



JULY

2025 Newsletter
T'Sou-ke First Nation

In this edition

Notice of Chief and Council Meeting (July 7)

From the Administrator's Desk

Celebrating Growth & Gratitude at Sum-Sha-Thut-Lellum

SENĆOŦEN Classes (July 8, 22)

Craft + Potluck Nights (July 9, 16, 23)

IPCA Dinner + Bingo! (July 15)

5-and-Under Playgroup + Lunch (July 17)

Elders Lunch (July 18)

Community Dinner (July 30)

T'Sou-ke Website Updates

Ladybug Garden News

Social Development Updates for Clients

Sea to Tree Activities: Family BBQ, Silent Auction, and Board Opportunities



Wyatt digging into a delicious plate of seafood on Indigenous Peoples Day

Receive updates and monthly newsletters via email!

Please call the office or email communications@tsoukenation.com to be added to the email list.

T'Sou-ke Office Hours

Monday to Friday
8:30am to 4:30pm

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



Mailing Address: PO Box 307
Sooke, BC, V9Z 1G1



Physical Address: 1000 Soses Snanet Road
Sooke, BC, V9Z 0G7

Keep up-to-date by following the Nation's Facebook pages!



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

Stay informed on the Nation's activities, meetings, events, and more.



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.

We have moved!

Find us at the Community Complex & Health Centre (1000 Soses Snanet Rd).



250-642-3957



tsoukenation.com

Administration

Secretary, Sarina Lazzar

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250-642-3957

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ext. 243

Terrestrial Guardian, Dave Planes
guardian1@tsoukenation.com

Environment/Forestry, Lawrence Underwood
forestryandenvironment@tsoukenation.com
ext. 226

Sooke RCMP

☎ 250-642-5241 🖱 ocre-sielc.rcmp-grc.gc.ca/

Ladybug Garden

☎ 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Marine Team

☎ 778-352-0011

Com. Relations Coordinator, Eva Shaffer
marineliaison2@tsoukenation.com

Marine Field Tech, Louis Sudlow
lsudlow@snekecentre.ca

Marine Field Tech, Milynda Planes
mplanes@snekecentre.ca

Youth Centre

☎ 778-352-3957

Youth Worker
youthcentre@tsoukenation.com

Sum-SHA-Thut Lellum

☎ 250-642-2263

ECE Teacher, Jennifer Dumont
ECE Assistant, Soleil Saxelby
sumsha@tsoukenation.com

Chief and Council

Chief Lawrence Underwood
chiefunderwood@tsoukenation.com

Councillor Rose Dumont
dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

July 2025

Meetings, events, and health services available this month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am Crafts + Potluck Night 5:30pm @ CCHC Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
6	7	8	9	10	11	12
		Cultus Lake Camping Trip (registration full)				
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm SENĆOŦEN Language Class (tentative) 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am Crafts + Potluck Night 5:30pm @ CCHC Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
13	14	15	16	17	18	19
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm IPCA Dinner + Bingo 5:30pm @ CCHC	Rise & Shine Fitness 6-7am Crafts + Potluck Night 5:30pm @ CCHC Full Body Fitness 7:30-8:30pm	Dr. Kluge's Clinic 10am-4pm @ CCHC Baby Group (5 and under) Book & Lunch 11am-1pm @ CCHC	Elders Lunch 12-1pm @ CCHC	
20	21	22	23	24	25	26
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm SENĆOŦEN Language Class 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am Crafts + Potluck Night 5:30pm @ CCHC Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
27	28	29	30	31		
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Community Dinner 5:30pm @ CCHC			



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250-642-3957 Fax: 250-642-7808

June 4, 2025

Notice of Chief and Council Meeting

T'Sou-ke Nation registered members are invited to observe the Zoom livestream of the upcoming Chief and Council meeting:

Monday, July 7, 2025

6:00–8:00pm

Watch online via Zoom

Livestreams are for T'Sou-ke registered members only. If you wish to watch online, please email Natassia Davies via communications@tsoukenation.com to receive the Zoom link and passcode. Please note that upon requesting the Zoom link or joining the Zoom session, you may be asked to confirm your identity by providing your full name and/or member registration number. We appreciate your understanding and cooperation.

We kindly ask all registered members in attendance to adhere by the Open Meeting Rules and Guidelines.

If you have any questions, please contact Michelle via email at administrator@tsoukenation.com, or by calling 250-642-3957 ext. 233.



From the Administrator's Desk

Well, we did it—we've officially moved out of the Band Hall and into the new Community Complex & Health Centre (CCHC)! The transition has gone (mostly) smoothly, with only the occasional "where did my stapler go?" moment. We're now working on the finishing touches—installing art, finishing up landscaping, and handling a few minor fixes. We're excited to open the doors officially with a Grand Opening in September, and we can't wait to welcome everyone.

Across the Nation, our staff have been hard at work delivering programs, hosting events, and advancing important work on behalf of the community. Here are just a few highlights:

We hosted a Spring Open House in April that brought folks together to learn more about programs and services, ask questions, and connect over bannock and good conversation (and maybe a few door prizes).



Our Environmental Management Plan Dinner at the CCHC brought in thoughtful discussion and feedback from attendees—thank you to all who joined and shared your voice.

Despite the cold and wind, our Indigenous Peoples Day celebration at Siasun Beach was a success. Drumming, dancers, seafood, and a whole lot of determination kept spirits high (and blankets on).



Community dinners at the new CCHC have been a welcome chance to reconnect and share good food in our new space.

The Tribal Journeys team has been busy hosting craft nights and potluck dinners to prepare for this year's journey. We wish them all a safe and powerful paddle as they make their way to Elwha.

At Sum-SHA-thut Lellum, the school year wrapped up with a successful SAP External Assessment. Hy'chka to the team for creating such a supportive and inspiring learning space.

We've continued working toward finalizing the Comprehensive Community Plan and Strategic Plan, with the next phase focused on implementation.

T'Sou-ke Nation was well represented at the Vancouver Island Regional Caucus, TTA 5 Nations Meeting, and Gathering Wisdom XIII, where we advocated for community health, treaty negotiations, fisheries, and data sovereignty.

Our engagement in the FortisBC Long-Term Resource Planning process has helped raise awareness around energy equity, Indigenous knowledge, and infrastructure needs.

Through the IPCA initiative, we continue advancing cultural stewardship and partnership-building, with the goal of a 2026 declaration grounded in our values and vision. We appreciate your participation in our monthly IPCA dinner & bingo nights!

To all of our staff—hy'chka. Your commitment, humour, and heart keep this Nation moving. Whether you're planning events, guiding youth, sitting in strategy meetings, or just quietly getting the job done, you are deeply appreciated.

And to our community members—thank you for continuing to show up, share your voice, and take part in the life of the Nation. Your presence and participation make everything more meaningful.

As summer unfolds, I hope it brings you family gatherings, beach walks, campouts, and maybe a few lazy afternoons (without emails, if we're lucky).

See you at the CCHC Grand Opening this fall!

Michelle
Administrator



Celebrating Growth and Gratitude at Sum-Sha-Thut-Lellum

Excitement was high and smiles were huge as Sum-Sha-Thut-Lellum celebrated its graduating class of K4 students on Wednesday, June 25. Elder Shirley led the day's celebration by walking the kids through a blessing of the new playground equipment, which was installed over the winter. Children took turns brushing each new part of the playground while Teacher Jen drummed and families smiled proudly watching their kids partake in cultural practice.

Shortly after, the children were recognized for all their accomplishments throughout the school year and were presented with gift bags, ribbons, and *super*-awesome graduation caps! Congratulations to our K4 graduates—your journey is just beginning, and we are so proud of you!

Glowing Praise in the School Assessment Process Review

More than just a milestone for the little graduates, this year's ceremony was a true representation of the nurturing, culturally rich learning environment at Sum-Sha-Thut-Lellum.

Earlier this spring, our school participated in an external SAP (School Assessment Process) review. Over the course of two days, the assessment team visited the classroom, observed daily routines, reviewed documents, and spoke with staff, families, and members of governance. The feedback was overwhelmingly positive.

The final report described our K4 program as a "model of excellence in culturally grounded early childhood education," highlighting the warm, structured environment, deep community connection, and meaningful integration of SENĆOŦEN language and culture.

HÍSWĪKE to Program Manager Jennifer Dumont for her steady leadership and care, to Elder Shirley for sharing her wisdom and language with our children, and to all the program staff who contribute to keeping the space clean, safe, welcoming, and full of joy every day. Your work is deeply appreciated.

5-and-Under Playgroup

Join us at the Community Complex & Health Centre for a 5-and-under baby/toddler playgroup. We will be sharing lunch and reading a book together! **To register or for questions, please contact Debbie** via 250-642-3957 ext. 235 or via mchworker@tsoukenation.com.

Thursday, July 17
11:00am–1:00pm
CCHC (Community Room)

60+ Elders Lunch

Friday, July 18

12:00–1:00pm

Community Complex & Health Centre

In the Community Room next to the kitchen

T'Sou-ke Elders 60+ are invited to a delicious lunch in the new building! This is a time for our elders to come together, share a meal, and enjoy each other's company.

A friendly reminder these lunches are not open to the general public and are intended only for our Elder members and their spouses/caregivers.

Community Dinner

Community Complex
& Health Centre

Wednesday, July 30

SENĆOTEN Language Class

ÍY,ŞŁÁĆEL (Good Day) Families! Language classes are available on the following dates at the CCHC:

Tuesday, July 8

(tentative, please check FB Health page the day of)

Tuesday, July 22

6–7:30pm

Please feel free to join in classes whenever you are able. You don't need to register. Ivy is a kind, patient teacher with much knowledge to share. We look forward to learning together!

A friendly reminder these are not open to the general public and are intended only for our members and their families.

IPCA Dinner & Bingo!

Monday, July 15

Doors @ 5:00pm

Dinner @ 5:30pm

**IPCA Discussion
& Bingo @ 6:00pm**

Join us on Tuesday, July 15th for our monthly dinner to discuss Indigenous Protected and Conserved Areas (IPCAs) and discuss T'Sou-ke Nation's intention to establish an IPCA within our territory. We'll share a meal and play BINGO!!

Virtual Chief & Council Meeting

These meetings are for registered T'Sou-ke members. To obtain the Zoom link, please register with Natassia Davies via communications@tsoukenation.com.

Monday, July 7
6–8pm
Zoom (register for link)

Weekly Potluck + Craft Night leading up to Tribal Journeys!



The Tribal Journeys team is gearing up for this year's paddle and is inviting community to share in some fun and delicious food with a **weekly potluck and craft night starting at 5:30pm every Wednesday until July 25th at the Community Complex and Health Centre (CCHC)!**

Bring a shareable dish and whatever craft or project you're working on. We'll also have some crafting supplies on hand for those who don't have any at home.

All T'Sou-ke families are welcome to attend regardless of whether you're participating in Tribal Journeys—the intention is to gather and share in each other's company.

If you have any questions about Tribal Journeys or these craft nights, please contact Bonnie Hill via landsmanager@tsoukenation.com, or call 250-642-3957 ext. 227.

5:30 PM | @ CCHC | EVERY WEDNESDAY UNTIL JULY 25



SAVE THE DATE

SEPTEMBER 15
GRAND OPENING!

**Community Complex
& Health Centre**

Details to follow

Community Dinner & Bingo



Indigenous Protected and Conserved Areas (IPCA) are about more than protecting the lands and waters, they are also about creating spaces where language, culture and relationships can flourish. T'Sou-ke Nation is embarking on a journey to establish an IPCA - a process deeply rooted in our community values, governance, and knowledge.

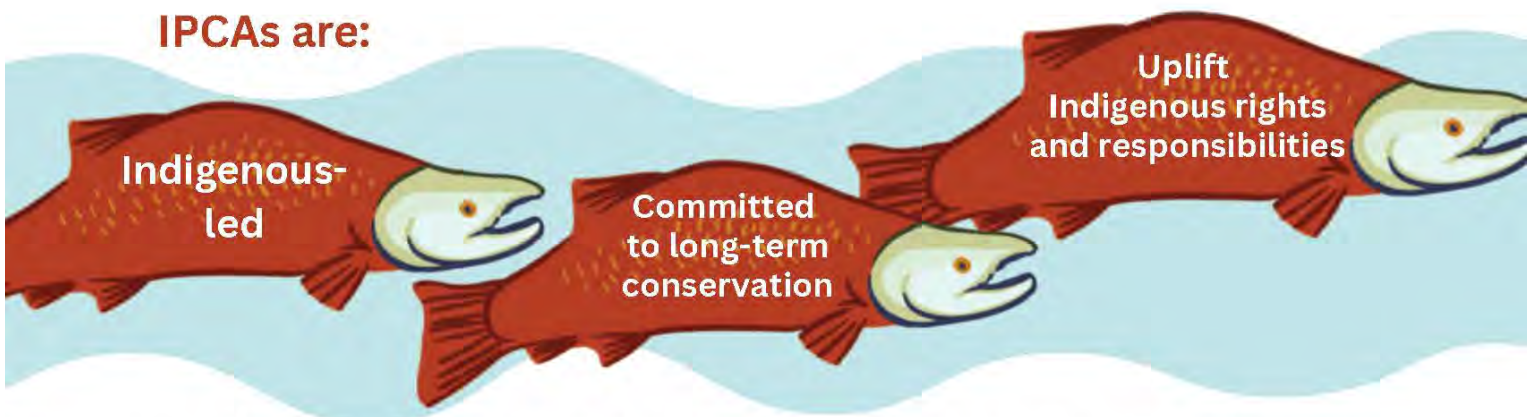
Join the T'Sou-ke IPCA team for a meal, Bingo, and to learn more about this exciting project as it takes shape based on your input!

WHAT: Community Dinner & Bingo!

WHERE: Community Complex & Health Centre

WHEN: July 15th, 5:00-7:00PM

IPCAs are:



Whether you come to listen, share, or simply connect, your presence is deeply valued at these **monthly** community dinners.

Indigenous Protected and Conserved Areas (IPCAs)

"IPCAs are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through Indigenous laws, governance, and knowledge systems. Culture and language are at the heart and soul of an IPCA."

-Indigenous Circle of Experts, 2018

Elements of an IPCA:

Indigenous-led



Represent a long-term commitment to conservation



Uplift Indigenous Rights & Responsibilities



Over 80 IPCAs have been established in the Canadian context.

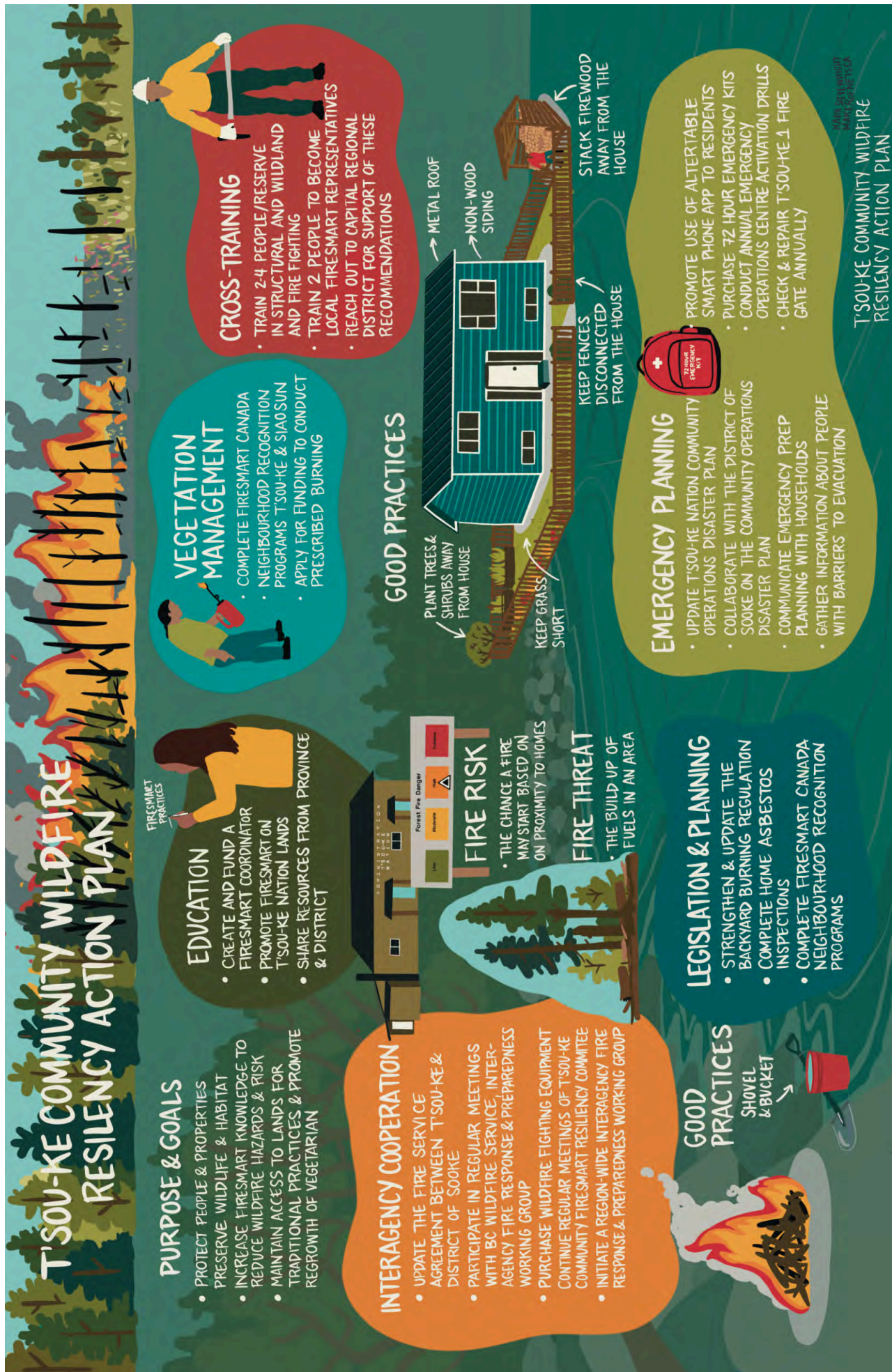
IPCAs are a modern application of Indigenous laws and knowledge systems. Indigenous Governments, Nations and Peoples create IPCAs to assert their nationhood and sovereignty on the lands and waters they have been stewarding for millennia.

Indigenous Governments hold the inherent right to establish and care for IPCAs in their territories. IPCAs can be declared anywhere within the territory of an Indigenous Nation, Government or community, including reserve lands, cities/towns, rural areas and watersheds.

Further Resources:

- The IPCA Knowledge Basket is a website dedicated to resources about IPCAs: www.ipcaknowledgebasket.ca
- A network of IPCA Innovation Centres is being developed to coordinate and build capacity for IPCAs: www.ipcainnovation.ca





Preparing for Wildfire Season

The graphics on the following pages describe some work that can be done to reduce impacts if a wildfire were to impact T'Sou-ke Nation. This work may provide the opportunity to increase the amount of time we have to leave homes or to reduce the direct impacts on homes.

Home Ignition Zone (HIZ)



Immediate Zone

0m to 1.5m

A minimum 1.5 metre (5 ft) non-combustible surface should extend around the entire home and any attachments, such as decks.

Intermediate Zone

1.5m to 10m

This should be a fire-resistant area, free of all materials that could easily ignite from a wildland fire.

Extended Zone

10m to 30m

Thin and prune coniferous and deciduous trees to reduce hazards in this zone. Regularly remove fallen branches, dry leaves, and pine needles to eliminate potential surface fuels.

Establish a fire break by creating space between trees and vegetation. Thinning and pruning are effective, as these actions will reduce the intensity of a wildland fire.

Tree-to-Tree Spacing

Once fire moves into treetops, it can easily move into neighbouring trees and increase the intensity of the fire. Space trees at least 3 m (10 ft) apart to reduce the risk of this happening. Clumps of appropriately separated trees are adequate in the extended zone.

Coniferous Tree Spacing

Since coniferous trees are highly flammable, it's important to measure the distance between the outermost branches of these trees. They should be at least 3 m (10 ft) apart.

Tree Pruning

A surface fire can quickly climb trees. Removing all branches within 2 m (6.5 ft) of the ground will help stop surface fires from moving into the treetops.

This pruning height may need to be increased if the trees are growing on a slope.

Pruning all trees within 30 m (100 ft) of your home is recommended. If possible, prune all trees within 100 m (330 ft) of your home.

Dead branches can be pruned at any time of year, but it's best to prune coniferous trees in late winter when they are dormant.

Maintenance

- Include debris clean-up as part of your yard maintenance.
- Dry leaves and branches are flammable and should be removed from your yard and gutters.
- Older deciduous trees can be more susceptible to wildland fire. An arborist or forester can help assess the condition of mature trees.
- Remove combustible shrubs from the drip line of trees.

Roadways and Driveways

In an emergency, you and your family may need to leave your neighbourhood while responders enter. For this to happen safely and efficiently, consider the following:

- Clearly mark your address.
- Clear vegetation from access routes to and from your home.
- If your property is large, make sure your driveway has a spot to turn around and, when possible, provide two access routes to your home.

Landscaping Within 10 Metres (30 feet)

A FireSmart yard includes making smart choices for your plants, shrubs, grass, and mulch. Choosing fire-resistant options can increase the likelihood of your home surviving a wildland fire.

Plant low-density, fire-resistant plants and shrubs. Avoid using wood products such as mulch, as it provides a potential place for fires to start. Maintain a 1.5 m (5 ft) non-combustible zone around your home and any attachments.

Characteristics of Fire-Resistant Plants

- Moist, supple leaves
- Minimal dead vegetation
- Water-like sap with little odour
- Low amount of sap or resin

Characteristics of Highly Flammable Plants

- Aromatic leaves or needles
- Accumulates fine, dry, dead material
- Contains resin or oils
- Loose, papery, or flaky bark

Plants to Avoid

- Cedar
- Juniper
- Pine
- Tall grass
- Spruce

Grass

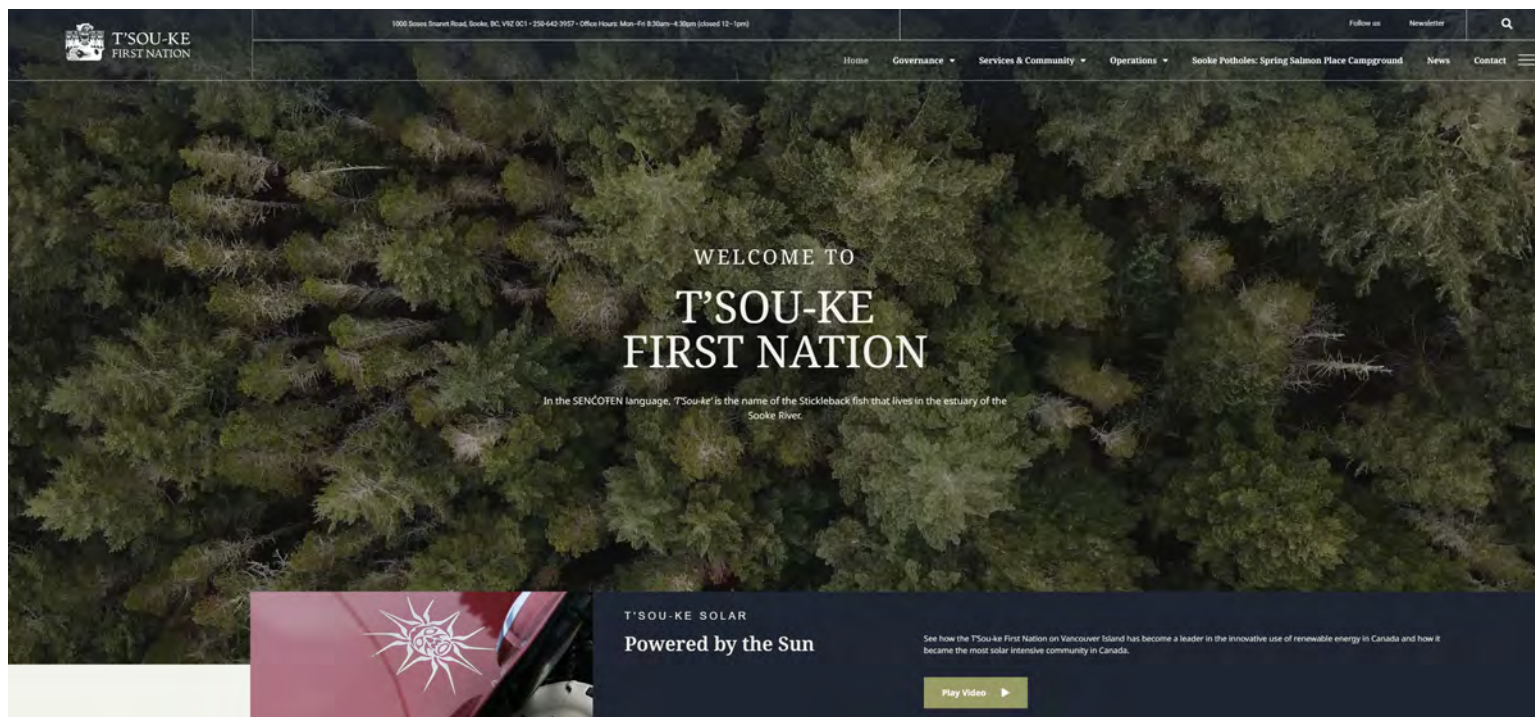
A mowed lawn is a fire-resistant lawn. Grasses shorter than 10 cm (4 inches) tall are less likely to burn intensely.

Bark Mulch & Pine Needles

Don't use bark or pine needle mulches within 10 m (30 ft) of your home as they're highly combustible. Gravel and crushed rock mulch significantly reduce the risk of wildland fire.

Firewood Piles

Wood piled against a house is a major fire hazard. Move all firewood piles at least 10 m (30 ft) away from your home or into a FireSmart building.



T'Sou-ke Nation Website

You may have noticed the T'Sou-ke Nation website has been launched with a fresh look and updated content. Event listings will soon be added, and information on things like housing, project milestones, garden info, and our ever-growing Children & Families department are in development.

The website is a growing resource hub intended for community members, working partnerships, and the general public to access information and resources related to T'Sou-ke Nation. If there is something you'd like to see added that would benefit the community, please reach out to Natassia and share your ideas! Additionally, if you experience any bugs or technical issues, please contact Natassia. She can be reached at 250-642-3957 ext. 224, or via communications@tsoukenation.com.

Ladybug Garden News

It's been a very busy few months here at the gardens. With transplanting, new soil brought in and direct seeding, our gardens are well on their way. I am always open to extra help around the gardens, just let me know if you would like to help out.

This coming summer we will be going out to forage and exercise and much more. I will be making a list of events, and after harvest season we will be processing. Stay tuned for my calendar of events!

Christine
Garden Coordinator



EFT Payments Notice

Please be advised that Income Assistance payments are now issued via Electronic Funds Transfer (EFT). While the exact time the funds will appear in your account may vary, payments will be deposited **by the end of day** on the scheduled Income Assistance payment dates.

If the payment does not appear in your account on the scheduled date, **please wait until the next business day before contacting the office.**

Thank you for your understanding and cooperation.

Important Notice for all Clients:

Declarations and Job Search Forms must be picked up **from me directly.**
This allows me to ensure that **all required documents**—including your budget and decision forms—are properly **signed before the next cheque issue date.**

MONTH	*DECLARATION DUE DATE	CHEQUE ISSUE DATE
August 2025	July 18	July 23
September 2025	August 22	August 27
October 2025	September 19	September 24
November 2025	October 17	October 22

*** Your Declaration and Job Search Form (if applicable) are due the Friday before each cheque issue date.**

Friendly Reminders:

- If you're working, submit **income verification slips with your monthly declarations.**
- Provide **monthly utility bills** to ensure timely payment.
- **Print your name clearly** on your declaration and **don't forget to sign it!**

Wednesday, July 2	
	Ham & potato soup, green salad, buns <i>Mousse</i> Milk/Juice
Monday, July 7	Wednesday, July 9
Clam chowder, bannock, green salad <i>Berries w/ whipped cream</i> Milk/Juice	Garden pasta salad, green salad, buns <i>Berry crisp</i> Milk/Juice
Monday, July 14	Wednesday, July 16
Hot chicken salad w/ bun <i>Cinnamon apples</i> Milk/Juice	Hamburger noodle dish, green salad <i>Yogurt w/ berries</i> Milk/Juice
Monday, July 21	Wednesday, July 23
Beef and broccoli stir fry, rice <i>Berries</i> Milk/Juice	Nuts & bolts stir fry, rice <i>Peach cobbler</i> Milk/Juice
Monday, July 28	Wednesday, July 30
Classic macaroni salad, green salad <i>Mousse</i> Milk/Juice	Chicken cacciatore, rice, corn <i>Oatmeal cookies</i> Milk/Juice

Meals are subject to change depending on availability of products.

Please ensure there is a cooler outside your door, clearly marked for your Meals on Wheels to go into if you are not home. This keeps your meals safe from animals. Thank you.

This is a needs-based program. If at any time an Elder or member requires this service due to medical reasons and/or needs some extra help, this service is offered. To receive this service, one of our nurses will set up appointments for assessments.



TE'MEXW
TREATY ASSOCIATION



Malahat



Songhees



T'Sou-ke Nation

**SCAN THE QR CODE
TO SIGN UP FOR TREATY UPDATES**

Scan me



info@temexw.org



250-360-2202

Health Department

Book appointments with us via phone, email, or Facebook

- 📞 250-642-3957
ext. 237 (Rose, Admin Health Coordinator)
ext. 238 (Jen, Community Nurse)
- ✉️ rosedumont@tsoukenation.com
- ✉️ nurse1@tsoukenation.com
- 📍 T'Sou-Ke Nation Health Office

TUESDAYS

12:00–7:00pm

Counselling & Wellness Services

HEALTH OFFICE

Sea To Tree works with children, youth/teens, adults, couples, parents, and families to support mental and emotional well-being.

The Health Department has partnered with Sea To Tree Health & Wellness to offer in-house services every Tuesday for T'Sou-ke Nation members, their spouses, and their children.



Please book ahead if possible, but drop in if you need to!

Book via Health Dept. or call 778-352-3115

DROP-IN

6:00–7:00am

Rise & Shine

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

DROP-IN

7:30–8:30pm

Full Body Strength

BAND HALL

Plan an evening stretch-and-flex in this full body strength training program

MON

WED

DROP-IN

12:00–1:00pm

Yoga

HEALTH OFFICE OR OUTSIDE

Find a moment of peace during this relaxing afternoon yoga class

FRI

Please keep an eye on the newsletter's monthly calendar as some fitness classes may be affected by community dinners or special events.

Seaparc Passes

Seaparc passes are available at the Health office! Families are eligible for 4 passes per month.

To inquire about these health services or book an appointment, contact the Health Department or watch for monthly bookings shared on the T'Sou-ke Nation Health Office Facebook page.

📞 250-642-3957

Home Care Support *

What is this service?

Weekly sessions for those who need assistance with personal care such as bathing safely, getting to appointments, companionship, light housekeeping, grocery shopping, and other day-to-day activities.

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Homemaking Services *

What is the service?

Weekly house cleaning

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Meals on Wheels *

What is this service?

Nutritious lunches delivered twice a week (except on holidays)

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Foot Care *

What is this service?

Toenail clipping and foot health education relating to diabetes

Who is this for?

Families and their spouses living on or off reserve who have diabetes or other health/physical limitations

In-Home Mobility *

What is this service?

Assessing and addressing current mobility challenges to strengthen and increase mobility with Dr. Donna Ogden. These are done on a weekly or bi-weekly basis.

Who is this for?

Families living on reserve

Blood Pressure Readings

What is this service?

A drop-in service to have your blood pressure taken and read by our community nurse.

Who is this for?

Families and spouses living on and off reserve

Acupuncture (monthly)

What is this service?

Holistic treatment for a variety of health-related needs which can be discussed with Dr. Donna Ogden

Who is this for?

Families and spouses living on and off reserve

Reflexology (monthly)

What is this service?

Reflexology provides relaxation, eases stress and tension, and helps with general well-being. It can also reduce pain and improve circulation and muscle tone.

Who is this for?

Families and spouses living on and off reserve

Dr. Kluge's Clinic

What is this service?

A one-day monthly clinic to access physician services. You may access this service regardless of whether or not you have a family doctor.

Who is this for?

Families on and off reserve requiring access to a physician

THIS MONTH'S CLINIC:
July 17

*** Some services will require assessment to access**

SOOKE COMMUNITY BBQ



Sea to Tree
FOUNDATION
IS TURNING 1

Silent Auction

Face Painting & That Bubble Guy

Music & Yoga on the Grass

No parking on site

Bring your own chairs or blanket
to sit on

Meet some of the board and find
out more how to be involved!



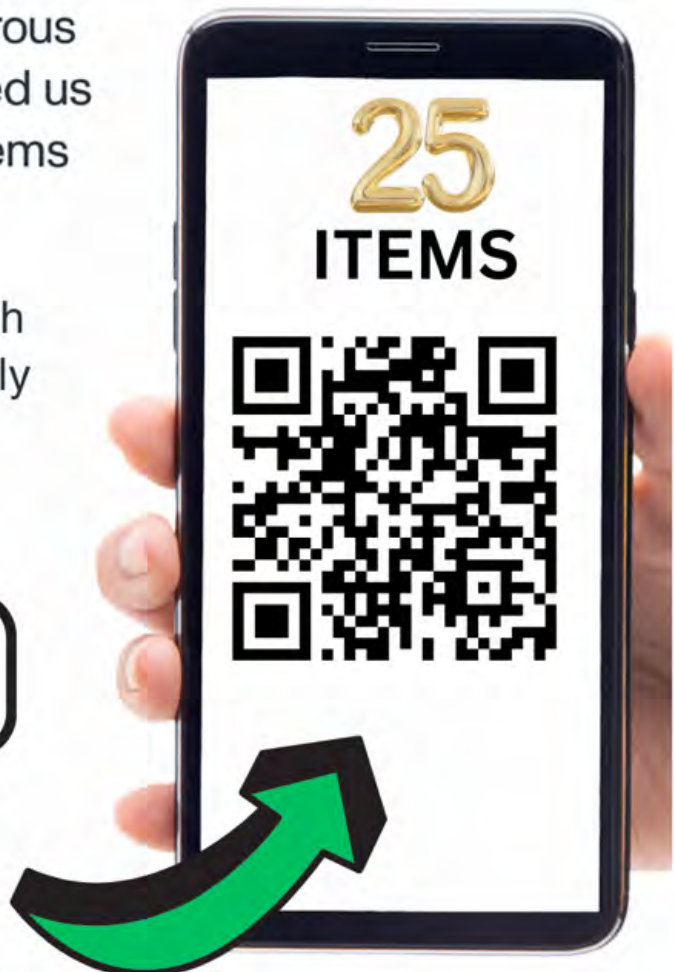
SATURDAY, JULY 19 • 11 AM – 3 PM
2008 MURRAY ROAD

Scan To Explore Our Silent Auction



Check out our amazing Silent Auction, our generous supporters have provided us with over 25 fantastic items to bid on.

Online here until July 18th and then in person on July 19th at our Anniversary Event.



JOIN THE MOVEMENT FOR MENTAL WELLNESS IN SOOKE

SEA TO TREE FOUNDATION IS RECRUITING!



- Board Director
- Voting Member
- Committee Member

Your voice and leadership can help shape the future of mental health in our region.

“The Sea to Tree Foundation contributes to wellness in the Sooke Region by providing access to low-barrier mental health services.”



Sea to Tree
FOUNDATION



GET INVOLVED TODAY:
seatotreefoundation.ca

Contact Hermione Jefferis
@ hermione@seatotree.ca