

TAMARA GEORGE

EXECUTIVE DIRECTOR



Introducing the Executive Director Tamara George (Stirling)

Tamara was born and raised in Merritt, and has worked in the health field for the last 10 years. During this time she has developed a strong connection to the Nlaka'pamux Nation and truly cares about the wellbeing of the community as a whole. Tamara is from the Nlaka'pamux Nation, a member of the Coldwater Indian Band. She is the granddaughter of Late Alice George (Justice) from Lytton BC & David McCuish from Scotland and from her father's side Larry Taylor from Skeetchestn and Mary Ann Phillips from Chehalis BC. She is the oldest daughter of May George & Mike Smith, her younger siblings are Shayla George and Danton Smith. Tamara is married to Dillon Stirling & is the proud mother to Zakara Stirling.

In 2014, she graduated from NVIT with her Associate of General Arts. Tamara has been working in the Health Field with Scw'exmx Community Health Service Society for 5 years in increasing complex roles & Nlaka'pamux Health Services for the past 3 years. It was during this time when they developed Nlaka'pamux Health Services and Tamara was one of the first employees as the Wellness Coordinator. She has watched the few staff grow and develop into the health office that we have today, with the various departments focusing on Mental Health & Wellness programs. And will continue supporting the growth and expansion of Nlaka'pamux Health Services.

Since November 2019, she has been working with the newly developed NHSS Board of Directors. Tamara is directed by NHSS Board of Directors to support the 12 NLX communities. Including working with the Nation Health Directors to support community based health programs aimed at Community wellness, mental health and promotion of health. NHSS has a draft Nation health plan & various studies/reports that help drive the Nation shared service model. She also engages & supports community health initiatives, policy implementation and best practices for the nation as a whole. Tamara will also gathering information related to health matters; assist in coordinating meetings, events, training, and programs, research new health programs, conduct simple surveys and environmental scans of health issues for the local area.

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Tamara's most rewarding experiences to date have been working for her own Nation & the Scw'exmx Elders Group. The cultural knowledge, traditional practices and protocols that she has received from the elders, has been very rewarding. During this time she has learn to be patient, humble and remember that decisions today will effect the future generations to come. Tamara looks forward to continuing the work of identify health gaps, prioritizing community needs, building capacity and provide culturally appropriate health services and programs. She looks forward to continuing the working relationship with the Health Directors, governance and technical representative and including the NLX Leadership.

Tamara has graduated with her Certified Aboriginal Professional Administrator (CAPA) program through AFOA. She has also participated in the following training or information sessions; Making connections, First Nations Health Authority, First Nations Accounting Fundamentals AFOA, Applied Suicide Intervention Skills Provisional Trainer, Living works Education, Living life to the Full, Canadian Mental Health Association, CAHR Aboriginal Health, University of Victoria, Health Non-Insured Health Benefits Medical Transportation Training, First Nations Health Authority, Critical Incident Stress Management: Group Crisis Intervention, UMBC, Chemical Addictions studies, Nicola Valley Institute of Technology, Band Social Development Worker Training Level 1, FN Social Development Society,

Tamara has an open door policy, and looks forward to working for the Nlaka'pamux people as the Executive Director of Nlaka'pamux Health Services Society

**To contact Tamara George- Stirling call
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