



# Ktunaxa Kinbasket Child & Family Services Society

Mental Wellness | Guardianship | Child and Family  
Care | Traditional Foundations and Support |  
Aboriginal Early Years

Cultural Connections | Aboriginal Support  
Family Support | Kinship Care | Child  
Protection



kakkmi  
*April*

ʔuʕumi  
*May*

kuqukupku  
*June*

## kiʔsuʔk kyukyit

The Ktunaxa Kinbasket Child & Family Services Society is committed to working collaboratively with Aboriginal families and communities of the Ktunaxa Traditional Territory to increase their ability to fulfill their responsibilities for caring for their children in a culturally relevant and holistic manner.

## Inside

Lower Kootenay Sweat Lodge | Land Purchased for Foundry  
Spring Break fun in Tobacco Plains | Annual General Meeting  
Early Years Activities | Spring Gardening in Lower Kootenay

## Contact Us

### Chief Joseph Centre



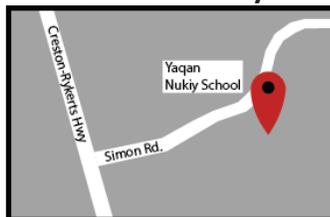
1007 Baker Street  
Cranbrook, BC  
250-489-4563

### ʔaqam Child & Family



7472 Mission Road  
Cranbrook, BC  
250-489-4563

### Lower Kootenay Child & Family



1007a Simon Road  
Creston, BC  
250-428-7414

### ʔakisqnuq Child & Family



3048 Hwy 93/95  
Windermere, BC  
250-342-6379

**After Hours:** 1-800-663-9122  
or 250-310-1234

**Kids Help Line:** 1-800-668-6868

# Rebuilding a sweat lodge in Lower Kootenay

Nasu?kin Jason Louie hosted volunteers in Lower Kootenay to take apart and reconstruct a sweat lodge to be used for the community. The process began with removing blankets from the old lodge, which were washed and dried at a local laundromat to be used again on the new structure. Then the structure of branches that supported the blankets was taken apart and moved outside. These branches were piled and moved to a spot in the forest to be lain with other branches from previous sweat lodges, and an offering of tobacco was made.

The group then searched the surrounding forest for willow and maple branches to serve as the structure for the new lodge. The wood was selected for both its strength and flexibility to serve as the curved support structure for the round building. Seven primary branches were inserted into holes in the ground and tied together using sinew to form a solid structure. After adding additional branches for reinforcement, the lodge had a firm structure, ready to support the weight of the cleaned blankets layered upon each other and tied off to form the exterior of the lodge.

Outside of the building housing the sweat is a fire pit where rocks are heated and brought inside the lodge to produce the necessary heat. The lodge was completed in two days and was ready to host its first sweat on the second evening.



## Looking for support? Try Foundry virtual services

Although we are still in the process of opening the physical Foundry East Kootenay facility, young people ages 12 to 24 and their caregivers can access Foundry's virtual services right now!

Go to [foundrybc.ca/virtual](https://foundrybc.ca/virtual) to download the app on your phone or access services on your computer at [webapp.foundrybc.ca](https://webapp.foundrybc.ca).

Through the virtual services you can book counselling, access peer support and participate in groups and workshops. The best part is no referral or assessment is required and the services are free and confidential.

If you require immediate counselling services call Kids Help Phone at 1-800-668-6868 or 1-800-SUICIDE.

A promotional graphic for Foundry's virtual services. It features a light blue background with a large blue circle on the left containing white dots. The text reads: "LOOKING FOR SOME SUPPORT? TRY FOUNDRY'S VIRTUAL SERVICES". Below this, a list of services is provided: "• DROP-IN COUNSELLING", "• PEER SUPPORT", and "• GROUPS &amp; WORKSHOPS". At the bottom, the website "FOUNDRYBC.CA/VIRTUAL" is listed. On the right side, there are stylized blue icons of gears and a plant-like structure.

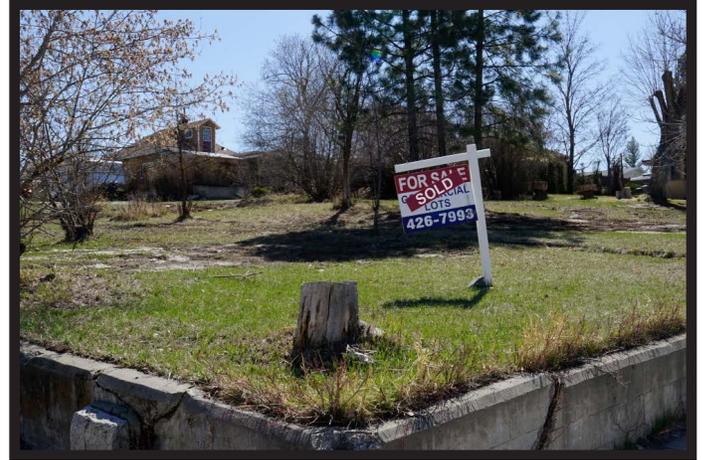
# Land purchased for future site of Foundry East Kootenay

We are proud to announce the purchase of 100/106 12th Avenue South in Cranbrook as the future home of Foundry East Kootenay. Construction will begin this summer, with the facility set to open early 2022.

After considering several locations in Cranbrook, the 12th Avenue lot was chosen for its proximity to Mount Baker Secondary and Laurie Middle School and the opportunity to construct a new building design tailored to the needs identified by local youth and families.

KKCFSS' application to open and run a Foundry in the East Kootenay region was selected last summer. Foundry East Kootenay is part of a network of Foundry facilities throughout the province of British Columbia that provide health and wellness resources, services and supports for young people ages 12 to 24 and their families. The five core services offered are physical health, mental health, substance use support, social services and peer support.

Foundry East Kootenay will feature examination rooms, counselling spaces, a kitchen, and the opportunity for a green space. There will be health care and counselling staff on-site to provide free, confidential services without having to make an appointment ahead of time.



## Provide input on Foundry through our online survey

With the land now purchased, we are working to finalize our design for the building and offered services. In order to understand the needs of our community we need your input!

We have two surveys, one for youth and one for families/caregivers.

Everyone who completes the survey will be entered in a draw to win their choice of an incredible prize.



To participate scan the QR codes with your cellphone or go to: [kkcfss.org/survey](https://kkcfss.org/survey)

for youth:



for families:



# Applications open for Farmer's Market Nutrition Coupon Program in Cranbrook and Kimberley

If you are looking to add some from fresh nutritious food to your family's plate, you may be interested in participating in the Farmer's Market Nutrition Coupon Program in Cranbrook and Kimberley. The program is eligible for Indigenous individuals or families that are low income, pregnant or senior and are living in Cranbrook or Kimberley.

Participants will receive a book of coupons worth \$21 which can be used to purchase locally grown fruits, vegetables, herbs, dairy, eggs, nuts or meat from any vendors with a Nutrition Coupon Program poster.



The program runs on Saturdays at the Cranbrook Farmers Market in Rotary Park from June 26 to October 9 and Thursday evenings at the Kimberley Farmers Market downtown on Howard Street from June 24 to September 16.

Coupons will be available for pickup at the Nutrition Coupon Program booths in Cranbrook from 9:00 am – 11:00 am, and in Kimberley from 6:30 pm – 7:30 pm. If a participant does not pick up their coupons for two consecutive weeks they will be moved to the waitlist and their spot given to another participant.

To apply for the program please contact Chelsea Cross, Early Years Team Lead, at [Chelsea.Cross@ktunaxa.org](mailto:Chelsea.Cross@ktunaxa.org) or ask for her at 250-489-4563. The deadline to apply is Friday June 11, and those enrolled in the program will be notified by June 18.

## Looking for some activities to keep the little ones busy?

Try borrowing one of our seasonal Ktunaxa cultural kits (winter, spring/summer and fall). The containers feature: a binder full of information & activities, craft materials, puppets, book and puzzles. The containers feature similar items, but each one also has something unique. They can be borrowed from the East Kootenay Child Care Resource & Referral in Cranbrook or from our Early Years Worker, Sarah Clark at [sclark@ktunaxa.org](mailto:sclark@ktunaxa.org).

Or if you're looking for something to do from the comfort of your home, check out the Paqmi Nuqyuk YouTube channel. Featured videos include storybook read alouds, craftmaking, baking, bedtime stories, songs, rhymes and Métis stories. The Ktunaxa language is featured throughout the videos. You can also find many of these videos on the Paqmi Nuqyuk Facebook page, as well as draw along videos and live storytime videos.

YouTube: [bit.ly/3u5BoJ1/](https://bit.ly/3u5BoJ1/)

Facebook: [facebook.com/paqmi.nuqyuk.3](https://facebook.com/paqmi.nuqyuk.3)



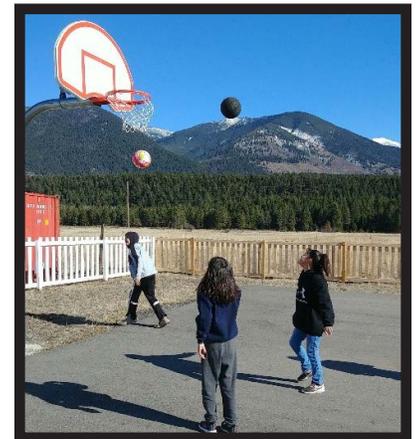
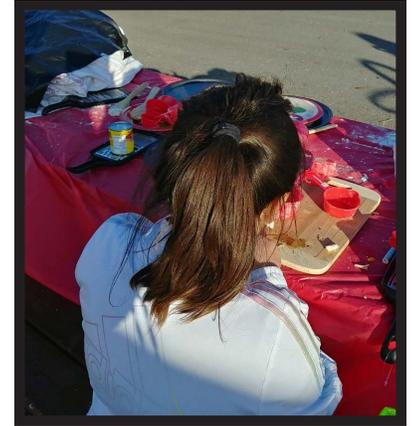
# Outdoor fun to celebrate March Break and Easter in Tobacco Plains

March was a busy time in the village at Tobacco Plains. It was March break for the students studying online with the Eureka Montana Public School. During the break four activities were planned: painting party, Ktunaxa warrior challenge, bingo and a pizza making workshop, as well as an ongoing scavenger hunt for the last hidden snowman.

Thanks to a cooperative mother nature, the youth were able to meet outside in a COVID-safe environment. The youth were thrilled to be able to socialize in person. All of them have been doing school from home since September, with little opportunity for social interaction.

The hidden snowman hunt was a March break activity where youth had to search the village for snowmen, decorated by the youth during a March Break painting day, and then answer a fun question to receive points. There were lots of laughs as we searched for the snowmen and answered the questions.

Right at the end of March break was an early Easter. The weather remained pleasant and activities were planned for the outdoors. The Easter Egg hunt was a fun filled event focused more on activities and participation than chocolate and candy. The youth were enthusiastic and full of energy as they played cooperative games and team events. It was very busy and a bit messy at the end when the Easter Bunny was pummeled with shaving cream and paint filled eggs.



# The end of *Soup Fridays* marks the beginning of gardening season in Lower Kootenay

Our Lower Kootenay office recently wrapped their Soup Fridays program and are looking ahead to gardening season. Soup Fridays featured agency staff preparing savoury, nutritious soups and stews to distribute to families in the community. This opportunity is a simple way to connect and check-in with families, while offering a hearty meal when access to enough food is an ongoing challenge.

The Soup Fridays program ran from January to March, but now as the weather is starting to warm the Lower Kootenay office is shifting their attention towards a Grow-Your-Own-Garden program. Families in the community can come to the KKCFS office and pick up a garden starter kit with flowers, vegetables and herbs to plant at home. This is a wonderful project for families to work on together that will result in fresh and delicious food for them to enjoy.



# KKCFSS Annual General Meeting scheduled for July 20th

Looking for an opportunity to hear about the work Child & Family is doing? Searching for a forum to share your feedback and ask questions about child protection and family support services being provided?

Consider attending the Ktunaxa Kinbasket Child & Family Service Society's Annual General Meeting.

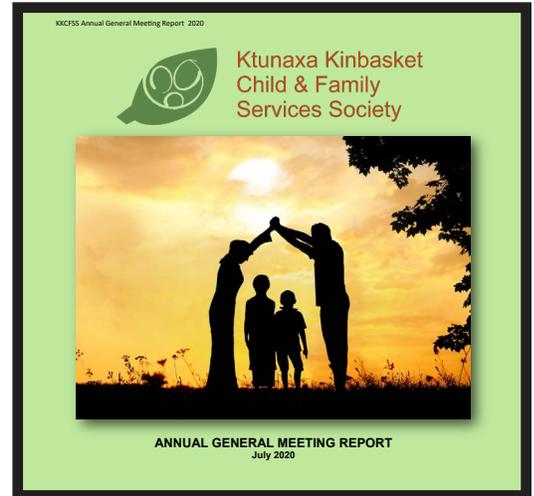
The theme of the 2021 AGM is "perseverance," an appropriate tone given the events of the last year and how all of us have had to come together using connection, kindness and determination to find strength, resiliency and support not just for our own well-being but for the health and safety of our loved ones and community. It has been so difficult to separate together over the past year but we have risen to the challenge and found a way to stay connected and support each other, while using this time to reconnect with what is really important. Thank you for letting us be part of your journey.

Following the success of last year's Virtual AGM and in consideration of the ongoing pandemic, this year's Annual General Meeting will once again be taking place on Zoom.

Join us virtually on Zoom on Tuesday **July 20th** at **10:00AM** Mountain Time.

Register for the AGM at [kkcfss.org/agm2021](http://kkcfss.org/agm2021) or call the KKFSS office at **250-489-4563** for more information.

And consider becoming an official Member of the Ktunaxa Kinbasket Child & Family Service Society. For more information on the AGM or a Membership Form, please email [kkcfssmember@ktunaxa.org](mailto:kkcfssmember@ktunaxa.org).



## Kinship Caregivers needed in the Kootenays

Do you believe that children and youth are our future and feel you have skills and knowledge to help them reach their full potential? Are you ready to open your heart and your home to an Indigenous child or youth and support them as they grow and learn? If you are, KKFSS would love to hear from you.

Ktunaxa Kinbasket Child and Family Services Society is currently looking for caregivers who will:

- Provide a safe & nurturing environment for children or youth who are in need of alternate care on a temporary or long-term basis
- Support and embrace every aspect of a child/youth's being, including their cultural heritage
- Work as a team member to ensure that all children and youth receive quality care & thrive to their full capacity and potential
- Teach skills necessary to move forward successfully in life
- Advocate on behalf of the child or youth to ensure their rights are being respected

We welcome all interested Indigenous and non-Indigenous applicants including women, men, LGBTQ+ couples, singles, people from all ethnicities and backgrounds, and older adults.

Training, support and financial compensation is offered to our Caregivers.

If you, or someone you know is interested please contact:

Amanda Durham at [adurham@ktunaxa.org](mailto:adurham@ktunaxa.org) or **250-489-4563**

