

# Thompson Rivers University Indigenous Student Support



## Join us at

### Cplul'kw'ten - the gathering place

Cplul'kw'ten is a friendly and inviting Indigenous centre that provides information on all aspects of university life and doubles as space to socialize, study, or just take a break from your day. It is truly a home away from home.



### Soup Circle

Join the circle, have a bowl of soup and connect with Cplul'kw'ten team every Wednesday at 11:30 a.m. to 12:30 p.m.

### Wellness Circle

Foster personal, academic and professional growth through an Indigenous lens and a multicultural, person-centered and solution-focused therapy perspective every Monday from 11 a.m. to 12 p.m.

### Elder in House Program

In the Elder in the House Program, elders are available at the TRU Kamloops and Williams Lake Cplul'kw'ten. They provide personal consultation, conversation, guidance and mentorship to Indigenous students. Contact [indigenous@tru.ca](mailto:indigenous@tru.ca) to book time with an elder.

### Mentor Program

The Indigenous Mentor Program assists new students with a successful transition into Thompson Rivers University.

### Other Resources at Cplul'kw'ten

- On site computers
- Kitchen and lounge area
- Assistance in locating basic facilities such as: housing, daycare, transportation etc.
- Assistance with writing papers and assignments
- Assistance applying for bursaries and scholarships
- Assistance with band funding applications
- Academic support options such as tutoring
- Library outreach program
- Various free seminars such as: life online, money matters, and many more!



## TRU Indigenous Law Students Association



The Indigenous Law Students Association (ILSA) was founded in the fall of 2011 to ensure that Indigenous perspectives would be considered and included within the Faculty of Law. ILSA is a student-led club, composed of an elected executive body.

TRU ILSA strives to create a welcoming environment for all students attending TRU Law by assisting in intercultural learning and by liaising with cultural resources both on and off campus. We engage with the Faculty of Law, the greater TRU community and Tk'emlups te Secwépemc to promote diversity, equity, and Indigenous perspectives within the law by creating and supporting events for ILSA members and the community.

### TRU Law Alum and Mentor

Chrystie Stewart, now a partner at Stewart & Springfod LLP Lawyers in Kamloops, was part of the TRU Law inaugural class and graduated in 2014.

She continues to serve as the Faculty of Law Indigenous Student Advisor and coach of the Kawaskimhon National Indigenous Moot competition. Our students reach out to her as a mentor and collaborator.



Chrystie Stewart

### Convocation and Ceremonies

Traditional regalia and clothing from all nations is accepted and encouraged at TRU for important events, convocations, and ceremonies. We strongly encourage Indigenous students to wear their regalia to represent their community, First Nation, Métis, or Inuit community.

There is also a special Indigenous Student Graduation event each year where graduates and dignitaries are drummed in by traditional drummers, there is an Opening Prayer with a Tk'emlúps te Secwepemc Elder, plus a Tk'emlúps te Secwépemc territory welcome from Chief and Council, dinner, and more.

### Off-Campus

Lii Michif Otipeemisiwak, Family and Community Services—<https://lmofcs.ca/>  
Kamloops Aboriginal Friendship Society—This non-profit groups is dedicated to empowering Aboriginal people to achieve their fullest potential. Visit their Facebook page for events and programming @KAFS1972

### Tk'emlúps te Secwépemc

Tk'emlúps te Secwépemc (TteS) are members of the Interior-Salish Secwepemc (Shuswap) speaking peoples of British Columbia. The Shuswap or Secwépemc (pronounced suh-Wep-muhc).

You may visit the Secwépemc Museum and Heritage Park  
<https://secwepemcmuseum.ca/>

### Two Rivers Métis Society

The Two Rivers Métis Society is happy to welcome new members into their community. Two Rivers Métis Society gathers and supports the Métis people of Kamloops and area. They offer a variety of programs and events throughout the year, as well as volunteer opportunities.

### ILSA Contact:

ILSA Co-Presidents Tara-Lynn Wilson & Bailie Copeland  
[ThompsonriversuniversityILSA@gmail.com](mailto:ThompsonriversuniversityILSA@gmail.com)

### Contact Info

**Chrystie Stewart**  
[cstewart@tru.ca](mailto:cstewart@tru.ca)

#### TteS

(250) 828-9700

[communications@kib.ca](mailto:communications@kib.ca)

**Two Rivers Métis Society**

[info@tworiversmetis.ca](mailto:info@tworiversmetis.ca)