



# BC Association of Aboriginal Friendship Centres

2019-20 ANNUAL REPORT





We are the BC Association of Aboriginal Friendship Centres. We service 25 member Friendship Centres across the province.

We acknowledge and honour the territories and people whose land our member centres call home, and the Lkwungen-speaking peoples (Songhees and Esquimalt) and W̱SÁNEĆ peoples (Saanich), on whose traditional and unceded territory the BCAAFC stands.



# Table of Contents

The Friendship Centre Movement	4
BC Association of Aboriginal Friendship Centres	6
Messages	10
Provincial Aboriginal Youth Council	12
Elders Council	14
Member Services	16
Education	24
<i>BC Indigenous Youth 3C Challenge</i>	26
<i>Northern Corridor</i>	28
Gathering Our Voices	30
Management Training Academy	32
Peer Resource, Response, Review and Restore Committee	35
<i>Our Spirits Are Not For Sale</i>	36
<i>Urban Indigenous Wellness Framework</i>	38
Legal Support Training	40
<i>Doulas for Aboriginal Families Grant Program</i>	42
Child Care Programs	44
Indigenous Sport, Physical Activity & Recreation Council	46
Boards and Councils	48
Thank You	50



# The Friendship Centre Movement

The Friendship Centre Movement represents a national network of community-based organizations, united by the vision of a vibrant society that supports Indigenous peoples and a brighter future in Canada.

## History

In 1954, a group of Indigenous people recognized the need for culturally relevant support services in urban settings. They formed the Coqualeetza Fellowship Club in Vancouver, BC, as a safe space for Indigenous students to ask questions, meet new people, and connect with their cultures and traditions.

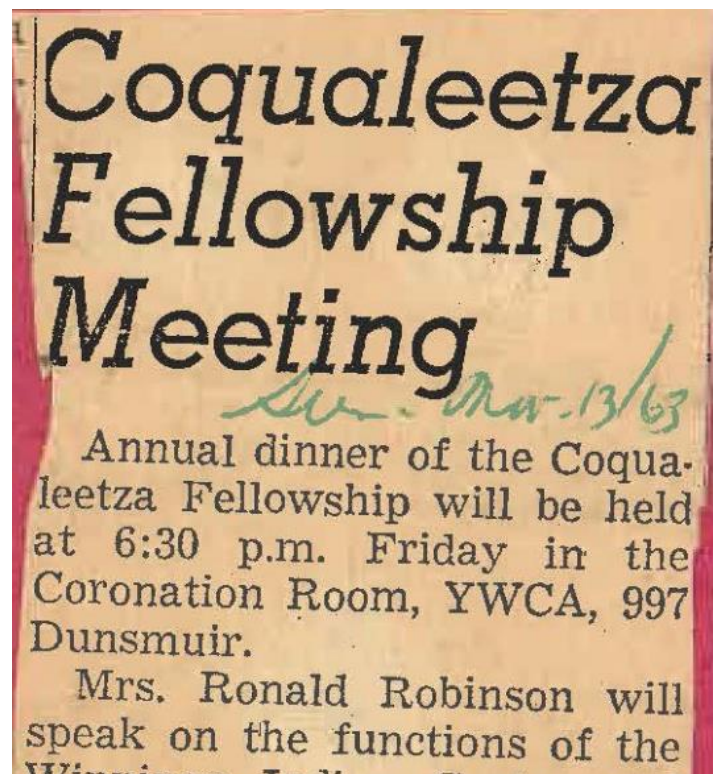
Within a few years, the Coqualeetza Fellowship Club was recognized as a place of friendship for all Indigenous people transitioning into Vancouver's urban setting.

In 1963, the Coqualeetza Fellowship Club changed its title to the Vancouver Indian Centre Society—marking the beginning of the Friendship Centre Movement in British Columbia.

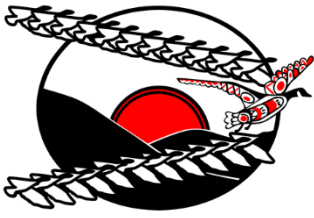
Friendship Centres were formed across the province. By the mid 1970s, government service agencies were referring Indigenous clients to their local Friendship Centre.

Today, Friendship Centres continue to provide wraparound programs and services relating to youth, child and family wellness, employment and training, education, health, economic development, language, culture and arts, preventing violence, sport and recreation, and outreach to individuals experiencing or at risk of homelessness.

The programs and services offered at each Friendship Centre are specific to their community needs.







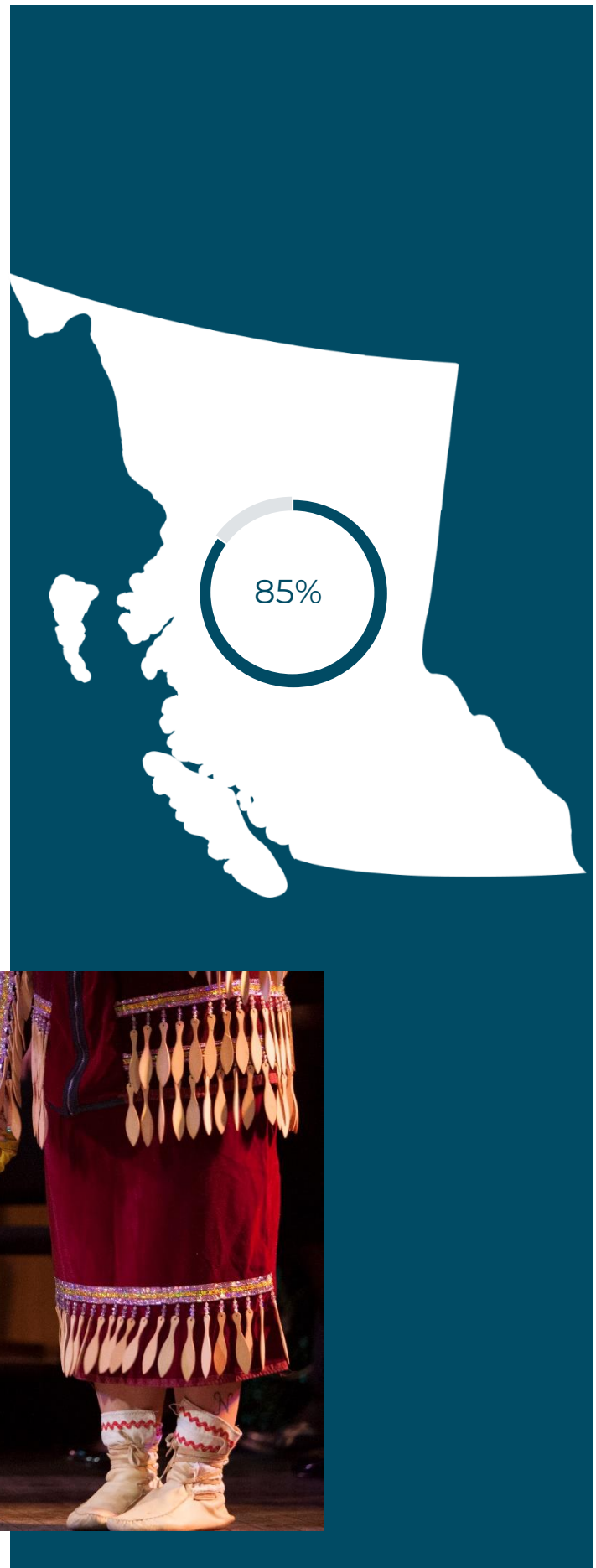
## BC Friendship Centres

The BC Association of Aboriginal Friendship Centres (BCAAFC) is the umbrella organization for the 25 Friendship Centres located throughout the province.

The BC provincial government estimates approximately 85% of Indigenous people in BC live off-reserve. Friendship Centres are the largest infrastructure serving the urban Indigenous population.

The BCAAFC works with Friendship Centres, partner organizations, and government institutions to develop programs and services for urban Indigenous people. The work and progress documented within Friendship Centres is used to advocate for improvements and establish best practices.

Strategic planning sessions with the 25 member centres determine the BCAAFC's work priorities.

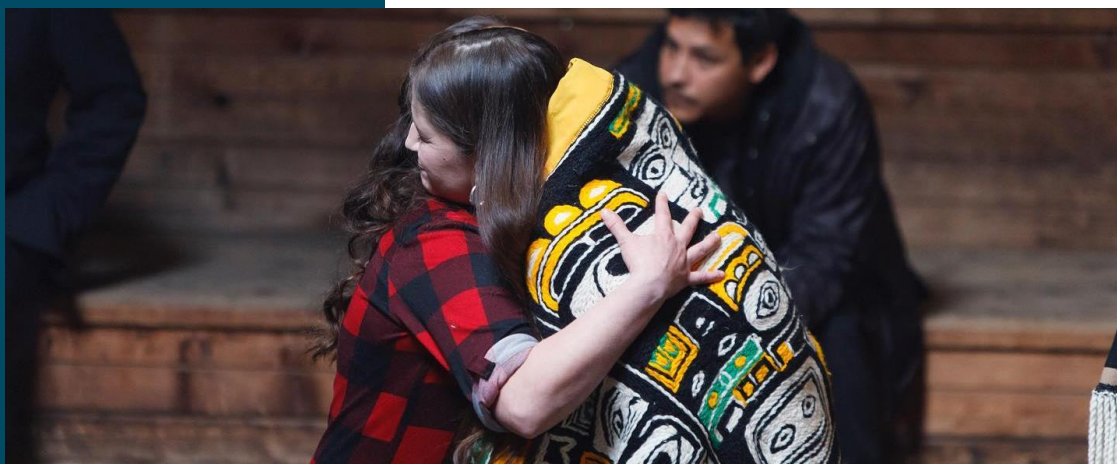


# BC Friendship Centres

There are 25 Friendship Centres across BC, with over 1,200 employees, 600 partnerships, and one million client interactions each year.



Cariboo Friendship Society (Williams Lake)  
Conayt Friendship Society (Merritt)  
Dze   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)  
Hiye'yu Lelum (House of Friendship) Society (Duncan)  
Kamloops Aboriginal Friendship Society (Kamloops)  
Kermode 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 Centre Society (Vancouver)  
Victoria Native Friendship Centre (Victoria)  
Wachiay Friendship Centre Society (Courtenay)





What do Friendship Centres mean to you?

A refuge of identity, and  
community.

“



## Cariboo Friendship Society Elders Circle of Care Program:

Elders have the opportunity to attend presentations on health, finance, literary and computer skills, and participate in wellness activities, such as: foot care, chair yoga, 'jam sessions' with other community groups, craft days, movie nights, *Grandmothers Circle*, swimming, and community gardening.

## Fort Nelson Aboriginal Friendship Society Sisters in Spirit:

An event in loving memory of Missing and Murdered Indigenous Women and Girls.



## Kamloops Aboriginal Friendship Society Reel Youth Film Trip:

Friendship Centre youth received film training with Reel Youth Film Company during a camping trip with Elders. Youth created the short film 'Little Hawk' which was inspired by the teachings from their Elders.

## Prince George Native Friendship Centre Community Leaders:

The Friendship Centre is a part of many local committees and works collaboratively to ensure a greater quality of life for urban Indigenous people.





**1,200+**  
Employees

We're passionate about what we do.



**1,000,000+**  
Points of Service

There are over one million client interactions documented within BC Friendship Centres each year.

# A Message From

Dr. Sharon McIvor, President



Thank you to the board, councils, and member centres for their work. I am honoured to be on this journey together, working towards a quality of life that honours the cultures, traditions, and leadership of Indigenous peoples.

I would like to extend my gratitude to the Elders Council for their guidance; their teachings and wisdom are fundamental to the Friendship Centre Movement and the work that we do.

Thank you to the youth for their energy and commitment to shaping a better world, for themselves and future generations, that reflects the love and strength of their ancestors.

I would like to thank and acknowledge every individual who has contributed to the work of Friendship Centres to empower community and one another. I look forward to all that we will accomplish together going forward.

In friendship,

A handwritten signature in black ink, consisting of a stylized 'S' followed by a horizontal line.

Dr. Sharon McIvor



# A Message From

Leslie Varley, Executive Director



On behalf of the BCAAFC, I want to thank all of the staff, the board, Elders, youth, and all of the member centres for their work. I also want to acknowledge with appreciation, our partners and funders who help us to best support urban Indigenous people as they realize their vision of health, wellness, and prosperity.

Together, we are building capacity to better serve one another. This past year, we partnered with the University of Victoria's Peter B. Gustavson School of Business to deliver a mini-MBA program that 20 Friendship Centre staff completed. We also witnessed 160 Friendship Centre youth strengthen their leadership skills and create their own small businesses through the *3C Challenge* program.

In March, a pandemic changed the course of work for everyone. Our priority remained the same – the health, safety and wellbeing of our people. This was demonstrated in the ongoing commitment and innovation within Friendship Centres to serve as many people as possible despite a disproportionate lack of resources and number of barriers.

The collaborative effort and dedication of many is what the Friendship Centre Movement was built on, and it will continue to guide our path forward.

In friendship,



Leslie Varley

# Provincial Aboriginal Youth Council

The Provincial Aboriginal Youth Council (PAYC) is composed of up to five Indigenous youth, between 18 and 25 years of age. Council members are nominated by their local Friendship Centres for their display of leadership within their communities.

## PAYC works to:

- Represent youth voices at a provincial level
- Implement province-wide initiatives to benefit Indigenous youth
- Provide a network of communication connecting youth to the Friendship Centre Movement
- Encourage and support BC Friendship Centres to develop strong local youth councils
- Act as a liaison between Friendship Centre youth councils, PAYC, and the BCAAFC Board of Directors
- Co-host the annual Gathering Our Voices (GOV) Indigenous Youth Leadership Training Event

This past year, former PAYC member Renee Wilson, reaching 25 years of age, was honoured for her service on the council.

## Youth and Elders Gathering

On November 30, 2019, in the traditional territories of the Snaw-Naw-As and Qualicum peoples, PAYC and the BCAAFC Elders Council gathered at Tigh-Na-Mara Resort to discuss the roles of youth and Elders in the Friendship Centre Movement. The gathering was designed to:

- Discuss the past, present, and future involvement of youth and Elders in the BC Friendship Centre Movement, and their roles and responsibilities.
- Create an action plan for the youth and Elders councils for the next three years
- Define a clear vision of how the youth and Elders councils will contribute to the long-lasting legacy of youth and Elders in the BC Friendship Centre Movement, now and into the future

Past PAYC members participated in an alumni panel at the gathering to discuss their experience on PAYC.

Together, youth and Elders reflected on the newly legislated United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), and what it means for them and the movement. They also discussed trends noticed locally, provincially and nationally for the urban Indigenous community.

## Five overarching visions were expressed by Elders and PAYC:

- *We envision our Elders having more meaningful involvement in sharing cultural teachings and practices throughout the Friendship Centre Movement in BC.*
- *We envision consistent and sufficient funding for our youth in the Friendship Centre Movement.*
- *We envision a focus on leadership development for our Indigenous youth.*
- *We envision strengthening our youth and Elders councils so that they continue with inclusivity, transparency, and unity.*
- *We envision strengthening our Friendship Centre Movement through building awareness and growing the numbers of youth and Elders involved.*

## What's Ahead

The PAYC membership's priorities for the next three years will be to strengthen the relations between Friendship Centres, and to create opportunities for youth and Elders to connect. Tools to support the PAYC membership will include monthly internal meetings, bi-annual PAYC and Elders Council meetings, training opportunities for youth, and the delivery of quarterly reports to Friendship Centre membership.





Youth and Elders Gathering, from left to right: Patricia Moore, Charlie George, Mikayla Mayner, Diana Charlie-Iraheta, Shyla Elgie, Elijah Mack-Stirling and his brother, Magnolia Perron, November 2019.

## Thank You to Patricia Moore

Patricia Moore concluded her role as general manager of the BCAAFC in March of 2020. The BCAAFC team appreciates the strong leadership Patricia provided during her two years as general manager, and wishes her the very best in her future endeavours.

# Elders Council

The Elders Council advises the board and provides guidance and support within Friendship Centres and community.

This past year, four new members joined the Elders Council: Minnie Kenoras, Stanley Namox, Laura Fortin, and Wally Samuel. Long-serving council members, Marge White and Buzz Morissette, will mentor the new council members.

Marge White, founding member of the Friendship Centre Movement, speaks to the responsibility of Elders Council members to exchange information, to support Friendship Centres, and to share culture with people, especially youth.

The Elders Council attended the Annual BC Elders Gathering from July 22 to 24, 2019.

Opportunities like the BC Elders Gathering foster connection and knowledge sharing, and directly contribute to the goals of the Elders Council.

Stanley Namox and Laura Fortin share why attending the Elders Gathering is important to them:

*"For me it's important to see how we all come together as one community, one Nation. It's important to see how strong our culture is."*  
– Stanley Namox

*"Coming to the Elders Gathering is very important. It gives us a chance to meet other Elders from other Friendship Centres, it gives us a chance to focus on what's happening in their Friendship Centres, and to see what other resources are available."*  
– Laura Fortin

## What's Ahead

The COVID-19 pandemic impacted the council's ability to safely engage with youth. The Gathering Our Voices (GOV) Indigenous Youth Leadership Training event is a highly anticipated opportunity for Elders to connect with youth from all across BC. Unfortunately, GOV2020 was cancelled due to COVID-19. The council is looking forward to future opportunities to connect with youth, community members, and Friendship Centre staff to share ideas and facilitate learning.



Marge White and Laura Fortin at the BC Elders Gathering, Vancouver Convention Centre, on the territory of the Squamish Nation.





The BCAAFC Elders Council with Honourable Melanie Mark, Minister of Advanced Education, Skills and Training.

# Member Services

The BCAAFC administers provincial and federal funding to the 25 member Friendship Centres across the province.

## Urban Programming for Indigenous Peoples

The Urban Programming for Indigenous Peoples (UPIP) funding is distributed to Friendship Centres to support their work enhancing urban Indigenous communities. The BCAAFC is currently in year four of the five-year funding commitment, which will be completed on March 31, 2022.

UPIP funding is administered through two streams: Programs & Services (P&S) and Organizational Capacity (OC). The funds are distributed to the 25 Friendship Centres at four stages throughout the fiscal year. The funding is the sum of a base amount and an additional amount calculated with a points-based funding allocation model.

## Programs & Services

The P&S funding is project based. All BC Friendship Centres are eligible to submit a project proposal under six individual themes:

- Women
- Vulnerable Populations
- Youth
- Transition Services
- Outreach
- Community Wellness

## Organizational Capacity

The OC funding is allocated for core expenses, such as rent and utilities, and to support the employment of key positions. This funding helps maintain safe and accessible facilities, so that Friendship Centres can focus on growing their programs and services.

## 2019-20 Administrative Achievements

- The BCAAFC Program Team conducted fourteen Friendship Centre site visits. Additional site visits were cancelled due to the COVID-19 pandemic.
- The UPIP evaluation was finalized in collaboration with other Provincial/Territorial Associations (PTAs) under the funding agreement.
- All UPIP application and reporting forms were updated, including automated inputs to reduce repetition and redundancy in reporting for Friendship Centres. The updates helped streamline the review process, particularly cash flow comparisons.
- A Friendship Centre self-evaluation tool was created to equip centres with a standardized checklist for best practices in the areas of governance, operations, finance, program management, facility management and volunteering.



## Fraser Region Aboriginal Friendship Centre Association

The West Coast Winter Solstice celebration included a blanketing ceremony for 100 of the children and youth within the community. Elder Eugene Harry was a spiritual advisor for the event.



*“One of the students says Girls Group is the highlight of her week... I look forward to continually working with these young ladies and assisting them into adulthood, it’s these moments that make my job so rewarding.” – Sacred Wolf Friendship Centre Youth Worker*

## What’s Ahead

Friendship Centres have enhanced their programs and facilities, and positively influenced the lives of their clients, staff, and urban Indigenous communities, with the help of UPIP funding. The funding could be more efficient if it was guaranteed over a greater time period to allow for long-term planning. There are two years left of UPIP funding and securing funding for Friendship Centres beyond this agreement is critical to advancing and sustaining their work.

In addition to securing long-term funding, increasing Friendship Centres ability to make budget amendments would help maximize the benefits of the funding based on specific needs. Under the current agreement, Friendship Centres are only able to make amendments to 10% of the total budget, which restricts their ability to adapt to changing community needs.

Going forward the BCAAFC is part of a new national data strategy looking at more comprehensive data collection that is less of a reporting burden on member centres. Once the COVID-19 crisis has ended, BCAAFC staff travel and site visits will be prioritized to provide the highest level of support to Friendship Centres.

Thank you to the National Association of Friendship Centres for their advocacy and guidance, and Indigenous Services Canada (ISC) for their funding contributions.



## Lillooet Friendship Society

Words from a Chillaxin Youth Centre participant:

I attended four Community Action teen workshops with Chillaxin over the past few months. I enjoyed learning about the old Indigenous ways ... The workshops made me think a lot more about my impact on the environment and how I could be more thoughtful about my actions towards the environment. During the Chillaxin Community Clean Up event on March 1, a lot of people came out including my friends. I was amazed at how much garbage was laying around our community and I am very glad that we cleaned the majority of it up from the places we went.

# Friendship Centre Stories

*"Since the start, I have asked the children, 'what do you want to see in your Friendship Centre?' The workshops offered are a reflection of what youth want to see. We have done workshops on language, canning, moccasin making, dream catchers, and medicine pouches. We have seen an increase in the number of youth and caregivers attending each workshop."*  
– Mission Friendship Centre Youth Coordinator



## Hiiye'yu Lelum (House of Friendship Society)

Q'ushin'tul Youth Services (Walking Together) provides youth with consistency, visibility within the community, nutrition, role models, and services to support them in achieving their goals.

## Tillicum Lelum Aboriginal Friendship Centre

Cultural activities such as sweats, pipe ceremonies, brushings, traditional medicines and smudging are facilitated in youth programs. In the beginning, many of the youth were hesitant to participate in cultural activities, but by the end of the program year, nearly all of the youth were comfortable participating. This progression was a highlight for everyone involved.



## Quesnel Tillicum Society

The *Elders Circle* is held within the Friendship Centre hall. Elders from the community join together to socialize, express their cultures with one another, and engage with people coming into the centre, especially youth.





## North Okanagan Friendship Centre Society

The Friendship Centre leads culturally safe youth programming designed to support participants success in financial literacy, cooking skills, securing employment, and creating a balanced, healthy lifestyle. Programming is delivered in partnership with other local agencies and helps to enhance relationships within the community.

## Lillooet Friendship Society

The Reacting Against Drugs and Alcohol (RAD) teen workshop was part of a collaborative summer event hosted by the Friendship Centre with two clinical counselors. Nine Chillaxin Youth Centre participants completed the interactive workshop. Following the workshop, youth shared a meal sponsored by St'at'imc Outreach Health Services.



## Tansi Friendship Centre

The Friendship Centre is grateful to have access to traditional teachers in their community. A highlight from this year was the moccasin making workshop, facilitated by a local Elder, Brenda Seymour. The workshop reached its capacity of six participants, who met twice a week for three weeks to create a beautiful pair of self-made moccasins.



# Member Services

BC Friendship Centres receive provincial funding through the Provincial Capacity (PROCAP) fund and the First Citizens Fund—Friendship Centre Program (FCF-FCP).

## Provincial Capacity

The PROCAP funding is allocated to improve the quality of resources at each Friendship Centre. PROCAP eligible expenditures include:

- Salaries and employee benefits
- Professional fees
- Honoraria
- Training and development
- Equipment and facilities
- Capital renovations and repairs up to \$15,000

The 2019-20 fiscal year was the second year of PROCAP funding. Fiscal 2021 is the last year of guaranteed funding from the provincial government and the BCAAFC is asking for a further commitment of increased funding for the next five years.

Friendship Centres have used PROCAP funds to update information technology systems, complete small scale renovations, offer training opportunities to staff, and increase cultural activities within new and existing programs. Collectively, these actions increase Friendship Centres' ability to improve their programs and services, as well as their capacity to pursue economic development opportunities.

## What's Ahead for PROCAP

Many Friendship Centres are experiencing an increase in requests for services. Securing long-term, stable provincial funding will help Friendship Centres expand and maintain their capacity to fulfill the needs of new and existing clients. It is especially important that Friendship Centres in smaller, more isolated communities have core funding to support the delivery of essential services in areas where resources and partnership opportunities are limited.



### Kermode Friendship Society

The Friendship Centre hosted a language forum with participants from the eight surrounding nations. The gathering provided opportunity to connect with one another and share information on available programs.



### Tansi Friendship Centre

The employment worker and youth coordinator recruited seven Friendship Centre youth to participate in the 3C Challenge. The youth worked together as one team, strengthening their business skills and forming new friendships.

*“The Elders Group is a place to come to socialize, and they help in any way they can. They offer a lot of crafts, activities, and social events. Without this group, I would be lonely and isolated.”*

– Conayt Friendship Centre Elders Group participant

## First Citizens Fund—Friendship Centre Program

The FCF-FCP provides up to \$20,160 for each Friendship Centre to assist with social, recreational and cultural programming.

Friendship Centres access FCF-FCP to support program development, administration costs, and implementation. The funds act as a top up for miscellaneous program costs and help Friendship Centres proceed with program adjustments to best serve their clients.

## What’s Ahead for FCF-FCP

Currently the FCF-FCP funding contract is renewed annually. The uncertainty about the continuation of funding, combined with the annual renewal process, interferes with the effectiveness of the funding. The funds would be of greater benefit to Friendship Centres, and their clients, if they could factor them into annual program costs with certainty. At this time there is no indication of a funding renewal.

Thank you to the Ministry of Indigenous Relations and Reconciliation for recognizing the importance of provincial funding to support Friendship Centres service delivery.

## Friendship Centre House Association of Prince Rupert

The Friendship Centre staff pulled together to assemble and deliver 150 Easter hampers to community families during the early stages of the COVID-19 pandemic in BC.

In addition to the meals provided, staff created care kits with specific supports for children, youth, Elders, parents and families. Care kits included hygiene products, baby care products, games, activities, and homework and early learning supports.

The staff were inspired by each other’s strength, and the strength of their communities.

# Friendship Centre Stories

*"This year was the first summer that our Friendship Centre was able to provide the breakfast program with our mobile food truck. It became clear that having a set location would best serve the vulnerable sector and seniors within the community. We were offered a designated area in the back of a naturopathic business to provide breakfast, this also provided our Friendship Centre with positive community exposure. I had the opportunity to talk to community members and provide them with information on all the services and programs at our centre. Having this connection in the community increased donations and volunteers coming to the centre."* – Ooknakane Friendship Centre Program Manager



## Nawican Friendship Centre

The Friendship Centre completed renovations to their buildings meeting spaces, offices, and front façade. The updates completely changed the look and feel of the centre's community spaces and created a sense of pride within staff and members. The positive feedback from the community was overwhelming.

When the opportunity to redo the building's front façade came up, Jannah Kohlman, executive director, jumped at the chance to support local. Randy Gauthier, a world-renowned chainsaw carver from Saulteau First Nation, partnered with Jannah to create two beautiful feathers for the front of the Friendship Centre. Damon Easingwood, a Métis business owner, was also contracted to complete the renovations.

The Friendship Centre's renovations correlated with a jump in daily visitations and membership.

## Vancouver Aboriginal Friendship Centre Society

James Harry is an outreach worker who is employed by his community, the Haisla Nation. James has an office at the Vancouver Aboriginal Friendship Centre Society and works with their team to help Indigenous people who are in need of housing, and healing from addictions and abuse.

As a member of the urban Indigenous community, James Harry understands the challenges that Indigenous people face in urban settings.

Tina House, Aboriginal Peoples Television Network (APTN), did a news story on James Harry and his dedication to helping people in Vancouver's Downtown Eastside area. The success story of Edwin Pfoh was shared. Edwin explained how connecting with James played a big role in saving his life.







## Wachiay Friendship Centre

Wachiay opened Clever Raven Daycare in November 2019. Nearing capacity, this cultural themed child care facility has become a family wellness centre. Parents have access to educational, social, recreational and cultural programs and services through their participation in the daycare.

## Fort St. John Friendship Society

The Friendship Centre completed updates and repairs to their playground, and added galvanized water troughs that will be used in an upcoming horticulture program to connect children, youth and Elders.



## Dze L K'ant Friendship Centre Society

The Friendship Centre partnered with All Nations Driving Academy to support youth working towards earning their driver's license. The program was a huge success. Many youth indicated that the program helped them feel better prepared for taking their road test, and that earning their driver's license improved their self-confidence.

# Education

## Supporting students on their post-secondary journey

The BCAAFC administers funding to students through two programs:

### Post-Secondary Student Support Program (PSSSP)

The PSSSP provides financial support for Northwest Territory or Nunavut Inuit students and BC First Nation students enrolled in post-secondary education with a recognized BC academic institution.

### First Citizens Fund (FCF)

The FCF provides a bursary to Indigenous students after the successful completion of their study term.

In addition to the PSSSP and FCF funding allotted, the BCAAFC connects students with other education resources whenever possible to help them feel supported on their post-secondary journey.

### What's Ahead

The BCAAFC looks forward to supporting the future success of students through the administration of grants and bursaries. Beginning in September 2020, the PSSSP program eligibility requirements will no longer include Inuit students who have been residing in BC for 12 consecutive months, as the Inuit Tapiritt Kanatami will be administering this funding as part of the Inuit Post-Secondary Education Strategy.

Thank you to the Ministry of Indigenous Relations and Reconciliation (MIRR) and Indigenous and Northern Affairs Canada (INAC) for funding FCF and PSSSP.

## 2019-20

### 29

Students received PSSSP funding

### 64

Students received FCF bursaries

## Words From a Student

My time at university has taught me to trust in my abilities to tackle any problem set before me, while my education has motivated me to be a life-long learner.





The Gathering Our Voices Career & Education Fair brings together organizations, educational institutions, industry, public agencies and government departments to share Indigenous-specific information on education opportunities.

## Words From a Student

Thank you for your continued support of my education by endowing me with a student bursary. This bursary has gone towards my tuition at law school. It will help me to work towards my goal of Indigenous self-determination and equality.

# The BC Indigenous Youth 3C Challenge

Culture, Cash, Community



The 3C Challenge provides training for Indigenous youth, ages 15-29, to start and run their own small business. Youth learn the basics of sales, marketing, financial literacy, and working as a team. The entrepreneurial skills and confidence that each participant develops helps them visualize and achieve their career, education, and life goals.

## Designed for Indigenous Youth

This past year, the 3C Challenge rolled out a new curriculum. The curriculum was developed using insights from the pilot program that was delivered in the 2018-19 fiscal year. The launch of the new curriculum has correlated with an increase in the number of participants completing the 30-day challenge, as well as improvements in participant's success. Youth reported a greater understanding of learning outcomes, and the average number of clients reached and profit gained by each 3C business venture increased. The level of sophistication in youth's business plans is representative of their desire to create brands that are culturally, socially, and environmentally conscious.

## What's Ahead

The 3C Challenge has funding for one more year. In the final year, the priority will be reaching new communities to ensure as many youth as possible have the opportunity to participate in the program.

The COVID-19 pandemic declared in March motivated further exploration of online platforms to deliver the 3C program online. Offering the program online could increase accessibility to the challenge by removing the geographical barriers to registration, while also providing an opportunity for youth to expand their skills and knowledge during a time where they may be struggling with feelings of isolation and concern, and limited options. The program will focus on social media, digital arts, and e-commerce.

## 2019-20

### 160

Challenge participants

### 18

Challenges





## Lets'emo:t Chilliwack 3C Team

Lets'emo:t, meaning 'From One Heart, One Mind', was developed by a team of seven from the Chilliwack 3C cohort. The team created their very own medicine box. By the end of the 30-day challenge, Lets'emo:t realized a record setting revenue of \$3,000!



The Lets'emo:t medicine boxes contained harvested teas, crafted bead work, and small pouches full of traditional medicines. The team emphasized that people were purchasing the box that held the medicine and not the medicine itself.

Thank you Service Canada, and to the BCAAFC's program partners, the University of Victoria, Gustavson School of Business & National Consortium of Indigenous Economic Development.

# Northern Corridor

## Employment and Training



Indigenous people in northern communities face specific barriers to employment, education, and economic opportunities, including: lack of reliable transportation, community shortages of child/elder care, housing shortages, and boom/bust economic cycles.

In 2017, the Northern Corridor (NC) program was formed as an initiative under the BCAAFC's 5x5 Aboriginal Jobs Plan. Seven northern Friendship Centres established employment and training programs to address the challenges specific to their regions. In 2018, Northern Corridor partnered with the Ministry of Advanced Education, Skills, and Training, and the 2018-2019 program contract was extended to March 2020.

Each NC Friendship Centre utilizes local partnership opportunities to maximize the resources available to their clients. An employment coordinator works with each client to develop an Employment Advancement Placement Plan (EAPP) that reflects their goals.

### Employment coordinators provide:

- Pre-employment and life skills programming
- Referrals to in-house supports, and external services as needed (addictions counselling, housing supports, cultural supports, literacy programs, etc.)
- Training, re-training and critical certifications for sustainable employment
- Resume building, job interview skills, and networking with employers and industry partners
- Wrap-around services and supports as needed (financial literacy, assistance with child/elder care, transportation, etc.)
- Assistance attaining ID

## 2019-20

1,150+

Employment Advancement  
Placement Plans

680+

Job placements

1,150+

Certifications completed

20,000+

Points of Service



ASPECT BC (Association of Service Providers for Employability & Career Training) Conference November 2019, from left to right: Nika Palmer, Holly Harris, Jennifer Smith, Will Gye, Megan Boddy, Sheryl Elgie, Lovey Behn, Dawn Soosay.

## What's Ahead

Inconsistent funding has made it difficult to retain employment coordinators, build relationships with community partners, and optimize resources. NC administrators recognized a need to refine the client intake process and data collection. A custom database has been built to streamline systems and track clients' progress. Each client's profile will include: Employment Advancement Placement Plans, certifications, and other supports offered/obtained. The database launched in February 2020, and has the capacity to include up to 25 Friendship Centres as required.

Thank you to the Ministry of Advanced Education, Skills and Training for funding to support Friendship Centre employment services.



Rachel Needlay and Jennifer Smith, Fort St. John Friendship Society, 2019.

## Words From a Client

Thank you from the newest and only qualified taxidermist and tanner in Fort Nelson.

Fort Nelson Aboriginal Friendship Society's contribution helped immensely in working towards my goal of opening my own shop and studio. Your Job Placement Program is a valuable asset to this community.

I am ever-grateful for your help and encouragement – Massi Cho!





On March 12, 2020, the BCAAFC cancelled Gathering Our Voices 2020 to prevent any risk of COVID-19 spreading at the event.

The 18th annual Gathering Our Voices (GOV) Indigenous Youth Leadership Training event was scheduled for March 16-19, 2020 in Kamloops, British Columbia in the Secwépemc Traditional Territory, the Secwépemc'ulucw.

The event was cancelled just days before it was set to take place due to the rapid escalation of COVID-19, which was declared a pandemic by the World Health Organization on March 11, 2020. The decision to cancel GOV2020 was widely supported by registrants and communities. On Friday, March 13, the GOV team followed up with each registrant by phone, and the refund process began the following week.

Planning for GOV begins over a year in advance. The staff, Provincial Aboriginal Youth Council, Elders Council, host community representatives, partners, and participants dedicate a great deal of time and energy to support the event's success. The BCAAFC appreciated stakeholder's support navigating the onset of the pandemic in Canada.

## GOV2020 Theme

This year's theme, "Embracing the Vision" was about having a clear vision and igniting last year's spark into a powerful fire.

The theme encompassed the personal responsibility of caring for the earth, water, and air that sustains all life on Mother Earth/Turtle Island. It spoke to honouring one's relationship to the land, and demonstrating the core values and beliefs that have been integral to Indigenous peoples way of life since time immemorial.

# 2019-20

## 1,256

Tickets sold out online

## 124

Workshops for youth

## 56

Career & Education Fair exhibitors



Language and culture is vital to the well-being of youth and contributes positively to their leadership. First Peoples' Cultural Council (FPCC) is a GOV Leadership Training Partner. FPCC has assisted in the revitalization of languages, arts, and cultures at past GOV events.

Each year, GOV participants enthusiastically consume the wisdom shared by knowledge keepers. Youth were encouraged to nurture the seeds of knowledge and curiosity planted at past events into their vision of a beautiful world that works for and with Indigenous peoples.

### What's Ahead

The GOV registration waitlist reinforces the value of the event. GOV provides an opportunity to learn from Indigenous youth leaders, and to support them in achieving their visions for the future. The BCAAFC and PAYC look forward to hosting GOV again as soon as it is safe to do so.

Thank you to the funders and partners who help to bring GOV to life!



Chief Dr. Ronald E. Ignace, Skeetchestn Indian Band, is an advocate for legislation that recognizes the value of Indigenous languages. In his video, he shares the encouragement he feels witnessing the talent, skills and perseverance of Indigenous youth who are overcoming present day challenges to learn their traditional languages.

## Video Messages

The GOV organizers strive to incorporate new ideas into the event each year, creating a space where attendees can listen, learn, and grow as much as possible in the four days they are gathered together.

For the 2020 event, GOV teamed up with Orenda Films, an Indigenous film production company, who worked with the GOV2020 dignitaries to create video messages for the event.

Each message provides words of support and wisdom that hold value outside of the context of the event. The GOV team plans on sharing these messages with youth on the GOV social media accounts.

# Management Training Academy

The BCAAFC Management Training Academy was delivered in partnership with the University of Victoria's Peter B. Gustavson School of Business to provide Friendship Centre leaders with the opportunity to complete a mini-MBA program.

The Management Training Academy took place over five four-day sessions from September 2019 to February 2020. The training covered topics in personal development, leadership, project management, proposal writing, communication, budgeting, change management, business law, social media and marketing, finance, and business technology.

The Management Training Academy opportunity expanded on insight provided through the Learning Academy, which was a two-day training initiative that took place in 2019. The topics covered in the Learning Academy addressed areas for improvement identified by Friendship Centres during the creation of a five-year strategic plan in February of 2018. Feedback provided by the 47 participants who took part in the Learning Academy confirmed the demand for more training opportunities and the relevancy of certain training topics.

The 20 Friendship Centre staff who graduated from the Management Training Academy spoke highly of the instructors, the content delivered, and the opportunity to hear from other Friendship Centre staff. Each participant brought their own knowledge and expertise, and positively contributed to the overall learning experience.

The bonds formed between participants were a powerful result of the Management Training Academy and will have a lasting positive influence on the Friendship Centre Movement as a whole.



Session three, November 20-23, courses included: Managing People and Thriving on Change, Budgeting for Proposals, and Communicating for Success.



Session four, January 22-25, courses included: Managing Contracts and Suppliers (Business Law), Social Media Marketing, and Using Technology for Business Process Involvement.



*“The information that I took home I was able to implement in my Friendship Centre right away, and I grew personally and professionally in an amazing way.” – Nicole DeVuyst, Nawican Friendship Centre*

## Congratulations Graduates

The Management Training Academy Graduation took place on February 22 at the Wawadit'la, Mungo Martin House, on Lkwungen territory. It was an honour to provide this program with the Gustavson School of Business. Thank you to the facilitators, staff, Elders, and guests who added value to the experience.

## What's Ahead

The Management Training Academy was an important investment in the continued success of the Friendship Centre Movement. All of the participants indicated that they would recommend the training to other Friendship Centre staff. The BCAAFC is looking for opportunities to deliver training of this caliber again.







What do Friendship Centres mean to you?

Friendship Centres empower  
individuals, children and  
families.

“

# Peer Resource, Response, Review, Restore Committee

The Peer Resource, Response, Review and Restore Committee (PR4C) is a volunteer-led committee of current and former Friendship Centre staff who offer their knowledge and expertise to support Friendship Centres in overcoming challenges.

The PR4C Committee met June 2019 to review requests for support from the previous year and reflect on the most common inquiries. Board governance was identified as a priority, with many Friendship Centres reviewing and updating their board manuals.

## Board Governance

From June to November, the PR4C worked to develop a training module around board governance. Terry Clark from Real Board Solutions was contracted to aid in the development of a slide deck and draft board governance manual for Friendship Centres to use and make their own. Friendship Centres who were previously struggling in the area of board governance were able to use the resources to establish clear roles and responsibilities for their board.

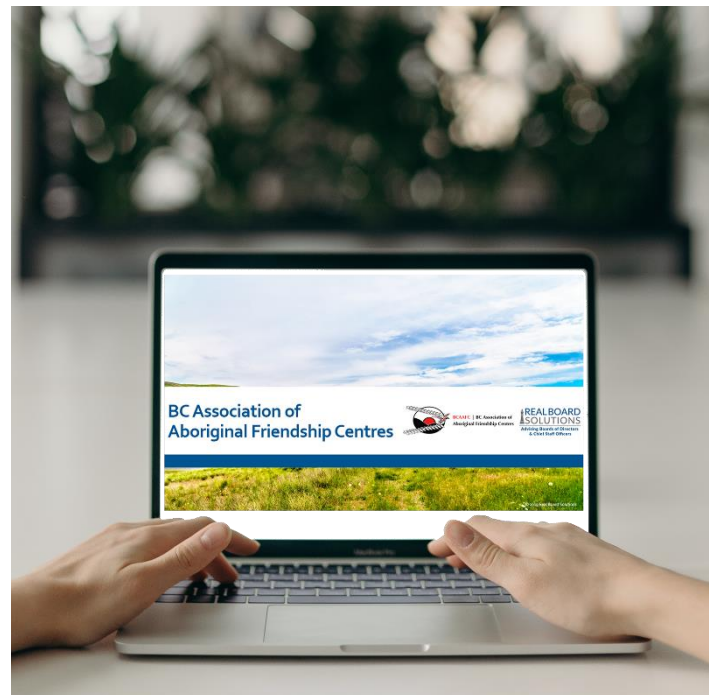
## Delivering the Training Module in Member Centres

Terry attended the November PR4C meeting to facilitate “train the trainer” work. By the end of the session, each PR4C member was well-equipped to present the training to any member centre that requested it.

The BCAAFC Programs Team delivered the training module in December with the Fort St. John Friendship Centre and received positive feedback from participants. Sacred Wolf Friendship Centre was scheduled to receive the training in January, but the session was cancelled due to a snowstorm that prevented safe travel. Additional sessions have been put on hold due to the COVID-19 pandemic.

## What's Ahead

The BCAAFC has provided equipment and online accounts for PR4C members to begin re-engaging with centres via remote online support starting in September. The PR4C is also looking into opportunities to deliver the training online in the fall. The PR4C is an asset for Friendship Centres, especially in times of great difficulty, and these online adaptations will help ensure PR4C can continue to provide effective support during challenges presented by COVID-19.



The feedback provided by Friendship Centre staff confirmed that the module was an effective resource for centres looking to update their board manual.



# Our Spirits Are Not For Sale

## The Prevention of Human Trafficking and Sexual Exploitation of Aboriginal Youth

Violence committed against Indigenous women is a health care problem of epidemic proportions. In addition to the immediate trauma caused by domestic and sexual violence, it contributes to a number of chronic health problems, including depression, alcohol and substance abuse, sexually transmitted diseases such as HIV/AIDS and Hepatitis C, and often limits the ability of women to manage other chronic illnesses, such as asthma.

The BCAAFC is currently working through the final phase of the *Our Spirits Are Not For Sale* project, in prevention of the human trafficking and sexual exploitation of Indigenous youth in BC. This project is part of the BCAAFC's commitment to eliminate violence against Indigenous women, children, and LGBTQ2S+ individuals.

### *Our Spirits Are Not For Sale*, final phase objectives:

- Develop and implement prevention strategies for agencies and communities.
- Reach a shared understanding of the issues and responses required.
- Initiate strategy development for community pilot projects.

The project provides prevention and targeted community support strategies by engaging with community service providers to distribute information and create partnerships. Service providers learn new strategies and approaches that will increase the effectiveness of interventions to prevent violence, and the supports offered, to improve the outcomes of Indigenous women and girls, and their families.

## 2019-20

### 650

Clients served since 2017

### 175

Clients served this fiscal

### 6

Community sessions

The needs assessment report was finalized November 2019, leading to the pursuit of:

- Further engagement in northern communities.
- An increase in on the ground services.
- Program delivery and information distribution to all Friendship Centres and partner organizations.



ANSWER (All Nations Strong Women for Education and Reconciliation) Drum Group at Gathering Our Voices (GOV) 2019.

## Anti-Violence Funding for Urban Indigenous Communities

The 25 Friendship Centres across the province deliver approximately 245 programs related to ending violence against Indigenous women, girls and LGBTQ2S+ individuals, and help victims of abuse, and their families, to heal. Since the National Inquiry into Missing and Murdered Indigenous Women and Girls formally released its final report on June 3, 2019, no money has been dedicated to support anti-violence initiatives in Friendship Centres.

Currently, funding for anti-violence initiatives goes to mainstream organizations with no accountability to Indigenous peoples. The disparity between violence against Indigenous women vs. non-Indigenous women indicates a dire need for culturally appropriate anti-violence programs specific to Indigenous women and girls.

### What's Ahead

During this final year, the BCAAFC will continue community engagement and awareness building activities in increasingly high-risk northern communities and in inner-cities where women and girls continue to experience heightened risk to their safety and wellbeing.

Pilot programs will be implemented in 2020 to engage with Aboriginal women and girls who are experiencing, or are at-risk of experiencing, sexual exploitation and trafficking. The goal of these programs will be to connect Aboriginal women and girls with services and supports, and to share and exchange knowledge to create space for continued engagement and awareness building.

Thank you Government of Canada: Women's Program for funding to support this project.

## A Friendship Centre Story

Words from a participant of the Victoria Native Friendship Centre's women's group:

I attended my first women's group in the winter of 2014 ... I found it was a safe place to talk about family violence.

I attended six groups and as each group ended I felt I had released bits and pieces of my childhood trauma.

Learning about colonization helped me understand myself ... My parents were Indian residential school survivors and I understood the generational trauma had passed on to me.

All in all, I would say this women's group was the best place to learn about trust, safety, self-care and violence against women.

# Urban Indigenous Wellness Framework:

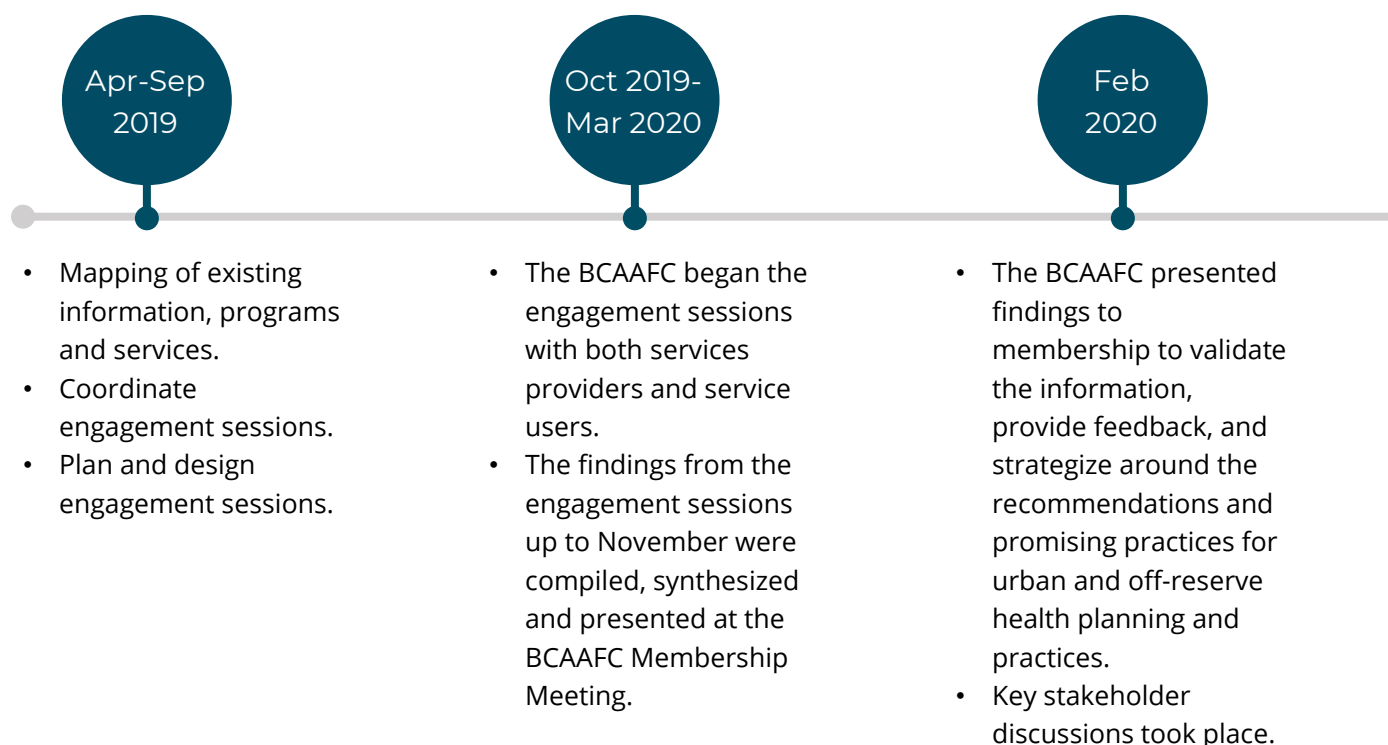
## A BC Friendship Centre Perspective

Over the past 10 years, the BCAAFC has undertaken initiatives to support the work of BC Friendship Centres to better understand and address the barriers that Friendship Centre clients face to their health and wellness. In 2014, the BCAAFC established an internal health committee. The goal of the Health Committee was to provide input and recommendations regarding urban Indigenous health policy, programs and services. In 2016, the BCAAFC Health Committee proposed to develop an urban Indigenous health strategy informed by community to guide policy and programming. The committee expressed the need for a health framework that speaks to urban community needs as well as Friendship Centres' capacity to deliver programs and services.

In 2019-2020, the BCAAFC embarked on a mission to map out the existing wellness needs, priorities, gaps, promising practices, and recommendations for urban Indigenous people in the province of BC. This work is also a response to the pressing mental health and substance use issues, notably the opioid crisis, that disproportionately affects Indigenous peoples living off-reserve and in urban areas.

Friendship Centres are critical to supporting the health and wellbeing of Indigenous peoples living in urban, rural, and off-reserve areas. Friendship Centres provide a safe space for Indigenous people to access information, resources, and receive quality and culturally-safe health and social services. This work provided an opportunity for the BCAAFC to deliver an urban Indigenous health strategy that is informed by the Friendship Centre Movement in BC.

The development of the Wellness Framework began in April 2019.





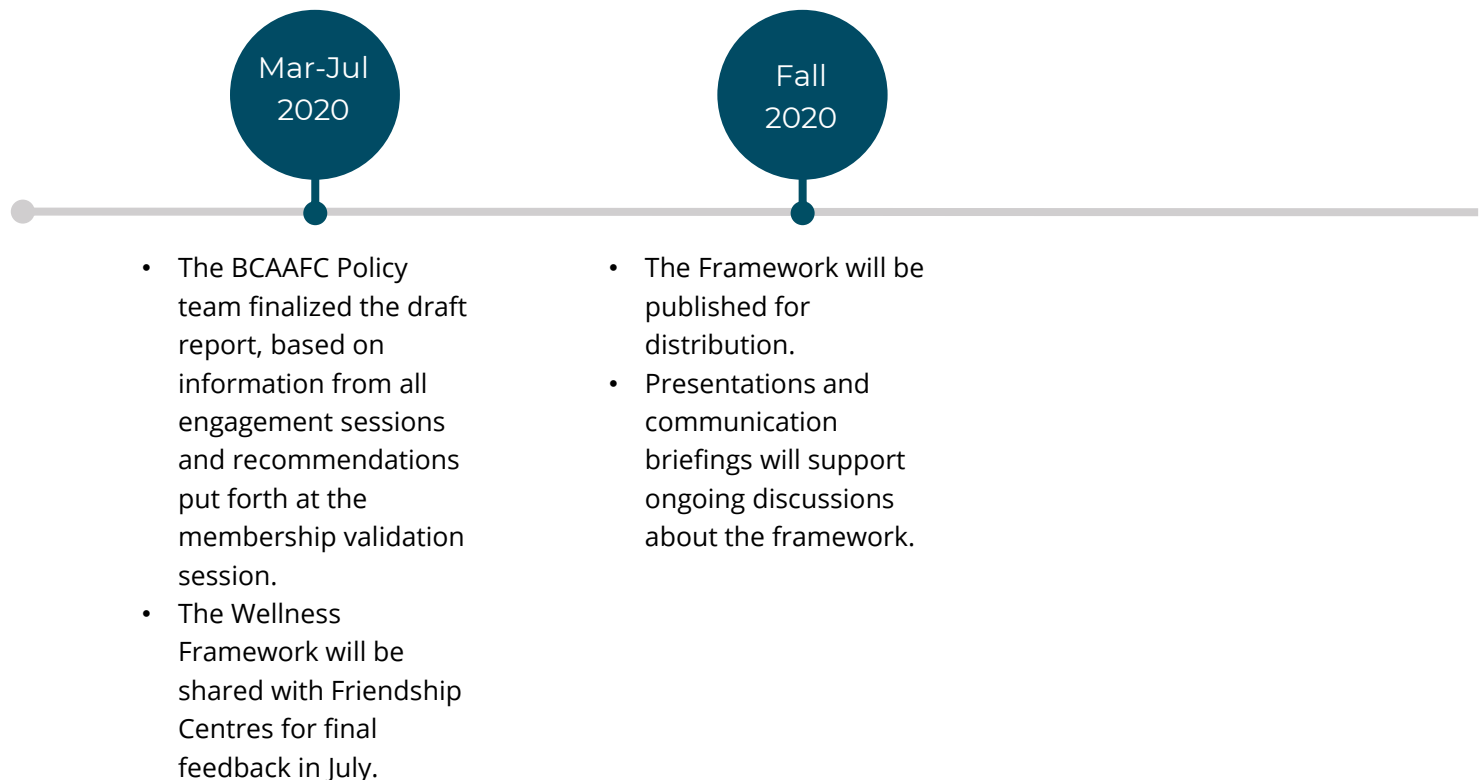
The Wellness Framework is a result of collaboration, partnership and co-development with the 25 Friendship Centre network, it is designed to:

- Provide direction on how governments, partners, and other stakeholders can work together to improve the health and wellness of Indigenous people residing in urban, rural, and off-reserve areas across BC. Identify ways to enhance service coordination among various systems and supports culturally safe delivery of services.
- Inform future programming decisions to ensure the best use of any available resources, building on the guidance of Friendship Centres.
- Present a shared vision for the future of urban Indigenous wellness programs and services and practical steps towards achieving that vision.

### What's Ahead

The Wellness Framework will be shared with Friendship Centres for final feedback, then made public and shared through presentations and communication briefings to support ongoing discussions about the framework. The framework will outline opportunities to build on strengths and control of resources, in order to strengthen existing wellness programming. Thank you to the Ministry of Health and Ministry of Mental Health for funding to support this work.

Engagement sessions took place within each of the 25 Friendship Centres.



# Legal Support Training

## Provincial Child Welfare Advocacy

The Provincial Child Welfare Advocacy training equipped frontline workers in member Friendship Centres across BC with the requisite skills to help Indigenous Families navigate the child welfare system. On September 30, 2019, 44 frontline staff from BC Friendship Centres completed the one-day training session.

There are disproportionate numbers of Indigenous children and youth within the child welfare system. Aboriginal families who are registered to a First Nation often have access to a band representative who can advocate for them and provide support navigating the child welfare system and relative court proceedings. Aboriginal families who are not registered or affiliated with a particular nation may not have access to a designated advocate and, as a result, they are unlikely to receive adequate support or representation.

In cases where a family is not registered to a nation or band, or is off-reserve, the local Friendship Centre often receives the notice that a child has been removed from their home. This is an opportunity for Friendship Centre staff to support the family throughout court proceedings. Recognizing this, the BCAAFC accessed a grant from the Law Foundation of Ontario to support legal advocacy training within Friendship Centres.

### The Provincial Child Welfare Advocacy training allowed workers to have a deeper understanding of:

- The impacts of colonization and its affect on Indigenous families as it relates to the child welfare system in BC.
- Legislation and its provisions, and the options available when a child is apprehended and a family needs advocacy support.
- Culturally relevant services and supports.

The training curriculum was developed in partnership with legal advocates in BC and included an instructor's manual and participant's resource book. To maximize participants' time and resources, the BCAAFC asked the Ministry of Child and Family Development to present their new strategic framework to Friendship Centre members the following day, October 1, 2019. Members had the opportunity to learn, ask questions and give feedback based on their own experience and expertise, and the previous day's discussions.

### What's Ahead

The training resources book encouraged note-taking and referenced additional learning materials. The instructor's manual provided direction on activities and questions to facilitate group participation and enhance learning. A Friendship Centre staff member with a background in child welfare co-facilitated the training as a mentee, to build capacity for the potential of offering the training again within Friendship Centre communities.

Feedback from participants indicated that the Provincial Child Welfare Advocacy training was complex and required more time than the one-day session allowed for. The majority of participants indicated an interest in receiving more extensive training, and felt that other Friendship Centre staff could benefit from the knowledge shared in the curriculum. The insights gained from the one-day training session will help support future opportunities for education and training.

Thank you to the Law Foundation of Ontario for funding this project, and to T'oilá McIntyre from Warrior Woman Consulting for her work developing the one-day curriculum.



What do Friendship Centres mean to you?

A place that brings the people  
together. All Indigenous  
people!

“



# Doulas for Aboriginal Families Grant Program



The Doulas for Aboriginal Families Grant Program (DAFGP) provides financial support for Indigenous birth parents and families in BC to access doula services. The goal of the program is to increase healthy birth and post-partum outcomes for Indigenous mothers, babies and families living in BC. The BCAAFC designed and launched the first Doula Grant Program for Aboriginal families in 2013.

In the past year, the DAFGP has undertaken many changes in order to increase access to birth supports for Indigenous families across BC. These changes and improvements were guided by a newly implemented DAFGP Advisory Committee (AC) comprised of 16 members, including representatives from the First Nations Health Authority, Ministry of Health, Métis Nation BC, Provincial Health Services Authority, as well as Indigenous and non-Indigenous doulas and midwives.

The number of applicants is expected to grow with the implementation of the new changes, including revised eligibility criteria for doulas, and an additional travel grant for doulas travelling to see clients. The previous certification and eligibility criteria (i.e. DONA certification or DSA BC Level 3) created barriers to Indigenous families and birth workers. As a result, eligibility requirements that acknowledges Indigenous birth work were implemented.

## Indigenous-specific Doula Training

Given the new eligibility requirements, the BCAAFC offered Indigenous-specific doula training March 10-13, 2020 in Vancouver BC, facilitated by the ekw'ítl Indigenous doula collective. The training was delivered to 20 Indigenous participants. The training program was designed by members of the Ekw'ítl Collective, who collectively carry significant experience working in the field of Indigenous maternal and reproductive health as doulas, researchers, student midwives, mothers, and aunts.

## 2019-20

### 266

Families served

### 213

Doulas registered with the program

### 30+

Communities reached

## Words From a Doula

Due to past trauma [...], mom was anxious. We discussed how to have a natural birth without surgery. We built trust in her body. At the hospital, mom required a lot of mental and emotional reassurance. [...] It was so amazing to see mom surrounded by all of her children as a proud mother who has overcome a lot to be where she is today.



To ensure the program best meets the needs of Indigenous families, the BCAAFC undertook an evaluation of the DAFGP. A highly participatory approach to the evaluation ensured that the results provided key information and recommendations to guide future decision-making.

### What's Ahead

The BCAAFC is working alongside Transform(N)ations to develop cultural safety training for doulas, which will be further developed into an online training module. Doulas can provide a considerable amount of emotional support for trauma survivors during pregnancy and birth, however without training in understanding trauma in an Indigenous context and how to monitor for risk-factors, they may inadvertently cause more stress or harm. Training will help increase cultural safety within the program and improve the quality of doula support for Indigenous women.

Thank you to the Ministry of Health and First Nations Health Authority for funding to make the grant program possible, and to the DAFGP Advisory Committee, partners, and families who have shared their knowledge and experiences to help better support Indigenous birth parents and families.

### A Friendship Centre Story

The following story was shared by the Port Alberni Friendship Center in regards to the Indigenous-specific doula training offered:

The staff member whom this success story is written about has been with our centre for 16 years and has worked in a multitude of capacities.

Her love for helping people, cultural knowledge and practice, and work with Elders and youth alike, make her an ideal staff to sing praises about ... As the coordinator and facilitator of one of our parenting programs, and our cultural support person, there was no hesitation that [the training] was a good fit for her.

Being able to provide doula support in conjunction with our parenting program and early childhood development and family support programs is incredible!

This is a prime example of increased capacity and when it's coupled with love, energy and enthusiasm, it makes the possibilities endless.

# Child Care Programs

The Aboriginal Infant Development Program (AIDP) and Aboriginal Supported Child Development (ASCD) program provincial office is located in the BCAAFC. The AIDP/ASCD provincial advisors collaborate with programs and agencies throughout the province. The BCAAFC Provincial Child Care Planner is available to support early learning and child care programs in each of the 25 Friendship Centres.

The AIDP and ASCD programs have become leaders in the early childhood development field and culturally safe family services. Together, AIDP/ASCD provide family-centered, home-based support for children who may have developmental delays, need extra supports, or be at risk for adversity. The AIDP/ASCD provincial office provides advice, guidance and support to AIDP and ASCD programs located both on and off reserve in all regions of the province.

## Aboriginal Infant Development Program

AIDP staff conduct home visits and host weekly programs designed to honour families, community and culture, with an emphasis on healthy lifestyle choices. Parents and children explore arts, crafts, and activities to support learning together. The key outcomes of AIDP activities signify improvements to client's health and wellness. AIDP has been serving families for approximately 28 years. Cultural safety training has helped to ensure staff work from a place of respect for families who are experiencing intergenerational and multi-generational trauma, which may include loss of language, culture and belonging.

## Aboriginal Supported Child Development

ASCD programs help ensure childcare settings and communities are inclusive of children who require extra supports. The program offers intervention supports during the early stages of development. Inclusion nurtures a child's ability and self-esteem, and supports healthy learning environments. ASCD has been serving families for approximately 16 years. The program values Indigenous ways of knowing, being, and doing, and recognizes healthy relations as integral to family wellness.

## AIDP

53

Programs throughout BC

## ASCD

56

Programs throughout BC







Aboriginal Supported  
Child Development



Aboriginal Infant  
Development Program

## The programs address the unique needs of each family, such as:

- Parenting and developmental milestones
- Co-parenting
- Working with foster families
- Health and wellness
- Learning and play
- Supporting children with special needs, and working with other support services

Many AIDP/ASCD programs also host community kitchens and gardens, and deliver cultural workshops such as singing and drumming, drum making, cedar weaving, and language classes.

## Networking and Collaboration

The AIDP/ASCD provincial office works to provide opportunities for knowledge sharing and regional training.

**Provincial Development Funding** - \$40,000 of annual funding, from the Ministry of Child and Family Development, distributed to frontline workers to support advanced training and education.

**Partnerships Project** – a community-based training delivery model for practitioners, parents and caregivers who support children (from birth to six years of age) with extra support needs. The training builds capacity in communities and strengthens supports for children and their families. AIDP/ASCD is lobbying for permanent annual funding for this project, to ensure participants will continue to have access to training supports.

## Provincial Child Care Planner

The BCAAFC Provincial Child Care Planner meets with management, support staff and families to gather information on the child care programs and services offered within each Friendship Centre. The information gathered contributes to a greater understanding of the gaps, best practices, barriers, and opportunities experienced collectively within BC Friendship Centres. The child care planner offers recommendations to strengthen each Friendship Centres child care programming and helps to develop capacity building work plans.

## The child care planner may recommend:

- Professional development training
- Methods to strengthen existing partnerships and explore new partnerships
- Funding opportunities
- Direct service supports and resources to increase community awareness of programs
- Wraparound services, such as those already found in the BC Friendship Centre Movement

Thank you to the staff, frontline workers, families, community members, partners, and funders who help make these programs possible.



# I·SPARC

## Indigenous Sport, Physical Activity & Recreation Council



The Indigenous Sport, Physical Activity & Recreation Council (I·SPARC) is a consortium of the BC Association of Aboriginal Friendship Centres (BCAAFC), the First Nations Health Authority (FNHA), and Métis Nation BC (MNBC).

I·SPARC oversees the implementation of the provincial Indigenous Sport, Physical Activity and Recreation Strategy, released in 2009, to improve the health and well-being of Indigenous communities, families, and individuals across BC. I·SPARC presented a renewed version of the strategy in September of 2019. The strategy renewal represented feedback collected from Friendship Centres and partner agencies through an engagement process that took place from July 2018 to September 2019.

### Healthy Living

Healthy Living programs train volunteer community champions to deliver their own holistic community-based projects that promote increased physical activity, healthy eating, respect for tobacco, and healthy pregnancies. I·SPARC Healthy Living programs have become the cornerstone of community-based health promotion.

#### Activities under I·SPARC Healthy Living programs include:

- Regional Leader Training Sessions
- Indigenous RunWalk (IRW)
- HealthBeat
- Honour Youth Health Challenge (HYHC)
- FitNation
- Warriors of Wellness (WOW)
- Community Project Grants

### Grants & Recognition

I·SPARC provides access to a wide range of grants for delivering provincial sport championships and athlete development camps, purchasing physical activity equipment, and coaching and leadership training. I·SPARC also administers the Premier's Awards for Indigenous Youth Excellence in Sport, an award that celebrates the outstanding athletic achievements of Indigenous youth in BC.

### Collaboration

I·SPARC works with Provincial Sport Organizations, the Aboriginal Sport Circle, Sport for Life Society, and communities to lead the development, delivery, and growth of Indigenous Sport for Life programs. These activities advance reconciliation by increasing understanding of Indigenous cultures, contributing to welcoming environments for Indigenous participation in sport programming.

### Performance Sport

I·SPARC's Community Sport Development Programs, Provincial Championships/Athlete Camps, and Team BC programs provide an important competitive pathway for Indigenous athletes. All I·SPARC program activities were suspended in early March due to the COVID-19 pandemic, I·SPARC's performance sport teams were impacted by this. Evidently, the 2020 North American Indigenous Games (NAHC) were cancelled and the 2020 North American Indigenous Games (NAIG) were rescheduled to July 2021.

### Adaptation

I·SPARC continues to deliver opportunities for individuals, families, and communities to stay healthy and active from home through a series of home workouts, training, and mental wellness tools.

Physical activity designed for “Anyone, Anytime, Anywhere”.

## 2019-20

### I-SPARC and Friendship Centres

- 13 Friendship Centres participated in healthy living leader training
- 16 healthy living grants were administered to Friendship Centres
- The Friendship House of Prince Rupert won the inaugural FitNation Community Better Challenge in June 2019, with an impressive 60,630 activity minutes logged.
- Seven HYHC programs were delivered in BC Friendship Centres. When the COVID-19 pandemic was announced in BC, Hiiye’yū Lelum Society House of Friendship adapted their seed to table initiative by creating weekly care packages with seed starters for youth and families to participate in the program from home.
- Eight IRW programs were delivered in BC Friendship Centres. Wachiay Friendship Centre is in its fifth year of IRW programming. Wachiay adapted their RunWalk program through COVID-19 with a plan to host a 10 km event on National Indigenous Peoples’ Day.
- In the fall of 2019, the Fraser Region Premier’s Awards was co-hosted with the Fraser Region Aboriginal Friendship Centre Association (FRAFCA) and Semiahmoo First Nation, with FRAFCA taking the lead with catering, décor, and creating a welcoming atmosphere.





# Board and Councils

2019-20

## Board of Directors

Dr. Sharon McIvor, President (Conayt Friendship Society)  
Elijah Mack, Vice President (Conayt Friendship Society)  
Calvin Albright, Secretary (Kermode Friendship Society)  
Joanne Mills, Treasurer (Fraser Region Aboriginal Friendship Centre Association)  
Shyla Elgie, Youth Representative (Prince George Native Friendship Centre)  
Carole Camille, Director (Lillooet Friendship Centre Society)  
Matthew Baran, Director (Ooknakane Friendship Centre)  
Kerry Chelsea, Director (Cariboo Friendship Society)  
Fabian Alexis, Director (North Okanagan Friendship Centre Society)  
Tami Omeasoo, Director (Vancouver Aboriginal Friendship Centre Society)  
Debbie Williams, Director (Hiye'yu Lelum)  
Patricia Wilson, NAFC BC Representative (North Okanagan Friendship Centre Society)

## Elders Council

Marge White 'Na-cha-uks' (Vancouver Aboriginal Friendship Centre Society)  
Basil 'Buzz' Morissette (Kamloops Aboriginal Friendship Society)  
Minnie Kenoras (Kamloops Aboriginal Friendship Society)  
Laura Fortin (Fraser Region Aboriginal Friendship Centre Association)  
Wally Samuel (Port Alberni Friendship Center)  
Stanley Namox (Dze L K'ant Friendship Centre Society)

## Provincial Aboriginal Youth Council

Shyla Elgie (Prince George Native Friendship Centre)  
Elijah Mack-Stirling (Conayt Friendship Society)  
Diana Charlie-Iraheta (Sacred Wolf Friendship Centre)  
Samantha Jack (Fraser Region Aboriginal Friendship Centre Association)  
Mikayla Mayner (Dze L K'ant Friendship Centre)



The BCAAFC elected three new board members at the 2019 Annual General Meeting, and Joanne Mills, continuing board member, transitioned to Treasurer of the BCAAFC Board.

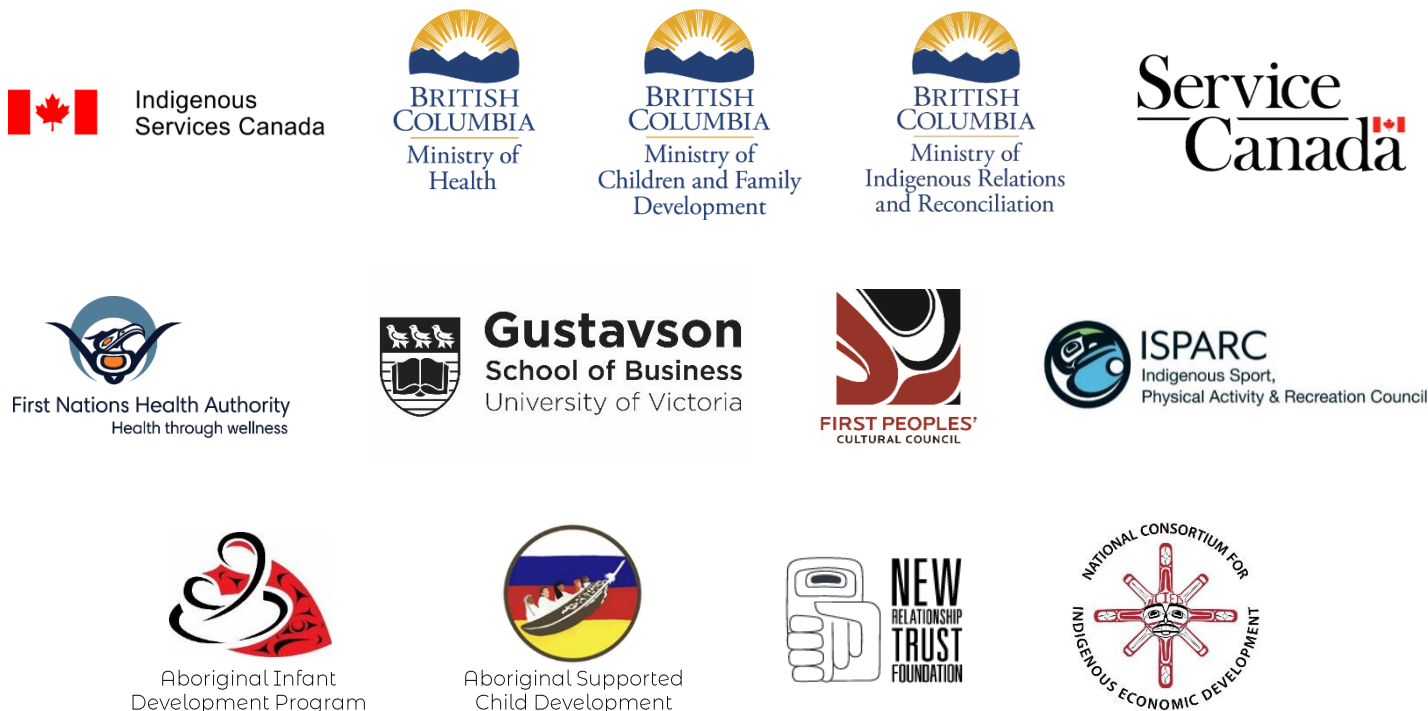
Thank you to the outgoing board members: Victor Tom (Kamloops Aboriginal Friendship Society), Kari Hutchison (Victoria Native Friendship Centre), and Richard Samuel (Port Alberni Friendship Center).

Welcomed to the board: Carol Camille (Lillooet Friendship Centre Society), Tami Omeasoo, (Vancouver Aboriginal Friendship Centre Society), and Kerry Chelsea (Cariboo Friendship Society).

Continuing board members: Dr. Sharon McIvor (Conayt Friendship Society), Elijah Mack (Conayt Friendship Society), Joanne Mills (Fraser Region Aboriginal Friendship Centre Association), Cal Albright (Kermode Friendship Society), Shyla Elgie (Prince George Native Friendship Centre), Debbie Williams (Hiiye'yu Lelum), Matthew Baran (Ooknakane Friendship Centre), Fabian Alexis (North Okanagan Friendship Centre Society).

# Thank You

The BCAAFC acknowledges with appreciation the support of our many funders and partners, some of whose logos are pictured. Your financial contributions, collective knowledge and experiences, and shared dedication to our cause helps us in the journey towards building a vibrant future that supports the health, wellness and prosperity of Indigenous people.



## A National Network

We are proud members of the National Association of Friendship Centres (NAFC). Thank you to NAFC for providing guidance and support on this journey. We also want to thank each and every one of our Friendship Centres – we would not exist without you and we are so grateful for your passion and commitment to our growing urban Indigenous family.



**National Association  
of Friendship Centres**







