

ReMBC Monthly Newsletter

April 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

- **There are lots of ways to send messages...** did you know that you can send video and voice messages in addition to writing messages?
 - *If you are on the MentorCity app*, click on the attachment icon (it looks like a paper clip, next to the send button) and choose "take a photo or video".
 - *If you are on a computer*, you can take a video or voice message on your phone and email it to yourself. Then, save the file to your computer and attach the file to your message. Here are some tutorials on how to do this:
 - Tutorials for [Windows](#), [Windows Video Tutorial](#)
 - Tutorials for [Mac](#), [Mac Video Tutorial](#)
- **Mentors – Make the first move:** Please remember that you are responsible for making the first move throughout the program as a way to guide your mentee. This includes sending the first message – both at the start of the relationship and at the beginning of each new activity – wrapping up each activity, and prompting your mentee to start the next activity.

Events, Opportunities and Supports

- **Opportunities with Interior Health:** Available for high school students, undergraduates and grads can participate 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](#)
 - **Foundry Virtual:** Free online health and mental health services for young people aged 12-24. Parental consent not required. Services include:
 - Virtual [counselling](#) appointments
 - [Peer support](#) for mental health.
 - [Primary care](#) appointment (i.e., a virtual doctor appointment).
 - Support with [employment](#)
 - [Groups & workshops](#): join online groups and workshops like Queer Café, Mindfulness sessions, and Body Image support group.
- To learn more: [Visit Foundry Virtual's website](#), [watch this video](#), or attend an online info session (next one is April 23rd, [register here](#)).

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)
- **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

Truth and Reconciliation Opportunities

- **Reconciliation: Journey of our Generation Workshop:** Join Quw'utsun' Elders who will take you on a journey through time with stories of pre-contact village life, the arrival of settlers, the development of colonies and policies of colonization. Sit inside western systems and indigenous ways of being, to experience the impacts, effects and changes brought about by colonization. **May 15th 2-3:30pm, Duncan, BC.** [Learn more and register.](#)

Conferences and Gatherings

- **Restoring Justice for Indigenous Youth Gathering:** Come join us in Terrace, B.C., for an important gathering on Indigenous justice with a special focus on justice for Indigenous Youth who remain overrepresented in the youth justice system. **May 29th and 30th, Terrace.** [Learn more and register.](#)
- **National Indigenous Physical Activity and Wellness Conference:** This is the nation's largest conference on Physical Activity & Wellness for First Nations, Métis and Inuit people, created for all of those with an interest in sports, recreation, fitness, and traditional activity. May 2nd and 3rd, UBC. [Learn more and register.](#)

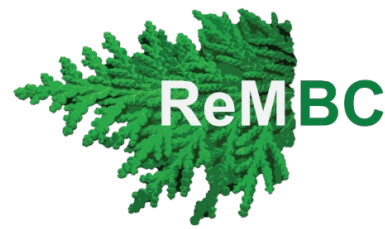
Jobs

- [Indigenous Hiring Fair:](#) May 1st in Victoria
- [Indigenous Career Fair:](#) May 9th in Vancouver

Scholarships and Funding

- [Pacific Association of First Nations Women:](#) Indigenous students planning on enrolling at a BC college or university can apply for \$5000. **Apply by May 1st.**
- [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.

Rural eMentoring BC



- [Canadian Council for the Arts: Creating, Knowing and Sharing: the Arts and Cultures of First Nations, Inuit and Métis Peoples](#): Funding for artists and arts projects

Resource Spotlight: Each month we feature Indigenous resources. Up this month, check out some of these opportunities to experience Indigenous culture.

- [Revered Roots: Ancestral Medicine Plants](#): May 2nd 6:30-8pm Vancouver.
- [Blanket Exercise with Elder Sam George](#): May 13th 5:30-9pm Burnaby
- [Indigenous Plant Walk](#): May 31st 10am Victoria
- [Indigenous Women's Full Moon Ceremony](#): June 12th 5:30pm Vancouver
- [Indigenous Tourism BC's list of Powwows](#): ongoing

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.

- **This month's feature: Giving advice through storytelling.** Advice goes further if there's a story to go with it. Stories provide context and help explain why the advice is important in the first place.
 - [Mentor quick tips: Storytelling](#). From ReMBC
 - [How do you use storytelling and examples to illustrate your points and inspire your mentee](#): From LinkedIn.

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