

ReMBC Monthly User Updates - October 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](#)

Events, Opportunities and Supports

- **Live Learning Session with EducationPlannerBC: Tuesday, October 28, or Wednesday, November 19th, 2025, from 6:30-7:30 p.m. PDT.** These free sessions are open to anyone interested in learning about post-secondary education and career planning and will be especially helpful for high school students in grades 10-12, parents and student supporters, adult learners, high school counsellors, teachers, and career advisors. Free registration [here](#), or contact support@educationplannerbc.ca.
- **An evening with RPM: November 19th at Selkirk College or virtual.** Learn more about Selkirk College's Rural Pre-Medicine program. If you are interested in a career in rural healthcare, this is the program for you! Earn your pre-requisites for medicine, nursing, pharmacy and any other healthcare career you can think of in a supportive environment designed to shape you into a competitive applicant – all with a rural spin. [Learn more and RSVP](#) (free) by Nov 12.

Volunteer with your local Health Authority

- **Interior Health:** Available for high school students, undergraduates and grads 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):** For students in grades 10-12: Observe and learn about healthcare career paths, experience healthcare settings and receive supportive mentorship from Interior Health teams. [Learn more](#)

- **Northern Health:** Volunteers of any age are accepted! Volunteer in community care, hospital, long-term care, public health, or substance use services setting. [Learn more](#)
- **Island Health**
 - **[Step-Up Youth Program: Ages 15-18.](#)** Volunteer at a hospital or long-term care home. Attend weekly shifts and participate in monthly Guest Speaker Series.
 - **Volunteer programs (vary by location): Ages 18+.** Volunteer in Long Term Care Homes, Acute Care Hospitals, Public Health Units and other unique sites such as Queen Alexandra Centre for Children's Health. [Learn more](#)

Indigenous Opportunities

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

- **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
- **We Survived the Night: An Indigenous Reckoning - Book release.** October 30th 7pm, Vancouver. Interview with the author and book signing. [Register for free.](#)

Events from Indigenous Tourism BC

- **[Tidal Indigenous Pop-Up Shop:](#)** Through Oct 31st in Vancouver. Indigenous women-owned brands.
- **[In Our Hands: The Keepers of the Box of Treasures.](#)** Exhibit at the U'mista Cultural Centre in Alert Bay, through October 31st. Detail: Don Svanvik Gigame' Homiskanis Kwagu'ł – 'N̓amgis. Don's story in "In Our Hands: The Keepers of the Box of Treasures", reminds us that communities are shaped by people who live their values – through their craft, their work, and their care.
- **[NDN Giver:](#)** Exhibit at the Bill Reid Gallery in Vancouver, through Feb 22nd 2026. Explores the layered meanings within both everyday and extraordinary gifts that circulate through the potlatch.

Scholarships and Funding for Indigenous Students

- **Indspire:** Scholarships and Bursaries for Indigenous high school and post-secondary students. [Learn more and apply by November 1st](#)
- [List of scholarships for Indigenous students from GrantMe](#)
- [Indigenous Bursaries Search Tool \(Government of Canada\)](#)
- [Aboriginal Futures: List of scholarships and bursaries](#)
- [Scholarships from the Metis Authority](#)
- [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 a resource for Indigenous students. This month:

- **Meet Angela Nash, ReMBC's Indigenous Initiatives Manager!** Angela can help Indigenous mentors and mentees connect to resources and support, both within their mentoring relationships and beyond, and helps us bring more Indigenous content and values into our offerings.
- Angela (she/her/[Wəlastəkwewiyik](#)) is Indigenous from the Wabanaki territory in New Brunswick. She joined the ReMBC team back in 2019, with the goal of supporting and fighting for Indigenous students. Her dog Diego thinks he is the ReMBC mascot, as he shows up at each and every zoom or teams call (that's him pictured)! When not working at ReMBC Angela can be found trying to play in smash tournaments with her kids, admittedly she is bad at it.
- Contact her at: angela.nash@ubc.ca



Training opportunities for mentors

But first, some reminders:

- **Mentors are required to send the first message to their mentees**, don't wait for your mentee to message you first. See below for some tips on introductions.
- **Once you and your mentee have gotten to know each other and are ready to move past introductions, suggest to your mentee that you start working through the courses.** Depending on how your mentee is participating, courses may or may not be required. See your matching email to learn how your mentee is participating.

Now, on to training: Each month we feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.

- This month's feature - getting off on the right foot. Below are some resources for making a good first impression on your mentee:
 - [Mentor Quick Tips for Introductions](#)
 - [ReMBC's Mentor Guide to Meeting your mentee](#) (Login to MentorCity to view)

Other training opportunities:

- [Cultivate mentoring mindsets for mentorship](#) – from Alumni UBC. Workshop to help mentors at all experience levels step into this new mentorship season with intentionality, thoughtfulness and some new tools. **Oct 22nd, 12-1pm PT online, free registration.**
- **Full list of mentoring resources:** [Mentor Training and Resources Portal](#) (login to view).
- **Peer-support opportunity for mentors:** Join our Mentor Mingle group - connect with fellow mentors and exchange experiences and advice. Email: e.mentoring@ubc.ca

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

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