

The background of the cover is a photograph of a rocky landscape with a small waterfall. In the foreground, several bright orange, cone-shaped flags are planted in the grass, pointing upwards. The text is overlaid on the top half of the image.

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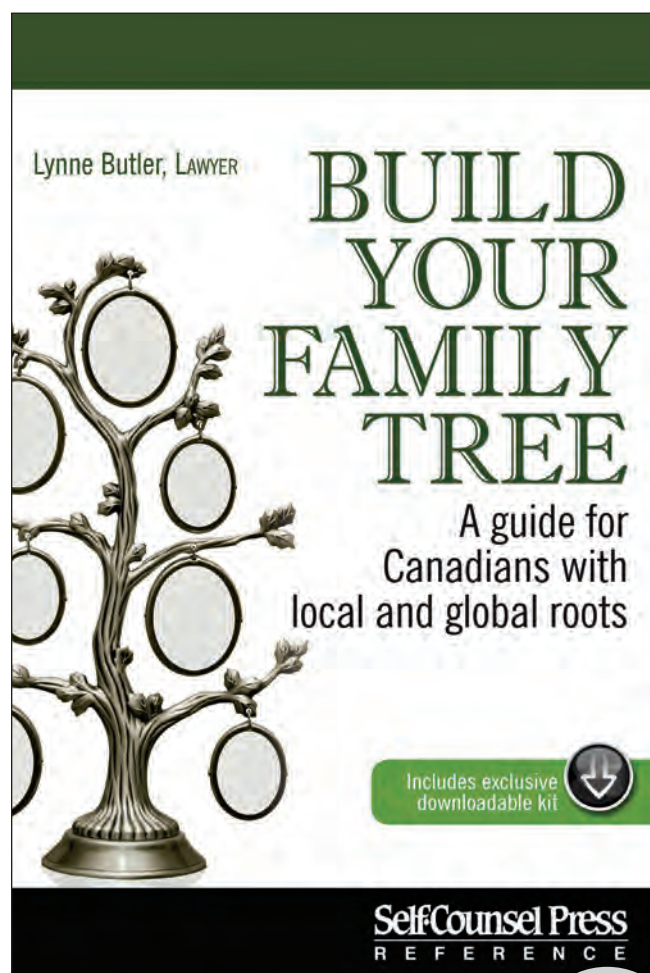
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Build Your Family Tree

A Guide For Canadians With Local And Global Roots



Lynne Butler, LAWYER

ISBN: 978-1-77040-346-8

6 x 9 • paperback + download kit • 200 pp.

First Edition: September 2022

Retail: \$29.95 CAD

Cat: FAMILY & RELATIONSHIPS /

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UPC: 069635403464

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Take your genealogy research to the next level by completing your ancestral story with historical will and probate records. Often, when you research your family tree, you can find only basic facts about ancestors, such as birth, marriage, and death dates. Sometimes, you can figure out a bit more from these records such as their religion, occupation, and names of some other family members. While all of these facts are crucial to your research, they do not paint much of a picture of your family members as people.

Wills are underused in genealogy research. This may be because many family genealogists use primarily online sources for research and most wills are not found online; it could also be because the documents are usually in old, unfamiliar, handwritten script and are not easy to read. With a little work, you could uncover some surprises or a treasure trove of information. For those who want to dig deeper and really get to know their ancestors, *Build Your Family Tree* explains how a will or probate record can offer a much more robust image of lives lived and legacies left.

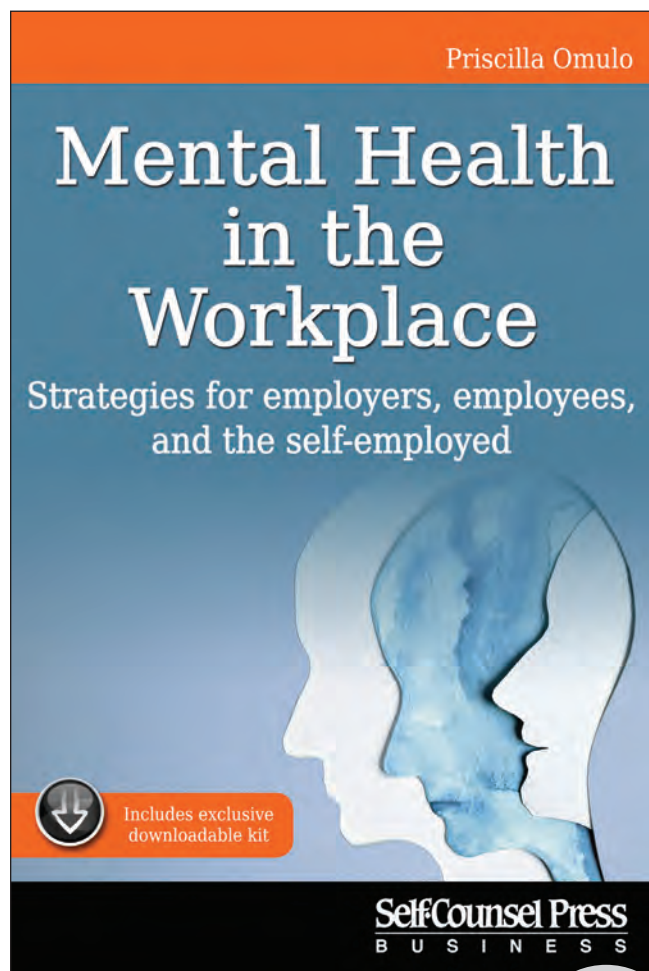
Once you know what is in a physical archive and how to view those records, you are able to take your information about your ancestors to a new level. The story of your family could be different than you imagined. Are you ready to find out how?

The Author

Lynne Butler has worked in estate planning and law for over 25 years. She is a frequent speaker on will and estate matters, and has been a Learning Group facilitator for the Wills and Estates module of the bar admission course in Alberta. Lynne is the author of Self-Counsel titles *Protect Your Elderly Parents*, *Alberta Probate Kit*, *Estate Planning through Family Meetings*, *Succession Planning Kit for Canadian Business*, *How Executors Avoid Personal Liability* and *Contesting a Will without a Lawyer*.

Mental Health in The Workplace

Strategies for Employers, Employees, and the Self-Employed



Priscilla Omulo

ISBN: 978-1-77040-348-2

6 x 9 • paperback + download kit • 160 pp.

First Edition: December 2022

Retail: \$29.95 CAD

Cat: BUSINESS & ECONOMICS / Workplace Culture

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UPC: 069635403488



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Business owners and managers, and the self-employed, take heed: In any given year, 20 percent of people in Canada will personally experience a mental health problem or illness. By age 40, about 50 percent of the population will have or have had a mental illness. With these numbers, the workforce cannot help but be impacted. This large number of people needs support and without it, their health and your business will suffer.

Historically, we haven't spoken about mental health, wellness, or even neurodivergency in public, but it's time to drop the shame and instead, get ahead of it and offer support and resources. *Mental Health in the Workplace: Strategies for employers, employees, and the self-employed* is written by Priscilla Omulo, an author with a wealth of experience providing Indigenous people and other individuals with assistance. This book will help equip employers, employees, and the self-employed with information, tools, and resources to be proactive and deal with issues before, during, and after their appearance.

The current global climate drives home the need to create a supportive environment where everyone can do their jobs to the best of their abilities. There's never been a better time to consider mental health and how it affects your business.

The Author

Priscilla Omulo of Tsartlip First Nation has amassed more than a decade of experience advocating for and working with Indigenous youth and families. She sits on a variety of anti-racism boards and task forces. Omulo was also awarded the Women's Collaborative Hub — Indigenous Leadership Award (2019). She is also the author of Self-Counsel Press title *Amplifying Indigenous Voices in Business*.

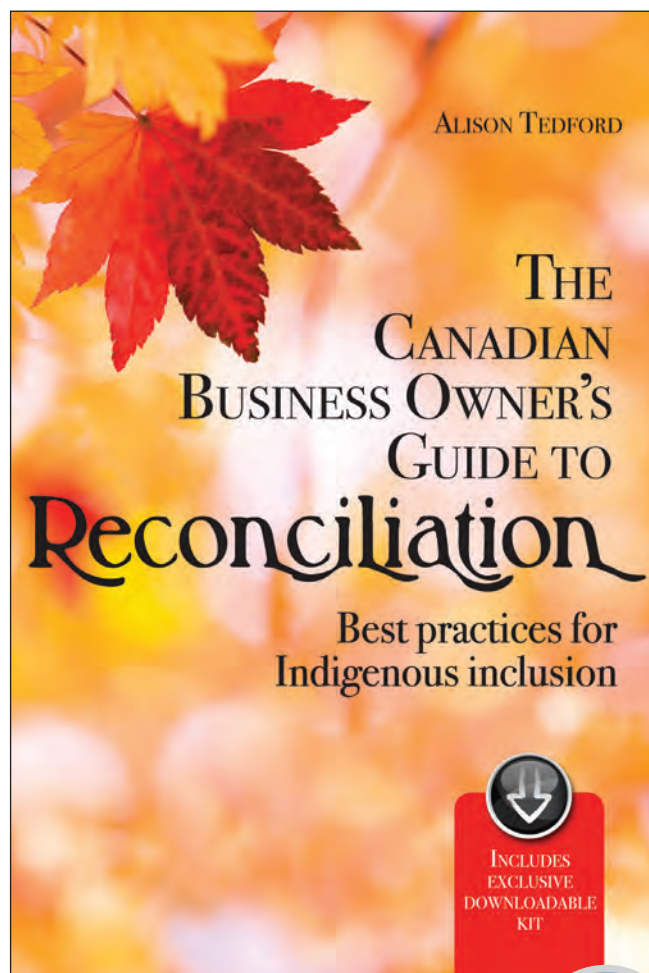
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Move or Die: How the Sedentary Life Is Killing Us and How Movement, Not Exercise, Can Save Us

978-1-77040-281-2

A Canadian Business Owner's Guide to Reconciliation

Best Practices for Indigenous Inclusion



Alison Tedford

ISBN: 978-1-77040-347-5

6 x 9 • paperback + download kit • 128 pp.

First Edition: October 2022

Retail: \$26.95 CAD

Cat: BUSINESS & ECONOMICS / Workplace Culture

Cat: SOCIAL SCIENCE / Indigenous Studies

Cat: LAW / Court Rules

UPC: 069635403471



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From colonization through the *Indian Act* and residential schools, there is a lot of complicated history in the country we now call Canada. Between Indigenous and non-Indigenous people there is a disconnect, a fractured relationship we now need to make right. But what does Reconciliation mean, and specifically what does it mean for businesses?

The Canadian Business Owner's Guide to Reconciliation is about how our history affects the present, and how we need to deal with the past so we can move into the future together. It's about creating opportunities to include Indigenous voices in business, education around Indigenous history and best practices for businesses, and how we can reverse some of the unfair and unsustainable practices to create a better, more inclusive climate.

Author Alison Tedford brings her experience working with government, business, and nonprofits on Indigenous issues including reconciliation over the past two decades to this book. If you're in business in Canada, you need to know how you can participate in reconciliation and transforming relations for a brighter future.

The Author

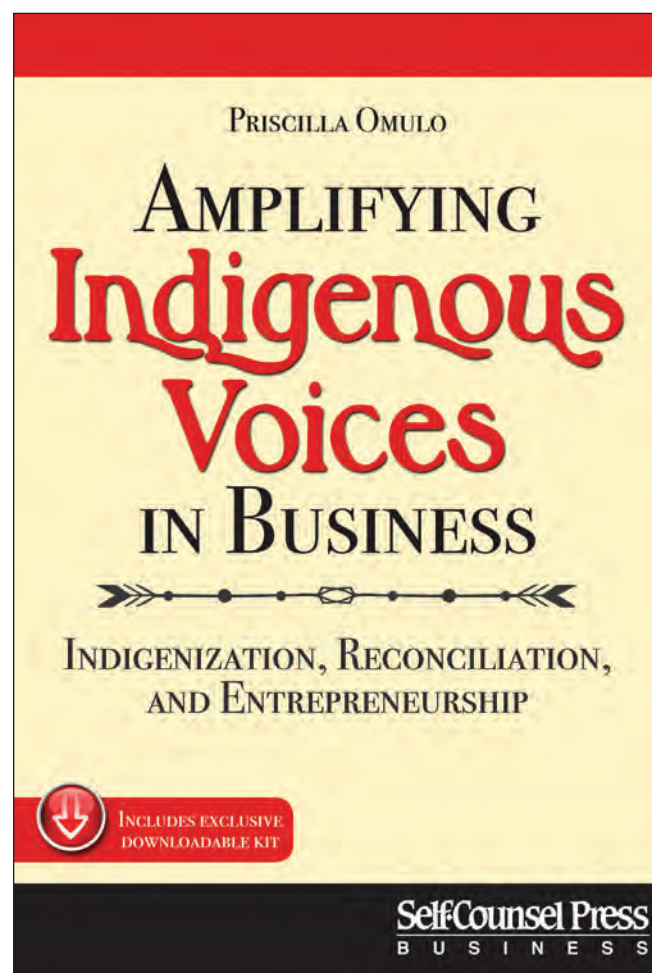
Alison Tedford is a former public servant turned business consultant who has a wealth of experience in culturally sensitive policy analysis, cross-cultural communication, and education on social issues. An advocate for health and mental health, and also Indigenous issues, she has written many articles for publications like CBC, Al Jazeera and Today's Parent. She is the author of *Chronic Profit* and *Stay Woke, Not Broke*, also from Self-Counsel Press. Alison is a member of Kwakiutl First Nation, of 'Nakwaxda'xw ancestry, and is the granddaughter of a residential school survivor. She currently resides in Abbotsford, BC.

Related Title

Amplifying Indigenous Voices in Business: Indigenousization, Reconciliation, and Entrepreneurship
978-1-77040-340-6

Amplifying Indigenous Voices in Business

Indigenization, Reconciliation, and Entrepreneurship



Priscilla Omulo

ISBN: 978-1-77040-340-6

6 x 9 • paperback + updates page • 150 pp.

First Edition: March 2022

Retail: \$26.95 CAD

Cat: BUSINESS & ECONOMICS / Workplace Culture

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Amplifying Indigenous Voices in Business is for organizations and allies who would like to make a positive difference by learning how to amplify Indigenous voices, Indigenize businesses, and support Indigenous entrepreneurship, all in the bigger spirit of reconciliation.

Author Priscilla Omulo addresses Canada's complicated history with Indigenous peoples and how that contributes to today's challenges in the business realm. While the challenge is real, so is the opportunity, and Omulo's step-by-step guide explains how any organization can make immediate plans to improve the way they do business by doing the research, consulting the right people, and formulating a strategy to move forward. There is even a chapter on issues specific to Indigenous entrepreneurs.

Omulo shows readers how a commitment to doing the right thing will lead to a more sustainable and inclusive world for all, and a stronger foundation for businesses and other organizations.

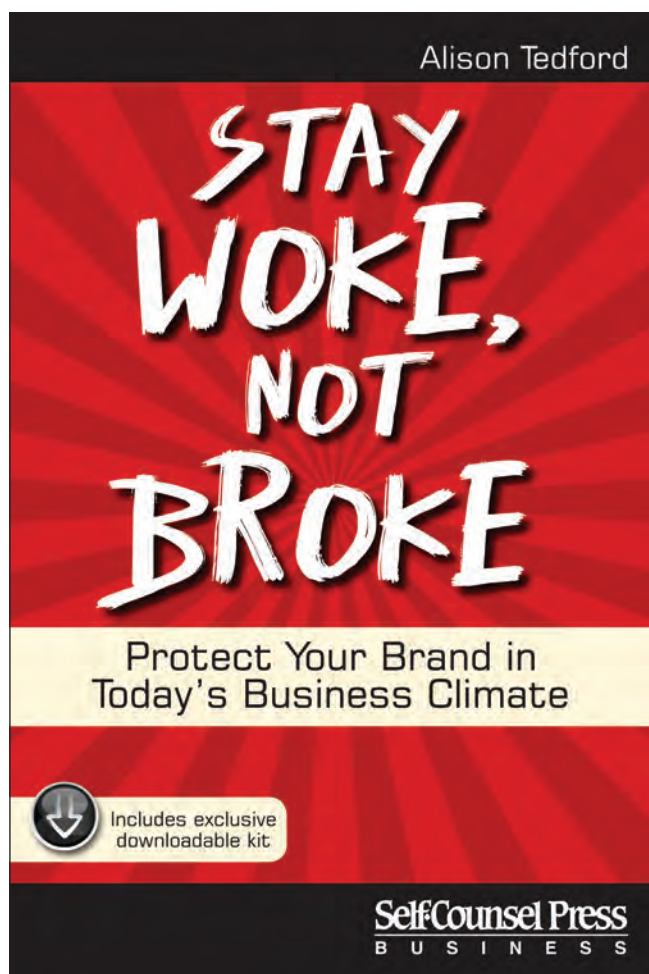
The Author

Priscilla Omulo has amassed more than a decade of experience advocating for and working with Indigenous youth and families. She sits on a variety of anti-racism boards and task forces. Omulo was also awarded the *Women's Collaborative Hub — Indigenous Leadership Award* (2019). This is her first book.

- Associate Degree in Psychology (2012)
- More than 10 years' experience advocating for and working with Indigenous youth and families
- Sits on Indigenous and Anti-racism boards and task forces
- Awarded *Women's Collaborative Hub-Indigenous Leadership Award* (2019)

Stay Woke, Not Broke

Protect Your Brand in Today's Business Climate



Alison Tedford

ISBN: 978-1-77040-339-0

6 x 9 • paperback + download kit • 126 pp.

First Edition: April 2022

Retail: \$29.95 CAD

Cat: BUSINESS & ECONOMICS / Education

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UPC: 069635403396



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Businesses wanting to stay relevant and do the right thing are asking questions such as, "What is 'woke' and how can a business be it?," and "How can you avoid a mistake that could get you 'cancelled'?"

While social justice issues dominated the headlines, author and disability advocate Alison Tedford realized business owners were asking these questions and often didn't know how to sell with sensitivity, share their stances on social justice issues, or even what their audiences wanted or expected from them. Did they need to take a stand, and if they did, what if they said the wrong thing? Was recovery possible?

This experience saw Tedford develop a program that is, in a nutshell, social justice education for owners of businesses big and small. *Stay Woke, Not Broke* explains how to create diversity statements, develop content plans for ongoing social justice topics, and moderate your communities to let important conversations take place.

With more than a decade in cross-cultural communication and education in the public sector, and several years in the private sector creating content for public education on social history affecting Indigenous people, her experience navigating sensitive topics lends itself to this book.

The Author

Alison Tedford is a former public servant turned business consultant who has a wealth of experience in culturally sensitive policy analysis, cross-cultural communication, and education on social issues. An advocate for health and mental health, and also Indigenous issues, she has written many articles for publications like CBC, Al Jazeera, and Today's Parent. She is the author of *Chronic Profit*, another Self-Counsel Press title.

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The GiveBack Economy: Social Responsibility Practices for Business and Nonprofit

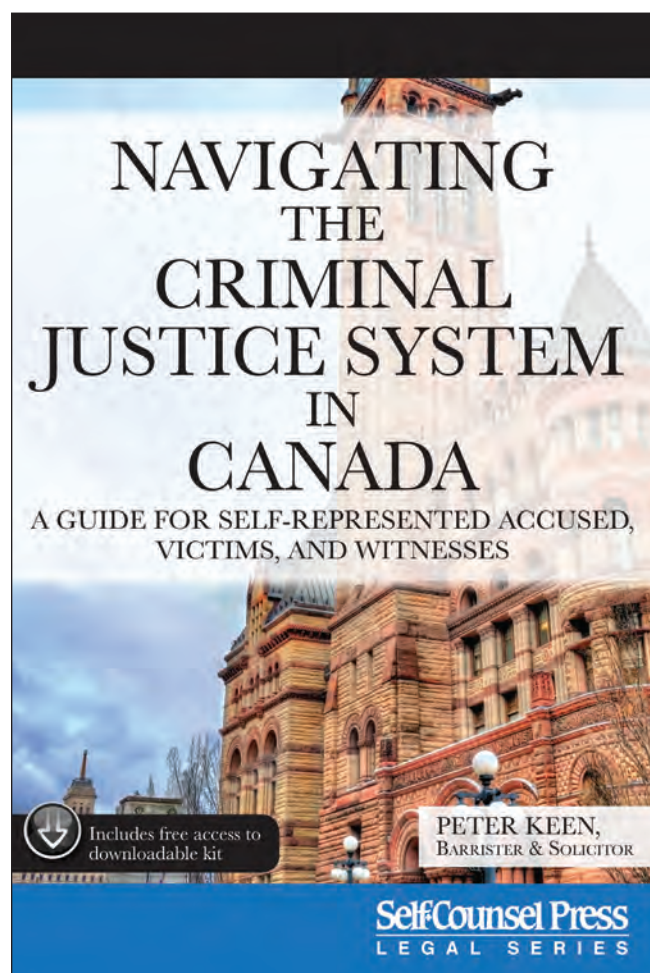
978-1-77040-294-2

Avoid Small-Business Hell

978-1-77040-251-5

Navigating the Criminal Justice System in Canada

A Guide For Self-represented Accused, Victims, and Witnesses



Peter Keen, BARRISTER & SOLICITOR

ISBN: 978-1-77040-342-0

6 x 9 • paperback + download kit • 192 pp.

First Edition: February 2022

Retail: \$29.95 CAD

Cat: LAW / Courts

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UPC: 069635403426



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Hundreds of thousands of people are accused of crimes in Canada every year. Even more people are victims or witnesses to crimes. Sadly, only a handful of these people truly understand what Canada's criminal justice system processes entail and how to maneuver through them, especially without a lawyer.

Navigating the Criminal Justice System in Canada: A guide for self-represented accused, victims, and witnesses provides this information in simple language. It details how a person in the midst of a criminal case in Canada can seek advice and help and what they can do themselves to make it out the other side.

Whether self-represented accused person, victim, or witness, this book will help readers understand and more confidently pilot their way through our justice system.

The Author

Peter Keen has been a criminal lawyer, worked as a prosecutor for 19 years, and is a published author. Peter has published over 70 articles and professional publications, and his work has been cited by the *Supreme Court of Canada*. He is also routinely asked to speak at legal conferences and public events. In 2018 Mr. Keen co-authored his first book on drinking and driving law entitled *Impaired Driving and Other Criminal Code Driving Offences: A Practitioner's Handbook* which was published by Emond Montgomery Publishers.

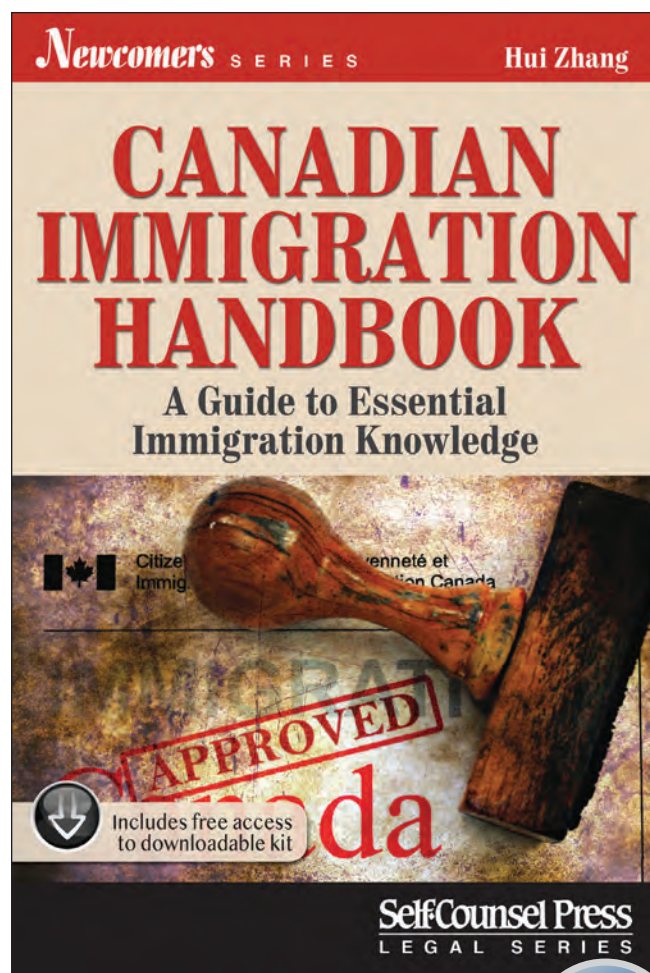
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Canadian Immigration Handbook

A Guide to Essential Immigration Knowledge



Hui Zhang, LAWYER

ISBN: 978-1-77040-341-3

6 x 9 • paperback + download kit • 312 pp.

First Edition: June 2022

Retail: \$54.95 CAD

Cat: LAW / Emigration & Immigration

UPC: 069635403419

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Canadian immigration laws and rules can often seem complicated. To make things harder, depending on the situation, they may need to be found in several different places. How do you know you have all the correct information for your needs?

Whether new or seasoned immigration professional, or an immigrant yourself, the *Canadian Immigration Handbook* is a resource for quickly looking up rules and regulations regarding Canadian immigration practices. It contains all the essentials, so you can feel at ease navigating a sea of information, and avoid potential traps such as immigration fraud.

Author Hui Zhang brings her years of experience as an immigrant, a Regulated Canadian Immigration Consultant (RCIC), and teacher to other immigration practitioners, to create this well-designed staple for other RCICs and immigrants. If you are an immigration consultant or practitioner of any kind — or want to study, work, or immigrate to Canada — the *Canadian Immigration Handbook* lays out the building blocks to success.

The Author

Hui Zhang is a lawyer and Regulated Canadian Immigration Consultant (RCIC); a panelist of the Vancouver International Arbitration Centre; and a member of the Society of Translators and Interpreters of British Columbia. An immigrant herself, she became a member (now a licensee) of the Immigration Consultants of Canada Regulatory Council, now the College of Immigration and Citizenship Consultants. Since then, Hui has been providing immigration services to her clients while teaching the Immigration Practitioner Program, and continues to teach the Immigration Consultant Assistant Program (IMA).

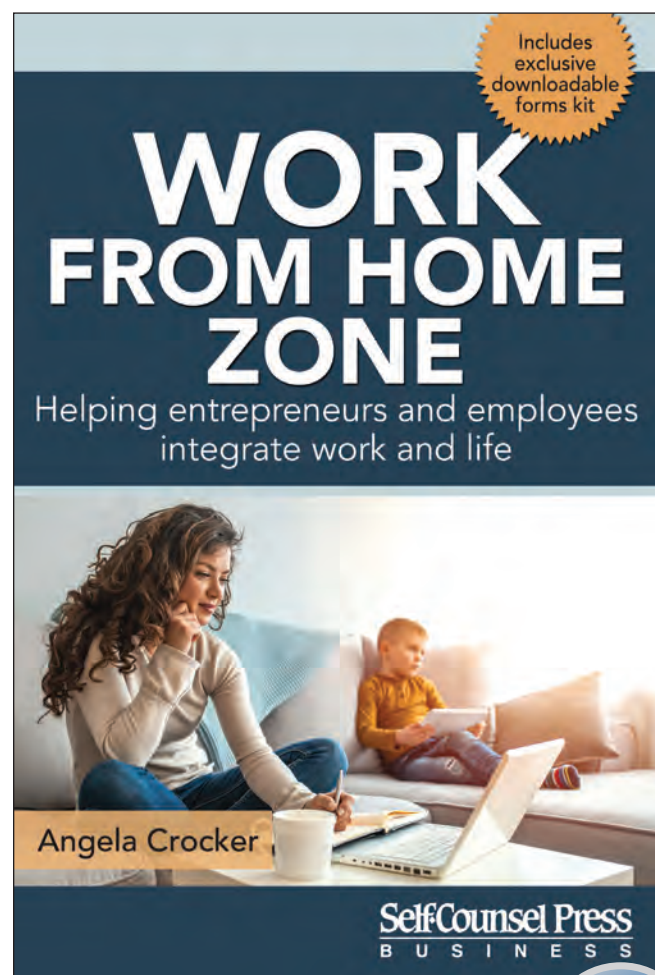
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Work From Home Zone

Helping Entrepreneurs and Employees Integrate Work and Life



Angela Crocker, MEd

ISBN: 978-1-77040-337-6

6 x 9 • paperback + download kit • 176 pp.

First Edition: June 2022

Retail: \$26.95 CAD

Cat: BUSINESS & ECONOMICS / Time Management

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UPC: 069635403372

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From author Angela Crocker, thought leader on online communities, digital decluttering, education technology, and content planning, comes the definitive guide to working from home for employees and entrepreneurs.

Most books about working from home are written for the businesses and employers managing others. This book is for the employees and the self-employed — the workers and the entrepreneurs — who are often overlooked when it comes to how to handle working from home.

Including how-to's and case studies, Crocker discusses how to carve out your work space and meeting space, how to deal with communication technologies, and of course, how to set and maintain boundaries for a healthy and happy work and home life — and so much more.

The Author

Angela Crocker, MEd, has been described as a pioneer of ethical social media, a business-savvy digital goddess, and an information organizing superhero. A thought leader on online communities, digital decluttering, education technology, and content planning, Angela works as an author, speaker, and instructor to help individuals and businesses navigate the issues, challenges, and joys of living a digital life. She is faculty at the British Columbia Institute of Technology and is also the author of *The Content Planner*, *Declutter Your Data*, *Digital Life Skills for Youth*, and coauthor of *Digital Legacy Plan*.

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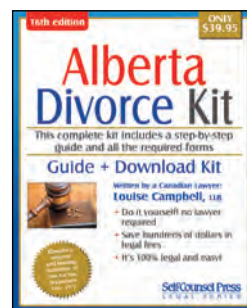
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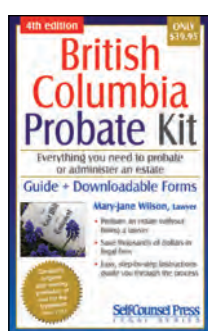
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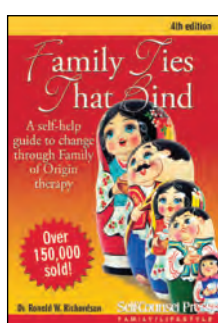
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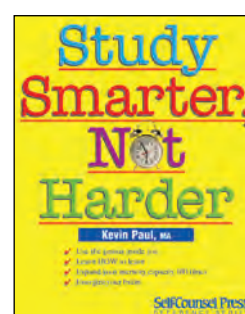
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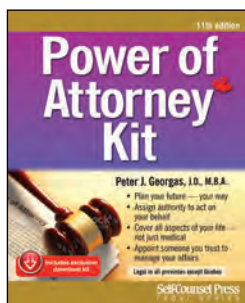
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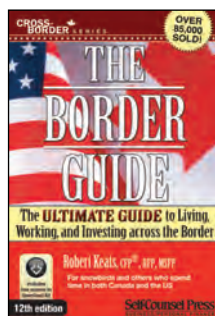
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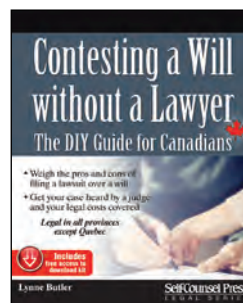
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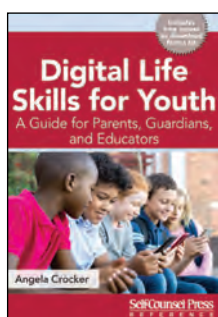
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