural and spiritual support and resources for people living with a physical or mental health condition, serious illness or those needing care. They advocate and navigate challenges in the health care system while seeking to balance their own well-being."
– First Nations Wellness Advisory

In 2024 the First Nations Wellness Advisory met and discussed what caregiving looks like in community. The caregiving "role" is not separate from how First Nations people connect as a family and in community. It can also require a lot of energy and caregivers deserve support and care too.

This toolkit is designed to support caregivers. It includes resources to help you as a caregiver and to support your own wholistic wellness. If you have questions about caregiving, please reach out to an Elder, Knowledge Keeper or someone you trust in your community.

LEARN MORE:

For more information about caregiving, please email cdsi@fnha.ca or scan the QR Codes below.



FAMILY CAREGIVERS OF BC

FIRST NATIONS HEALTH AUTHORITY

FAMILY SUPPORT INSTITUTE OF BC

First Nations Health Authority
Health through wellness

Your Voice Matters

Elections BC is an independent, non-partisan Office of the Legislature. We administer provincial elections in British Columbia. The most recent provincial election was on October 19, 2024 and the next scheduled election is in October, 2028, although a snap (unscheduled) election may be called.

At Elections BC, we are committed to making provincial elections accessible, inclusive, and welcoming for all eligible voters. As we reflect on the 2024 election and plan for the future, we invite all First Nations Communities to share feedback about how we can serve First Nations better.

We welcome feedback about your voting experience, voting place locations and anything else related to the provincial election. If there are experiences, concerns, or suggestions that you would like to share with us, we welcome the opportunity to connect.

Please visit us at **booth 38** to share your feedback. You can also learn about hiring opportunities, including Indigenous Community Liaison positions that Elections BC offers for provincial elections.

You can always connect with us or arrange a meeting:
Email: outreach@elections.bc.ca | **Phone:** 778-974-3311

We are also happy to meet with your community to share information about the many ways to vote in a B.C. provincial election, including in-person voting at voting places on reserves or off reserves, voting by mail, telephone voting for voters with disabilities.

Your voice helps shape more accessible and inclusive elections in British Columbia.

We look forward to connecting with you.



ELECTIONS BC
A non-partisan Office of the Legislature

OceanWalk Pedorthic Clinic
Diabetic and Functional Orthotics and Diabetic-Orthopaedic Footwear

Katia Langton C. Ped, C. Ped (C)
Secretary of the Diabetic Foot Stream Committee
of the International Diabetes Federation

Tel: **250-585-5859** Fax: 1-855-326-3050

OceanWalk Pedorthic Foot Care Mobile Foot Clinic:

We are a Mobile Foot Clinic service that provides Comprehensive Foot Assessments and Custom Foot Orthotics to First Nations communities.

We see the following community members:

1) **Community members with painful feet, knees, hips or low back**. For these clients we are make Custom Foot Orthotics to offload the painful conditions to provide cushioning and support up the kinetic chain with the goal of encouraging clients to be **Active, Walking and Mobile!**

2) **Diabetic – For these clients we are making Diabetic Custom Orthotics to protect the Diabetic Neuropathic foot from complications** such as wounds and amputations.

3) **Clients with limited mobility issues (including post stroke) to be assessed and treated for Foot Drop.**

During our visits, we Risk Categorize all Diabetic patients for risk of future complications and educate and make recommendations based on Risk Category. We also assess and make recommendations on fungal nail care working with any Foot Care Nurses on site.

Our equipment is completely mobile and can make almost any space work for conducting exams.

OceanWalk Pedorthic FootCare takes care of all the direct billing through Pacific Blue Cross. This means that our Mobile Foot Clinic Services are covered in your community for an assessment and Custom Orthotics through PBC every two calendar years. Each community is only responsible for the cost of travel.

We have been providing these services for over 12 years and have visited over **40** First Nations Communities in Vancouver Island, Sechelt, Lillooet, Okanagan, Hazelton and Haida Gwaii.

If you would like us to visit your community; please contact Katia Langton at oceanwalkpedorthic@gmail.com or call us today at 250.585.5859. We look forward to hearing from you!!

If you are on Vancouver Island; please book a visit to come to our clinic at #102-5180 Dublin Way in Nanaimo. Call us today at 250.585.5859.



Detail from "Salmon's Feathers" ©Clayton Gauthier 2020

civilresolutionbc.ca

Are you having legal issues?

Such as issues about:

- Roommates
- Loans or debts
- Strata property
- Sharing intimate images

Do you have a dispute with ICBC?

About:

- Accident benefits
- Responsibility for an accident

The **Civil Resolution Tribunal** can resolve many types of disputes.

- Make a claim using paper or online forms
- Ask for a fee waiver if you have low income
- You don't have to have a lawyer
- A CRT Navigator is available to help Indigenous participants through the process by phone or email

Call **1-844-322-2292**

or visit **civilresolutionbc.ca**

CRT: 1-844-322-2292 civilresolutionbc.ca
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CRT: 1-844-322-2292 civilresolutionbc.ca



Community Outreach Eye Care

WHAT WE DO

Our optometry clinic works with FNHA and travels all across BC to provide vision care services to remote First Nations communities. We offer comprehensive eye exams, ophthalmologist referrals, dry eyes treatment/products and a wide selection of frames to choose from!

See Clearly

COMPREHENSIVE EYE CARE SERVICES

Regular eye exams help detect early signs of conditions like glaucoma, cataracts, and macular degeneration. Our expert optometrists provide thorough screenings and personalized care to keep your eyes healthy for years to come.



Caring for your eyes starts with awareness. Reduce screen glare, wear UV-protective sunglasses outdoors, and stay hydrated to help maintain healthy eyes. If you're experiencing symptoms of dry eye, our clinic offers a variety of treatments and products to help improve comfort and support long-term eye health.



Bring Eye Care To Your Community

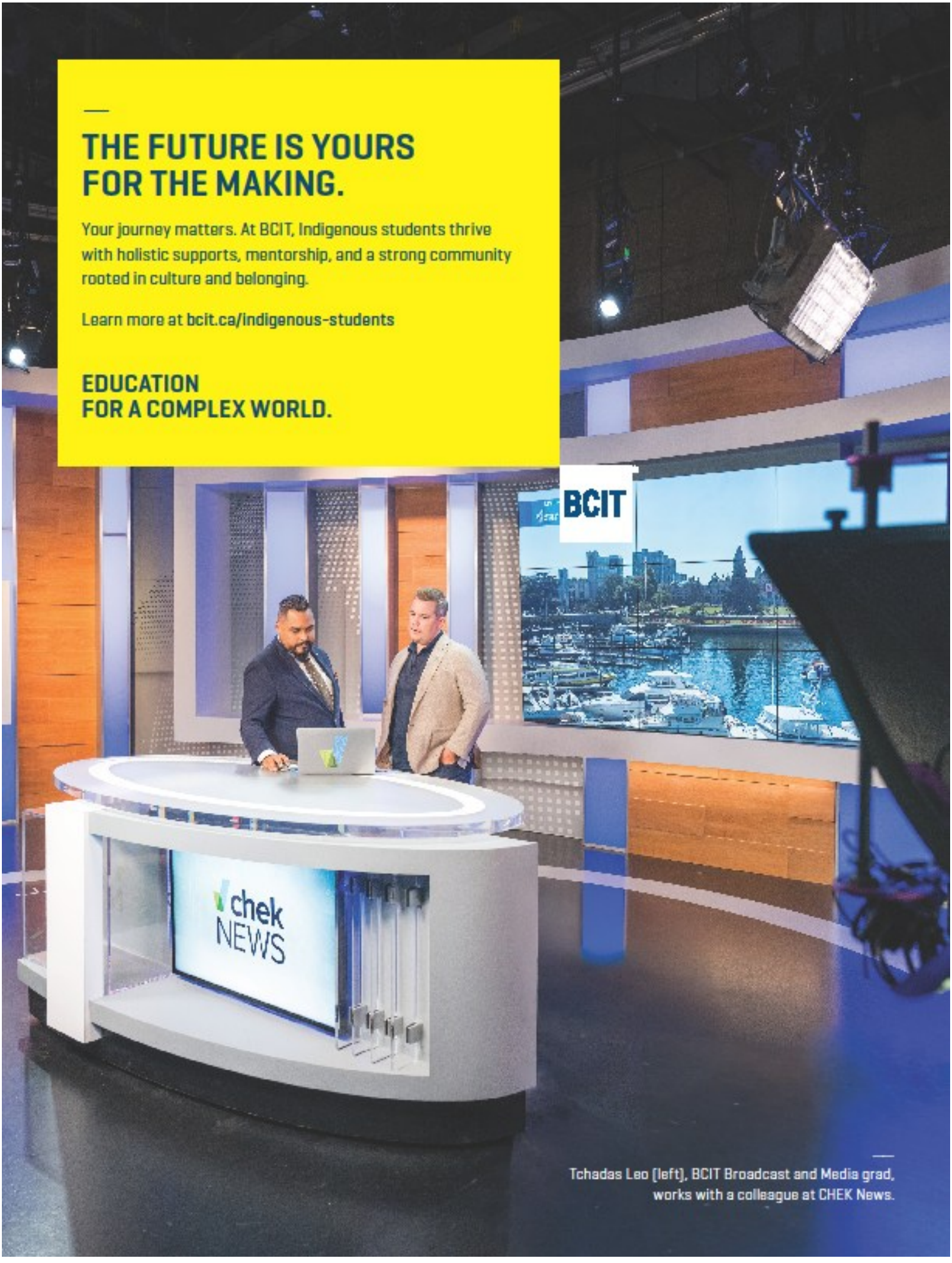
HELP SPREAD THE WORD

Many communities have elders who are unable to travel long distances for eye care, that's where we can help. We bring our services directly to your community, making access to quality eye care more convenient. We are always looking for new communities to visit and would love to hear from you!

See clearly, live better

Contact

Phone
778-355-6664
Email
communityoutreacheyecare@gmail.com



THE FUTURE IS YOURS FOR THE MAKING.

Your journey matters. At BCIT, Indigenous students thrive with holistic supports, mentorship, and a strong community rooted in culture and belonging.

Learn more at bcit.ca/indigenous-students

EDUCATION FOR A COMPLEX WORLD.

Tchadas Leo (left), BCIT Broadcast and Media grad, works with a colleague at CHEK News.

Info to Go

BC Centre for Disease Control

Indigenous-specific Anti-Racism Journey

BCCDC's journey to eliminate Indigenous-specific racism is ongoing. We acknowledge that today's public health system is shaped by settler colonialism. However, Indigenous public health systems have existed long before it. As part of the Provincial Health Services Authority (PHSA), BCCDC is also included in their Indigenous-specific anti-racism journey.

Chee Mamuk Program

Chee Mamuk is an Indigenous program that uses community, tradition, and science to pro-mote sexual health within Indi-genous communities.

Other Programs

- **Chee Mamuk**
- **Rural Remote Indigenous Testing**
- Food Protection Services, Food Security
- GetCheckedOnline
- Harm Reduction & Substance Use Services
- Healthy Built Environment & Healthy Eating
- Immunization Programs

Our Clinics

- Sexually Transmitted Infections Clinics
- Tuberculosis Clinic

Visit our website to see all Progams and Services https://www.bccdc.ca/

Coast Salish Teachings

The teachings gifted by Coast Salish Knowledge Keeper Siem Te Ta-in (artwork by Atheana Picha) help us decolonize our practices and make public health services welcoming for all.

1. ***Thee eat "Truth"***
2. ***Whax hooks in shqwalowin "Open your hearts and your mind"***
3. ***Kwum kwum stun shqwalowin "Make up your mind to be strong"***
4. ***Eyhh slaxin "Good medicine"***
5. ***Nuts a maht "We are one"***
6. ***Tee ma thit "Do your best"***

To read more, visit:

- bccdc.ca/about/purpose-vision-values-teachings
- phsa.ca/about/who-we-are/eradicating-indigenous-specific-racism
- baseline.bchumanrights.ca/report/in-plain-sight

For more information about BCCDC's Apology to Indigenous People, visit our website:
https://www.bccdc.ca/about/eradicating-indigenous-specific-racism/apology-leadership-commitments-indigenous-peoples

BC Centre for Disease Control

BC Securities Commission
Invest Right

HELP PREVENT ELDER FINANCIAL ABUSE



What is Elder Financial Abuse?

It is the most common form of elder abuse. It is the unlawful or unauthorized use of an elderly person's financial assets, and the act of pressuring an elder to authorize consent or use of their financial assets.

Common Warning Signs

You can help prevent elder financial abuse by watching out for common warning signs, such as:

- Unusual financial transactions, such as bank withdrawals or the liquidation of investments
- No longer buying essentials like clothing, groceries or medication
- Financial responsibility for a family member
- Unusual fear of or sudden change in feelings about a particular person or people

Protect Yourself

Consider appointing a Trusted Contact Person (TCP) if you have an investment account. A TCP is a tool for your advisor to help protect you should they suspect financial abuse or cognitive decline.

Learn more about how to recognize, prevent, and report elder financial abuse at InvestRight.org

About InvestRight.org

The BC Securities Commission strives to empower investors to secure their financial futures by helping them become better informed about investment products and services. Through our investor education website, InvestRight.org, we provide tools and a wealth of resources designed to help investors make smart investment decisions and understand how to protect themselves from investment fraud.

About the Alzheimer Society of BC and Yukon

We aim to support families, caregivers and communities with tools that honour traditional knowledge and holistic wellness.

Did you know:

Indigenous Peoples are a population at higher risk of developing dementia due to the impacts of colonization.

More than 1,500 Indigenous People in BC and the Yukon are living with dementia, with more than 5,900 Indigenous People projected to be living with the disease by 2050.

Lack of access to supportive care services such as home and respite care can result in greater challengers for Indigenous carepartners.

Source: Landmark Study, Volume 2, The Many Faces of Dementia in Canada, 2024

What we do:

- **Increase connections and reduce social isolation due to a dementia diagnosis**
- **Advocate for meaningful change**
- **Build inclusive dementia-friendly communities**
- **Provide support and education, including the First Link® Dementia Helpline**
- **Fund groundbreaking research**
- **Host impactful awareness and fundraising events**

"The person I talked to at the First Link® Dementia Helpline was so helpful. She had compassion, she had knowledge, she was understanding and direct with me about what to do."

- Melody, a First Nations caregiver.

You are not alone on your dementia journey.

The First Link® Dementia Helpline helps people living with dementia and their families take the first step toward support. Call us at 1-800-936-6033.



Kidney Wellness Hub

Supporting Indigenous kidney health through an online wellness community.

kidney wellness hub



Chief Michael Recalma of Qualicum First Nations is an advisor to the Kidney Wellness Hub and a kidney transplant patient.

Kidney Wellness Hub Self Assesment Wellness Wheel



- Learn how to protect your Kidney Health
- Explore free wellness tools and resources
- Ask questions and provide feedback

Register and get your free wellness journal today!



UPSTAIRS HEALTH INFO CENTRE - HOPE TO SEE YOU THERE!

Questions: **Teresa Atkinson** at **teresa.atkinson@kidney.ca** or call **1 800 567 8112 Ext 9**

Kidneywellnesshub.ca

Rise!, Shine, Live a Good Life

Email: info@hqmfoundation.com
Office Phone: 306-651-0009
Survivor Help Line: 1-877-971-0009

Hitgwin! Qaumata Miyopimâtisiwin Foundation
Indian Boarding Homes Program Foundation, Inc.

About Us

How We Started

Hitgwin! Qaumata Miyopimâtisiwin Foundation (HQMF) is a national foundation established through the Indian Boarding Homes Program (IBHP) Class Action (Percival v Canada, 2024 FC 824). Canada committed $50M dedicated to healing, truth, and cultural preservation. Independent of government, the foundation serves all Survivors (and their descendants) of the IBH Program and is inclusive of Inuit, First Nations, Métis, status and non-status–in every region of Canada and beyond.

Vision

We envision a future where all survivors of the IBHP and their descendants experience wellness, empowerment, and cultural revitalization. Through support, advocacy, education, and commemoration, we strive to foster wellness and ensure that the stories, traditions, and resilience of Indigenous communities are preserved for future generations.

Mission

To provide resources and initiatives that address the historical and ongoing impacts of the Indian Boarding Homes Program, ensuring survivors and their descendants receive the care, recognition, and community support they deserve.

What We Offer

Programs & Services

- Grant programs
- Access to therapists
- Access to counsellors
- Consultation
- Reconnection
- Regional gatherings
- Cultural gatherings
- Commemoration
- Education
- Research
- Pow Wow special
- Kenneth Weistche Memorial Scholarship

109-2553 Grasswood Road
Saskatoon, SK S7T 1C4

hqmfoundation.com

B.C. seniors may be eligible for:

- **Fair PharmaCare**
  Prescription drug coverage.
  Call: **1.800.663.7100**
- **Housing Assistance (BC Housing)**
  Shelter Aid for Elderly Renters (SAFER) is a rental subsidy and subsidized housing for low-income seniors.
  Call: **1.800.257.7756**
- **Rebate for Accessible Home Adaptations**
  The BC RAHA is a disability-related home renovations grant.
  Call: **1.800.257.7756**
- **BC Bus Pass**
  Annual bus pass for low-income seniors.
  Call: **1.866.866.0800**
- **Property Tax Deferment**
  55+ homeowners can defer municipal tax.
  Call: **1.888.355.2700**
- **Home Support and Home Care**
  Assistance with activities of daily living and home nursing. Contact your local health authority or let us direct you.
- **Volunteer Tax Clinics**
  Tax filing assistance for low-income seniors. Visit **cra-arc.gc.ca/volunteer** or call us and we will direct you to an agency in your area.

Toll-Free 1.877.952.3181

Interpretation services available in more than 90 languages

Contact Us

PO Box 9651 STN PROV GOVT
Victoria, B.C. V8W 9P4

info@seniorsadvocatebc.ca

seniorsadvocatebc.ca

facebook.com/SeniorsAdvocateBC

@SrsAdvocateBC

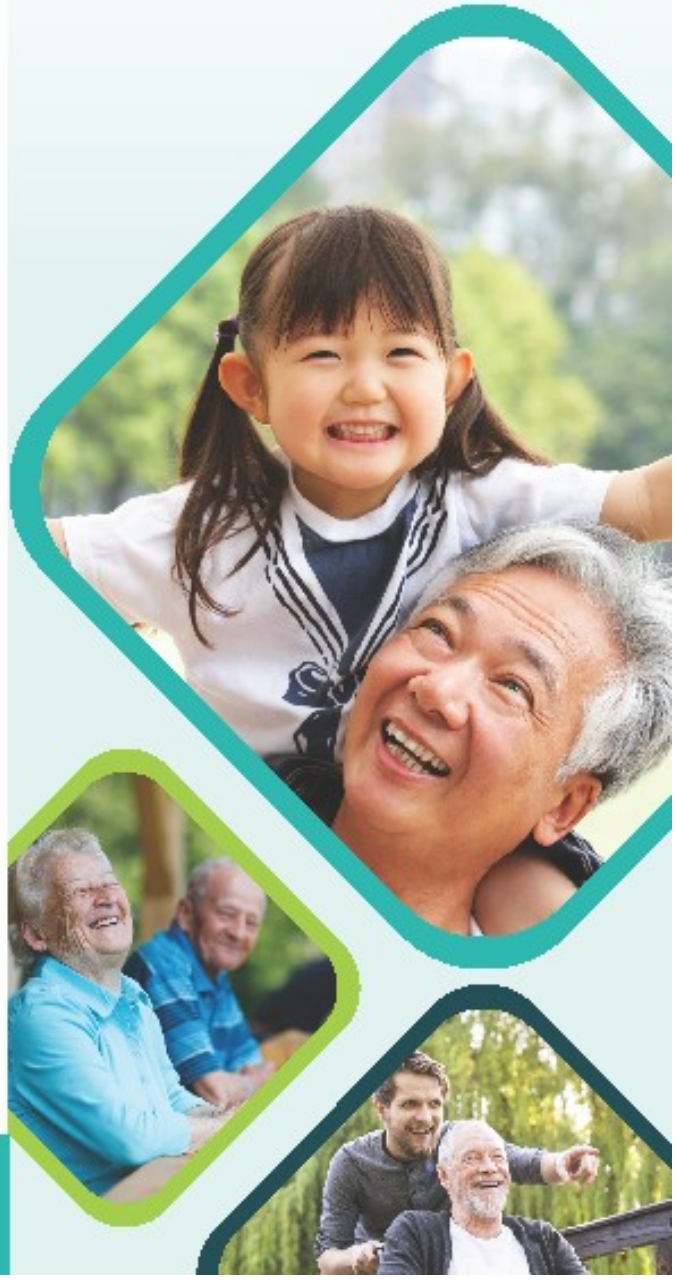
OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA

Did you know we have a newsletter?
Visit our website to sign up!

Toll-Free 1.877.952.3181

Version: February 2025

OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA



HARM REDUCTION & TOXIC DRUG POISONING

First Nations Health Authority
Health through wellness

First Nations-Centered Harm Reduction helps people who use substances stay safe, connected, and supported through approaches rooted in culture and community without shame or blame. It recognizes that every person's wellness journey is unique and focuses on reducing harms while strengthening connections to community, culture, and care.

FNHA recognizes that substance use is a health issue. Working in partnership with First Nations, FNHA is committed to supporting community-led harm reduction through culturally informed education, safer substance use, naloxone training and kits, and access to treatment, and healing supports. Guided by the belief that All Paths Lead to Wellness, FNHA works alongside communities to promote safety, dignity, and wholistic well-being.

FNHA will host naloxone training at the 2026 Elders Gathering!

What is a toxic drug poisoning?

Toxic drug poisonings (overdose) can happen to anyone. It occurs when a drug causes a person to become unresponsive or stop breathing. It is often linked with opioids but it can also occur with other substances.

Naloxone is a medicine that can temporarily reverse an opioid poisoning. If you suspect a toxic drug poisoning, call 911 and administer naloxone. These actions can save lives.

Naloxone training helps you:

- Learn the signs of a toxic drug poisoning (overdose).
- Build your confidence to help someone in an emergency.
- Learn more about how Naloxone works.

Learn the signs:



Slow or No breathing



Choking, gurgling, or snoring sounds



Person isn't moving. Can't be woken up



Lips & nails may look grey or blue



Skins feels cold or clammy



Pupils are tiny

Contact TDR@fnha.ca to connect to your regional Harm Reduction team for community Naloxone training, education and resources.

Language Immersion

DEADLINE: October 15, 2026

Looking to become a fluent speaker in your language?

These programs offer funding for individuals that are looking to become a fluent speaker in one of B.C.'s 36 First Nations languages.



MAP Up to $21,000/year

- 300 hours of immersion per year
- For learners ages 16–50
- Up to 3 years

MAP Connections Up to $6,500/year

- 100 hours of immersion per year
- For learners ages 16 and up
- Up to 3 years

YES Up to $32,320/year

- Up to 300 hours of language immersion
- For B.C. First Nations students ages 18–35
- Paid Summer internship

QUESTIONS?

map@fpcc.ca

yes@fpcc.ca

250-652-5952

fpcc.ca/language

Register & Learn More

FIRST PEOPLES' CULTURAL COUNCIL

fpcc.ca/language

FIRST PEOPLES' CULTURAL COUNCIL

We are honoured to support the 2026 Elders Gathering!

The First Peoples' Cultural Council (FPCC) provides grants, skills development, technology tools, research & advocacy to support B.C. First Nations language, arts & heritage revitalization for organizations, communities & individuals. Visit fpcc.ca for more info.

Language Program

Provides funding, skill development & resources for community-based initiatives that are revitalizing the First Nations languages of B.C.

Arts Program

Supports B.C. First Nations artists working in both ancestral & contemporary arts by delivering grants, workshops and programs

Heritage Program

Empowers B.C. First Nations to steward their heritage by providing opportunities for community-based knowledge sharing

FPCC Resources

Online Language Sites: firstvoices.com
First Peoples' Map: maps.fpcc.ca
Funding Opportunities: fpcc.ca/grants

Visit the FPCC Resource Library at fpcc.ca/resource for helpful tools & research, including:

- **Working with Elders Guide**
- **Language for Life Booklet**
- **Language Status Reports**
- **Program Toolkits, and more!**



Visit our booth in the vendor area. Sign up for our email newsletter and complete an entry slip to win one of 6 door prizes draws. Scan the QR code or visit fpcc.ca/signup.

VANCOUVER COASTAL REGION
First Nations Health Authority

FNHA at the 2026 BC Elders Gathering *"Standing Side by Side"*

The Vancouver Coastal Region is excited to attend this year's gathering, please visit our information table for resources, harm reduction supplies, or just to chat!

Many supports and services are available with the First Nations Health Authority (FNHA) Vancouver Coastal Region, such as:

- Mental Health & Wellness navigation
- Virtual health services
- Harm Reduction training & resources
- Support with understanding, enrolling, or accessing your health benefits through Pacific Blue Cross, and
- Many other programs and supports

Did You Know?

PBC and the Plan W benefit covers many prescriptions, medical supplies, and over-the-counter medications such as Tums (Calcium Carbonate), Aspirin (Acetylsalicylic acid), Tylenol (Acetaminophen), certain vitamins, and many other products. Please visit the following FNHA website or scan the QR code below. To scan the QR code, open the camera on your phone, aim it on the dotted image below, and click on the link to go to the website.

www.fnha.ca/benefits/overview

If you have questions, connect with your community's Health Representative, Nurse, Health Director, Elder's Coordinator, or by contacting FNHA directly at 604-693-6500

Please consult your doctor or pharmacist regarding medication use and product eligibility

Scan the QR Code or visit the website to the left to find the newest version of FNHA's Elders Guide, full of great resources, information, and tips. We hope you have a great time at this years gathering!

https://fnha.ca/wp-content/uploads/BC-Elders-Guide.pdf

BC ELDERS COMMUNICATION CENTER SOCIETY

ADDRESS:
1415 Weiwaikum Rd.
Campbell River, B.C.
V9W 5W9

Phone: 1-250-286-9977
Fax: 1-250-286-4809

Website:
www.bcelders.com

Email:
bcelders@telus.net

Coordinator:
Donna Stirling

9-8-8: Suicide Crisis Helpline

If you or someone you know is thinking about suicide, call or text 9-8-8. Help is available 24 hours a day, 7 days a week.

9-8-8: Suicide Crisis Helpline offers support that is:

- **bilingual**
- **trauma-informed**
- **culturally appropriate**
- **available to anyone in Canada**

The Indian Residential Schools Crisis Line

(1-800-721-0066)

Is available 24 hours a day for anyone experiencing pain or distress as a result of their residential school experience.

Provided by the Government of British Columbia

People struggling with opioid addiction can call:

1-833-804-8111 toll-free for immediate assistance from a dedicated team, including doctors and nurses, who can prescribe life-saving opioid agonist medications.

THE 51st (2027) ANNUAL ELDERS GATHERING

DATES: AUGUST 24-25, 2027

August 23rd is <u>Mandatory</u> Group Leader's Check-in

PLACE: Vancouver Convention Centre, East Building