

Rural eMentoring BC

Monthly User Updates • March 2026

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

Reminder: Do not write in the Discussion Tab, under "Community". This will message EVERYONE in the program! To message your mentor, click on your Message Hub in the top right corner of your screen [🔗 Learn how here](#) (must be logged into MentorCity)

Reminder: Courses - Make the most of your mentor's expertise by working through the program courses together. Complete activities, ask questions, get feedback from your mentor, and learn from their real-world experiences. [🔗 Learn more about courses here](#) (must be logged into MentorCity)

- **High School Mentees**
 - Always let your mentor know which course you're working on.
 - **🌟 Pro tip:** When posting an activity or question, include the course name and activity title, or even paste the link to the activity in your message so your mentor can easily follow along.
- **Mentors**
 - Most mentees are required to complete some of the program courses as part of their class. After you and your mentee have finished introductions, please guide your mentee toward starting the courses so they have enough time to complete their requirements.
 - **🌟** Find your mentee's course requirements in:
 - Matching email
 - Your mentor group on MentorCity
 - Your progress report notifications

Events, Opportunities & Supports

- **CGI Early Career Opportunities:** Opportunities for students and new grads interested in tech careers, including the New Grad Program, Women in STEM Excel, Indigenous student internship, and co-op and summer internships. - [Learn more.](#)
- **Northern Pathways to Healthcare Bursary:** Provides \$7,500 per year plus enrichment and academic support for incoming UNBC students planning to pursue a healthcare career. Applications due April 1st - [Learn more and apply.](#)
- **Island Health's Step Up Youth Volunteer Program** offers Vancouver Island youth aged 15-18 an engaging and meaningful volunteer experience in their local Island Health facilities. Gain exposure to different healthcare environments and career opportunities, and hear from guest speakers. Bursary funding and scholarship credit are available to those who qualify. [Learn more and apply by May 15.](#)
- **UBC Geering Up** offers hands-on summer camps for youth in Grades 1–12 in both Vancouver and Kelowna, designed to spark curiosity and build creativity in science, technology, engineering and math (STEM). [Learn more and register.](#)

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.

- **Sk̓wx̓wú7mesh Líl̓wat7úl Cultural Centre**
 - The Centre shares memorable experiences celebrating the distinct Sk̓wx̓wú7mesh and Líl̓wat7úl ways in shared territory where Whistler resides.
 - **🌟 Feature exhibit: Woven Pathways: Fashion and Cultural Continuity** (through April 5th)
 - [🔗 Other Exhibits](#)
 - [🗺️ Take a Tour](#)
 - **👤 Indigenous Youth Ambassador Program:** A 10- week paid training program that helps Indigenous youth build career skills through hands-on experience in tourism, retail, food services, and cultural programming while gaining certifications like First Aid and Food Safe and exploring future education and career pathways. - [Learn more and apply.](#)
- **Gathering Our Voices 2026** (March 17-20, Vancouver)
 - Join Canada's largest Indigenous youth leadership conference featuring workshops, cultural activities, and networking opportunities. Open to Indigenous youth aged 14-24.
 - [🔗 Learn more](#)

Education Opportunities

- **IndigiTECH Program** (virtual, ongoing)
 - A free 12-week online program offering education, internships, and career pathways in web development, UX design, digital art, and entrepreneurship for Indigenous individuals.
 - [🔗 Learn more](#)
- **UBC's Summer Science Program** (UBC Vancouver)
 - A one-week cultural, health, and science program for Indigenous students entering Grades 9-12 in Fall 2026, designed to spark interest in post-secondary studies in health and science.
 - 📅 Aug 2-8 for Gr 11/12, Aug 9-15 for Gr 9/10
 - [🔗 Learn more and apply](#)
 - Funding available, email: e.mentoring@ubc.ca
- **First Nations Technology Council's Digital Skills Training Programs**
 - Free Indigenous-designed digital skills courses, grounded in traditional cultures, values and worldviews.
 - [🔗 Learn more and apply](#) (Apply anytime)
 - Grads get access to the paid [Summer Internship program](#) (Apply soon to secure your spot)

Scholarships & Funding

- [Education Resources Administered by BCAAFC](#)
- [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, we are sharing resources that support mental health and wellness for Indigenous youth and adults. Taking care of your wellbeing matters, and there are culturally grounded services and people ready to support you whenever you need it.

- **Places to Go**
 - [Vancouver Aboriginal Health Society - Cultural Workshop and Elder Sessions:](#) This page outlines their regular weekly calendar, including Elder sessions and community programming. Check out their [Instagram](#) for updates on upcoming workshops and special events.
 - [Friendship Centres across BC:](#) These Centres offer community spaces with cultural programming, health services, youth programs, and wellness supports.
- **Helpful Resources**
 - [BC Government: Virtual Mental Health Supports for Indigenous Peoples](#)
 - [BC Government: Indigenous Youth Support](#)
 - [With Open Arms: Harm Reduction Toolkit from First Nations Health Authority](#)
 - [UBC's Learning Circle's list of supports](#) for both adults and youth (*scroll down the page*)
- **Crisis Lines and Immediate Support**
 - [Culture for Life:](#) for Indigenous youth
 - [Kuu-us Crisis Line:](#) 24/7 culturally safe supports for Indigenous people. Visit their website to decide which crisis line fits your needs.
 - [Indian Residential School Survivors Society:](#) survivors and their loved ones can call 1-866-925-4419, Open 24/7
 - [Hope for Wellness Help Line:](#) offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada, 24/7: 1-855-242-3310, or use the chat box on their website.
 - Métis Crisis Line: 1-833-MÉTIS-BC
 - [Multicultural Mental Health Resource Centre](#)

Training Opportunities for Mentors

Reminders

- **Please respond to your mentee within 3 days:** this includes weekends (it's not 3 business days)
- **Indigenous Cultural Safety Training:** Learn how to better support your Indigenous mentees.
 - We recently developed an updated version of our mentor Indigenous cultural safety training, with more focus on developing mentoring relationships with Indigenous mentees.
 - [🔗 Check out the training here.](#)
 - Please note, the training is still in beta testing mode, so please let us know what you think! Take the survey linked in the training, or contact us (e.mentoring@ubc.ca) to provide feedback in a different way. **The first 10 people to take the survey will receive a \$40 gift card to their school's bookstore.**

Training Feature

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

- **Connecting to mentees who you don't have a lot in common with.**
- Check out our 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)

Thank you for being part of our community. Questions or ideas? Email us at e.mentoring@ubc.ca

- The eMentoring Staff 🌟

About Rural eMentoring BC

Rural eMentoring BC supports rural students' educational and career journeys. The program is delivered in partnership with UBC and the Rural Education Action Plan.

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