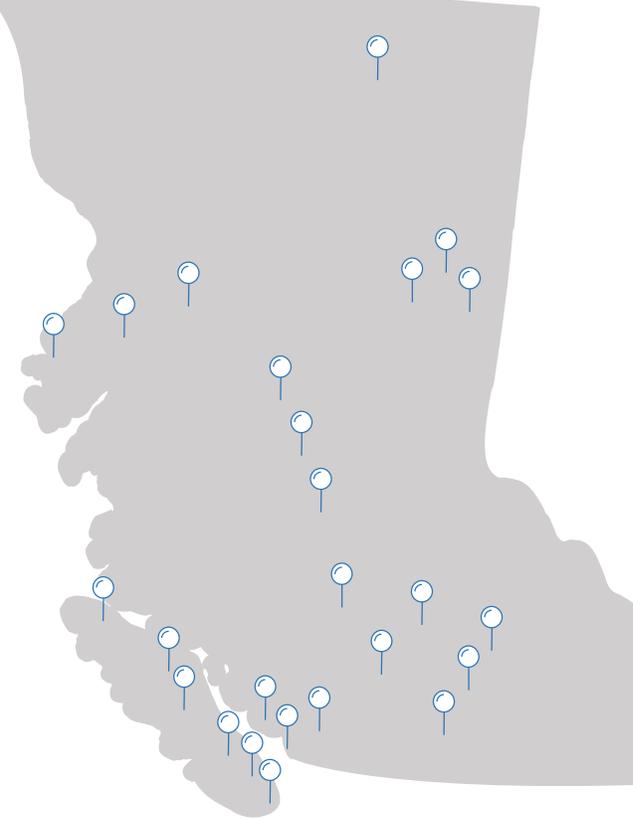


BC Association of Aboriginal Friendship Centres

93 Centre Facilities
 597 Partnerships
 580 Programs
 1,203 Employees
 4,500 Clients a Week



Fall 2019 – we were pleased to head into September with new training opportunities for Friendship Centre (FC) staff. The enthusiastic response to these opportunities is a reflection of each centres’ desire to continually improve and grow in order to best serve their communities.

- 20 FC staff enrolled in the **BCAAFC Training Academy**. The academy curriculum covers a wide range of topics related to effective leadership.
- 52 FC staff took part in two days of **legal support training** to increase support for Indigenous families navigating the child welfare system.

The community engagement within BC Friendship Centres this fall has been rewarding for all participants. Since September, there has been:

- **Six 3C Challenges** – providing youth with the opportunity to try running their own business.
- **Five I-SPARC Healthy Living Leader Training Sessions** – building leadership capacity to promote healthy living within communities.
- **13 Mental Health & Wellness Engagement Sessions** scheduled for 2019 – mapping existing wellness programs within FCs to identify program strengths, gaps, and emerging priorities.
- **25 students** granted funding to support their fall semester!

These are just a few of the province-wide highlights that have been possible thanks to the dedication of FC staff, partners, and clients.

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- Cariboo Friendship Society [Williams Lake](#)
- Conayt Friendship Society [Merritt](#)
- Dze L K'ant Friendship Centre Society [Smithers](#)
- Fort Nelson Aboriginal Friendship Society [Fort Nelson](#)
- Fort St. John Friendship Society [Fort St. John](#)
- Fraser Region Aboriginal Friendship Centre Association [Surrey](#)
- Friendship House Association of Prince Rupert [Prince Rupert](#)
- Hiiye'yu Lelum (House of Friendship) Society [Duncan](#)
- Kamloops Aboriginal Friendship Society [Kamloops](#)
- Kermod Friendship Society [Terrace](#)
- Ki-Low-Na Friendship Society [Kelowna](#)
- Lillooet Friendship Centre Society [Lillooet](#)
- Mission Friendship Centre Society [Mission](#)
- Nawican Friendship Centre [Dawson Creek](#)
- North Okanagan Friendship Centre Society [Vernon](#)
- Ooknakane Friendship Centre [Penticton](#)
- Port Alberni Friendship Center [Port Alberni](#)
- Prince George Native Friendship Centre Society [Prince George](#)
- Quesnel Tillicum Society [Quesnel](#)
- Sacred Wolf Friendship Centre Society [Port Hardy](#)
- Tansi Friendship Centre Society [Chetwynd](#)
- Tillicum Lelum Aboriginal Society [Nanaimo](#)
- Vancouver Aboriginal Friendship Center Society [Vancouver](#)
- Victoria Native Friendship Centre [Victoria](#)
- Wachiy Friendship Centre Society [Courtenay](#)



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Gathering Our Voices 2020



Registration for Gathering Our Voices (GOV) 2020 opened on October 9 and sold out in just over three minutes, with a waitlist growing to 1,900 shortly after. The BCAAFC is working hard with partners to increase funding for the event and open more spots to youth on the waitlist.

GOV2020 will take place March 16-19 on Secwépemc traditional territory in Kamloops, BC. This will be the 18th annual GOV event, co-hosted by the BCAAFC, Provincial Aboriginal Youth Council (PAYC), and the Kamloops Aboriginal Friendship Society (KAFS).

“The whole event was a wonderful and exciting experience and I would love to come back. I love embracing our people and culture.”

GOV provides a unique opportunity for Indigenous youth leaders, ages 14 to 24, to connect with culture, their peers, and tools to support their success.

Every year, feedback from youth signifies the value of GOV. Youth bring knowledge, skills, and inspirations gained through the event back to their communities, carrying forward the good energy of GOV to make positive impacts long after the event is over.

“GOV helped me with my confidence, I learned how to speak up. Some of my workshops made me see things differently, new and clearly.”

We are deeply grateful for our continuing and new sponsors – your support helps us increase the number of youth who experience GOV each year.

If you are able to support Indigenous youth through contributions to the event, please visit gatheringourvoices.ca/sponsorship.



BC Indigenous Youth 3C Challenge |

The BC Indigenous Youth 3C Challenge is an opportunity for Indigenous youth, ages 15 to 29, to tryout running their own business. Participants receive three-days of hands-on training, breaking into teams to develop a business plan. In the 30 days that follow, teams work to bring their idea to life with a \$1,000 micro-loan and support from their 3C Mentor.

Teams are encouraged to reflect on how the ‘3C’s: community, culture and cash, may influence a successful business plan. All across the province, teams compete to have the highest sales on the 3C Leader Board.

Indigibox

Thoughtfully crafted cultural gift boxes. All items collected with maya'xala (a culturally respectful manner), in Kwakwaka'wakw territories by Kwakwaka'wakw youth. The Indigibox Team donated their net profit of \$1,261.00 to the Pacific Salmon Foundation.



Profit is just one component of a successful business – teams are identifying problems they wish to solve, filling gaps in the market with business plans that represent their values, and working to make a positive difference. At the end of the 30 days, many of the teams donate their profits to a cause they believe in.

In addition to creating the change they wish to see, participants expand their knowledge through experience, gain confidence in their leadership skills, and build new relationships.

3C Challenge Fall 2019 Locations:

- Dze L K'ant Friendship Centre Society (Houston)
- Vancouver Aboriginal Friendship Centre Society
- Skidegate (Haida Gwaii)
- Kermode Friendship Centre (Terrace)
- Fort Nelson Friendship Centre
- Fraser Region Aboriginal Friendship Centre Association (Surrey)

Check-out the Leader Board at facebook.com/BC3CChallenge and discover new businesses led by Indigenous youth.

Contact applications@3cchallenge.org to schedule a 3C Challenge in your community for 2020!



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Legal Support Training | Supporting Aboriginal Families Through the Child Welfare System

When it comes to the child welfare system, the local Friendship Centre (FC) often receives notice that an Indigenous child has been removed from home. This is an opportunity for FC staff to support the family throughout court proceedings.

Recognizing this opportunity, 52 Friendship Centre staff participated in two-days of training offered by the BCAAFC with funding from The Law Foundation of Ontario.

Day one of the training was developed and facilitated by independent consultant T'oilia McIntyre. With over 20 years of experience working in the child welfare system, T'oilia created a comprehensive resource manual to supplement each participants learning.

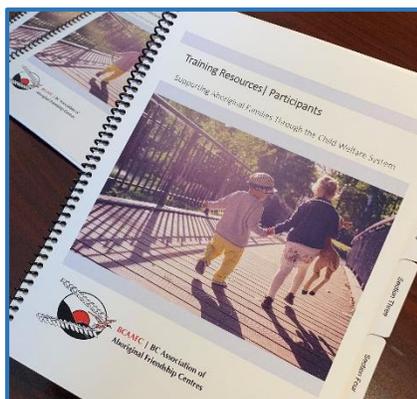
Training was delivered in five sections, with the following focus areas:

- Child Safety and Family Wellness – Then and Now
- Child Welfare Legislation – Policies and Practice in B.C.
- The Impacts of Child Welfare on Aboriginal Families
- Supporting our Aboriginal Families
- Things are Looking up

MCFD representatives facilitated day two of the training, presenting different changes within the system and providing time for Friendship Centre staff to ask questions and share feedback.

The BCAAFC was grateful to gather representatives from Friendship Centres all across BC. The training helped to build capacity within centres and also provided an opportunity for FC staff to share their experiences and perspectives on child welfare within their communities.

Thank you to the Law Foundation of Ontario for supporting this initiative, as well as T'oilia McIntyre and MCFD for their work in delivering this training, and to all our participants for their commitment to supporting families navigating the child welfare system.



Doulas for Aboriginal Families Grant Program

The Doulas for Aboriginal Families Grant Program (DAFGP) is undergoing some changes in order to further increase healthy birth outcomes for Indigenous families. We still continue to provide Indigenous families living in BC up to **\$1,000.00 of coverage** for doula services with each pregnancy.



NEW to the program, we are now offering **travel grants** in order to increase access to doula services in remote and isolated areas of BC.

We are also excited to share our new DAFGP logo! In the design by Brianna Dick, the artist depicts how Indigenous cultures recognize women as matriarchs, knowledge keepers, birth givers and so much more. The bond between mother and doula is represented throughout the logo: the "s" shapes on the arms represent each trimester and the doula's commitment to the mother every step of the way. The colour green is prevalent and depicts life, renewal and safety. Both mother and doula are surrounded by a circle representing all of creation.

Helping people find their strength and place of power in giving birth.

What is a doula?

A doula provides supportive care to birthing persons and their families through pregnancy, labour and afterbirth experiences. A doula may also serve as an advocate for the birthing person and their family, creating time and space for them to voice their questions, concerns and expectations and helping to ensure their concerns and expectations are honoured throughout the birth experience.

We look forward to connecting more families with doula support to help them feel confident and empowered throughout their birth experience.

For more information, contact:

Doula Program Coordinator

doulaprogram@bcaafc.com

Phone: 250-388-5522 ext. 201

Or visit our website: www.bcaafc.com/DAFGP



BCAAFC Training Academy

The BCAAFC Training Academy kicked off on September 25! We are so excited to be offering this opportunity with the University of Victoria's Gustavson School of Business. The academy will consist of several four-day training sessions designed to provide 20 Friendship Centre staff with tools, techniques and skills to enhance their effectiveness as leaders.



The Training Academy builds off insights gathered from the BCAAFC Learning Academy, a two-day training session that took place in February of this year. Both training opportunities were developed in response to BC Friendship Centres' five-year strategic plan created in 2018, which identified capacity building as an area for improvement.

Feedback from participants has proven the value of training opportunities designed for Friendship Centres. The BCAAFC's long-term goal is to offer a Non-Profit Management Mini-MBA program with partnering academic institutions.

Board Retreat & Strategic Planning

The BCAAFC Board of Directors met at Spirit Ridge, Osoyoos, Sep. 27-28 for a strategic planning session.

Focus areas, accomplishments, opportunities, and challenges were discussed for each of the priority areas of the BCAAFC Governance Goals:

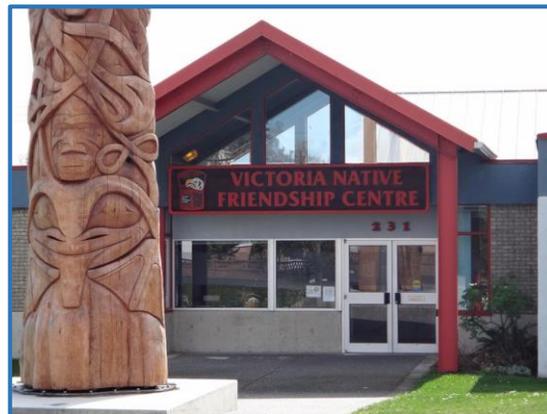
- Advocacy
- Broad Reach/Collaboration
- Social Enterprise
- Language and Culture
- Finance and Policy (Capacity Development)
- Strategic Opportunities



BC Friendship Centres

Victoria Native Friendship Centre celebrates 50 years!

The Victoria Native Friendship Centre (VNFC) celebrated their 50-year anniversary on September 29 with a celebration that included lunch, cake, dance, sort, art, information booths and vendors and kid-friendly activities for the whole community.



Since 1969, VNFC has been a valued meeting place for Indigenous people new to Victoria. Today, the centre continues to provide a wide variety of services, host powerful community events, and hold space for people to come together and feel among family.

Congratulations to VNFC for 50 years!

Ooknakane Friendship Centre and the Heart Street Brigade (Penticton, BC)



The Ooknakane Friendship Centre provides space for a local group, the Heart Street Brigade, to setup a pop-up barbershop that offers hairdressing services at no-cost to those in need.

The Heart Street Brigade is a collective of local barbers and hairdressers who volunteer their time to the cause as a way to give back to the community. The group has been coming to the Friendship Centre every three weeks for the past year.

Many people return to the pop-up shop every three weeks and have formed friendships. The initiative has turned into more than just a hairdressing service, it is an opportunity to connect with others in the community and check in on one another.



BC Friendship Centres

Kermode Friendship Society (Terrace, BC) Waaps Sagayt K'uulm Goot Daycare

Kermode's Waaps Sagayt K'uulm Goot Daycare has two new playgrounds to enjoy, with funds from the Friendship Centres capital costs and a generous donation from the Four Rivers Co-Operative's Community Support Fund.

"It all helps for development – they now have somewhere safe to climb and explore." – Cal Albright, Kermode Executive Director

The playgrounds were designed to provide something for all age groups, with climbing equipment, slides, swings, a soundboard and spring riders. Kermode staff created a small garden beside the playground to further enhance the community area.

"The daycare has helped my son with his communication, separation anxiety, and teamwork, it is also an opportunity for him to connect with culture and has prepared him for the transition to school."



Child and Youth Mental Health Program

Eight Indigenous youth from Kermode Friendship Society's Aboriginal Child and Mental Health Program attended the 40th Annual Kamloopa Powwow at the Tk'emlups te Secwepemc Powwow Grounds.

The group stopped at the Prince George Native Friendship Centre (PGNFC) on their way to the powwow to connect with the PGNFC youth group. Together, they enjoyed a meal and a special evening of fun events before continuing onward.



At the powwow, the youth gathered with many nations to celebrate, learn about, and honour one another, reinforcing positive self-identity and respect. Kermode was honoured to provide youth with the opportunity to experience cultural teachings through ceremony.



Prince George Native Friendship Centre Youth Cultural Camp

The PGNFC has been hosting a free children's cultural camp on Lheidli T'enneh traditional territory for over 20 years! It is the only free summer camp available to the community.



"For many children, it's their only opportunity to swim at a lake, paddle a canoe, or hike in the forest."

A new group of children attend the camp each week, giving children from all across the area an opportunity to take part in a variety of activities, including:

- Cultural crafts with Elders
- Art creation with Indigenous artists
- Swimming, canoeing, and hiking
- Training opportunities in health and safety topics

The focus of the camp is fun and friendship. Camp leaders are students, mainly Indigenous, with a passion for mentoring youth – so camp participants have the opportunity to connect with culture, the outdoors, and healthy role models!

The positive impacts of PGNFC's Youth Cultural Camp are felt throughout the community. Some camp leaders have pursued careers with the Friendship Centre, while others have continued to do community-focused work and stay connected through Friendship Centre events and volunteer opportunities.

PGNFC considers it a great privilege to host this camp each year and is committed to providing the program indefinitely.



Staff List | BCAAFC

Contact BCAAFC: <https://bcaafc.com/about-us/contact-us/>

Leslie Varley, Executive Director
 Patricia Moore, General Manager
 Luis Ambriz-Castillo, Finance Manager
 Debbie Solomon, Finance Assistant
 Charlie George, Director of First Impressions
 Ricki-Lee Jewell, Communications Coordinator
 Richard Stern, Information Technology
 Suzanne Jackson, Child Care Planner

Employment & Education

Megan Boddy, Employment Program Coordinator
 Mike McKenzie, Education/ Office Coordinator

Program

Julie Robertson, Program Manager
 Dalious McCullough, Program Assistant
 Melissa Reinhardt, Program Coordinator

Policy

Geoff Rankin, Director of Policy
 Kassandra Woods, Director of Health
 Magnolia Perron, Mental Wellness Coordinator
 Kusuma Tiffany Mitchell, Practicum Student, Doula Program

3C Project

Liam Grigg, 3C Project Manager
 Meagan Curley, 3C Project Assistant

Gathering Our Voices

Farren Saulis, Lead Event Coordinator
 Jada Rain Britton, Logistics Coordinator
 Rianne Kuebeck, Registration Coordinator
 Kathleen Hemsworth, Workshop Coordinator

Hosted by the BCAAFC | AIDP/ASCD

Aboriginal Infant Development Program/
 Aboriginal Supported Child Development Program

Contact AIDP/ACSD: <http://ascdp.bc.ca/contact-us/>

Jessica Mugford, AIDP/ASCD Administrative Assistant
 Diana Elliot, AIDP Provincial Advisor
 Jackie Watts, ASCD Provincial Advisor

Hosted by the BCAAFC | I-SPARC Indigenous Sport, Physical Activity & Recreation Council

Contact I-SPARC: <https://isparc.ca/contact/>

Administration, Communications and Executive Office

Rick Brant, Executive Director
 Felicia Greekas, Premier's Awards & Communications Manager
 Tara R. Nault, Special Advisor
 Kristi Patton, Team BC Communications Coordinator
 Patricia Campbell, Administrative Coordinator

Provincial and Performance Sport

Peshaunquet Shognosh, Performance Sport
 Michelle Webster, Sport Development & Community Engagement
 Kim Leming, Sport for Life Programs
 Lara Mussell Savage, Director of Sport

Regional Sport & Physical Activity Coordinators

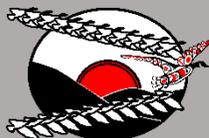
Buzz Manuel, Interior Region
 Alana Cook, Fraser Region
 Lise Gillies, Vancouver Island Region
 Pete Natrall, Vancouver Coastal Region
 Toni Muldoe, Northwest Region
 Allie Auger, Northeast Region

Healthy Living Activities

Jessie Toynbee, Healthy Living
 Daniel Young-Mercer, Physical Activity, Training & Development
 Amanda de Faye, HealthBeat
 Susan Meier, Indigenous RunWalk
 Robynne Edgar, Director of Healthy Living



Visit your local Friendship Centre to get involved with the Friendship Centre Movement— our doors are always open!
 For more information, [visit the BCAAFC website](https://bcaafc.com).



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