



Penticton

Indian Band
Family & Health
Programs
Winter Guide



TABLE OF CONTENTS

- 01 . TABLE OF CONTENTS
- 02 . SOCIAL DEVELOPMENT and HEALTH & WELLNESS
GUIDE INTRODUCTION
- 03 . **SOCIAL DEVELOPMENT - MEET THE TEAM**
- 07 . SOCIAL DEVELOPMENT PROGRAMS
- 10 . **HEALTH & WELLNESS - MEET THE TEAM**
- 12 . HEALTH & WELLNESS PROGRAMS
- 17 . **RESOURCE INFORMATION**



DEPARTMENT MANAGERS

Vacant (January 2026)

Social Development Manager
841 Westhills Drive
Penticton BC V2A 0E7
Contact: ctestawich@pib.ca;
Office (236) 700-4686
Cell:

Jacki McPherson

Health Manager
198 Outma Sqilx'w Pl, Penticton,
BC V2A 0E3
Contact: Jmcpherson@pib.ca
Office: (250) 493-7799
Cell: (250) 275-2523

Social Development and Health Guide Introduction



At the Penticton Indian Band, the health and well-being of our children, families, and community come first. Our social development and health programs work together to provide care, support, and opportunities for every stage of life.

We have created this handbook to help members learn about the programs and services available to support you and your family.

WE OFFER:

SOCIAL DEVELOPMENT PROGRAMS

- Child and Family Services – ensuring our children are safe, supported, and connected to their culture.
- Jordan’s Principle– making sure PIB children get the health, education, and social

supports they need without delay.

- Income Assistance – providing on-reserve financial support while helping members move toward independence.
- Poverty Reduction– breaking down barriers and creating opportunities for a stronger future.
- Social Programs– building healthy families and supporting individuals through culturally based services.
- Early Learning & Child Care– giving our children the best start in life through nurturing and learning opportunities.

PIB HEALTH PROGRAMS– supporting wellness in every part of life, including:

- * Nursing and primary care right here in the community.
- * Mental health and wellness services, with counseling and cultural supports.
- * Substance use prevention, treatment referrals, and recovery programs.
- * Nutrition and fitness programs, including diabetes prevention.
- * Prenatal, infant, and family health supports.
- * Elder care and home care to support aging with dignity.
- * Recovery House -Land-based healing and cultural health rooted in Syilx traditions.

Together, these programs are about more than services—they are about **caring for each other, staying connected to our culture, and building a healthier future for the next generations**.

Social Development Meet the Team

ADMINISTRATION

Name: Vacant

Position: Social Development Manager

Contact:

Office: (236) 700-4686

Cell:

Name: Lisa Richter

Position: Social Development Associate Manager

Contact: sd.lrichter@pib.ca

Office: (236) 700-4686 ext:135

Cell: 250-488-9041

Bio: Lisa brings over 18 years of experience in business, health, and education sectors. As Associate Manager, she oversees administration and income assistance services with a focus on community support and program development. Lisa entered the social development field to deepen her knowledge and expand her skills in service delivery. She is passionate about making a positive impact and supporting families through culturally informed programs and resources.

Name: Susan Kruger

Position: Office support

Contact: sd.skruger@pib.ca

Office: (236) 700-4686 ext:235

Bio: I welcome everyone once they come in and help direct them to who they are looking for with a smile. I answer phones, direct phone calls and take messages so community's questions or concerns can be addressed in a timely manner. I like to help the community and staff with anything within my knowledge and capabilities. I believe that all people

should be treated as people regardless of circumstances, lifestyle, self-identify, etc. They are still the same people, that we know and grew up with and that will never change. Outside of work I relax, listen to the kids make up stories, games, characters or to let them vent, as we are all just people.

Name: Audrey Baptiste

Position: Social Development
Executive Assistant

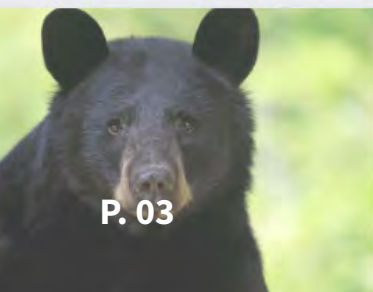
Contact: sd.abaptiste@pib.ca

Office: (236) 700-4686 ext: 138

Bio: I am member of the Penticton Indian Band and have lived here for most of my life. I have worked in the Social Development department for over 20 years as the Band Social Development Worker (Income Assistance). I was recently hired as the Social Development Executive Assistant. It is my pleasure to work with the Social Development team and for the community; to help the community to meet all basic needs and that our programs are run efficiently to best serve our community needs. I am certified in

- Long-Term Care Aide: expires this year
- First Aid Level 1
- Security: expires this year
- Band Social Development Worker Levels 1, 2 and 3.
- Food safe level 1

My hobbies are crocheting, reading, spending time with family and friends, watching crime shows and playing Bingo.



INCOME ASSISTANCE

Name: Crystal Kruger

Position: Band Social Development Worker

Contact: sd.bsdw@pib.ca

Office: (236) 700-4686 ext:265

Cell: (250) 462-2971

Bio: My name is Crystal Kruger. I am from the Penticton Indian Band. I was born and raised in Penticton. I have been working in the Social Services sector for over 20 years. Recently I have been hired as the Band Social Development Worker.

Name: Andrea Watts

Position: Band Social Development Worker Assistant

Contact: awatts@pib.ca

Office: (236) 700-4686 ext:

Bio: My name is Andrea Watts. I am a Penticton Indian Band employee. I have been in my role in the Income Assistance Program for over 10 years.

FAMILY PRESERVATION

Name: Shane Vey

Position: Family Preservation Team Lead

Contact: sd.svey@pib.ca

Office: (250)493-0048 ext:263

Cell: (250) 274-4486

Bio: Shane Vey is a proud member of the Cowichan (Quw'utsun) Nation on Vancouver Island. His Hul'q'umi'num name is Te'e Thlum. He holds a degree in psychology and a diploma in professional counselling.

With over 20 years of experience in education, Shane has worked as a teacher, deputy principal, and school counsellor. His career also includes leadership roles in schools, clinics, a private club, and the retail sector.

Shane relocated to the Okanagan from Vancouver Island in October 2024 and is honored to be working with the Penticton Indian Band and members of the Okanagan Nation Alliance (ONA).

Name: Kait Taylor

Position: Family Preservation Worker

Contact: sd.ktaylor@pib.ca;

Office: (236) 700-4686 ext:257

Cell: (250)274-3420

Bio: I have worked in the Social Services field for eight years, beginning as a Behavioral Interventionist and Support Worker in group homes for youth with high-risk behaviors and developmental disabilities. My career has included roles in the Surrey School District as a Child and Youth Worker and, more recently, with the Penticton Indian Band. I am currently pursuing my

Bachelor of Social Work, while working full time, committed to ongoing professional development to better support families. I deeply value the welcoming environment and diverse supports available in this community. In my free time, I enjoy paddleboarding on Skaha Lake and skiing at Apex Mountain.

Name: Amanda Lowery

Position: Family Preservation Worker

Contact: sd.alowery@pib.ca

Office: (236) 700-4686 ext: 227

Cell: (250) 488-1931

Bio: Originally from Edmonton, Amanda has called the Okanagan home for the past 11 years.

With 5 years of experience in the field of social work, she brings compassion and dedication to her role as a Family Preservation Worker. Amanda holds Level One First Aid certification, has hands-on experience with MCFD, and is currently pursuing a Social Criminal Justice diploma at Okanagan College.

Amanda is passionate about supporting families and strengthening the community, and she enjoys working closely with PIB. Outside of work, she's a proud hockey mom and an avid fan of the sport.

Name: Serena Jack

Position: Intervention & Prevention Worker:

Contact: family@snpinktn.ca

Office: (236) 700-4686 x226

Cell: (250) 488-6975

Bio: I am deeply rooted in service and culture. As a proud member of the PIB, I live in community and dedicate my work to supporting and uplifting our people. I have children ages from 10-23 years. I have been with my spouse ongoing for 25 years. My journey began in home care with the PIB Health Department, and for the past four years, I've served as the Prevention & Intervention Worker within our Social Development Department.

I hold a range of certifications that reflect my commitment to both professional development and cultural responsiveness, including:

- Graduation Certificate
- Homecare Aid
- Introduction to Cultivating Safe Spaces
- CRV Training from Shift BC
- FoodSafe Level 1 & 2
- Intro to Restorative Justice
- Family Engagement and Empowerment
- SafeTalk Suicide Alertness
- LivingWorks Connect: TASC Steps & Energy Safety Resources
- Indigenous Human Service Worker Certificate
- Indigenous end of life Support

These trainings have equipped me to support our community not just physically, but emotionally and spiritually. I believe in creating safe spaces, building strong connections, and offering programs that empower families.

Outside of work, I find joy and healing through beading, drumming, and singing — traditions that connect me to my culture and help preserve it for future generations.

Name: Becky Gillespie

Position: Family Preservation Worker

Contact: sd.bgillespie@pib.ca

Office: (236) 700-4686 ext: 237

Cell: (250) 274-4301

Bio: I grew up in Penticton and have moved back after living in Vancouver for the last 25 years. I have a background in the service industry, human resources, and working with at risk youth in Vancouver. I hold a degree in psychology, focusing on person-centred therapy, feminist counselling theory, and attachment theory. Person-centred counselling focuses on individuals knowing what's best for themselves, and the counsellor participating in a supportive and facilitative role. In feminist counselling theory, our life experiences are based on our intersectionality of culture, religion, ethnicity, laws, and societal social structures combining uniquely for each individual and resulting in different lived experiences. Attachment theory examines how our attachment style influences how we interact with close relations. My education and work experience has focused on a person-centred approach centred on self-efficacy, respect, and self-determination. I believe that community, family (given or chosen), and being present through a connection to self and the place we are contribute to our well-being. I look forward to learning more about the community and getting to know its members.

Name: Tracy Franklin

Position: Child Youth with Support Needs Worker

Contact: sd.tfranklin@pib.ca

Office: (236) 700-4686 ext: 228

Cell: (250) 274-4486

Bio: Tracy completed her Indigenous Community Support Worker Certificate at Okanagan College last June and did her practicum at PIB. Tracy has a diverse work background, and has worked in restaurants, call centres, music industry, media, poverty, disability and housing advocacy. Tracy is

a single parent of two teenagers and has dreams of going back to school one day to become a human rights lawyer.

Tracy has loves working in the PIB community. She enjoys all of the events that she can able attend with families and feels honoured to learn about Syilx culture while attending all events and workshops, as well as through one-on-one conversations and time with community members. Tracy can often be found belting out tunes at karaoke nights, spending time with family and friends and supporting events for SOS Pride and Penticton Roller Skate.

“

“Let us put our minds together and see what life we can make for our children.” –
Sitting Bull, Hunkpapa Lakota
Chief

”



YOUTH RECREATION

Name: Keisha Kruger

Position: Youth Recreation Team Lead

Contact: sd.kkruger@pib.ca

Office: (236) 700-4686 ext:247

Cell: (250) 274-4274

Bio: Wai iswist cinuest, my name is Keisha Kruger I am a PIB band member. I was born and raised in Penticton. I've worked in various departments throughout the band, but I primarily worked at Outma and with the Youth Group. In 2018, I met my fiancé and moved to the Nez Perce Reservation with him. In 2021, we welcomed our daughter Arya and in 2023 we welcomed our son Demani. I graduated with a Bachelor of Science in Native environmental science from Northwest Indian college in 2023. At the beginning of 2025 my fiancé and I decided to move to Penticton to be closer to family. I was fortunate enough to be accepted into the youth recreation team lead position; I have worked with youth most of my life and I am so glad to be able to take a lead role in the community.

Name: Lyric Kruger

Position: Youth Recreation Worker

Contact: sd.lkruger@pib.ca

Bio: Hello, I am Lyric Kruger from the Penticton Indian Band. I enjoy working with our youth to help boost confidence and learn new things. I enjoy reading and art.

Name: Jaedys-Jolene Archie

Position: Youth Recreation Worker

Contact: sd.jarchie@pib.ca

Bio: Wyt-kp xwexweytp (Hello to all). My name is Jaedys-Jolene. I am Secwepemc, st'at'imc, and treaty 6 Cree, born and raised speaking secwepemctsin in stswecem'c xgat'tem territory. I have a certificate in indigenous focused archaeology with years of experience working as a youth recreation worker within my own community, and outside of it. I enjoy connecting with indigenous youth, as it gives me the opportunity to support their growth and development through recreational and cultural based programs. I am excited to continue my path with PIB, and experience new territories.

Name: Trystin Simon

Position: Youth Recreation Worker

Contact: sd.tsimon@pib.ca

Bio: My name is Trystin Simon. I am a youth recreation worker for Social Development. I am from Penticton BC, and I have my first aid and food safe certificate. My favorite thing about youth recreation is seeing the youth play and laugh. In my free time I enjoy hiking, musical theater and playing boardgames.





Social Development PROGRAMS

INCOME ASSISTANCE

We administer Income Assistance benefits to eligible recipients. We provide financial support and work alongside clients on collaborative projects. Our services are client-driven, with the intention of providing support in the least restrictive and most fair manner, while promoting and developing individual strengths.

In addition, we connect clients with referrals for training, food programs, education opportunities, and other supports that increase employability.

PROJECTS and SERVICES

PESP: Employment Readiness Support

Date and Frequency: Ongoing

Location: Determined by PESP worker

Ages: 19-64

Service Canada: Drop In

Date and Frequency: Every 6 weeks

Location: Social Development Office

Ages: 16 + years old

Secret Santa (Collaboration)

Dates and Frequency: December

Location: To be Determined

Ages: Community - All ages

FAMILY PROGRAMS

Fall Canning Program

Learn traditional and modern canning techniques in this hands-on program focused on preserving seasonal foods.

Dates: September & October

Location: undetermined

Sewing Nights

Bring your projects or start something new while learning and sharing sewing skills in a welcoming environment. Open to all ages and skill levels.

Light snacks and drinks provided

Dates: Monday evenings

Time: 5:00 PM – 8:00 PM

Location: PIB Band Hall

Contact: Susan Kruger

Email: sd.skruger@pib.ca;

Phone: (236) 700-4686 ext: 235

Regalia Making

Unleash Your Creativity

Dates: Friday Evenings

Time: 5:00 PM – 8:30 PM

Location: PIB Band Hall

Contact: Tammy Kruger

Email: sd.tkruger@pib.ca

Office: (236) 700-4686

Cell (250) 462-2107

COMMUNITY PROGRAMS

Around the Table Talk

We are pleased to welcome guest speakers who will be sharing information and experiences related to important and sometimes challenging topics that affect many families and caregivers.

- Family Violence
- Grief and Loss
- Stressors and Coping Strategies
- Challenges Faced by Caregivers

These sessions are intended to build awareness, encourage understanding, and provide supportive strategies for families and caregivers.

Dates: Thursday evenings

Time: 6:00PM – 8:30 PM

Location: Social Development Office

Contact: Serena Jack

Email: family@snpinktn.ca;

Phone: (236) 700-4686 ext: 226



Crochet Nights

Gather with others to learn, share, and enjoy the art of crochet. Bring your own supplies or use what is provided. Beginners to advanced crafters welcome. Light snacks and drinks provided

Dates: Tuesday evenings

Time: 5:30 PM – 7:30 PM

Location: Social Development Office

Contact: Susan Kruger

Email: sd.skruger@pib.ca;

Phone: (236) 700-4686 ext: 235

Beading Nights

Join us for an evening of beading, creativity, and connection. Learn traditional and contemporary techniques or work on your own projects. All ages and skill levels welcome. Light snacks and drinks provided

Dates: Wednesday evenings

Time: 5:30 PM – 7:30 PM

Location: Social Development Office

Contact: Susan Kruger

Email: sd.skruger@pib.ca

Phone: (236) 700-4686 ext: 235

Family Recreation – Let’s Play, Laugh, and Connect!

These special days are all about getting out, connecting with your community, and making memories together. From games and outdoor adventures to creative activities

We’re teaming up with awesome local partners to make each event exciting—and yes, there’ll be snacks and drinks to keep the energy up! Keep an eye on the PIB newsletter and calendar for upcoming dates and activities. Each event will also highlight the friendly Family Team Member who’s leading the fun for the day. Let’s make Sundays the best day of the week—see you there!

Dates: Bi-weekly on Sundays

Time: TBD

Location: TBD

Contact: Shane Vey

Email: sd.svey@pib.ca

Phone: (250) 274-4486

RECOVERY PROGRAM

Men’s Parenting Recreation Group *sqlqtmixw*

The Men’s Parenting Recreation Group offers a welcoming space for fathers and men in the community to connect through recreational activities and positive social interaction. Join us for relaxed, supportive conversations and shared experiences. The group is supported by Davis Wiggs, owner of Desert Solace Counselling and Recovery. Activities include dinners out, movies, pool, golf, virtual golf, and time on the land. We also welcome new ideas and suggestions! Open to all Penticton Indian Band and Community men

Dates: Starting September 10, 2025. Bi-weekly on Wednesdays

Time: 6:00 PM – 8:00 PM

Location: TBD

Contact: Shane Vey

Email: sd.svey@pib.ca

Phone: (250) 274-4486

Open Gym

An opportunity for community members to have a large open space to burn some energy at the end of the day and socialize with other community members. Open to all community members.

Dates: Thursdays

Time: 6:00 PM – 8:00 PM

Location: Outma Gymnasium

Contact: Keisha Kruger

Email: sd.kkruger@pib.ca

Phone: (250) 274-4274

YOUTH PROGRAMS

FOR ALL SD YOUTH PROGRAMS CONTACT:

Contact: Keisha Kruger

Email: sd.kkruger@pib.ca

Phone: (250) 274-4274

On the Land (Outdoor Program)

On the land program offers kids an after-school opportunity to be out on the land and learn new games, skills and recreational opportunities.

Pre-registration is recommended

Ages: Grades 2-7

Dates: Tuesdays

Time: 3:00 PM– 5:00 PM

Location: Upper Footprints building and on the land in various areas of the territory.

Craft Club (Indoor Program)

Craft Club gives kids an after-school opportunity to explore their creative side by participating in various artistic forms. Pre-registration is recommended;

Ages: Grades 2-7

Dates: Tuesdays

Time: 3:00 PM– 5:00 PM

Location: Upper Footprints building

Youth Adults Program

Youth Adults Young Adults program is a recreation-based program for the older demographic to hangout and connect with one another in safe and sober settings.

Ages: 18-30 years old

Dates: Mondays

Time: 6:00 PM – 8:00 PM

Location: Upper Footprints building as well as other recreational activities.

Youth Council Committee

Youth Council Youth Committee is an opportunity for youth to come together to advice, advocate and contribute to the community.

Ages: Grades 8–12

Dates: 2nd & 4th Tuesdays of each month

Time: 6:00 PM – 8:00 PM

Location: Upper Footprints building and community functions/meetings.

Youth Leadership

Youth Leadership is to foster growth, leadership abilities and community engagement.

Ages: Grades 8-12

Dates: Wednesdays

Time: 3:00 PM– 5:30 PM

Location: Upper Footprints building & community

events.

Youth Drop-In Night

Youth Drop-In Night Drop in is an opportunity for youth to come together to do fun recreational style activities together.

Ages: Grades 8-12

Dates: Fridays

Time: 6:00 PM– 10:00 PM

Location: Upper Footprints building and doing other recreational activities in the Okanagan.

Run Club (Outdoor Program)

Run Club gives kids an after-school opportunity to encourage physical outdoor activity, community and cultural connection, and prepare for upcoming events, Sun Run, Sylix Youth Unity Run, etc. Pre-registration is recommended

Ages: 13 to 18

Dates: Tuesdays

Time: 3:30 PM– 4:30 PM

Location: Footprints building, various outdoor and indoor tracks.

Open Gym

An opportunity for community members to have a large open space to burn some energy at the end of the day and socialize with other community members. Open to all community members.

Dates: Thursdays

Time: 6:00 PM – 8:00 PM

Location: Outma Gymnasium

Youth Apex Trips

We love to spend our winter quarter on the slopes of our very own local Apex mountain. Every other Saturday we bring youth ages 13-18 to the slopes, and one of the Fridays we love to extend it to the youth adults ages 18-30 as well! Pre-registration is recommended.

Dates: Saturdays

Time: 8:00 AM– 2:00 PM

Location: Footprints building and Apex Ski Resort.

Health and Wellness

The Penticton Indian Band Health Department is committed to providing a wide range of health services to community members living on reserve. Our approach emphasizes both prevention and intervention, ensuring that individuals and families receive the support they need at every stage of life.

We believe that integrating health services with other PIB departments is essential to delivering a continuum of care and maintaining a high standard of service for every member. Through collaboration and culturally grounded care, we strive to promote wellness, healing, and connection within our community.

We want everyone in our community to be strong in body, mind, heart, relationships, and spirit—so they can help themselves, their families, and others stay healthy and well.

We believe every family should have the tools and knowledge to make good choices for their health and wellness at every stage of life



Health and Wellness

Meet the Team

ADMINISTRATION

Jacki McPherson - Health Manager

Contact: jmcpherson@pib.ca

Office: (250) 493-7799

Cell: (250) 274-2553

Evening Star Casimir - Associate Health Manager

Natalie Van Dale - Medical Office Assistant

Vacant- Patient Travel Clerk/Medical Office Assistant

Vacant - Office Assistant

Kaeloni Jack - Food Service Worker

Corinna Gabriel - Custodian

COMMUNITY SERVICES

Cynthia McEwan -Elders Coordinator

Suzanne Schellenberg - Infant Development Coordinator

Gabby Gabriel - Infant Development Assistant

Denelle Bonneau - Community -Health Nurse (Nursing Lead)

Helen George - Care Aide

Savannah Armstrong- Care Aide

Dee Wolfe - Home Care Support

Susie Pierre - Homecare Support

Kate Herrington - Homecare Aide

MENTAL HEALTH AND SUBSTANCE USE

Brenda Baptiste - Mental Health Substance Use Lead

Melissa Letendre - Recovery House Manager

Gerry Gabriel - Mental Health Substance Use Worker

Obi Oniah - Mental Health Substance Use Worker

Fernando Mendoza - Mental Health Substance Use Worker

Harmony Kruger - Mental Health Substance Use Worker

Tamra Lerner - Outreach Worker

Emory Gabriel Jr.- Outreach Worker

Sherry Ward - Peer Navigator

Treina Siemens - Peer Navigator

Mike Squakin - Peer Navigator

Harmony Crockett - Nurse Practitioner





Health and Wellness PROGRAMS

FAMILY PROGRAMS

Early Years Program

Families with children up to the age of 12 are welcome to join us for a fun morning of activities, learning and breakfast! This is a great time to visit with other parents and learn parenting tips from special guest speakers as well. Breakfast and snacks are provided.

Dates: Every Friday Starting January 2026

Time: 9:00am - 11:00am

Location: PIB Health Centre

Ages: Families with children 12yrs and under

Contact: Suzanne Schellenberg

Email: sschellenberg@pib.ca

Phone: (250) 274-1792

Baby Welcoming

This is such a special event that welcomes the newest members of the Penticton Indian Band! Each year, we celebrate and honor their arrival. Please join us in welcoming these babies and honoring their parents into the community!

Dates: February 26, 2026

Time: 11:00am - 2:00pm

Location: Outma Gym

Ages: All Ages

Contact: Denelle Bonneau

Email: dbonneau@pib.ca

Phone: (250) 274-1741

Run/Walk Program

Fun fitness program for all ages and fitness levels, that focuses on physical activities to promote healthy lifestyles and decrease stress and anxiety.

Dates: Every Sunday

Time: 1:00pm - 3:00pm

Location: Outma Gym

Ages: All Ages

Contact: Obi Oniah

Email: ooniah@pib.ca

Phone: (250) 274-2642

Self Defense Program

Fun program teaching the fundamentals of self-defense and fitness, with mental health education.

Dates: Every other Tuesday Starting Jan. 27, 2026

Time: 6:15pm - 7:15pm

Location: PIB Hall

Ages: All Ages

Contact: Obi Oniah

Email: ooniah@pib.ca

Phone: (250) 274-2642



Strong Okanagan Womens Group

Sharing circle and activities for women with families who want to socialize and get support from other women in the community. Dinner and activity supplies provided.

Dates: Every Wednesday starting January 21, 2026

Time: 5:00pm - 7:00pm

Location: Recovery House

Ages: 19+ years and older

Contact: Harmony Pickett

Email: hpickett@pib.ca

Phone: (250) 274-2530



Zumba

Fun family activity combined with mental health information to support a healthy lifestyle and decrease anxiety

Dates: Every other Tuesday – starting Jan 20, 2026

Time: 6:15pm - 7:15pm

Location: PIB Community Hall

Ages: All Ages

Contact: Fernando Mendoza

Email: fmendoza@pib.ca

Phone: (250) 274-3728

Tumas Tea

A weekly social support program for Grandma's to gather and have tea. A great time to socialize and support each other and take time for yourself! Snacks and craft supplies will be provided!

Dates: Every Friday

Time: 10:00am - 12:00pm

Location: Recovery House

Ages: Grandmas of all Ages

Contact: Melissa Letendre

Email: mletendre@pib.ca

Phone: 250-274-3403



Nutrition Program

Nutrition is important for overall health and wellness. We are offering a clear, beginner-friendly nutrition learning session designed for families to prepare low-cost, nutritious and delicious foods. Our facilitator is a trained nutritionist that provides recipes and demonstrates cooking techniques.

Dates: Second Tuesday of the month Starting Jan. 13, 2026

Time: 11:00am - 1:00pm

Location: Penticton Recreation Centre

Ages: All Ages

Contact:

Obi Oniah, MHSU

Email: ooniah@pib.ca, **Phone:** (250) 274-2642

Cynthia McEwan, Elders Coordinator

Email: hlth.cmcewan@pib.ca, **Phone:** (250) 274-2645

Suzanne Schellenberg

Email: sschellenberg@pib.ca, **Phone:** (250) 274-1792

Family Gym Swim

Fun fitness program for families and fitness levels, that focuses on family activities to promote healthy families and decrease stress and anxiety.

Dates: 2nd Tuesday of the month Starting Jan. 13, 2026

Time: 4:00pm - 6:30pm

Location: Snxastwilstin Health Centre Community Room

Ages: Adults & Youth

Contact: Obi Oniah

Email: ooniah@pib.ca

Phone: (250) 274-2642

Ladies Gym

Ladies' fitness program combined with mental health teaching.

Dates: Tuesdays and Thursdays

Time: 9:00am - 10:00am

Location: Penticton Recreation Centre

Ages: 19yrs and Up

Contact: Fernando Mendoza

Email: fmendoza@pib.ca

Phone: (250) 274-3728

ELDERS PROGRAMS

Elders Meetings

The Elders meet twice a month to discuss various community projects and plans. This is a time for the guests to report back to the Elders on future projects and plans; and to gain feedback from the Elders. Lunch and refreshments will be provided. .

Dates: Every 2nd Wednesday starting January 14, 2026

Time: 10:00am - 2:00pm

Location: PIB Band Hall

Ages: Elders

Contact: Cynthia McEwan

Email: hlth.cmcewan@pib.ca

Phone: (250) 274-2645



Elders Day Program

Join us for a good visit and fun activities with friends! We will have a great lunch as well! We will have different activities from bingo to arts & crafts! And special guest speakers on health information!

Dates: Every 3rd Wednesday starting January 21, 2026

Time: 11:00am - 2:00pm

Location: PIB Health Community Room

Ages: Elders

Contact: Cynthia McEwan

Email: hlth.cmcewan@pib.ca

Phone: (250) 274-2645

Swiftly Thrifty Ladies Program

Join us for a fun day of shopping at the local thrift stores! This is a great time of shopping, visiting and coffee with friends.

Dates: Every last Thursday starting January 29, 2026

Time: 1:00pm - 4:00pm

Location: Meet at PIB Health Centre

Ages: Elders

Contact: Cynthia McEwan

Email: hlth.cmcewan@pib.ca

Phone: (250) 274-2645

Elder's Dance

We are hosting our annual Elder's Dance! This is such a fun event for all adults and Elders! We will have a DJ, door prizes, dinner and refreshments! Join for an evening of fun and music!

Dates: February 7, 2026

Time: 5:00pm - 8:00pm

Location: PIB Hall

Ages: Elders and Adults

Contact: Cynthia McEwan

Email: hlth.cmcewan@pib.ca

Phone: (250) 274-2645

Elder and Youth Bowling League

If you like competition, fun and bowling, join our bowling league! This is a chance for Elders and youth to get together and have fun! There is even a competition for an annual trophy!

Dates: Last Thursday of every month Starting January 29, 2026

Time: 5:00pm - 6:00pm

Location: Rolling Stones Fun Center

Ages: Elders and Youth

Contact: Cynthia McEwan

Email: hlth.cmcewan@pib.ca

Phone: (250) 274-2645

YOUTH PROGRAMS

Elder and Youth Bowling League

If you like competition, fun and bowling, join our bowling league! This is a chance for Elders and youth to get together and have fun! There is even a competition for an annual trophy!

Dates: Last Thursday of every month Starting January 29, 2026

Time: 5:00pm - 6:00pm

Location: Rolling Stones Fun Center

Ages: Elders and Youth

Contact: Cynthia McEwan

Email: hlth.cmcewan@pib.ca

Phone: (250) 274-2645

Kid's Soccer Academy

Children's soccer academy combined with mental health information to support a healthy lifestyle and decrease anxiety

Dates: Every Sunday

Time: 1:00pm - 3:00pm

Location: Outma School Gym

Ages: 6-12yrs old

Contact: Fernando Mendoza

Email: fmendoza@pib.ca

Phone: (250) 274-3728

Stamix Girls Group

Fun activity based program for girls ages 12 to 18 years, that also focusses on mental health and healthy lifestyles.

Dates: Every Monday starting January 19, 2026

Time: 3:30pm - 5:00pm

Location: Recovery House

Ages: 12 -18 yrs old Grls

Contact: Harmony Pickett

Email: hpickett@pib.ca

Phone: (250) 274-2530

COMMUNITY NURSE PROGRAMS

Health Promotion Activity

Each month we will be hosting an educational and insightful session on various health topics, with special guests. Each month will have a different theme. Join us for dinner as well.

Dates: Last Tuesday of the Month

Time: 4:30pm - 6:30pm

Location: PIB Health Centre

Ages: All Ages

Contact: Denelle Bonneau

Email: dbonneau@pib.ca

Phone: (250) 274-1741

Nobody's Perfect Parenting Program

A facilitated parenting program for families with children from birth to age five. This program is great for new parents, and the topic for each session is based on what the parents want to learn. This is also a time to socialize with other parents as well. Dinner will be provided

Dates: Mondays from Jan. 19-March 16, 2026

Time: 4:30pm - 6:30pm

Location: PIB Health Centre

Ages: Families with Children ages birth to 5yrs

Contact: Denelle Bonneau

Email: dbonneau@pib.ca

Phone: (250) 274-1741

Diabetes Clinic

In partnership with Interior Health, we will have specialized diabetes nurses come in every month to provide support, assessment and information for individuals that have diabetes.

Dates: Last Friday of each month by Appt only.

Please call to make an Appt

Time: 11:00am - 3:00pm

Location: PIB Health Centre

Ages: Individuals with Diabetes

Contact: Denelle Bonneau

Email: dbonneau@pib.ca

Phone: (250) 274-1741

Pediatric Clinic

For those parents with children, we will be hosting a Pediatric Clinic.

Dates: Jan 29, 2025 by appointment only

Time: 9:00am - 3:00pm

Location: PIB Health Centre

Ages: Families with Children

Contact: Denelle Bonneau

Email: dbonneau@pib.ca

Phone: (250) 274-1741

MENTAL HEALTH and SUBSTANCE USE PROGRAMS

Family Recovery Meeting

Recovery support group for community members that are committed to sobriety and want the support of others in recovery

Dates: Every Sunday

Time: 3:00pm - 4:00pm

Location: Heritage Building

Ages: Adults and Youth

Contact: Obi Oniah

Email: ooniah@pib.ca

Phone: (250) 274-2642

Men's Sweat Program

As part of our cultural program, we are offering a weekly men's sweat. Join our men's circle for healing and social support.

Dates: Every Monday and Wednesday

Time: 4:00pm - 9:00pm

Location: Meeting at Recovery House

Ages: 16+yrs and older

Contact: JR Gabriel

Email: hlth.jrgabriel@pib.ca

Phone: (250) 488-1298

Auntie's Group

Sharing circle and activities for women in the community that want social and health support from other Auntie's. Dinner and craft supplies are provided.

Dates: Every other Wednesday starting January 14, 2026

Time: 5:00pm - 7:00pm

Location: Recovery House

Ages: 19years and older

Contact: Harmony Pickett

Email: hpickett@pib.ca

Phone: (250) 274-2530

AA Meetings

Alcohol Anonymous Group for community members that are committed to sobriety and want the support of others in recovery

Dates: Every Monday

Time: 7:00pm - 8:00pm

Location: Heritage Building

Ages: Adults

Contact: Brenda Baptiste

Email: bbaptiste@pib.ca

Phone: (250) 274-2598

Art for Wellness Program

This program will offer a space for individuals healing from addiction to engage in Indigenous arts and music, as tools for personal growth, reflection, and community connection. The journey concludes with a public art exhibition and performance, showcasing the creativity and resilience of our community members.

Dates: Fridays

Time: 1:00pm - 3:00pm

Location: Recovery House

Ages: 19 yrs and older

Contact: Gerry Gabriel

Email: hlth.ggabriel@pib.ca

Phone: (250) 274-3510

Ignite the Arts Program

Through our Art for Wellness program, we will be hosting an exhibition of PIB artists work during the Ignite the Arts event put on by the City of Penticton. Come and visit the exhibition and celebrate the artists in the community!

Dates: March 27 & 28, 2025

Time: TBD

Location: TBD

Ages: All Ages

Contact: Gerry Gabriel

Email: hlth.ggabriel@pib.ca

Phone: (250) 274-3510

RECOVERY HOUSE

Men's Talking Circle

Talking circle for men that focusses on mental health, sobriety and social support.

Dates: Thursdays

Time: 4:30pm - 6:30pm

Location: Recovery House

Ages: 16 yrs and older

Contact: Obi Ooniah

Email: ooniah@pib.ca

Phone: (250) 274-2642

Beginners Yoga

Join us for Beginner for a relaxing mind–body experience that combines movement, breathing, and awareness to support your physical health and mental calm. These sessions will Increase your flexibility and strength, improve your balance and posture, and reduce your stress and anxiety, and improve your overall well-being. Healthy snacks and beverages will be provided.

Dates: Every other Monday starting January 12, 2026

Time: 6:00pm - 7:00pm

Location: Recovery House

Ages: 16yrs old and older

Contact: Melissa Letendre

Email: mletendre@pib.ca

Phone: (250) 274-3403

Day Treatment Program

This program will offer a space for individuals healing from addiction to engage with others in recovery, and trained facilitators to support their healing journey. It is open to anyone that wants to join our sharing circle and learn about effective tools to maintain sobriety. Refreshment and activity supplies will

Refreshment and activity supplies will

Dates: Monday and Tuesday

Time: 1:00pm - 3:00pm

Location: PIB Health Centre

Ages: 19yrs and older

Contact: Melissa Letendre

Email: mletendre@pib.ca

Phone: (250) 274-3403

On-The-Land Cultural Program

Join us for a cultural on-the-land experience! This is an opportunity to explore our beautiful territory and learn about your cultural heritage. Healthy snacks and beverages will be provided.

Dates: Every Thursday

Time: 10:00am - 2:00pm

Location: Meet at PIB Recovery House

Ages: All Ages

Contact: Melissa Letendre

Email: mletendre@pib.ca

Phone: (250) 274-3403

Paws for Healing

Paws for Healing is a structured, compassionate program that integrates therapy dogs into the recovery process. The program provides opportunities to build trust, reduce stress, and experience unconditional positive regard — all through guided interaction with trained and well-socialized dogs.

Dates: Tuesdays, starting January 6, 2025

Time: 3:00pm - 5:00pm

Location: Recovery House

Ages: 19yrs and older

Contact: Melissa Letendre

Email: mletendre@pib.ca

Phone: (250) 274-3403

Soundbath Meditation

Join us for a sound journey that is a guided therapeutic experience that uses tones and vibrations from crystal singing bowls to support relaxation. No active participation is required, just relax and listen with openness allowing your nervous system to settle and your mind to quiet.

Dates: Every other Monday starting Monday

January 5, 2026

Time: 6:00pm - 7:00pm

Location: Recovery House

Ages: 16yrs and older

Contact: Melissa Letendre

Email: mletendre@pib.ca

Phone: (250) 274-3403



RESOURCE INFORMATION



Family, Mental Wellness, Substance Use and Community Emergency Resource Sheet

Call 8-1-1

For help from a health service navigator, nurse,
dietitian, exercise professional or pharmacist.

www.HealthLinkBC.ca

Call 2-1-1

For help from a resource navigator to connect
you to local programs & services

www.bc211.ca

Call 9-1-1

For Emergency Medical Help, Police or Fire
Department

1 800 663-5555 or *5555 from a cell
phone

For report a wildfire or irresponsible
behaviour

THIS RESOURCE SHEET IS A COMPILATION OF TRUSTWORTHY HELP LINES TO SUPPORT YOU AND GUIDE YOU TO OTHER RESOURCES.

You can contact the following Penticton Indian Band Departments and they will assist you and guide you to the available Departmental Resources and Programs

PIB Fire Department (PIBFD) – Chris Ingle – Fire Chief – (250) 809-4377 or cingle@pib.ca

- If you see a Smoke, Fire or Natural Disaster please call 911 and they will dispatch the PIBFD. If you see a wildfire PLEASE CALL *5555

Emergency Services – Anthony Moore – Emergency Operations Coordinator – (250) 975-0262 or amoore@pib.ca

- Community Emergencies – automobile accidents, natural disasters, risk reductions, emergency preparedness

PIB Natural Resources (NR Guardians) – James Pepper – NR Director (250) 469-3183 or jpepper@pib.ca

- Illegally dumped garbage, trespassing, wildlife, engage with conservation officers, bylaw officials and support fire watch activities

Social Development – Cricket Testawich (Social Development Manager) – (778) 559-1327 or ctestawich@pib.ca

- Child, Youth and Family supports and services; including childhood and early childhood development
- Provide the necessary tools, services, support, assistance and intervention

Health & Wellness – Jackie McPherson (Health Manager) - (250) 274-2523 or jmcperson@pib.ca

- provides supports and resources to best meet the needs and care for Individual, Child & Youth, Elders, Family, and Community in the following areas: Mental Health Substance Use, Community Nursing, Elders and Nurse Practitioner.

Mental Health & Substance Use (MHSU) – Brenda Baptiste (MHSU Team Lead) – (250) 274-2598 or bbaptiste@pib.ca

- Mental Health concerns - Mental health concerns including anxiety, depression, paranoia, psychosis or if you are unsure if you need support
- Substance use services (harm reduction supplies, overdose prevention services, naloxone, treatment options including opioid agonist treatment, safe supply and counselling)

If do not wish to contact PIB Mental Health Substance Use Department - for any personal and/or safety reasons - You can contact the local [Mental Health & Substance Use Centre](#) to connect with a [service](#) to best meet your needs: CALL 250-310-MHSU (6478)

If you are in Mental Health or Substance Use Crisis and not able to visit or get in touch with the PIB Social Development, PIB Health and Mental Health & Substance Use Department or the Local Mental Health & Substance Use Centre please contact the [Interior Crisis Line Network at 1-888-353-2273](#) for immediate assistance.

PIB EMERGENCY CONTACT LIST

JANUARY 2026

EMERGENCY MANAGEMENT

Chief Greg Gabriel - (250) 490-7250
chief.ggabriel@pib.ca

Community Safety - Councillor Charlene Roberds
(250) 486-3027
Councillor Joseph Pierre
(250) 462-1838

NATURAL RESOURCES

James Pepper - NR Director
(250) 469-3183
jpepper@pib.ca

Maryssa Bonneau - Referrals Coordinator
(250) 486-3241
mbonneau@pib.ca

HEALTH

Jackie McPherson - Health Manager
(250) 274-2523 or
jmcpherson@pib.ca

Brenda Baptiste - Mental Health & Substance
Use Team Lead
(250) 274-2598 or
bbaptiste@pib.ca

SOCIAL DEVELOPMENT

Elizabeth Wray - Band Administrator
(250) 485 - 7971 - ewray@pib.ca

**24 hours Family Crisis Support
(778) 622-3667**

TAXATION

Carlene George (250) 809-6835
cgeorge@pib.ca

WESTHILLS AGGREGATES

Chris Ingle - (250) - 809 - 4377
Craig Gabriel - (250) 809 - 2094

PIB FIRE DEPARTMENT

Chris Ingle (250) 809-4377
cingle@pib.ca

PIB FNP

Tristan Williams (250) 600-1310
Josh Shaughnessy (250) 936-8392

**C&M REZ CYCLING - GARBAGE PICKUP -
(587) 899-4745**

**Suspicious Activity, FIRE or Natural Disasters CALL 911
or the RCMP Detachment (250) 492-4300**

Electrical Emergencies: 1-866-436-7847

ADMINISTRATION

Elizabeth Wray - Band Administrator
(250) 485 - 7971 or
ewray@pib.ca

Lesley Gabriel - Communications Manager
(250) 809-1895 or
lgabriel@pib.ca

Armando Lopez - Human Resources Manager
(604) 841-3370 or
hr.alopez@pib.ca

INFRASTRUCTURE

Loretta Ghostkeeper - Director of
Infrastructure
(250) 258-6331
lghostkeeper@pib.ca

Alyssa Wilson - Utilities Associate Manager
(250) 681-3720
awilson@pib.ca

Barry Phillip - Utilities Supervisor
(250) 809-0411
bphillip@pib.ca

Eric Pierre - Public Works Mgr - (250) 462-1255
Sam Mitchell - (250) 328-5739

Jon Felker - Facilities Manager - (778) 531-0817
jfelker@pib.ca

Cheryl Kruger - Housing Manager
(250) 809 - 2225 or ckruger@pib.ca

Halle Lezard - Housing Coordinator
(250) 486-0828 or hlezard@pib.ca

FINANCE

Brian Conner - (778) 363-4367
bconner@pib.ca

Sabrina Eneas - (250) 490-5350
Shannon Eneas (250) 462-4930

EDUCATION

Joseph Pierre - (250) 462-1838 or
edu.jpierre@pib.ca

LANDS

Yvonne Weinert (250) 809-9865
yweinert@pib.ca

Christine Saddleman (250) 493-0048
csaddleman@pib.ca

****FOR ANY WEATHER RELATED EMERGENCIES - PLEASE CALL THE
NUMBERS IN THE HIGHLIGHTED IN YELLOW BOXES****

Help Lines Fact Sheet:

A compilation of trustworthy Help Lines to support you and guide you to other resources.

Help Line	Description	Help Line	Description
<p>Interior Crisis Line Network 1-888-353-2273 Or Text 45645 www.InteriorCrisisLine.com</p>	<p><i>Get confidential, accessible, research-based and empowering support for people in the Interior Region.</i> Text hours 1pm-9pm, 7days/week</p>	<p>Kids Help Phone 1-800-668-6868 Text "CONNECT" to 686868 www.KidsHelpPhone.ca</p>	<p><i>Reach a professional counsellor 24/7. Service is available in English & French.</i></p>
<p>Suicide Prevention 1-800-SUICIDE (784-2433) www.CrisisLines.bc.ca</p>	<p><i>Access to skilled suicide assessment, intervention and support.</i></p>	<p>Online Chat for Youth www.YouthInBC.com</p>	<p><i>Youth can Chat with a crisis responder.</i> Noon to 1am, 7days/week</p>
<p>VictimLinkBC 1-800-563-0808 (24/7 everyday) www.crisislines.bc.ca</p>	<p><i>confidential support for victims of violence, and counselling and referral services</i></p>	<p>Online Chat for Adults www.CrisisCentreChat.ca</p>	<p><i>Adults can Chat with a crisis responder.</i> Noon to 1am, 7days/week</p>
<p>QMUNITY 604-684-5307 www.qmunity.ca</p>	<p><i>BC's Queer, Trans, and Two-Spirit Resource Centre — Free counselling, support groups, and referral services</i></p>	<p>Mental Health Support Line 310-6789 (no area code needed) www.CrisisLines.bc.ca</p>	<p><i>Call for emotional support, information and resources specific to mental health.</i></p>
<p>Trans Lifeline 1-877-330-6366 www.translifeline.org</p>	<p><i>This trans-led organization connects trans people to community, support & resources.</i></p>	<p>National Overdose Response Service 1-888-688-NORS (6677) www.nors.ca</p>	<p><i>NORS is an overdose prevention hot-line for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.</i></p>
<p>Canadian Centre for Men and Families They can give you information for centres or resources in BC 1-844-900-2263 www.menandfamilies.org</p>	<p><i>Canadian Centre for Men and Families is a mental health and social service hub delivering programs and services for boys, men, fathers and their families</i></p>	<p>Crisis Centre BC 1-800-784-2433 www.CrisisCentre.bc.ca</p>	<p><i>Here to listen. Here to help. Get non-judgmental, confidential support.</i></p>
<p>Seniors' Distress Line 1-604-872-1234 www.SeniorsFirstBC.ca</p>	<p><i>Provides non-judgmental, confidential support to seniors.</i></p>	<p>TTY Distress Line 1-866-872-0113 www.CrisisCentre.bc.ca</p>	<p><i>Provides non-judgmental, confidential support for deaf, hard of hearing or speech-impaired people.</i></p>
<p>Alcohol & Drug Info Line 1-800-663-1441 www.healthlinkbc.ca</p>	<p><i>Get non-urgent information on a variety of alcohol & drug topics.</i></p>	<p>Wellness Together Canada 1-866-585-0445 Text "WELLNESS" to 741741 www.wellnesstogether.ca</p>	<p><i>Provides phone-based professional counselling service for adults (18+).</i></p>

Mental Health & Substance Use Services	Mental Health & Substance Use Resources
<p>For Adults:</p> <ul style="list-style-type: none"> • Mental Health Services Directory • Substance Use Services Wheel <p>For Youth:</p> <ul style="list-style-type: none"> • Mental Health Services Directory for Youth • Substance Use Services Directory for Youth • Child & Youth Service Directory (includes partner services) 	<ul style="list-style-type: none"> • MHSU Resource List • Mental Health Services • Substance Use Resources • Mobile Apps / Virtual Treatment Fact Sheet • Facility Based Services Beds List • Home Detox Resource • Outpatient Withdrawal Management Services
Overdose Prevention / Harm Reduction	Virtual Foundry
<ul style="list-style-type: none"> • Overdose Prevention / Harm Reduction Fact Sheet • Overdose Prevention/Supervised Consumption Services • Overdose Prevention / Supervised Consumption Sites • Drug Checking Locations • Lifeguard App <p>Download here App Store or Google Play</p>	<p>Contact Foundry Virtual BC for:</p> <ul style="list-style-type: none"> • Virtual drop-in counselling sessions • Peer support check-ins • Groups for youth aged 12-24 • Call 1-833-308-6379
MHSU Navigational Support for Care Providers	
<ul style="list-style-type: none"> • If a community member needs to be connected to a MHSU service please contact the local site and ask to speak with the Community Integrated Care Coordinator/Team Lead who oversees access to services or the local MHSU Manager. • If needing enhanced support for navigation, please contact an Aboriginal Mental Wellness team member, who support Nation MHSU priorities and can provide local IH MHSU service information and bridge to local services and contacts. <ul style="list-style-type: none"> - Aboriginal Mental Wellness Team: aboriginalmentalwellness@interiorhealth.ca - Deb Trampleasure (250) 267-2714 debora.trampleasure@interiorhealth.ca - Audrey Ward (778) 257-0341 audrey.ward@interiorhealth.ca - Jody Wagner (250) 258-5311 jody.wagner@interiorhealth.ca - Danielle Kreutzer (250) 319- 8421 danielle.kreutzer@interiorhealth.ca - Cathy Collinge (778) 257-1761 cathy.collinge@interiorhealth.ca 	
Consultation Support for Care Providers	
<ul style="list-style-type: none"> • Compass Mental Health: Call 1-855-702-7272 Supports providers with information/resources for children 0-25 with mental health and substance use concerns. • BCCSU 24/7 Addiction Medicine Clinician Support Line: Call 778-945-7619 Provides telephone consultation to physicians, nurse practitioners, nurses, midwives and pharmacists involved in addiction and substance use care in BC. • First Nations Virtual Substance Use and Psychiatry Service: Health and Wellness providers call 1-833-456-7655 for assistance or to make a referral. If a client doesn't have a health and wellness provider and needs a referral, call the • First Nations Virtual Doctor of the Day call 1-855-344-3800 to book a virtual appointment with a primary care Physician 	

Indigenous Help / Support Lines

<p>KUU-US (Aboriginal) Crisis Line NEW! Chat and text support available 7 days a week, from 6:00 pm to 7:00 am. www.KUU-USCrisisLine.com</p>	<p>1-800-588-8717 Chat & Text Support (778-601-8009)</p>	<p><i>Provincial Aboriginal crisis line for adults/elders and youth.</i></p>
<p>Métis Crisis Line: www.mnbc.ca</p>	<p>1-833-638-4722</p>	<p><i>Provincial Metis crisis line for adults and youth.</i></p>
<p>Indian Residential School Survivors Society: www.irss.ca</p>	<p>1-866-925-4419</p>	<p><i>For survivors and family experiencing pain or distress as a result of their Residential school experience</i></p>
<p>Hope for Wellness (Indigenous) Help line/Online chat: www.HopeForWellness.ca</p>	<p>1-855-242-3310</p>	<p><i>Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.</i></p>
<p>Battered Women's Support Services www.bwss.org/support/programs/indigenous-womens-programs</p>	<p>1-855-687-1868 or Text 604-687-1867</p>	<p><i>Free support services with trained counsellor/advocate</i></p>
<p>Missing & Murdered Indigenous Women & Girls Support Line www.mmiwg-ffada.ca</p>	<p>1-844-413-6649 (24 hours every day)</p>	<p><i>The National Inquiry must look into and report on the systemic causes of all forms of violence against Indigenous women and girls</i></p>

Hours for all Resources and services listed are 24 hours/day, 7 days/week, unless otherwise stated.



The Spring/Summer Guide will be out end of March 2026

