

WE WAI KAI NATION NEWSLETTER

✦ JANUARY 7, 2026

BAND INFO

Planned Power Outages at Quinsam
Community Notice - Property/Homes
Are you affected by the 2nd Gen Cut Off?
Vehicle Parking - Snow Removal
Children added to the Citizenship list 2025

Elder's Elk Meat
Calendars & Events - Youth & Elders
Cape Mudge Elders Announcement

YOUTH & ELDERS

MISCELLANEOUS

Home For Sale at Quinsam
Kuu-Us Crisis Line
Duty to Report
Calling all Businesses
Expression of Interest - Herring Licenses
One More Rep Workout
Zumba Class at Cape Mudge
Honouring Culture, Strengthening Wellness, Supporting Com

Career Exploration Event - Discover Construction
Community Breakfast - January 28
Hase Breath for Life
Quitting Commercial Tobacco
Casting - Can you survive on the land?
Fitness Classes at Thunderbird Hall
Status Card Registration & Renewals by FNHA

EVENTS

Planned Power Outages at Quinsam

January 19, 2026 - 8:30 am to 5:30 pm

125, 135, 145, 150 Brant Drive - Quinsam Shell Station, Starbucks, Quinsam Liquor Store, Lee's Chicken, Smoke Signals

2005, 2025 Eagle Drive – New Band Office & Quinsam Hall

706-783 Falcon Drive

660-695 Head Start Crescent

700-707 Hummingbird Place

707, 713, 719 Kolus Row

691, 695, 697 Likwiltok Road

450-1681 Nursery Road

157, 700, 720, 800, 805 Osprey Avenue

157, 700, 720, 800, Raven Crescent

664-808 Seahawk Drive

792-891 We Wai Kai Crescent

Vancouver Island, North Total customers affected: 5391		Municipality: Campbell River ▾				
MUNICIPALITY ▾	TIME OFF ▾	EST. ON ▾	AREA ▾	# OUT ▾	CAUSE ▾	UPDATED ▾
Campbell River	Jan 19, 8:30 a.m.	Jan 19, 5:30 p.m.	4217 - 5900 Argonaut Rd. 125, 135, 145, 150 Brant Dr. 2435, 2445, 2450, 2455, 2485 Charleville Rd. 1821 (#1-6) Detweiler Rd. 2005, 2025 Eagle Dr. 706 - 783 Falcon Dr. 660 - 695 Head Start Cre. 700 - 707 Hummingbird Pl. 707, 713, 719 Kolus Row/Rd. 691, 695, 697 Likwiltok/Likwiltok Rd. 450 - 1681 Nursery Rd. 157, 700, 720, 800, 805 Osprey Ave. 700 - 890 and 2320 - 2995 Quinsam Rd. 703 - 800 Raven Cres. 664 - 808 Seahawk Dr. 792 - 891 Wewaikai Crs., Campbell River	371	Pole replacement	Jan 6, 8:26 p.m. ▲



First Nations Health Authority
Health through wellness

Status Card Registration & Renewals

The FNHA Status Card Administration team will be in community to support status registration and SCIS card applications and renewals

The FNHA Status Card Administration team provides low-barrier and culturally safe access to Indian Registration and Secure Certificate of Indian Status (SCIS) card application.

Registering for Indian Status? Please bring...

- Birth certificate with parental information
- Valid ID (for a child or dependent adult, the applying parent or legal guardian needs valid ID)
- Name-linking document if there has been a name change since birth, such as a marriage certificate, amended birth certificate, or legal name change certificate

Already registered, and need to renew or apply for a SCIS card? Please bring...

- Valid ID (for a child or dependent adult, the parent or legal guardian needs valid ID)
- Name-linking document if there has been a name change since registration, such as a marriage certificate, amended birth certificate, or legal name change certificate

What is valid ID?

One piece that contain all 6 elements below:

- | | |
|---------------------|-------------|
| • Government Issued | • Birthdate |
| • Not expired | • Photo |
| • Name | • Signature |

Examples

Driver's License, Services Card/Health Card, Identification Card, Passport, Canadian Military ID, Citizenship Card

OR a combination of non-expired government ID that together show a name, birthdate, photo and signature.



Date: January 21st – January 23rd
Time: 8:30am – 4:30pm on the 21st and 22nd
8:30am – 2:30pm on the 23rd
Location: 1400 A Drake Road, Campbell River

For questions regarding registrations and renewals please contact StatusCards@fnha.ca

Community Notice

In response to community concerns,
We Wai Kai Nation is formally giving

NOTICE

that all homes and/or properties that are
(but not limited to):

- *derelict
- *abandoned
- *infested
- *cause public liability or danger
- *create fire hazards
- *cause health and/or safety concerns

will be identified, notified, and owners will be asked to bring their property/home to compliance with the roles and responsibilities outlined in the Housing Policy.

If homes/properties are not brought up to standard by **APRIL 2026**, the Nation will step in to remedy the issues at the expense of the owners.

Have you been affected by the Second Generation Cut Off?

NAME:

CHILDRENS NAMES

FULL NAME

CHILD #1 NAME & BIRTHDATE

EMAIL ADDRESS

CHILD #2 NAME & BIRTHDATE

PHONE NUMBER

CHILD #3 NAME & BIRTHDATE

STATUS NUMBER

CHILD #4 NAME & BIRTHDATE

HOW HAS THE SECOND GENERATION CUT OFF EFFECTED YOUR FAMILY?

Please send in your information to Gail Smith at gail.smith@wewaikai.com or drop off at the Quinsam Administration Office.



Winter Is Coming!

Reminder:

WHEN IT IS SNOWING,
PLEASE PARK **ALL** VEHICLES OFF OF THE
ROADS SO THAT OUR
SNOW REMOVAL TEAMS
CAN CLEAR THE ROADS.

GILAKAS'LA

WE WAI KAI CITIZENSHIP CODE

Section 20.9

At the close of each calendar year, or within a reasonable time thereafter, the Citizenship Officer must provide notice to Citizens of the outcome of all Juvenile Applicant determinations that have been made under Paragraph 20.4(b) during the calendar year.

The following children have been accepted into the We Wai Kai Nation in 2025. Each child has a parent and a grandparent that are (were) citizens of the We Wai Kai Nation. They have met all of the requirements.

Name	Relationship
Demithia Hillaire-Borsey	Father: Raven Borsey Grandfather: Edward Borsey Jr.
Elizabeth Laurie	Father: Jason Laurie Grandmother: Valerie Sailor
Kashton Bouthot	Mother: Danielle Davis Grandfather: Raymond Davis
Marilyn Blaney	Mother: Jadea Blaney Grandmother: Sharon Hackett
Nixon Ladd	Father: Joshua Ladd Grandfather: Robert Ladd
Jackson Ladd	Father: Joshua Ladd Grandfather: Robert Ladd
Madelynn Thiessen-Price	Mother: Dara Price Grandparents: Godfrey & Jennifer Price
Andrew Connor (Connor Bourget)	Father: Ryan Bourget Grandmother: Norine Bourget (Dick)
Melody Grey	Father: Patrick Grey Grandmother: Teresa Johnny (Grey)
Ace Nelson	Parents: Gordie Nelson & Tehya Lafleur Grandfather: Lance Lafleur
Charlie Watkins	Mother: Fiona Watkins Grandmother: Joanne Kinchilla
Lili Watkins	Mother: Fiona Watkins Grandmother: Joanne Kinchilla
Luca Fawcett	Mother: Nina Fawcett (Chickite) Grandparents: Elvis Chickite & Ann Creaser
Logan Fawcett	Mother: Nina Fawcett (Chickite) Grandparents: Elvis Chickite & Ann Creaser
Larissa Wadhams	Father: Rob Wadhams Grandparents: Robert Sr & Lucy Wadhams
Emersyn Wheeler	Father: Tyler Wheeler Grandmother: Dawn Wheeler (Chickite)
Georgia Avender	Father: Jeffrey Avender Grandmother: Gail Avender
Riley Blanchette	Mother: Candice Avender Grandmother: Gail Avender
Cole Krause	Mother: Nicole Krause Grandmother: Dawn Davidson
Jackson Krause	Mother: Nicole Krause Grandmother: Dawn Davidson

WWK Elder's (65+) Elk Meat

If you're 65+ and you would like to receive some elk meat please call Gail at 250-914-1890 or email reception@wewaikai.com





< JANUARY 2026 >

Margot Assu
(250)202-6919
Sign up Required
for outings

CAPE MUDGE YOUTH GROUP

	TUE	WED	THU	FRI
	CLOSED FOR HOLIDAY			
Teen 4-6- Sketchbooks Zumba @ the Hall 5-6	Youth/Teen 2:40-5:30 Water Colour painting	Teen 11+ 4-6 Pickel ball/Volleyball	Youth/Teen 2:40-5:30 picture frame crafty Thursday with Keltie	Instructional day No Group
Teen 4-6 Laser Tag Zumba with Kelly @ Hall 5-6	Youth/Teen 2:40-5:30 Foods Day Bannock making	Teen 11+ 4-6 Dream boards Open gym/ basket ball	Youth/Teen 2:40-5:30 crafty Thursdays with Keltie	Mount Washington Tube Park 10:00- 4:00 sign up required space limited
Instructional day no group Zumba @ the Hall 5-6	Youth/Teen international foods chapatris making (flat bread)	Teen 11+ 4-6 Scooter races/games open gym time	Youth/Teen 2:40-5:30 crafty scrunchies Thursdays with Keltie	The Reef all ages Pick up at Quadra School 2:15-6:00
Teen 4-6 Lego Competition day 1 Zumba @ the Hall 5-6	Youth/Teen 2:40-5:30 Lego madness Competition day 2	Teen 11+ 4-6 International Lego day 3 Lego Madness Competition win 1 of 3 prizes	Youth/Teen 2:40-5:30 Crafty Thursday with Keltie	Movie Night Teen/Youth 30 Pizza and Popcorn Finding Ohana 2:40-7:00



CAPE ELDERS



< JANUARY / 01. >
2026

CONTACT PAYTON
250-202-3222
UNTIL FURTHER NOTICE

MON	TUE	WED	THU	FRI
			1	2
OFFICE 8:30AM-4:30PM	SHOPPING 10AM-3PM	WALKING GROUP 11AM	APPOINTMENTS 9:30AM-2PM	NO PROGRAM
OFFICE 8:30AM-4:30PM	SHOPPING 10AM-3PM	WALKING GROUP 11AM	APPOINTMENTS 9:30AM-2PM	TECH SUPPORT 9AM-2PM
OFFICE 8:30AM-4:30PM	APPOINTMENTS 9:30AM-2PM	SHOPPING 10AM-3PM	ELDERS LUNCH 11AM-2PM	SPA DAY 11:30AM-1:30PM
OFFICE 8:30AM-4:30PM	APPOINTMENTS 9:30AM-2PM	COSTCO 9:00AM-2:00PM	BINGO @ BAND OFFICE	LIBRARY TRIP QUADRA 10:30-11:30



Quinsam Elder's

Contact Katrina @ 250-201-7732

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 New Years	2 Closed	3	4
5 Shopping & Appointments 8:30 - 4:30	6 Shopping & Appointments 8:30 - 4:30	7 Costco Trip Call to book your spot	8 Bingo Boardroom 11:30 - 2	9 Staff Meeting	10	11
12 Shopping & Appointments 8:30 - 4:30	13 Shopping & Appointments 8:30 - 4:30	14 Tec Support 9-2pm Call to book	15 Self Care Day 11-1	16 Shopping & Appointments 8:30-4:30	17	18
19 Training	20 Shopping & Appointments 8:30 - 4:30	21 Shopping & Appointments 8:30 - 4:40	22 Elder's Luncheon 12-2pm Q Hall	23 Shopping & Appointments 8:30 - 4:30	24	25
26 LKT Luncheon Q Hall 12-2pm	27 Shopping & Appointments 8:30 - 4:30	28 Shopping & Appointments 8:30-4:30	29 Bingo Boardroom 11:30 - 2	30 Walking Group 11-1pm Meet @ Quinsam Hall	31	

International LEGO

Day

January 26-28

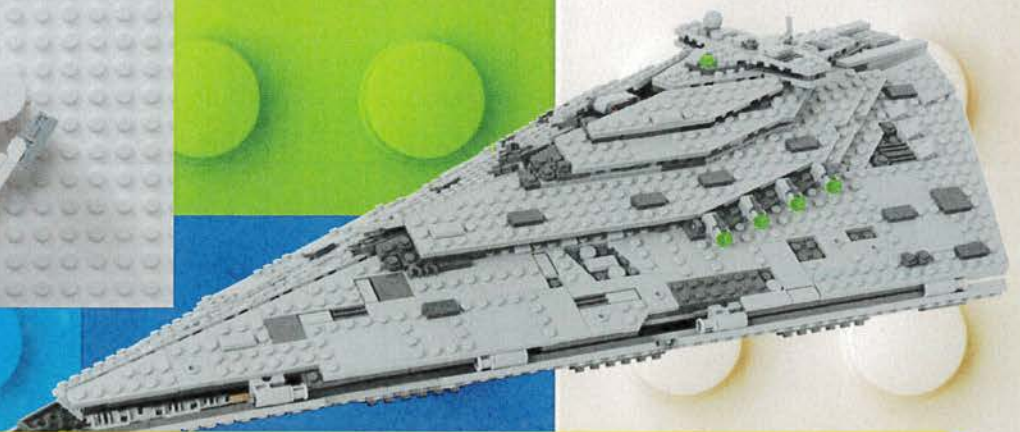
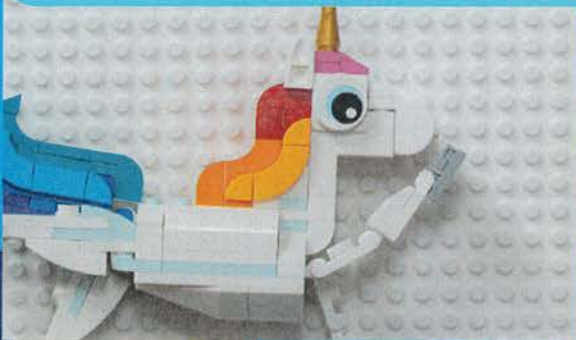


3 Days of LEGO Building Event

Day1: Think Tank(your creation)

Day2: Start to Build

Day3: Finish & Prizes



Cape Mudge Youth & Teens

Age Categories Are

5-9, 10-13 & 14-18

Prizes to be won!

Have fun in the Play Zone

for more info call Margot 250-202-

6919



ATTENTION CAPE ELDERS

IMPORTANT ANNOUNCEMENT

Please direct all inquiries and support requests to **Payton Berg** at 250-202-3222 until further notice.

Thank you for your understanding and sorry for any inconvenience.

House for Sale

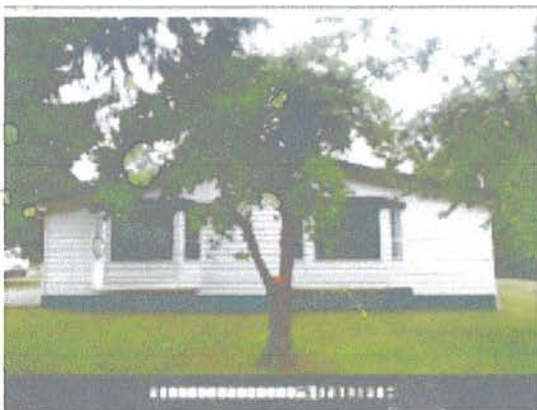
3Bed 2 Bath House 1488 SQ FT

With 1 Bed 1 Bath Suite 952 SQ FT

~~Asking \$490,000.00~~

Reduced to: \$450,000.00

Call Gail 250 203 2960





KUU-US CRISIS LINE

24-HR KUU-US CRISIS SERVICES

Adult / Elder Line: 250-723-4050

Child / Youth Line: 250-723-2040

BC Toll Free Line: 1-800-588-8717

NEW! CHAT & TEXT SUPPORT

Text 778-601-8009

or visit our website @

www.kuu-uscrisisline.com

***to start a text or chat session
with one of our support workers***

7 Days a Week ~ 6 pm - 7 am

Registration not required

Duty to Report

REPORTING CONCERNS ABOUT CHILDREN AND YOUTH

If you are concerned about the safety or well-being of a child or youth, it is your legal duty to report the concern to the Ministry of Children and Family Development.

**THE SAFETY OF CHILDREN
AND YOUTH IS EVERYONE'S
RESPONSIBILITY**

PHONE:

1 (800) 663-9122



CMFC LBEC





CALLING ALL *Businesses!*

Indigenous Tourism BC is featuring our Nations in a new public facing app, and we want to make sure our community owned businesses are included. If you'd like your business to be featured in the app, please reach out

LRC@WEWAIKAITREATY.COM

DEADLINE:

JANUARY 31, 2026



A - TLEGAY FISHERIES SOCIETY

1441 - A Old Island Hwy. 287-8868 Fax #: (250) 287-8414

e-mail: atlegay@shawcable.com

Expression of Interest Gillnet Roe HERRING LICENSES AVAILABLE for the 2026 Herring season

Deadline to apply: January 9th, 2026

SUCCESSFUL APPLICANT WILL BE NOTIFIED

Criteria:

1. 1 application per band member; must be 18 years of age or older
2. Must be a citizen of a member Nation of A-Tlegay
3. Must be a participant in the fishery and accompany license
4. Must be pool captain

1. Name of Applicant	
2. Address	
3. Phone #:	
4. Date of Birth	

5. Band Name	
6. Do you own a punt?	YES NO
7. Is punt a Native Owned punt? (circle one)	YES NO
8. Will you be the operator ?	YES NO

9. Name of Skipper(Operator)	Certificates of skipper	Years of Experience in Herring fishery as a skipper	Birthdate

10. List of Crew	Band Name	Birthdate

12. Area Designation for License

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13. # of Licenses you have for your pool

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14. How many licenses are you applying for?

1	2	3	4	5	6	7	8	9	10
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16. Name of Company you will be selling your product to

SIGNATURE

I will be the user of this License if chosen, and have the proper certification and tickets that are required.
I understand that I am unable to make changes to the application once it has been submitted by the
deadline.

Signature of Applicant

Date

Witness - Name

If you have any questions, please call Nicole Assu at (250) 287-8868. Applications can be mailed to the A-Tlegay office or email nicoleassu@shawcable.com



A - TLEGAY FISHERIES SOCIETY

1441 - A Old Island Hwy. 287-8868 Fax #: (250) 287-8414

e-mail: atlegay@shawcable.com

Expression of Interest Seine HERRING LICENSES Roe Herring AVAILABLE for the 2026 Herring season

Deadline to apply: January 9th, 2026 before noon

SUCCESSFUL APPLICANT WILL BE NOTIFIED

Criteria:

1. *1 application per band member; must be 18 years of age or older*
2. *Must be a citizen of a member Nation of A-Tlegay*
3. *Must be a participant in the fishery and accompany license*
4. *Must be vessel operator*
5. *Fee – will be based on Industry Average + fees*

1. Name of Applicant	
2. Address	
3. Phone #:	
4. Date of Birth	

5. Band Name		
6. Do you own vessel?	YES	NO
7. Is vessel a Native Owned vessel? (circle one)	YES	NO
8. Will you be the operator?	YES	NO

10. Name of Skipper(Operator)	Certificates of skipper	Years of Experience in Herring fishery as a skipper	Birthdate

11. List of Crew	Band Name	Birth Date

12. Description of Vessel

Vessel Name: VRN:	Length:
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13. Area Designation for License

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14. # of Licenses you have for your pool

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15. # of Licenses you are applying for

1	2	3	4	5
---	---	---	---	---

16 Name of Company you will be selling your product to

--

SIGNATURE

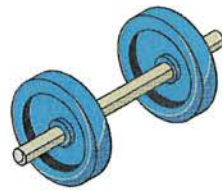
I will be the user of this License if chosen, and have the proper certification and tickets that are required.
I understand that I am unable to make changes to the application once it has been submitted by the deadline.

Signature of Applicant

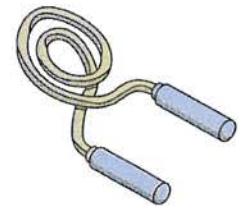
Date

Witness - Name

If you have any questions, please call Nicole Assu at (250) 287-8868. Applications can be mailed to the A-Tlegay office or emailed to nicoleassu@shawcable.com



BEGINNER CLASS
**ONE MORE
REP
WORKOUT**



WITH ANDREA ALFRED

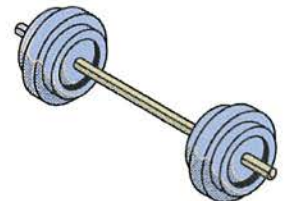
Time: 5:00pm - 6:00pm

Where: Quinsam Hall, 2005 Eagle Drive

When: Tuesdays & Thursday, Starting Jan 6/26

Beginners Introduction Level

ALL FITNESS LEVEL'S WELCOME



EARLY PREVENTION - PHYSICAL ACTIVITY PLAYS AN ESSENTIAL ROLE IN QUALITY OF LIFE; IT PROMOTES PHYSICAL, MENTAL AND PSYCHOLOGICAL WELL-BEING: OF DEVELOPING PREMATURE HEALTH PROBLEMS.

REGULAR EXERCISE CAN PLAY A KEY ROLE IN REDUCING YOUR RISK OF MEDICAL PROBLEMS AND HEALTH RELATED ISSUES, THAT CAN BE PARTICULARLY TREATED AND CONTROLLED BY EXERCISE. THE NEED FOR AND VALUE OF EXERCISING ON A REGULAR BASIS IS AN IRREFUTABLE FACT OF LIFE (AND DEATH).

IMPROVE YOUR HEALTH FOR LONGEVITY, MOBILITY, STRENGTH & QUALITY OF LIFE

WEIGHTS + BANDS, CARDIO INTERVALS, BODYWEIGHT

For More Information Call Michelle Davis @ 250-202--0097

ZUMBA CLASSES EASY AND FUN

With
Kelly Thompson



5PM-6PM

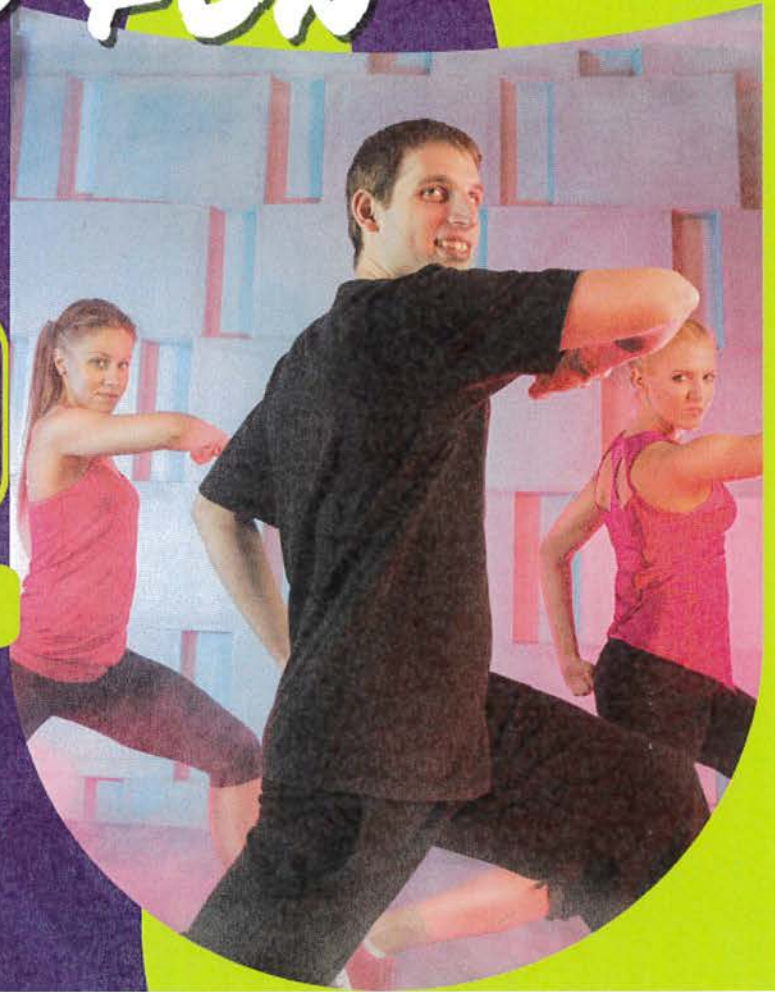
Where: CAPE MUDGE HALL



MON JAN 5, 12, 19 & 26

FREE FOR ALL COMMUNITY

To: Register contact
Margot Assu
text or phone
250-202-6919



***Honouring Culture.
Strengthening Wellness.
Supporting Community.***

LKT Health will be managing a community-guided study exploring how traditional and cultural practices can strengthen harm reduction services and support holistic wellness. This research brings forward the voices, experiences and teachings of the Ligwilda'xw people and aims to ensure harm reduction services align with cultural values, identity, and community strengths.

***THE BIG QUESTION GUIDING THE
DIRECTION OF THE RESEARCH***

“How does the incorporation of cultural and traditional practices into harm reduction programs impact engagement, effectiveness, and community wellness among Ligwilda'xw people?”

For more information or to get involved, contact:

LKT Health

☎ 250-286-9766

✉ dianna.smith@lkthealth.ca

📍 1400A Drake Rd. Campbell River

Honouring Culture. Strengthening Wellness. Supporting Community.

HOW TO JOIN THE CONVERSATION

As a participant, you will be asked to:

- Share your experiences and stories
- Offer your knowledge of cultural teachings or traditional practices
- Talk about what helps or hinders your engagement with harm-reduction services
- Provide your insights and recommendations to help strengthen programs

You only share what you feel comfortable sharing. Participation is voluntary, confidential, and rooted in cultural respect.

VOICES THAT MATTER MOST TO THIS PROJECT

We invite insight and participation from:

MOUHSS clients and supports
OAT Program clients
AA group members
Men's Group participants
LKT Health Harm Reduction Team
Community Members
Leadership, Chief & Council

Your knowledge helps shape safer, more culturally meaningful programs for everyone.

***The project will run from Dec 2025 to the
Fall of 2026***

STAY TUNED FOR SESSION DATES!

CAREER EXPLORATION EVENT

Discover Your Future in Construction

Join us for an interactive day focused on career opportunities in trades, engineering, and construction management. Explore pathways that help shape Vancouver Island's major infrastructure projects, with opportunities for high school students and community members to learn, connect, and plan their next steps.

Date: Thursday, January 29, 2026

Time: 1:00 PM - 7:00 PM

Location: Quinsam Hall - 2005 Eagle Dr,
Campbell River, BC V9H 0E1

What to Expect

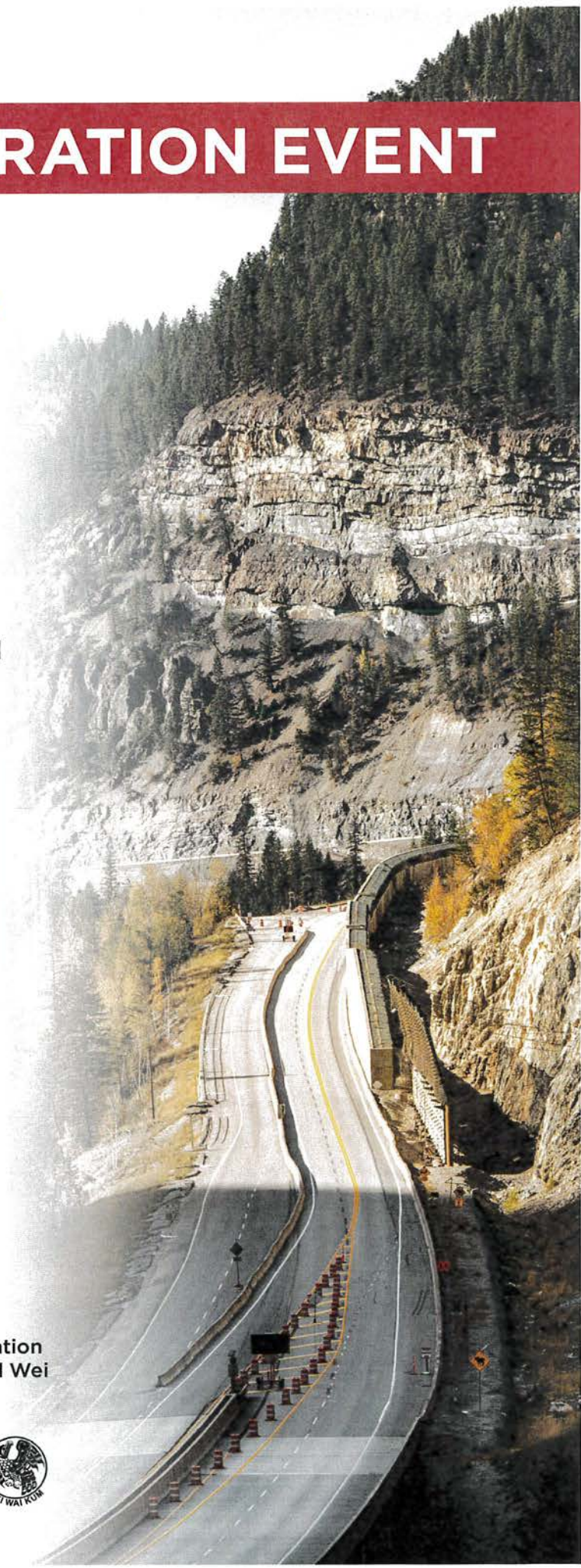
- Career booths
- Networking opportunities
- Door prizes
- Refreshments provided

Hosted by Aecon-EBC General Partnership in collaboration with BC Hydro, and in partnership with We Wai Kai and Wei Wai Kum Nations.

AECON

EBC

BC Hydro
Power smart



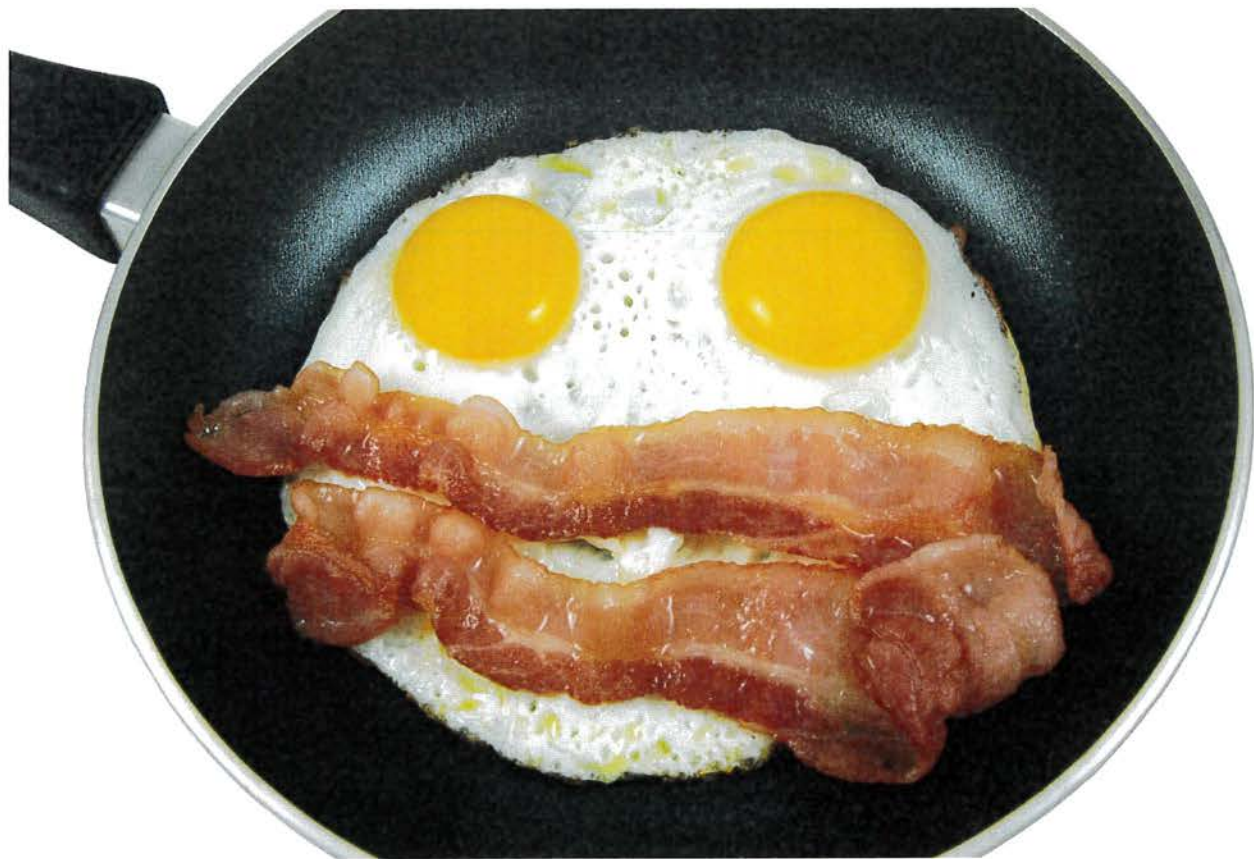
Community Breakfast

Quinsam Hall

Wednesday January 28th

7am - 815

Meet School District 72 teachers & staff



Contact Rachel West Director of Education @ 250-914-1890 Ext 125



'HASE

Breath of Life

Kwakwaka'wakw land based culturally rooted approach to healing trauma, addictions & suicidality

This 3 day program supports collective healing from trauma through connection to Ceremony, Land and Culture. We empower ourselves by reframing addiction and suicidality as natural responses to trauma, and as direct outcomes of colonial genocide. We recognize harm reduction as an act of Resistance to the "opioid epidemic". Our sessions weave together Kwakwaka'wakw land based healing practices, Ancestral language reclamation, breath and movement as tools for wellness, co-regulation & Collective Healing.

FEB 18TH, 19TH & 20TH, 2026
PAINTERS LODGE
1625 MCDONALD RD, CAMPBELL RIVER

For adults 19+
Accommodation and meals are provided
Travel is reimbursed upon arrival
Program is accompanied by Elders & Cultural supports

Applications can be sent to: intake@Lkthealth.ca or
over the phone during business hours 250 287-0215





First Nations Health Authority
Health through wellness

Quitting Commercial Tobacco: Covered Products to Help Support Your Transition

There are different options to help you on your journey to quit commercial tobacco use – nicotine replacement therapy (NRT) products and/or smoking cessation prescription drugs. You can get NRT products like nicotine patches, gum, lozenges, or inhaler cartridges directly from a pharmacist without a prescription. The prescription drugs for smoking cessation, bupropion (Zyban®) and varenicline (Champix®) require a prescription from a doctor, nurse practitioner or pharmacist. Talk to your pharmacist, doctor or nurse practitioner to determine the best choice of treatment for you.

Coverage for drugs and products to help quit the use of commercial tobacco is provided primarily through the BC Smoking Cessation Program. To access the program, you will need to sign a declaration each time you need a supply of the NRT product or prescription drug. Coverage for most treatment options is for a 12-week supply per calendar year (i.e. January to December), and a 28-day supply at a time. The table below shows the different NRT products and prescription drugs covered under the BC Smoking Cessation Program:

BC SMOKING CESSATION PROGRAM	
PRESCRIPTION DRUGS	NICOTINE REPLACEMENT THERAPY (NRT) PRODUCTS
<p>You may use one 12-week course of treatment in a year of one of these prescription drugs*:</p> <ul style="list-style-type: none"> • Bupropion (Zyban®) – 150 mg OR • Varenicline (Champix®) – 0.5 mg or 1 mg 	OR
	<p>You may use one 12-week course a year of one of the following NRT products:</p> <ul style="list-style-type: none"> • Nicotine Patches 84 Nicoderm® patch – 7 mg or 14 mg or 21 mg OR • Gum 945 pieces of Nicorette® gum (Ultra Fresh Mint only) – 2 mg or 4 mg OR • Lozenges 792 Nicorette® Lozenges – 2 mg or 4 mg
<p>Coverage is intended for 84 days in a row, and for a single treatment option.</p>	

**The Zyban® brand of bupropion is covered for smoking cessation. Varenicline generics are fully covered whereas the Champix® brand is covered as a partial benefit, up to the cost of the generic versions.*

There is supplementary coverage for NRT products available from First Nations Health Benefits through Pacific Blue Cross (PBC). Talk to your pharmacist, doctor or nurse practitioner about whether you would benefit from the addition of a second NRT product or to extend the length of treatment. Coverage limits apply for one calendar year (i.e., January to December). The table below shows the different NRT products covered for First Nations Health Authority (FNHA) clients through PBC:

SMOKING CESSATION PRODUCTS FOR FNHA CLIENTS
NICOTINE PATCHES You may use nicotine patches up to a maximum of a 24-week supply.
AND
GUM, LOZENGES, AND/OR INHALER You may use gum, lozenges, and/or inhaler cartridges up to a maximum of a 24-week supply. Other flavours of nicotine gum are covered, e.g., Fresh Fruit.

RESOURCES

More information on the BC Smoking Cessation Program:

www2.gov.bc.ca/bc-smoking-cessation-program

Support programs and resources to help you plan your quit strategy:

www.quitnow.ca

More information from the First Nations Health Authority to help you quit smoking:

www.fnha.ca/respectingtobacco

www.fnha.ca/Documents/FNHA-Quitting-Commercial-Tobacco-FAQs.pdf

For more information or questions, contact:
First Nations Health Benefits.
Phone: 1-855-550-5454 or email: HealthBenefits@fnha.ca



NOW CASTING

Indigenous People

ADVENTURE

CULTURE

A LIFE CHANGING JOURNEY

CAN YOU SURVIVE

ON THE LAND?!

**Send a 60 sec video introducing yourself
castingforadventure@gmail.com**

**Deadline: Midnight (PST) January 15th, 2026
MUST BE "Canadian" and 18+**

Fitness Classes at Thunderbird Hall

ALL AGES AND FITNESS LEVELS WELCOME



STARTING January 8th

EVERY Thursday, • 7:00-8:00 PM

Opening to all LKT Health, Wei Wai Kum, We Wai Kai & Kwaikah Community

Members – on and off reserve