

Fall 2025

Indigenous Education

Online Newsletter



From the Indigenous Education Online Support Team:

General Inquiries:

NIDESIndigenousEducation@sd71.bc.ca

Sandra Rutherford, Indigenous Support Teacher
sandra.rutherford@sd71.bc.ca

Alana Alix, Indigenous Support Worker
alana.alix@sd71.bc.ca

Annette Blecic, Indigenous Support Worker
annette.blecic@sd71.bc.ca

Our program cell phone (text/call):

250-898-1264

Our Website:

<https://www.comoxvalleyschools.ca/indigenous-education/online-learning/>

Welcome

Welcome to the 2025-2026 school year at Navigate Nides. The Indigenous Education Online Support Team wishes you success in all of your educational pursuits. We hope you enjoy the mailout offerings for this fall. In the face of postal service uncertainties and in the interest of saving paper and being mindful of our ecological footprint, we have decided to keep this newsletter brief. We will occasionally share resources by email and we are happy to provide additional resources by request, for those interested.

Our community of learners come from across British Columbia and we hope to foster a sense of community and connection with the information and contents included in this package and with our digital offerings throughout the school year. We hope to inspire you to create and share your art with others with the items in this package.

Items in this Mailout

- Acrylic paints
- Paint brushes (in envelope)
- Markers
- Pencil Crayons
- Scrapbook
- Paint palette

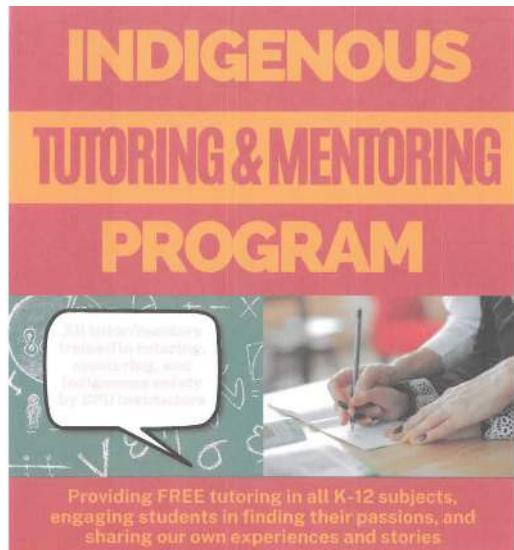
Resources

Our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports, and food security supports. Please reach out to a team member at any time.

Food support: If your family is in need or you know of another NIDES family that is facing food insecurity, please reach out to our Indigenous Support team or another NIDES staff member. We will help to connect you with support.

Academic Support:

Visit <https://www.itmp.ca/> for more information.



Mental Health supports:

KUU-US Crisis Line Society provides crisis services for Indigenous people across BC. Phone (adults and Elders): 250-723-4050 Phone (Youth): 250-723-2040 Phone (toll-free): 1-800-588-8717 Website: www.kuu-uscrisisline.com.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Phone (toll-free): 1-855-242-3310 Website: hopeforwellness.ca.

Métis Crisis Line is a service of Métis Nation British Columbia. Phone: 1-833-MétisBC (1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides information and referrals for all victims of crime. Phone: 1-800-563-0808 Email: VictimLinkBC@bc211.ca

Foundry virtual access provincewide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls. <https://foundrybc.ca/virtual/>

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or Text: TALK to 686868 Texting support for adults available by texting TALK to 741741

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages. Phone: 1-800-784-2433

General Resources:

Métis Nation B.C. <https://www.mnbc.ca/>
First Nations Health Authority: <https://www.fnha.ca/>