



# Ktunaxa Kinbasket Child & Family Services Society

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

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



**Naktaʔsuk**  
*January*

**Nupqu**  
*February*

**ʔikuq**  
*March*

## kiʔsuʔk kyukyit

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

## Inside

Christmas Hampers | Grandmother's Declaration  
KKCFSS Website Launch | Foundry East Kootenay  
Seeking Kinship Caregivers | Mental Health Tips

## Contact Us

250-428-7414  
**Lower Kootenay**

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



**Chief Joseph Centre**  
1007 Baker Street  
Cranbrook, BC

250-489-4563  
**ʔaq'am &  
Tobacco Plains**



**ʔaq'am Child & Family**  
7472 Mission Road  
Cranbrook, BC

250-342-6379  
**Akisqnuq**

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



**Lower Kootenay  
Child & Family**  
1007a Simon Road  
Creston, BC



**Akisqnuq Child & Family**  
3048 Hwy 93/95  
Windermere, BC

## 210 Christmas hampers delivered to families in ʔaq'am, Akisqinuk, Lower Kootenay, Tobacco Plains, Shuswap, Cranbrook, Kimberly, Creston and Invermere

Every December, Ktunaxa Kinbasket Child and Family Services Society hosts a well-attended Christmas gathering in Cranbrook for Children and Families throughout the Ktunaxa ʔamakʔis. The event typically features games, crafts, play areas, turkey dinner, and a highlight visit from Santa and his Elves, who provide Christmas gifts to the children and families in attendance. This year however, due to COVID-19, KKFSS were sadly unable to host our Christmas party, forcing our team to come up with a great substitute for our annual Christmas gathering, while remaining COVID-19 safe.



The many creative minds of our Christmas Gathering Planning Committee came up with the idea of giving out Christmas hampers to families in place of hosting a physical Christmas gathering – COVID-19 friendly while still spreading Christmas Cheer. Despite the logistical challenges this idea posed, it excited everyone on the committee.

Numerous Child and Family staff helped handing out donation letters, as well as applying to several companies and organizations for monetary donations that resulted in many generous monetary and gift donations from the local community. These donations enabled us to put together more than 150 Christmas hampers for families that provided children's gifts, family friendly games and crafts, stockings, blank holiday greeting cards, candy canes, non-perishable food items, as well as gift cards to purchase perishable food items intended to assist with a Christmas dinner. Many of our staff supported the contactless delivery of the hampers to families in all communities we serve, including a hamper drive-through at the Ktunaxa Nation Government Building.



Ktunaxa Kinbasket Child and Family Services Society would like to give a big thank you to Adam Nicholas and the Ktunaxa Nation for the use of their parking lot and gymnasium for our Hamper pickup drive-through. We would also like to extend a huge thank you to all of the local businesses and organizations for their generous contributions to our hampers—we wouldn't have been able to pull this off without you!!!

*ʔa·kuq̓tikamaʔ*  
*family*

swin      xaʔi  
daughter      son

# Ktunwakakin titi'intik · Grandmothers' Declaration

Kye7e | stm'tima? qáqna? | titi?is | ?etsu | Ut'soo | k'ze | Kúkwa7

Yaqakiki titi?nin?tik

Na ku ?ina? titinini?tik hu si? qakyatani: ku? ?usmuxakna? k'xa? sukqawsaqa ?kamnitik k'xa? ?uhu ?a·kuq'tikama?is ?atk ?xa? su·kiki? ?aq'tsmaknik

We, the Grandmothers declare that:

The safety, well-being and identity of children and families is a priority.

- hu? ?isinxumumik kitaktikini? ka?ata·qattata
- kqayaqaknik'ata ni?s ?at yaqat ?itik'kawas ?at ka ?a?kukpukamna?
- ku? ?qsamu?mat ?kaminitik ?a·kuq'tikama?is kitkik'at ha?it'kaxuma?ni ? at? ?inkapa?titik kuyakiti?
- ?putwi·k'ata ?kamnitik ? ?a·kuq'tikama?is k'xa? ?mak'wigkin ki?in ktunaxa
- ku? xa? ?itaktikna? ?atka?aqattata k' qas'umqaqa ? ta?kin ?apis qapsins nitkin
- k'ei·kati? k'makqa ? ksu?k'tutaknam ?akiktu?nam

As Grandmothers, we will respectfully:

- Stand up and take responsibility for our children
- Awaken and uphold the teachings of our ancestors
- Connect with the children and families, teach respect, self control, and self discipline
- Raise our children to be leaders and to be ABLE
- Encourage children and families to reclaim their identity
- Demonstrate a strong and healthy community

Ni? ku?ina? titi'intik hun ?ista?ani ni· pikak ? na husanmiyitki ? ni cxa? yaqanaki?haqwumki

We, the Grandmothers put forth this declaration for the past, present and future generations.

titi  
grandmother

papa  
grandfather

Visit our new website [kkcfs.org](http://kkcfs.org) to learn about our programs, services and more

Following months of development, Ktunaxa Kinbasket Child & Family Services Society is excited to announce the launch of our own website. At [kkcfs.org](http://kkcfs.org) you will find information about our history, upcoming events, programs and service we offer, and progress on our upcoming Foundry facility. The website will also be the spot to find editions of this newsletter and career opportunities.





# Kinship Caregivers needed in the Kootenays

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

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

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

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

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

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

Marcel Germer (250 489-4563 or [mgermer@ktunaxa.org](mailto:mgermer@ktunaxa.org))

ma                      titu / sa  
mother                      father

## Announcing Foundry East Kootenay – where youth get the support they need

Ktunaxa Kinbasket Child and Family Support Services is raising funds and selecting the location of a new Foundry centre for East Kootenay, based in Cranbrook.

Foundry is a provincially-funded network of facilities in British Columbia that provide medical, mental health and social resources for all youth 12 and 24 years old, as well as their caretakers.

Foundry East Kootenay aims to reduce waitlists and provide the support youth in our community require now more than ever. When youth visit the new Foundry they will receive immediate access to mental health, substance use, peer support, primary care and social services, without having to make an appointment in advance.

KKCFSS has partnered with East Kootenay Foundation for Health on the **Not Alone** campaign to raise money that will be used to open Foundry East Kootenay.

Foundry East Kootenay is scheduled to open Fall 2021. For more information on the facility go to [kkcfss.org/foundry](http://kkcfss.org/foundry) and to donate go to [ekfh.ca](http://ekfh.ca)



# Little Ways to Cope with the Winter Blues

CALL A FRIEND OR FAMILY MEMBER



MAKE YOURSELF ONE OF YOUR FAVOURITE MEALS



COMPLETE ONE HOUSE CHORE A DAY SO IT DOESN'T PILE UP AND BECOME OVERWHELMING



KEEP YOUR HANDS BUSY - CRAFTING, BEADING, WOODWORKING, BAKING, ETC.



CREATE A ROUTINE FOR YOURSELF



GO OUTSIDE FOR EVEN A COUPLE MINUTES EVERYDAY



WATCH A FUNNY MOVIE. IF YOU LIVE ALONE, GET A FRIEND TO WATCH IT AT THE SAME TIME AND TEXT THROUGH THE MOVIE



STRETCH REGULARLY TO RELEASE TENSION AND GET BLOOD FLOWING



PUT ON A FAVOURITE SONG AND MOVE/DANCE AROUND. SHAKE THOSE SILLIES OUT!



HYDRATE



HAVE A SHOWER, BRUSH YOUR TEETH, AND WASH YOUR FACE. IT'S SOMETIMES HARD TO MAINTAIN HYGIENE WHEN WE'RE FEELING DOWN.

