



Hulitan Family &
Community Services Society

Annual Report 2022-2023



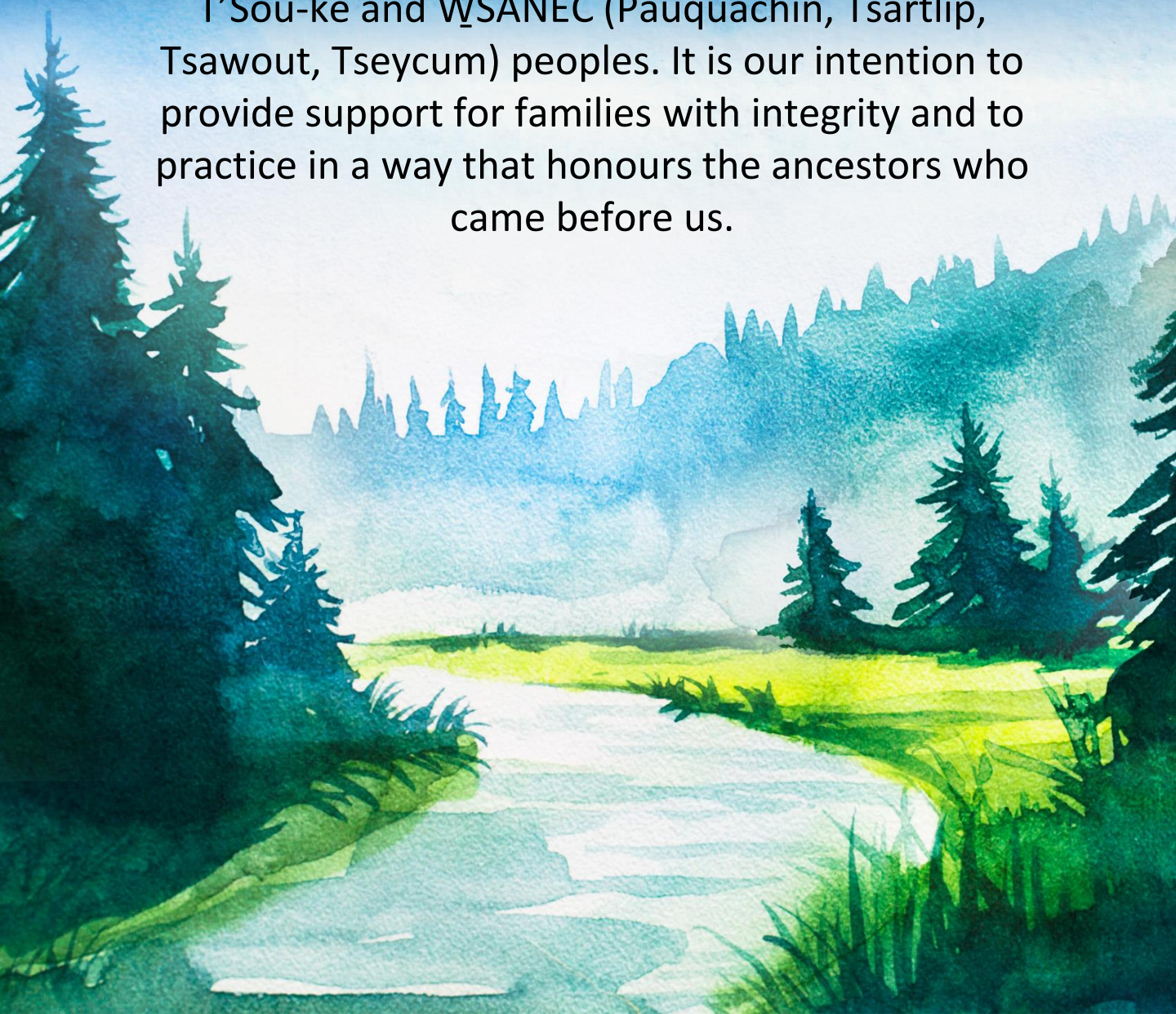
Table of Contents

| | |
|----------------------------------------------------|-------|
| Territory Acknowledgement----- | 1 |
| Our Mission, Vision, and Cultural Perspective----- | 2 |
| Our Values----- | 3-5 |
| Truth and Reconciliation----- | 6-10 |
| Board of Directors----- | 11 |
| Board President Report----- | 12 |
| Report from the Treasurer----- | 13 |
| Org. Chart----- | 14 |
| Words from the Executive Director----- | 15-16 |
| In Loving Memory----- | 17-18 |
| Building Capacity----- | 19-22 |
| Annual Nella Nelson Scholarship----- | 23 |
| Community Engagement----- | 24-26 |
| Community Voices----- | 27-28 |
| Highlighting Our Funders----- | 29 |
| Early Years Centre----- | 30 |
| Funding Campaigns----- | 31-32 |
| Program Descriptions----- | 33-36 |
| Family fun----- | 37-38 |
| Our Family Songs----- | 39-41 |
| Community Partners----- | 42 |



Territory Acknowledgement

Hulitan Family and Community Services Society respects the connectedness between First Nations people and the land. It is with great humility that we carry out our work with Indigenous families on the traditional territories of the Lkwungen (Esquimalt and Songhees), Malahat, Scia'new, T'Sou-ke and W̱SÁNEĆ (Pauquachin, Tsartlip, Tsawout, Tseycum) peoples. It is our intention to provide support for families with integrity and to practice in a way that honours the ancestors who came before us.



Our Mission, Vision and Cultural Perspective

Our Mission

Hulitan preserves, unifies, and advocates for Indigenous families by supporting healing and fostering resilience through culturally rooted programs and services and collaboration with community partners.

Our Vision

Hulitan empowers Indigenous families and future generations, walking alongside them and using the cultural principles of Respect, Honour, Connectedness, Humility and Integrity.

Our Cultural Perspective

Hulitan is committed to providing culturally relevant and aware programming and services to the Indigenous community. We are aware that the urban communities are comprised of many different Nations; therefore, we respect and value the traditional teachings of all Indigenous people.



Our Values

In July of 2016, with the support and guidance of our ancestors and Alex Nelson (respected Elder and member of Musgamagw – Tsawatainuek tribes), the staff of Hulitan identified the four pillars/values (Respect, Connectedness, Humility and Integrity) that hold up Hulitan's Big House. The pillars/values guide our practice, our operations, our involvement in community and the relationships we develop. Most importantly, they reflect our worldview and the manner in which we show up in the world.

After the development of the pillars/values it was very important for the organization to have a visual representation of our values that reflected the diversity of the people we serve while respecting the local territory and the cultures of the three Island Nations. Hereditary Chief, James Swan, UuKwaQum, artist from the Ahousaht First Nation, was able to bring the values to life in the form of four seven foot tall cedar panels. The images chosen for the panels were a collaboration between Chief James Swan and our Executive Director, Kendra Gage, to honour the values, and the cultures of the three Island Nations and the local territory where Hulitan is situated. The pillars are now permanently situated in our Big House and remind us daily of the values of our organization.



RESPECT



RESPECT

The Bear is the protector, a well respected member of the community. The Bear has great self awareness and symbolizes family and strength. We chose the Bear for what it represents and to demonstrate our commitment to self awareness and the importance of protecting the services we provide and ensuring they meet the needs of the community. Respect and honor for self so I can respect and honour others....

HUMILITY

We chose the Thunderbird and serpent, both mythical creatures, to remind us of our relationship to the spirit world. It reminds us to honour our ancestors and ensure we leave a healthy world for those that come after us. We walk lightly and choose our words carefully, we acknowledge life lessons when they present and we are humble...

HUMILITY



INTEGRITY



INTEGRITY

The Heron is inquisitive, determined, has excellent judgement, and understands the importance of going with the flow and will not struggle against nature. The Heron is significant to the local peoples and her presence is felt and seen all over the traditional territories of the Esquimalt and Songhees Nations. We chose the Heron because she represents grace, purity, and patience. All qualities you need to have integrity. We walk our talk and our space reflects our values.

CONNECTEDNESS

The image of the Orca and Wolf was chosen to represent the unity of all three Island Nations, as each Nation has a creation story about the Wolf and the Orca. Secondly, the Wolf and Orca represent family, family values and unity in numbers. The image reminds us of our connection to all things. Our space, our relationships and our guiding values celebrate our connection with the Creator, our community, our partners and each other.



Truth and Reconciliation

Working together towards Truth and Reconciliation means truly embodying the importance of listening to the stories of those impacted by colonial violence. These stories have been passed down and repeated through generations without being properly heard and that is what has kept the status quo in Canada for so long. We have an opportunity to truly listen and to use the knowledge we gain from those stories to actively challenge the ongoing damage caused by colonization.

Truth and Reconciliation is something that each one of us needs to live through our daily actions and inactions. It extends beyond specific dates, such as September 30 which is recognized as National Truth and Reconciliation Day and involves the courage to acknowledge and reflect on the privilege that non-Indigenous people carry without turning away from the guilt and shame that may accompany it. Sitting in the discomfort is an important part of this work.

Truth and Reconciliation is a necessary and long overdue journey that Indigenous and non-Indigenous people must walk together. The Truth and Reconciliation Commission began in 2008, but with the May 2021 findings of 215 unmarked graves of children who died at the Kamloops Indian Residential School and the thousands more that were found across Canada after that, it has finally gained more attention and reached the hearts of many individuals in ways that it previously had not. These findings pushed Truth and Reconciliation up on the national agenda and seem to have sparked more allyship from non-Indigenous people as the true history of Canada unfolds more and more.

It is with immense sadness, but also with gratitude, that we honour the lives of the children who experienced such atrocities by holding Truth and Reconciliation

Initiatives close to our hearts, as individuals and as an organization. There is still a long way to go and Hulitan is committed to honouring the healing journeys of families and communities by actively participating in, upholding, and advocating for others to uphold the calls to action within Truth and Reconciliation.



Truth and Reconciliation

Territory acknowledgements of the land we occupy and awareness of where we come from are necessary in order to demonstrate gratitude and respect to the ancestors who came before us and to pave the way for those who come after us. Take the time to learn about where you live and where you are from and lead territory acknowledgements with your heart. They are not meant to simply be an empty preamble to the rest of what you have to share.



Other ways to contribute to the ongoing healing and resurgence of Indigenous peoples' ways of living and being are to consider charitable donations that support culturally rooted programming designed to walk alongside Indigenous people as they do their healing work. Additionally, it is up to each of us individually to take initiative in learning about Canada's history of colonization and to seek opportunities to hear the stories of those impacted, as well as to access reliable sources of research to build our knowledge. It is not the responsibility of Indigenous people to educate non-Indigenous people when their energy is more suitably spent on their own, their family's, and their community's healing.



Hulitan upholds the commitment to support Indigenous children, youth, and families in their healing journeys by offering culturally-rooted and adaptive programming to nurture a sense of belonging, safety, and courage to do the hard work of decolonizing and healing. Staff are supported to engage in reflective practice and to grow in their skills as practitioners in order to provide the best service possible to the communities we serve. In addition to the day-to-day work we do, Hulitan also contributes time, energy, and money to Truth and Reconciliation

events such as National Indigenous People's Day, Red Dress Day, National Truth and Reconciliation Day, Bear Witness Day, Elderberry Day, and collaborating with other Indigenous agencies and non-Indigenous allies to wrap supports around the individuals, families, and communities we serve.

Truth and Reconciliation



Truth and Reconciliation



Truth and Reconciliation



“EVERY CHILD MATTERS” Clothing and Swag Collection

Hulitan’s year-round line of SWAG was created to support equal access to Mental Health Services for those Indigenous people who do not otherwise qualify for support (non-status, Metis etc). All profits from the sale of the collection will be held in an account that will support adults in need of counselling/cultural healing that do not qualify for programs established by the government. Maxwxeadziy-Geo Shaughnessy created and gifted this logo to us. “The design is of an Eagle that has transformed over time after the residential schools were closed and we have started the process of reclaiming our lives, language and culture. I created this design for my

mother Freda Shaughnessy (nee Coon) who was taken from her home and placed in St. Michael’s residential school in Alert Bay BC. She walked the halls at residential school past her three brothers and one sister and didn’t know they were her siblings. St Michael’s residential in Alert Bay was run by the Anglican Church and the purpose of the school was to assimilate, destroy and take over the resources from First Nations in Canada.”

Maxwxeadziy-Geo Shaughnessy

Hulitan is truly honoured to receive this gift and pay it forward. You can purchase the collection or donate at www.hulitan-swag.myshopify.com or visit our website at www.hulitan.ca



Our Board of Directors

Carl Mashon
Secretary/Treasurer

Dawn Thomas
Vice President

Jenna Bailey
President

Melissa Nute
Director

Kolette Cristante
Director

Message from Our Board President



Tansi Members, Staff, Community Members and Elders,

I would like to acknowledge the Lkwungen (Songhees & Esquimalt) Malahat, Scia'new, T'Sou-ke and WSÁNEC peoples' for allowing us all to be guests on their beautiful territories. I am deeply grateful to the traditional keepers of these lands for the opportunity to work, raise my family and play as a visitor here. There has been many opportunities for Hulitan to shine and show their immense capacity as an organization through this last year, and I raise my hands to the staff for continuing their tremendous work alongside our children, youth and families.

Hulitan has seen yet another year of much growth and excitement with new programs, staff and the incredible beginning of the childcare centre. The organization has continued to navigate systematic pressures, and barriers with a sense of humility and advocacy while holding the community it serves at the center. I am always in awe of the creativity and perseverance we witness at the Board table around the work and programming that allows for flexibility and gentleness while our families experience extreme stress, trauma and the complexity of the child welfare system.

It is also important to offer strength and love to families who have experienced loss over this last year. I know many members in our community have been impacted by the loss of loved ones, and I know Hulitan, and the Board is committed to offering support and services in any way we are able.

The Board continues to meet quarterly and had the privilege of attending a two-day workshop with Strong Circle where we gained more knowledge in the area of Board Governance. We have excitedly begun some in-person meetings and look forward to that connection as the year unfolds. I hold gratitude to our Board members for showing dedication and drive to better their community and take the time to support Hulitan.

We look forward to a wonderful year!

Marsi, Jenna Bailey

Treasurer's Report

Treasurer's Report 2022-2023 by Carl Mashon

I always look forward to our AGM and the opportunity to connect with the broader community that Hulitan serves. I am an un-invited Cree guest / visitor on the traditional lands of the Lekwungen speaking peoples, the Songhees and Esquimalt First Nations, where I live, work and learn. The Hulitan family of staff and directors have always supported me and given me insight to how important the work is for our families and communities to thrive and prosper. I take huge pride in having a part to play in the success of the organization and how the work is transforming the lives and futures of so many families. My hands stay perpetually raised and I am grateful to be part of this amazing family.



From this year's activities here are a few select points:

- Hulitan received \$22,000 from Federation: \$11,000 was for 2022-23 and \$11,000 for 2023-24
- From BCAAFC, Hulitan received \$32,500 for 2022-23 and \$97,500 for 2023-34.
- Hulitan received \$100,000 from BCAAFC as a flow through to pay Deluxe Communications for a film production on urban communities.
- The management of the Childcare project for SD #62 has been a huge success and the facility and service is going to be transformational for our families. \$1.1 M was received from the Ministry of Education and Childcare and over \$270K has been spent to date with \$828,434 deferred for expenses in the coming year.

This is a summary of this past year's revenues:

Total Revenues: \$2,247,775

MCFD: \$1,910,608

MCFD Deferred Revenue: \$839,437

Total Amortization: \$300,184

We want to thank KPMG for the audit work they did this year. We appreciate their clarity and follow through in the process and they have again returned full confidence in the financial management of the organization. They make critical assessments on accounting policies, quality of financial statements and accounting estimates, all of which they found no issues.

The Hulitan management, staff and all the volunteers remain true heroes in their dedication to serving our families and I raise my hands to them in deep and lasting gratitude.

Blessings

Chi Meegwetch

Hulitan Organization Chart



Words from Our Executive Director



I begin by acknowledging the **ləkʷəŋən** (Esquimalt and Songhees), Malahat, Scia'new, T'Sou-ke and **W̱SÁNEĆ** (Pauquachin, Tsartlip, Tsawout, Tseycum) peoples whose territories I live, work, and play on. I am truly grateful for their stewardship, care and connection to their lands and commit to walking softly in their territories with respect and humility.

It is with great humility and respect that I offer my time and energy to Hulitan Family and Community Services Society, as well as the families and communities we serve. The year 2022/2023 marked my 20th year of service with Hulitan. I would like to thank all the community members, staff and Board members who have provided me with guidance, support, and wisdom.



I am truly grateful for the guidance and learning I have experienced over the past 20 years and look forward to many more years with this incredible agency.



Words from Our Executive Director

As we move through the four seasons I am reminded of the importance of process, intention and the need for stillness. I am grateful to mother nature for their teachings and reminders. In fall we start the preparation for the stillness of the winter for time of ceremony and reflection, to honour those who have made their journey to spirit world to see our ancestors, for the spring when new beginnings come and the opportunity to act on our reflections, and for summer when the sun provides us with vitamins, warmth and sometimes reminders of how fragile our world can be. I am moved by the strength of the community and the resilience shown by mother nature during times of difficulty.

I acknowledge the Hulitan family, the incredible staff that are committed to their own healing and to providing services with humility, integrity and unwavering commitment as well as the dynamic and committed Board of Directors. Lastly, I raise my hands to the community members that access Hulitan's services.

Thank you so much for trusting us, sharing your journey with us, and for allowing us to hold your stories. I am looking forward to a new year that I am sure will come with many more teachings, revelations, and growth.



All my relations,
Kendra Gage



In Loving Memory



"Uncle Mickey"

Micheal Andrew Cook

Sunrise

July 17, 1940

Sunset

September 25, 2023

"Sometimes we need to walk slowly on the earth because we are hurting, or someone we know is hurting."

"Don't underestimate the power of prayer."

Elder Mickey Cook ❤️

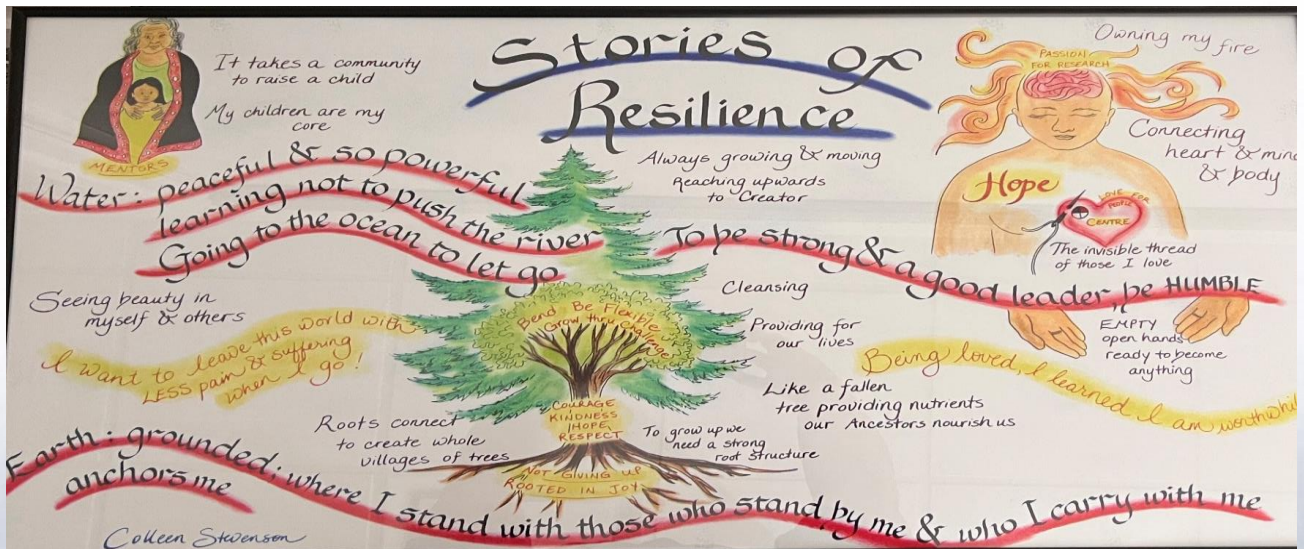
In Loving Memory

Uncle Mickey was the fire in our circle, he was our guide, our teacher and most importantly he was family. We are truly grateful for all he did in his 7 years at Hulitan. The absence of his physical presence is felt everyday, but his spirit lives on in the hallways of Hulitan and mostly in our Bighouse. You were such a gift to this world thank you for your love and kindness you will never be forgotten. The day your spirit left this world the spirit world welcomed home a legend . Fly high on the back of the Thunderbird Uncle see you on the other side.

Love your Hulitan Family



Building Capacity



Hulitan Family and Community Services Society is dedicated to building capacity within Indigenous families, communities, and our organization. The goal of our programming is to strengthen Indigenous parents/caregivers and their families through healing, positive cultural identity, supporting resiliency, and creating a safe space to connect with resources and establish a sense of belonging.

Our hope is that the families we have the privilege of walking alongside and supporting through our programs will carry their hard work with us forward to support and strengthen members of their own families and communities. Hulitan is continuously seeking ways to build on the services that we provide to community through building partnerships, having interns and practicum students, and improving upon the services that we currently offer. As well as supporting Indigenous families to strengthen and heal, we strive to provide learning, growth, and capacity building within individuals within the organization. Several of our staff members started out as parents/caregivers participating in our programming and/or as practicum students or interns. We encourage staff to pursue professional development and to take on leadership roles within the organization through training, workshops, and committee roles. Many staff have participated in Leadership 2020 and have gained certificates in higher education while maintaining their employment at Hulitan. When given the opportunity, we support our staff to return to post-secondary education and provide flexible schedules to accommodate their learning and family needs.

Practicum to Employment – Saranda Watts

My name is Saranda. I am of Nuu-chah-nulth and mixed European ancestry. On my mother's side, I am a member of the Hupacasath First Nation. I was born and raised in Port Alberni, which is the traditional land of the Tseshaht and Hupacasath peoples. In 2013, I moved to Victoria and became a visitor on unceded Lək̓ʷəŋən (Lekwungen) and WSÁNEĆ territories. During my time in Victoria, I have engaged in various roles in the service sector in areas such as mental health and substance use, corrections, and health care. This summer, I completed my program requirements for a Bachelor of Social Work degree with an Indigenous Specialization at the University of Victoria. I first learned of Hulitan Family and Community Services Society during my post-secondary education, where one of the staff spoke to students in a class titled Indigenous Approaches to Healing and Helping.



From this initial introduction, I was drawn into how the Hulitan community was described, one that is supportive of healing through culturally grounded practices and collaboration with those they walk alongside. It was inspiring to learn about an organization that demonstrates a commitment to upholding an Indigenous worldview in all its endeavours. In May 2023, I selected Hulitan as my practicum placement for my Bachelor of Social Work degree, where I was a student with the

Family Preservation Reunification Program Team. I am thankful to have had the opportunity to witness the impact Hulitan has on the families and communities they walk alongside. It is this experience that encouraged me to continue with Hulitan following my degree as a member of their Family Preservation Reunification Program Team. I hope to further align my framework as a practitioner with Hulitan's four values of respect, integrity, humility, and connectedness throughout my journey with the program. I am honoured to now be a part of the team at Hulitan as a Family Preservation Reunification Program staff member, and grateful for the opportunity to work and live alongside a welcoming, caring community.

Klecko klecko,
Saranda Watts



Indigenous Youth Intern Kaitlyn Wolfe

My Name is Kaitlyn Wolfe and I come from a lineage that encompasses the vibrant traditions of Sioux Dakota & Cree on my maternal side, and mixed European ancestry inherited from my father. In the last 3 years I have been fortunate to experience a melting pot of traditions, languages, and values that come with my diverse heritage. I have been working as an intern with the Indigenous Youth Internship Program (IYIP) since the fall of 2022, but before the internship I had already set my sights on a career as a Licensed Practical Nurse (LPN) and finished my schooling in summer of 2021. I soon realized that pursuing this career

wasn't my calling whereas working with children and families was, the nursing training not only exemplified the ambition but also highlighted the desire to make a meaningful impact on the healthcare landscape as well as child welfare. I have an unwavering dedication to the well-being of others and would like to make some type of change while on this world.

My journey with joining the Indigenous Youth Internship Program (IYIP) was a pivotal decision that allowed me to combine my passion for social change with my dedication to learning. I was placed with the Ministry of Children and Family Development (MCFD), during my first 9-months of IYIP and took challenges head-on while working to improve the lives of Indigenous youth and families. The 3-month Indigenous organization placement with Hulitan, further amplified my commitment to advocacy and community empowerment as I have decided to further pursue a career as a social worker.

My journey with Hulitan as an Intern has been nothing short of transformative. The organization's exceptional commitment to fostering growth is evident through their unparalleled support for students and interns. I found myself immersed in an environment where staff members went above and beyond to provide guidance and mentorship, propelling my learning and professional development. Beyond their role as educators, the staff at Hulitan have masterfully created opportunities to engage in community service initiatives. This not only enhances their skillsets but also nurtures a sense of responsibility and social consciousness. My experience stands as a testament to the extraordinary dedication of Hulitan's team of staff, elevating learners like me into confident and impactful contributors to both the organization and the larger community. I am beyond grateful for the time I got to spend working and learning from this truly inspiring group of staff at Hulitan.

Manager of Therapeutic Services – Nick Ruedy



Hello, my name is Nick Ruedy, and I am of mixed European descent, mainly Swiss and English. I was born on Mohawk territory and raised on Musqueam lands in the Vancouver area. I have lived as an uninvited visitor on unceded Lək̓ʷəŋən (Lekwungen) and WSÁNEĆ territories since 2001.

I live with my partner Shelley, my two children and our dog Cosmo, we have a 3rd child who is an adult and lives independently.

I began working at Hulitan in 2011, as a therapist in the Nil Yek Ols (SAIP) program before transitioning to the Manager of Therapeutic Services in 2022.

Prior to Hulitan, I worked with youth in group homes and shelters, co facilitated Children Who Witness Violence Groups, co facilitated a Relationship Violence Program for Men for over 10 years and worked as a Family Support worker for 7 years.

I have completed a Bachelor in Social Work at UVIC (2003) and a Masters in Counselling Psychology (2009).

I have always felt honoured to work at Hulitan and consider the work we do as sacred. As a person of European descent, I acknowledge my responsibility to work towards healing from the intergenerational trauma of colonization and impacts of residential schools.



Annual Nella Nelson Scholarship

This year, Hulitan Family and Community Services Society was proud to award the fourth annual Nella Nelson Scholarship in recognition of Nella Nelson, Klaapalasugwela/Maxwagila. Nella is a Kwakwaka'wakw teacher, leader, mentor, advocate, mother, grandmother, and great grandmother. She is born within the 'Namgis Nation of Alert Bay, B.C. and a member of the Tsawawaineuk Nation at Kingcome Inlet. In 1972, Nella moved to Victoria to study at Camosun College and soon transferred to Uvic to pursue studies in Anthropology and then Education. Upon graduation, Nella began a lifelong career as a teacher with the Greater Victoria School District working as a high school history teacher and counselor for 10 years at S.J. Willis Junior High, Central Junior High, and Victoria High School then becoming the Administrator for the Aboriginal Nations Education Division in 1988. In June 2018 Nella retired after over forty years of groundbreaking and thriving educational leadership within Victoria and throughout the province.



SD 61 Indigenous
Education
Department

Community Engagement

Integral to our work at Hulitan and in alignment with our Connectedness pillar, Hulitan makes engagement in and with community a priority. Collaboration with other service providers who share our values has been supportive of this goal. This year:

- Hulitan continues to work with Camosun College, University of Victoria, and other post-secondary programs to support the learning journeys of students through intern and practicum placements. This year Hulitan hosted an Indigenous student completing her final practicum for her Masters in Counselling. We also hosted a group of Camosun students to complete their community engagement project with us.
- The Journeys of the Heart staff at Hulitan continue to sit as members of the Na'tsa'maht Indigenous Education Council. They attend monthly meetings as well as hosting information booths at the School District 62 community dinners.
- We provided a safe space for community to meet in and have begun partnerships with First Nations Health Authority (FNHA) counsellors as well as other Indigenous community organizations who rent our Big House space for training and meeting purposes. Through these partnerships, we have been able to offer affordable office space contracts, with proceeds going into the same fund as our swag collection, to support adults in need of counselling/cultural healing who otherwise cannot access the resources to meet their needs. Sharing office space with community practitioners has also allowed for increased collaboration in support of the children, youth, and families we serve.



Community Engagement

- Along with Esquimalt Nation, Songhees Nation, Surrounded by Cedar, South Island Indigenous Authority, Victoria Native Friendship Centre, Indigenous Perspectives Society, Island Métis, and NIL TU,O, Hulitan participated in a community walk to honour the lives of Missing and Murdered Indigenous Women, girls and Two-Spirit people and to raise awareness and advocate for the enactment of the 231 Calls for Justice created by the National Inquiry.
- Hulitan joined community partners, in organizing the Indigenous Peoples Day celebration at Royal Roads. We hosted an Elders room and provided bagged lunches and fry bread for Elders and families.
- Hulitan offered land-based Spring Break and summer camps for children and youth. The groups engaged with community mentors and knowledge keepers and participated in land-based and cultural community activities. Fourteen children and youth attended for both camps.



- Each month, Elder Marlene Clifton leads Hulitan in a drum circle, teaching songs and sharing history. We often have community members come and join in. It has been a beautiful gift to share and brings us all together.
- Hulitan often attends community health fairs and parent information nights, hosting a table to share information about our organization. We always bring great SWAG prizes for give aways!
- Our Resident Elder, Mickey Cook, hosted an AA meeting in Hulitan's Big House every Wednesday night, which he reported to be well attended.

Community Engagement



- Hulitan attends the Shared Assessment Committee Meetings at Saanich Neighborhood Place, which bring together Child and Family Service Agencies to share resources and collaborate supports for the families we serve.
- Hulitan hosted our second annual Elderberry Day celebration in our Big House this year, bringing together elders from the community to share a meal and honour the gifts and teachings they bring to community.
- Hulitan has a partnership with Pacific Centre Family Services Association. They send two doctors and a public health nurse to our office every week to provide doctor appointments and public health nurse services to the community and families we serve. First Nations Health Authority has provided medical supplies funding to support this initiative.
- The Family Justice Services Division has collaborated with Hulitan to have a Family Justice Counselor attend the office twice a month to provide family law alternative interventions and supports to community members.



Community Voices

We are honored to receive feedback from the community and those we serve and walk alongside.....

"Accessing programs at Hulitan has been great. I only have positive feedback; the Summer camps have been amazing, regular counselling... no other feedback other than 'you have been great.' I think it is amazing that you are bringing doctors in; they are really great." – Parent



"I like Hulitan. The building outside should have a statue of a deer with a girl riding it to look like a Native place.

- Child from FPRP



"Carol has seen the potential in me that I couldn't see in myself. She supported me through the good and the bad. She led me down a path to being able to help myself to help my daughter and being a better mom in this process. Without her support and kindness, I wouldn't be the confident woman I am today. I think of her as a friend, my biggest support, and one of the best Family Preservation Reunification workers" (a mother in the FPR Program)

"This program gave me an idea of how the past effects our present, such as past traumas. It is helpful and has helped me reflect on how people have been treated as children can affect how they parent. The video 'Parenting After Trauma' gave me insight into why some people are the way they are". (a father in the FPR Program)



Community Voices

“My experience with JOH has been outstanding. It warms my heart to watch these little humans grow and learn.

I feel these kids will be bored when they reach kindergarten as they have already learned the curriculum.

The teachers are exceptional, and their understanding of their students’ needs is remarkable.

The kind, positive experience gained from this program definitely benefits the future of the kids.”

- Kokum (grandmother) of JOH child



“I’ve found the support I have received from Hulitan through the years, both as a child and then later as a youth has been really helpful. I’ve worked with three counsellors at Hulitan and feel like they help me to mature mentally, more than I thought would have.”

- 19 year old therapeutic client

Hulitan has helped our family in so many ways and we look forward to working with them in the future

- Parent whose children are in the therapy programs



Highlighting Our Funders

Thank you to the following organizations for your generous contributions to our programs:

Ministry of Children and Family Development Victoria Foundation (Oolichan Fund)

Ending Violence Association Sexual Assault Grant Program

As a result of the funding...

200+

Individuals were served this year

5

Children who were in care were returned to the care of their families

40

Children were able to remain in the care of their families

10,400

Hours of specialized counselling services were provided to families in our community

2080

Hours of support were provided for caregivers of children in out-of-care agreements

14,560

Hours of family preservation and reunification services were provided to families in our community

95

Parents received support in working to reduce risks and strengthen their families

15

Preschool aged children participated in culturally rooted school readiness programming in our Journeys of the Heart Program

8

Children graduated from the Journeys of the Heart Early learning program ready to enter Kindergarten

Hulitan is a not-for-profit charitable organization and would like to thank and acknowledge those donors who wished to remain anonymous whose thoughtful financial contributions support the sustainability of our programs. If you would wish to provide financial support, you can donate through our website www.Hulitan.ca.

Our Early Years Centre



This year we have been excitedly working on our culturally rooted, trauma-informed Early Years Centre. We believe in this project and recognize the significance of what it will provide for community. The centre will house our Journeys of the Heart Program, provide Family Support Workers, 24 Infant Toddler childcare spaces, 24 3–5-year-old childcare spaces, 25 Before and After School Care spaces, and will have space for parent workshops and community learning. We will have wrap around supports that promote the health and wellness of the children and their families, and the centre, classrooms, toys, books, and outdoor spaces will be reflective of Indigenous cultures so that children and their families can see themselves reflected in the environment around them, supporting a sense of belonging.

We are so grateful to all the community partners who are taking this journey with us and supporting our vision to come to fruition. The team at Casman Projects have worked diligently to prepare the site and begin construction. Lowe Hammond and Rowe Architects have beautifully captured our vision through their design and are supporting it to materialize. School District 62 has collaborated with us and provided the lease of land and building and the supported the funding to go smoothly. M’akola Development Services has been coordinating the project and filling out proposals. The Ministry of Education provided us with the capital dollars for the build. The United Way will be kicking off a fundraising campaign for us to fund furnishings, toys, books, and outdoor play spaces. The City of Colwood provided funds for frontage improvement costs.

The construction is scheduled to be completed in June 2024 and we aim to open our doors to families in September 2024. Stay tuned at the end of 2023 as we begin taking waitlists for the childcare spaces and update information about the fundraising campaigns taking place to support this amazing, much needed project.

United Way Campaign

Hulitan is transforming what daycare can be for Indigenous children and is opening the first trauma-informed, Indigenous-focused daycare centre in British Columbia. The Colwood-based centre will nurture a child's cultural identity while preparing them to transition into the public school system. Support to families through access to elders, cultural healing and counselling will also be offered at the centre.

With rising construction costs and limited resources, the capital dollars received only cover part of the cost of the building and provide no funding for furnishing the space, outside play areas or the required learning materials.

The United Way of Southern Vancouver Island (UWSVI) is working in partnership with Hulitan to raise the much-needed funding to fit out the daycare with equipment and we need your help. Equipment and supplies needed include:

- Indigenous plush and wooden toys that will support child development and explorative play with natural materials.
- Products for an outdoor play area with natural materials, structures, plants, and fruit trees. This space will be an outdoor classroom supporting cultural teachings, connections to the land, child development, school readiness skills, learning about food security, sustainability and caring for the earth.
- Furnishings including tables, chairs, and play centres for all classrooms.
- Indigenous books, puppets, wooden puzzles, and toys so the children see themselves reflected in the space around them, supporting positive cultural identity.
- Elementary School level books by Indigenous-authors. Sports equipment, crafts, and games to encourage healthy living, creativity, and community cooperation.
- Art and décor with cultural representation from Indigenous Artists.
- Appliances for each classroom.

To help children is a true act of kindness; they are our future and every child matters. We extend a call to unite with us and invest in an act of reconciliation. Truth and Reconciliation means honouring the healing journeys of Indigenous families and communities and supporting a strong future for all our children.

Donate today at www.uwsvi.com to the Hulitan Capital Campaign for the first Indigenous trauma-informed daycare on South Vancouver Island.



Will Power Campaign

Essential to the help, care, and kindness Hulitan provides individuals, families, and communities is the support of our generous donors. Hulitan is a non-profit organization that, in addition to government and other sources of public funding, relies on the kindness of others to operate. Financial gifts enable us to continue to provide the much-needed programming and initiatives we offer to support and empower Indigenous children, youth, and families.

We are so grateful to all our donors and every gift, large or small, allows us to continue to make a difference in people's lives.

One way to give that is becoming more common is the leaving of a gift via a will. As many people are sitting down to draw up a will, they are thinking about what kind of legacy they will be leaving behind. They make certain their family will be taken care of and, additionally, they are taking care to ensure their chosen charities, causes, and community will continue to thrive into the future.

To help spread the message of leaving a gift via a will and connect people with the information and resources they need to make that decision, Hulitan is proud to be partnering with Will Power. Will Power is a national campaign encouraging people from coast to coast to consider leaving a gift to charity in their will and providing them with the resources to do so.

So far, over 3 million Canadians have made the decision to leave a gift in their will, a number that is growing rapidly. It can be surprising what even 1% of your estate can do towards making a difference in the world.

To learn more about Will Power and how you can use the power of your will to support the causes closest to your heart, visit the Hulitan Will Power webpage at <https://www.willpower.ca/>

Program Descriptions



Carving by
Elder Richard V. Tom

Out Of Care Caregiver Support Program

Out of Care Caregiver Support Program provides support services to Caregivers whom are caring for children under an MCFD Out Of Care Order or Agreement. This program is “gate-kept”, meaning referrals are made from MCFD Resource Social Workers only, in collaboration with Caregivers. This program is able to provide Caregivers with the support, skills, community resources and cultural connections needed to manage family dynamics and maintain a stable home environment for the children in their care long term. The program is designed to provide short to long term (3-12 months) support to Caregivers in the home and/or in the community. Services are delivered using a collaborative strengths-based approach from an Indigenous worldview. Services are guided by four pillars/values that hold up Hulitan’s Big House: connectedness, respect, humility and integrity. These pillars/values inform decisions and identify needs to support Caregivers in building a ‘circle of support’ to build a safe, healthy and stable home that is connected to family and culture.

Family Preservation Reunification Program

Family Preservation Reunification Program is a 3 stage intensive Indigenous parent support program for families who have been identified as being in need of interventions and who are at high risk of removal or whose children are in MCFD care due to issues impacting the safety and wellbeing of their children. Stage 1 is stabilization; Stage 2 is integration; and Stage 3 is maintenance. Throughout each stage of the program, parent/child interactions will be witnessed and assessed. A Parent Support Curriculum is used to support learning and is tailored to individual needs throughout each stage of the program. Services are provided through outreach, 1-1 sessions, and in- home/community support.



Program Descriptions



Ł, KI, L (LTH,KEE,L) Child and Youth Mental Health Program

Ł, KI, L (LTH,KEE,L)_ provides counselling and support to Indigenous children and youth aged 0-19 and their families presenting with a variety of mental health challenges including complex trauma. The program maintains a focus on healing that incorporates both culturally relevant and mainstream interventions. The program strives to facilitate a better awareness and understanding of colonization and the intergenerational impacts of residential schools. The purpose of the program is to improve mental health and over all well-being of the child and their support system.

NIŁ YEK OLs Sexual Abuse Intervention Program

NIŁ YEK OLs provides counselling and support services to Indigenous children, and youth ages 0-19 and their families, who have experienced sexualized abuse and/or sexualized behavior. This program provides opportunities to develop an understanding of healthy sexuality and supports families in understanding the impact of sexualized abuse/sexualized behavior on the child. The program also encourages and supports healthy parent and child attachment. The purpose of this program is to help children and their families heal from experiences of sexualized abuse, historical trauma and to address sexualized behaviors.



Program Descriptions

Healing Generations Program



The Healing Generations Program is a sexual assault response counselling program which provides support to Indigenous children, youth, adults, and families, who have been impacted by sexualized violence. Based on individualized therapeutic planning, Healing Generations provides opportunities to develop an understanding of healthy sexuality and supports adults, children, youth, and families in understanding the impacts of sexualized violence. The program also encourages and supports family healing, and healthy parent and child attachments.



Cultural Connections Coordinator

The Cultural Connections Coordinator works to include culture into all aspects of Hulitan Family and Community Services through engagement with community mentors, First Nations, community agencies, Elders, Language Keepers and Knowledge Keepers.

Program Descriptions

Journeys of the Heart Cultural Learning Program

Journeys of the Heart Cultural Learning Program (JOH) is a ten-month program for Indigenous children aged two to five years old and their families. The purpose of the program is to nurture a child's cultural identity while giving them the necessary skills and tools to prepare them for the education system.

JOH runs out of Ruth King Elementary School in School District 62 Tuesday and Thursday from 9:30-12:00. Families involved with JOH have priority access to Hulitan's Family Support Program.

Family Support Program

The Family Support Program provides service to parents and caregivers whose youngest child is aged six or younger. This program is designed to meet the needs of the family and can be offered in community, in home or in office, with meeting times ranging from weekly to monthly. Referrals to this program can be made through community supports, Social Workers, or self-referrals. This program can provide short- or long-term support. The philosophy of this program is to provide Parents/Caregivers with the support, skills, community resources and cultural connections needed to manage/maintain a healthy home environment and to support their children's development and school readiness.



Family Fun



Family Fun



Our Family Songs

In 2017, William Wasden Jr., Wax̱awidi wrote and composed two songs for our organization. It was important to us to have songs written because we see our organization as a family and we want to honour the cultural importance of songs in family and to be able to have a presence in community by sharing our songs. The songs were written using the Chinook language as it was the trade language of the Northwest Coast including Vancouver Island.

The Chinook language was chosen as it honours the diversity of the members of our family and the community we serve. Each of the four verses in the Teaching Song includes a word in the Chinook language (written here phonetically) that translates into a word that represents the values of our organization.

The first verse includes the word Sihiks which translates to friend and represents our value of connectedness.

The second verse includes the word Tikeds which translates to love and represents our value of respect.

The third verse includes the word Tluush which translates to good and represents our value of humility.

And finally, the fourth verse includes the word Skukam which translates to strong and represents our value of integrity.

The Good Chief was written specifically for our Journeys of the Heart Program so that the program itself has a song and identity. The song encompasses the spirit of the Journeys of the Heart Program by teaching governance from an Indigenous perspective including the importance of caring for others first and how to be a good leader. In addition, the song is intended to ground children in a sense of identity and pride in who they are as Indigenous people.

Good Chief Song

Chorus:

Hayiya a a hayiya a a hayiya a yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay

Verse 1:

Kwanisam a a ma-mu-uk a a kakwa a yihi ya-ay
Hayas a a Tayi-i a a mi-say ka yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay

Chorus:

Hayiya a a hayiya a a hayiya a yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay

Verse 2:

Kwanisam a a tlu-u-sh a a kakwa a yihi ya-ay
Hayas a a Tayi-i a a mi-say ka yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay

Chorus:

Hayiya a a hayiya a a hayiya a yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay
Hayiya a a hayiya a a hayiya a yihi ya-ay

Word Meanings:

Kwanisam – always

Mamuk – helping

Kakwa – like

Hayas Tayi – True Chief

Misayka – you

Tlush - good



Teachings Song

Chorus x2: First Round one singer and one drummer; Second everyone

Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Verse 1:

Mi-say-ka-a ha-ayas (You truly are)
Si-hiks ko-pa (Friend [connectedness] to)
Ne-say-ka-a wo-o-o (all of us)
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Chorus:

Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Verse 2:

Mi-say-ka-a ha-ayas (You truly are)
Ti-kedz ko-pa (Love [respect] to)
Ne-say-ka-a wo-o-o (all of us)
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Chorus:

Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Verse 3:

Mi-say-ka-a ha-ayas (You truly are)
Tlu-ush ko-pa (Good [humility] to)
Ne-say-ka-a wo-o-o (all of us)
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Chorus:

Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Verse 4:

Mi-say-ka-a ha-ayas (You truly are)
Sku-kam ko-pa (Strong [integrity] to)
Ne-say-ka-a wo-o-o (all of us)
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Chorus x2: Last Chorus done with no drumming

Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o-o ho-o-o wo-o-o
Hey-e-yey he-e-yey
Wo-o ho-ho he-e-yey
Wo-o ho-ho he-e-yey
Wo-o o-o-o he-e-yey

Community Partners

- The 9 Nations of Southern Vancouver Island: Tsawout, Tsartlip, Tseycum, Pauquachin, Sci-anew, Esquimalt, Songhees, Pacheedaht, T'sou-ke
- Ending Violence Association of BC
- Victoria Native Friendship Center
- Island Métis Family & Community Services Society
- District 62 Aboriginal Education
- Ruth King Elementary School
- BC Association of Aboriginal Friendship Centres
- South Island Wellness Society
- Burnside Gorge Community Centre
- Boys and Girls Clubs of Greater Victoria
- Bridges for Women Society
- Community Living BC
- BC Aboriginal Network on Disability
- Surrounded By Cedar Child & Family Services
- NIL/TU,O Child and Family Services
- Victoria Foundation
- M'akola Group of Societies
- Camosun College
- Ministry of Children and Family Development
- Aboriginal Child and Youth Mental Health
- Women In Need
- 1-Up Single Parent Resource Centre
- Saanich Neighbourhood Place
- The Mustard Seed
- Vancouver Island University
- Pacifica Housing
- Our Place Society
- Aboriginal Coalition to End Homelessness
- Sooke Family Resource Society
- Young Parents Support Network
- Pacific Center Family Services
- Youth Empowerment Society
- University of Victoria
- Centre for Indigenous Research and Community Lead Engagement (University of Victoria)
- HerWay Home
- United Way
- The Cridge Centre for the Family
- Victoria Child Abuse Prevention and Counselling
- The Federation of Community Social Services of BC
- Indigenous Perspectives Society
- Island Health
- First Nations Health Authority
- West Shore Parks and Recreation
- AVI
- The Foundry
- The Community Social Planning Council



And a special thank you to school district 62 for hosting our Journeys of the Heart Program supporting school readiness and strong cultural identity for Indigenous children in our community.

