

Newsletter

HALFWAY RIVER FIRST NATION

January 2025



A New Year of Unity and Growth: Welcome to January 2025

Happy New Year, Halfway River First Nation! Stepping into 2025, we embrace the opportunities that lie ahead with hope and anticipation. January ushers in a new chapter, and we are ready to embark on this journey with you, united as one community. This month, our focus is on building stronger connections, celebrating the richness of our culture, and supporting one another every step of the way.

We have many exciting events and community projects lined up, and we're eager to share them with you. Let's work together to make this year- one of growth, resilience, and meaningful progress. Together, we will strengthen our bonds and create a future full of promise. Stay tuned for all the wonderful things coming your way!

Halfway River team

In this newsletter
you can expect:

**Community
Calendar**

**HRFN Services and
Events**

**Suicide Prevention
& Life Promotion**

**College &
Employment
Readiness
Program**

**Flu and RSV
numbers surging
in province**

Kids Corner

Conclusion

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JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Office Closed New Year's Day	2 Office Closed	3 Office Closed	4 National Ribbon Skirt Day
5	6 Band Office Reopens	7	8	9 Nurse	10	11
12	13	14	15	16 Nurse	17	18
19	20	21	22	23 Nurse	24	25
26	27	28	29	30 Baby/Littles day Nurse	31	

TO DO

NOTE



HRFN

SERVICES & EVENTS

HRFN Health Services

Massage Therapy

- Relaxing Massage
- Hand & Foot Massage
- Facial Massage
- Cupping Massage
- Hot Stone Massage
- Deep Tissue Massage

Mental Health Counselling

- Helps to understand thoughts and feelings.
- Helps to manage stress and anxiety.
- Helps to deal with difficult life changes

Sound healing

- Greater Sense of overall well-being.
- Improve concentration & memory
- Improve sleep

Book an appointment

250-772-5059 (Health Clinic)

**250-329-8911 (Sherry Welch-
Emergencies & after hours)**

Bible Study

Every Wednesday
from 4 pm to 5 pm we have **Bible Study** and **Interceding prayer**
at the **community hall**.
For any information and prayers
Please Contact
Evg. Binnuvi Joseph

Upcoming Events

- Suicide Prevention & Life
Promotion Workshop

Any Information

Email: reception@hrfn.ca

Phone: (250) 772-5058

SUICIDE PREVENTION AND LIFE PROMOTION

About the Workshop:

Everyone needs help sometimes. Come learn about resources and ways to help yourself or someone you know who may be in crisis or is at risk of suicide. Gain information about warning signs, facts & myths, healthy coping skills and more.

Through teachings, expressive art therapy, and other activities, you'll gain practical tools to support your knowledge & healing.



Saturday & Sunday
January 18 & 19, 2025
9 am - 4 pm
HFN Health Centre



Dawneen Ryan,
BA Psych, MACP, RCC
Facilitated by Dawneen Ryan,

*Registered Psychotherapist &
Certified Indigenous Educator.*





DAWNEEN RYAN

BA PSYCH, MACP, RCC

ABOUT ME

I am a registered psychotherapist and psychological consultant with expertise in various therapeutic approaches and acute care interventions. I have a BA (Honors) in Psychology and Neuroscience and an MA in Counselling Psychology as well as various other certifications. I was raised in Dawson Creek and am a mother to 3 grown sons. My husband and I like to camp, fish, and spend time outside.

As a certified Indigenous Educator, I bring cultural sensitivity to my work. I have extensive experience providing individual therapy, psychological assessments, and workshops to diverse populations. I have worked with clients facing a variety of mental health challenges including depression, anxiety, trauma and relationship issues. I am skilled in risk assessment and well-equipped to support a wide range of mental health needs.

SERVICES



***Psychological
Workshops***



***Private
Counselling***



***Expressive Art Therapy
& Art Teaching***



HOMEMADE SPA PRODUCTS

Body and Lip Scrubs

Homemade lip and body scrubs are made easily using natural ingredients such as sugars, coconut oil, and essential oils



Lip Balm

Homemade lip and body scrubs are made easily using natural ingredients such as sugars, coconut oil, and essential oils



Body Butter

DIY body butter is made from natural ingredients and will pamper your skin with this natural luxurious treat that will leave you feeling soft, nourished, and revitalized.



Skin Softening Soaks

Moisturizing skin soaks for feet or bath containing epsom salts, natural ingredients and essential oils.



Face Masks

Homemade face masks for rejuvenating and moisturizing the face using natural ingredients.



Aromatherapy Shower Melts & Bath Bombs

Create your own fizzy bath bomb or shower melts using natural ingredients and fragrances.

EVENT SCHEDULE PLANNER 2025

Halfway River First Nation

PROJECT/EVENT
NENAS CERT ESSENTIAL SKILLS W/SAFETY TICKET TRAINING

PROJECT COORDINATOR
SHANNON MORROW, NENAS COMMUNITY PROJECTS

PROJECT PHASE

STARTING

ENDING

NENAS CERT ESSENTIAL SKILLS (2 WEEKS)

January 13, 2025

January 24, 2025

SAFETY TICKETS (1 WEEK)

January 27, 2025

January 31, 2025

NENAS CERT ESSENTIAL SKILLS (2 WEEKS)

February 3, 2025

February 14, 2025

JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	



**COLLEGE AND EMPLOYMENT
READINESS PROGRAM**



Our Program is aimed at helping those who are unemployed or under-employed, on EI or Social Assistance, to give you the essential skills needed to gain the confidence for employment, or further training opportunities.

This 5-week in-community Essential Skills Program runs Monday to Friday (2 weeks in class, then 1 week safety tickets, and another 2 weeks in class, to include:

- Job Readiness Skills, to include job coaching, resume writing, basic computer skills
- Essential Skills - to include communication and working with others, goal setting, conflict resolution, writing and document use, and digital technology
- Money Management
- The Seven Sacred Teachings and the Medicine Wheel
- Certification courses suited for your career path – Foodsafe, WHMIS, H2S, Fall Arrest, Confined Space, OFA, Serving it Right
- NENAS will assist you with job placements opportunities, and/or continuing education

To add your name to the interest list, please scan this QR code:



nenas.org



ABOUT NENAS
For over 30 years, NENAS, a non-profit organization, has been developing and delivering an extensive range of economic and social development programs. We offer holistic, wraparound services to our First Nations and Urban communities in Northeastern BC. Some of our services include employment and education assistance services, family and Elder programs, and childcare initiatives.

Funded by the
Government
of Canada



Government of British Columbia

BREAKING NEWS

FLU AND RSV NUMBERS SURGE IN B.C., COVID-19 CASES DECLINE, BCCDC DATA SHOWS

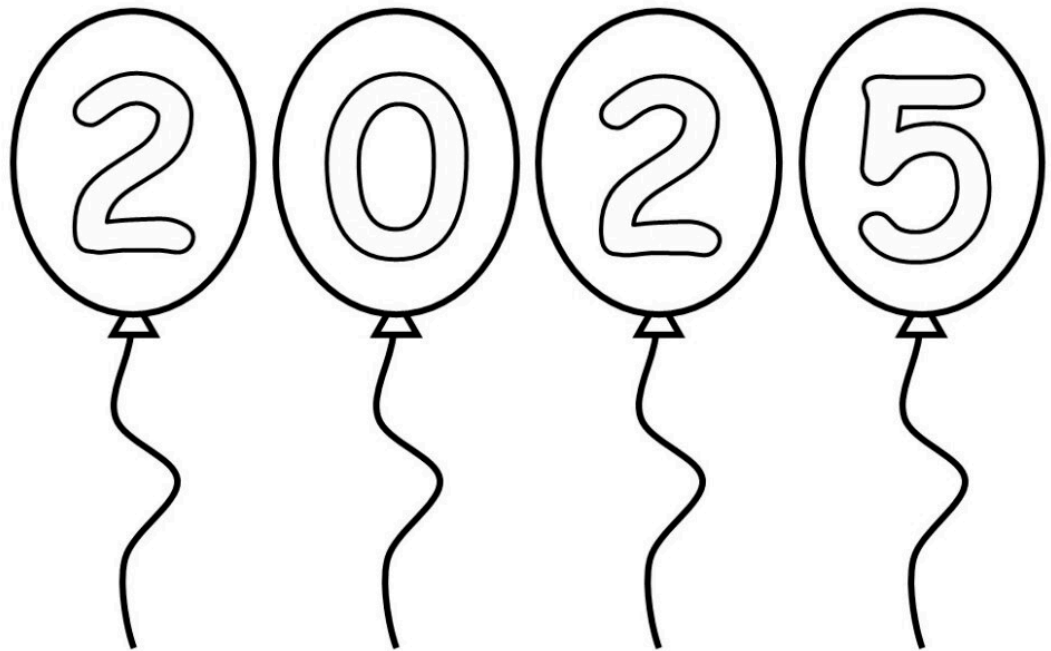
Respiratory illnesses, particularly influenza A and RSV, have been on the rise in British Columbia since November 2024, with flu tests showing an 11.7% positivity rate in the week of December 22-28-2024. RSV cases also increased, mainly affecting children. This surge has led to a rise in emergency department visits, with respiratory-related cases accounting for 37% of pediatric visits.

Meanwhile, COVID-19 cases have been steadily declining since early November. As of December 28, 128 people were hospitalized with COVID-19, up from 84 earlier in the month. Health officials urge the public to take precautions, with over 1.3 million flu vaccines administered as of January 5, 2025. Flu season typically lasts until March.



MORE INFORMATION AT WWW.CBC.CA

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Honoring Tradition and Culture: National Ribbon Skirt Day

As we begin 2025, we are reminded of the strength, resilience, and beauty of our cultural traditions. One such tradition is the ribbon skirt, a symbol of identity and pride for Indigenous women and girls. The story of Isabella Kulak, an Indigenous girl from Cote First Nation, brought national attention to the significance of ribbon skirts when she was told her ribbon skirt was not appropriate for "formal day" at her school in 2020. This sparked a wave of support that led to the establishment of National Ribbon Skirt Day, which was officially recognized by the Canadian government in December 2022. On January 4, 2023, the first National Ribbon Skirt Day was celebrated, and we stand with all those who wear ribbon skirts in honor of their heritage. As we move forward in 2025, let us continue to support and uplift our cultural practices, ensuring that they are respected and celebrated by all.

Thank you for reading!

Edited & Design by	Charity Gladu & Ben Joseph
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