



## *Tkemlúps te Secwépeḿc*

(Kamloops Indian Band)

### OFFICE OF THE CHIEF

April 24, 2020

Hello to all our members

Today I wear red in honour of all the innocent lives tragically taken in Nova Scotia's violent incident last weekend, including RCMP Constable Heidi Stevenson.

Just a reminder that in difficult times, like we are facing now with COVID-19, there is often a rise in domestic disputes.

We truly need to be building towards a community and a nation where everyone is valued, and is safe and secure in their homes and their communities. Let us all continue to work together and remember why we want the violence to stop.

We want our children, our loved ones and our family to have a better and healthy future.

If you are in a relationship where you experience domestic violence, know there are places to reach out to for help. We have ensured that there are supports in place. Please check our TteS website for the resources that are available.

- 1) Online Counselling: <http://www.healingspaces.centre/>
- 2) Free youth counselling: [foundrybc.ca/virtual](http://foundrybc.ca/virtual)
- 3) Kamloops YMCA womens' shelter and support [kamloopsy.org/vawiss.htm](http://kamloopsy.org/vawiss.htm)
- 4) With our families with children (under the age of 18), Community Services has 2 family support workers to assist you. Contact 250-828-9710 and the receptionist will forward your call.
- 5) The Helpline is open 24/7: 1-800-799-7233
- 6) In our community, we have a Wellness Corodinator, Dave Manuel 250-372-5030, who is available to support as well.

We are all part of the solution to acknowledge and carry our unified message of stopping the violence and sharing information during these difficult times of crisis.

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200-330 Chief Alex Thomas Way, Kamloops BC V2H 1H1

Phone: 250-828-9700 Fax: 250-372-8833

[www.tkemlups.ca](http://www.tkemlups.ca)



All of us at TteS offer our prayers of healing, hope and strength and ask the Creator for the courage to help all of us and those effected by the acts of violence to get through this crisis together.

Yecwestsútce = look after yourself

Kukwstép-kucw

Yours truly,  
**Tkemlups te Secwépemc**

Kukpi7 Rosanne Casimir (Chief)  
On behalf of Council