

ReMBC Monthly Newsletter

March 2025

Welcome to ReMBC's monthly round of updates, where we bring you up to date on what's going on in the program, share useful events and opportunities, and provide some ongoing training for mentors.

Program Updates

- **Moving between the activities and your message hub on MentorCity:** By now you have seen that the message hub and activities can't be opened on the same window. Here's a few workarounds, so you don't have to keep going back and forth:
 - **MentorCity app (for tablets & phones):**
 - 1) Open the MentorCity app and go to the activity you want to do.
 - 2) Open up an app where you can write notes (this could be the Word app, google docs app, or your device's Notes app).
 - Write your response to the activity using this app.
 - 3) When you're done writing your response, go to the message hub on the MentorCity app.
 - 4) Copy/paste your message from your notes app onto the message hub. Don't forget to hit send!
 - **MentorCity website:**
 - 1) Login to MentorCity.com and go to the activity you want to do.
 - 2) Right click on the message hub icon, select "open new tab" or "open new window" from the dropdown.
 - Write your response to the activity on this tab/window.
 - When you're done, click the "send" icon.
 - 3) Remember to close both windows/tabs when you are finished.
- **Mentors – 3 strikes rule:** Please remember that if you take longer than 3 days to respond, you will earn a "strike"; 3 strikes and we rematch your mentee and you're out of the program. **Avoid getting a strike** if you are sick, busy, or have technology issues (don't forget that MentorCity has an app and the website can be accessed on mobile) by doing **either** of the following:
 - Send your mentee a quick one-sentence message letting them know what's going on and that you need a little more time to respond.
 - Send the eMentoring staff a quick email or give us a call (e.mentoring@ubc.ca 604-827-4197) to inform us of the situation. We want to help!

This way the eMentoring staff can step in and support your mentee while you are away, so they don't fall behind on their class requirements. We always want to give our mentors the benefit of the doubt, so please just let us know what's going on so that we can best support you and your mentee!

Events, Opportunities and Supports

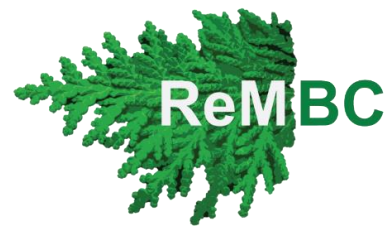
- **Opportunities with Interior Health:** Available for high school students, undergraduates and grads can in the Central, North and South Okanagan regions, as well as Kootenay and Thompson Cariboo Shuswap areas.
 - **Volunteer** in a community care, hospital, long-term care, public health, or substance use services setting. [Learn more](#)
 - **Career exploration (job shadow):** Observe and learn about healthcare career paths, experience healthcare settings and receive supportive mentorship from Interior Health teams. [Learn more](#)
- **Volunteer with UBC's Beaty Biodiversity Museum:** Engage visitors in the wonder of biodiversity through discussions and activities, and answer questions about the museum, its collections, and its research. Volunteers represent the museum during regular operating hours and occasionally provide support for special museum events and lectures. This is an in-person role located at the Beaty Biodiversity Museum at UBC Vancouver for anyone age 16+. [Learn more and apply here](#) by March 31st.
- **Foundry Virtual:** Young people aged 12-24 and their caregivers can access same day virtual services. Schedule a virtual [counselling](#) appointment, find [peer support](#), access [primary care](#), get support with [employment](#), access [groups & workshops](#), or browse our library of tools and resources. [Learn more.](#)

Indigenous Opportunities

Each month we showcase learning opportunities for Indigenous and non-Indigenous mentors and mentees, and supports for Indigenous high school and college/university students.

- **UBC's Summer Science Program:** A one-week cultural, health and science program for Indigenous students: August 3-9th for students going into grades 11 and 12 and August 10-16th for students going into grades 9 and 10 in the Fall (September 2025). The camp organizes workshops in drum-making, medicine bag crafting, a virtual reality medicine lab, and more! Explore UBC's campus, learn about university, make friends, and connect with Indigenous mentors. [Learn more](#)
 - [Apply here](#) by June 1st or contact summer.science@ubc.ca
 - Summer Science Program provides bursaries as needed, and ReMBC can also help with funding – just let us know (e.mentoring@ubc.ca)
- **Work Learn Opportunity with UBC's Summer Science Program:** Summer Science Program (see above) is looking for Indigenous UBC students interested in interacting with community or working with Indigenous Youth. Applications are open on Careers Online until March 26th. The title is "WL S25 CEIH SSP Project Assistant". Questions? Email: cynthia.lung@ubc.ca
- **Indigenous Mentors and Mentees:** Get involved with ReMBC's Indigenous initiatives: We invite Indigenous mentors and mentees to help us develop our Indigenous initiatives. You will be compensated for your time and for any other expenses that will help you with this work. If you are interested in joining us, please reach out to our Indigenous Initiatives Manager, Ms. Angela Nash: angela.nash@ubc.ca
- **Stitching Together Knowledges: Indigenous Traditions, Stories and Research.** Join us for a day of story sharing, medicine bundle making, and beading pattern design! This event is a one-day, interactive dialogue session that brings together Indigenous

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community members and researchers to discuss how culture keeps Indigenous people healthy.

- March 27th, UBC Robson Square. [Learn more and Register \(free!\).](#)
- **UBC Medicine's Indigenous Speaker Series:** The First Page of a New Chapter: Leading Transformative Change for Indigenous Peoples in an Era of Truth and Reconciliation. Join us for a conversation with Dr. Alika Lafontaine, an award-winning physician, social innovator, and the first Indigenous physician listed by the Medical Post as one of Canada's 50 Most Powerful Doctors.
 - March 26th 12-2pm online. [Learn more and register.](#)
 - [See other dates and speakers.](#)
- **National Indigenous Languages Day:** March 31st. A day to celebrate and honour Indigenous languages in Canada. [Learn more](#)
- **Two-Spirit and Indigenous LGBTQIA+ Celebration and Awareness Day:** March 20th. This day overlaps with the Spring Equinox, which is a powerful reminder of the traditions. [Learn more](#)

Scholarships and Funding

- [List of scholarships for Indigenous students from GrantMe](#)
- [Indigenous Bursaries Search Tool \(Government of Canada\)](#)
- [Scholarships from the Metis Authority](#)
- [Centre for Excellence in Indigenous Health Indigenous Student Awards:](#) Indigenous UBC students in a healthcare program can apply by April 14th.

Resource Spotlight: Each month we feature Indigenous resources. Up this month, check out some of these Indigenous galleries and cultural centres.

- Vancouver (and nearby)
 - [Wickaninnish Gallery:](#) Granville Island, Vancouver
 - [Spirit Gallery:](#) Horseshoe Bay
 - [The Squamish Lil'wat Cultural Centre:](#) Squamish
- Vancouver Island
 - [Nuyumbalees Cultural Centre:](#) Quadra Island
 - [Roy Henry Vickers Gallery:](#) Tofino
 - [U'mista Cultural Centre:](#) Alert Bay
- North and Northwest
 - [Tluu Xaada Naay Society:](#) Haida Gwaii
 - Widzin Kwah Canyon House Museum: Witset
 - [Ksan Historical Village:](#) Hazelton
- Thompson Okanagan
 - [Sncewips Heritage Museum:](#) Kelowna
 - [The Nk'Mip Desert Cultural Center:](#) Osoyoos
- Cariboo Chilcotin
 - [Xats'ull Heritage Village:](#) Williams Lake
 - [Xwisten Experience Tours:](#) Lillooet

Training opportunities for mentors

Each month we'll feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.

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- **This month's feature: Connecting to mentees who you don't have a lot in common with.** Check out our new and improved guide that includes tips on building rapport with a mentee who is different than you and tips on supporting a mentee in a different career or field. [View the guide](#) (must be logged in to MentorCity)

Have an area you need support in? Let us know and we will feature it in an upcoming newsletter (or at least we will help you out individually): e.mentoring@ubc.ca

Peer-support opportunities for mentors:

- Email us to join our Mentor Mingle group - connect with fellow mentors and exchange experiences and advice: e.mentoring@ubc.ca
- Seek and offer guidance to your fellow mentors on our Mentor Advice Forum [Google doc](#)

Thanks for reading the newsletter. For any questions or concerns, please reach out to us at e.mentoring@ubc.ca

Happy mentoring everyone!

The eMentoring Staff