

Interior First Nation communities, Métis Charters and Urban/ Away-from-Home communities

The Interior region is comprised of **54 First Nations communities** of the Host T̓silhqot'in, Secwépemc, D̓ākelh Dené, St'át'imc, syilx, Nlaka'pamux and Ktunaxa Nations, **14 Métis Chartered Communities** and **9 Urban/ Away-from-Home** Indigenous organizational communities.

D̓ākelh Dené Nation Community Ulkatcho First Nation (Anahim Lake, B.C.) <i>Service Agreement as community lies within Vancouver coastal region</i>	Ktunaxa Nation Communities yaqan nukiy Lower Kootenay Band, Creston, B.C. ʔaq̓am St. Mary's Indian Band, Cranbrook, B.C. ʔakisq̓nuk First Nation, Windermere, B.C. Yaq̓it ʔa-knuq̓i'it First Nation, Grasmere, B.C.		
Northern St'át'imc Nation Communities “t'aks ta amha swa7” – “going along with the good way of being” - Tsal'alh First Nation, Shalath B.C. Xaxli'p First Nation, Lillooet, B.C. Sekw'el'was First Nation, Lillooet B.C. T'it'q'et First Nation, Lillooet, B.C. Xwisten First Nation, Lillooet B.C. Ts'kw'aylaxw First Nation, Lillooet, B.C. <i>*Secwepemc community aligned with St'at'imc LoU</i>		T̓silhqot'in Nation Communities “People of the River” Tl'esqox First Nation, Riske Creeke B.C. Yunesit'in Government, Hanceville, B.C. - Xeni Gwet'in First Nation Government, Nemiah Valley, B.C. Tsi Del Del First Nation, Chilanko Forks, B.C. Tl'etingox-t'in Government, Alexis Creek, B.C. - ʔEsdilagh First Nation, Quesnel, B.C. <i>community Service Agreement lies in Northern region</i>	
syilx Nation Communities “ali kwu_swiwi-numtax, ali kwu_suknaqinx, ali axa itmxwulawxw” - “We Are Beautiful, We Are Okanagan, Because Our Land is Beautiful.” - spaxmn / n̓q̓iləm̓x Upper Nicola Indian Band, Merritt, B.C. - nkmaplqs Okanagan Indian Band, Vernon, B.C. - s̓nqatq̓t̓n̓w̓t Westbank First Nation, Kelowna, B.C. - s̓n̓p̓intkt̓n̓ Penticton Indian Band, Penticton, B.C. - nk'mip / swiws̓ Osoyoos Indian Band, Oliver/Osoyoos, B.C. - čupáq̓ / níʔx̓w̓ínaʔ Lower Similkameen Indian Band Chopaka/Keremeos, B.C. - smelq̓mix Upper Similkameen Indian Band, Hedley, B.C.			
N̓leʔkepmx (Nlaka'pamux) Nation Communities Cook's Ferry Indian Band, Spences Bridge B.C. Nicomen Indian Band, Lytton B.C. Skuppah Indian Band, Lytton B.C. - Siska Indian Band, Lytton B.C. - Tl'kemtsin Lytton First Nation, Lytton BC - T'eqt'aq̓n'mux Kanaka Bar Indian Band, Lytton BC Shackan Indian Band, Merritt B.C. Nooaitch Indian Band, Merritt, B.C. Lower Nicola Indian Band, Merritt B.C. Boothroyd Indian Band, Boston Bar, B.C. Coldwater Indian Band, Coldwater / Merritt, B.C. Ashcroft Band, Ashcroft B.C. - Oregon Jack Creek, Ashcroft, B.C.			
Secwépemc Nation Communities “Xwe'weyt ren k'wseltktn t'uce sle7kt.” - “All our relations Healing and Healthy together.” Xat̓s̓úll First Nation, Williams Lake, B.C. - T'exelc Williams Lake First Nation, Williams Lake, B.C. Esk'étemc First Nation, Alkali Lake, B.C. Tsq̓ésceṇ' First Nation, Canim Lake Band, 100 Mile House, B.C - Sexqeltq̓in Adams Lake Indian Band, Chase, B.C. Llenlley' ten- High Bar First Nation, Clinton, B.C. Ts'kw'aylaxw First Nation Lillooet, B.C. Splatsin First Nation, Enderby, B.C. Tkemlúps te Secwépemc, Kamloops, B.C. - Stil'qw/ Pellt̓iq̓'t Whispering Pines/ Clinton Indian Band, Kamloops B.C. Simp̓cw, Chu Chua/ Barriere, B.C. - St'uxwtéws Bonaparte First Nation, Cache Creek, B.C. Stswecem'c Xget'tem First Nation, Dog Creek, B.C. - Kenpesq̓'t Shuswap Band, Invermere, B.C. - Sk'atsin Neskonlith Indian Band Chase, B.C. - Skítsesten Skeetchestn Indian Band, Savona, B.C. Skwlax te Secwepemculecw Skwlax Band Chase, B.C.			
Métis Nation communities South Okanagan Similkameen Métis Association, Penticton BC Boundary Métis Community Association, Grand Forks, B.C. Nicola Valley and District Métis Society, Merritt B.C. Vernon and District Métis Association, Vernon, B.C. Métis Nation Columbia River Society, Golden, B.C. Cariboo Chilcotin Métis Association, Williams Lake, B.C. In Columbia Valley Métis Association, Invermere, B.C. Kam		Urban / Away-from-home Indigenous communities Two Rivers Métis Society Kamloops B.C. Kelowna Métis Association Kelowna, B.C. West Kootenay Métis Society Nelson, B.C. Salmon Arm Métis Association Salmon Arm BC Kootenay South Métis Society Trail, B.C. Vermilion Forks Métis Association Princeton BC Rocky Mountain Métis Association Cranbrook BC Cariboo Friendship Society, Williams Lake B.C. Kamloops Aboriginal Friendship Society, Kamloops B.C. Lii Michif Otipemisiwak Family & Community Services, Kamloops, B.C. Oooknakane Friendship Centre, Penticton, B.C. Ki-Low-Na Friendship Society, Kelowna, B.C. Métis Community Services of BC, Kelowna, B.C. Conayt Friendship Society, Merritt B.C. Lillooet Friendship Centre Society, Lillooet B.C. North Okanagan Friendship Centre Society Vernon, B.C. Indigenous Friendship Society of Revelstoke, Revelstoke, B.C. Circle of Indigenous Nations Society (COINS), Castlegar B.C.	

The final authority on pronunciation rests with each individual First Nation community. Gain first-hand understanding of proper pronunciation by speaking directly with, and being guided by, representatives from each community