



November 12, 2020

Greetings,

Please share the following links and resources as widely as possible. Materials can be shared in community newsletters, printed and distributed, or shared among leadership and health care providers.

Public Health Notices and Articles:

- [Tablet Initiative connects Elders and Knowledge Keepers with Expectant Mothers](#). This story is part of the FNHA's [Maternal Child and Family Health](#) programming.
- [Lower Mainland and Fraser Valley restrictions](#) (Government of BC). Please note the Public Health Officer has issued a COVID-19 public health order from Nov. 7-23 limiting social interactions in places of work and businesses.

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>

Videos and Podcasts:

Radio Podcast: [FNHA Talks Flu Shots and Its Maternity and Babies Advice Line](#) from Journeys with Char Normandeau on CFNR Radio. Runtime: 13:34 minutes. This podcast speaks about the FNHA's [Maternity and Babies Advice Line](#).

FNHA on YouTube

Video: [FNHA Multi-Year Capital Plan Overview](#). Runtime: 5:09 minutes.

Video: [FNHA Five-Year Plan Overview](#). Runtime: 5:55 minutes.

See [fnha.ca/5yearplan](https://www.fnha.ca/5yearplan) for more info on both these videos.

FNHA Webinar: [Why People Start Using Substances and Stigma](#). Runtime: 1 hour, 7:48 minutes. The first in a series of webinars on cannabis use. This 90-minute webinar focuses on why people start using substances and the stigma around substances, and Indigenous Peoples. Len Pierre and Jolene Pagurut offer their insights on how to help build relationships with clients in order to reduce stigmatization in practice.

FNHA's COVID-19 Web Portal can be found here: www.FNHA.ca/coronavirus



The FNHA created the COVID-19 web portal to help community members, First Nations leadership and health care providers in accessing the information needed to keep themselves and others stay safe.

For the most relevant information, including FAQs for community members and FAQs for health care providers, visit one of our three COVID information pages:

- [Information for First Nations individuals](#)
- [Information for health professionals](#)
- [Information for community leaders](#)

FNHA's e-newsletters

You can sign up for the FNHA's e-newsletter to ensure you get regular updates and information here: <https://www.fnhanewslettersignup.ca/>

FNHA App

Stay updated on COVID-19, Health Benefits updates and more with the new FNHA App. [Learn more.](#)

**In health and wellness,
The First Nations Health Authority Communications Team**