



Nezul Be Hunuyeh

Child and Family Services Society

(Referenced as NBH)

Bit Ooza' 2017 Newsletter

~ September: Time of the Char ~



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Prince George, BC, V2L 5N9
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Toll Free: 1.855.562.0790
Fax: 250.561.1590

Visit our Website at www.nezulbehunuyeh.ca

Or Like our Facebook Page

For more information on Events and Programs

Newsletter HIGHLIGHT

Culture Camp – August 13th – 17th, 2017

Let's just start by saying what an 'Amazing' success this years' Culture Camp was – Simply incredible how a community can come together for the benefit of our kids in care. Smiles from ear to ear, hearts filled with warmth and the joy of families reconnected in cultural ways is what makes this yearly event all worth its' while.

1st and foremost - Our Heart goes out to all the Caregivers who brought the children home. For the love & security you give the children, encouraging them to come allows hope of keeping a connection in one way or another and gives them a brighter future.

This year we had 80 children in care come back to reconnect with their families – many travelled in from Alberta, Vancouver, Okanagan and Vancouver Island.

- ◆ 60 were registered with Tl'azt'en
- ◆ 20 were registered with Nak'azdli

Thank you to Nak'al Bun Elementary for allowing us to use the premise for the week. The use of the grounds for camping and activities, including the Fire Pit, access to the Kitchen and Gymnasium helped in so many ways.

45 Volunteers in the community, *not including our amazing NBH staff*, put in endless hours and days to ensure everyone reaped the benefits that Culture Camp offers.

- ◆ Along with 18 amazing youth workers, Activity Leaders and many other community members came and contributed their time.
- ◆ Our incredible Kitchen staff and helpers prepared meals for 300 people a day
- ◆ This was the 3rd year that Abby Thacker, from the local RCMP, volunteered as our overall photographer.
- ◆ A shout out to Andrew Vogelsang, *FSJSS Media Arts & Technology teacher*, who created our outstanding wrap up Video of the weeks' event – it was an absolute pleasure to watch.

Each day we started with a healthy Breakfast; joined back together for Lunch and ended with Dinner.

The week started Sunday with welcoming and Registration and continued with 3 days full of Activities for everyone.

3 days of Fun Filled Activities

* Genealogy	* Traditional Clan Vest	* Medicine Walks	* Rock Painting
* Campfire Bannock	* Dream Catchers	* Drumming	* Historical Tour
* Binche Falls Hike	* Boat Tour	* Canning Berries	* Preschool Tent
* Photography/Videography Ages 14 & up	* Community Visits – Nak'azdli & Tache		

Let us not forget the evening events that ended our days

* Round Dance & Entertainer Kym Gouchie	* Caregiver's Evening & Kids Movie Night	* Color Run for all Ages
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The celebration was ended with a traditional Potlatch (Bahlats) for all the 4 Clans before families said their Farewells to each other. Many thanks to our Elected Officials, Hereditary Chiefs, Drummers and Elder Doreen Austin for guiding with our Closing ceremonies; needless to mention, the entire week.

So much gratitude goes out to those who donated:

Sana'aih Market (discounted food & ice), Overwaita (donation & freezie tent), Nak'azdli Social Development (potlatch donations), Fruit trays and pop were donated on Sunday by Jenny Martin & Ball Tournament and the FSJ Arts Council who assisted with setup and takedown.

The generosity of contributions from our Local businesses, items for the Loonie Auction & Fundraiser were such a great hit – raising a Grand total of \$ 1,080.00 for future camps. A thank you to everyone who supported and congratulations to the Raffle winners.

Next year date is TENTATIVELY set for July 22nd, 2018; However, due to the attempt of hosting during the salmon runs, we will keep updates on our Facebook page and future Newsletters. **See you all Next Year !!**

UNDERSTANDING WHAT NBH IS AND DOES

For the most part, we know ‘of’ NBH, but I often wonder if people really understand how the Agency is not what some portray, that we work like MCFD.

Our Agency does not take children from Families, but works to restore them.

The Elders chose the name for the Agency; The name suggests the goal was to create an organization that would “take care of their own” through an Agency that would be governed by Carrier people.

Let’s explore the Benefits:

The Agency began developing in 1996 when a group of Nak’azdli & Tl’azt’en community members were concerned about the number of children being removed from their communities by child welfare authorities

- * **The safety and well-being of our children and youth is our guiding principle**
- * We ensure that each Nak’azdli and Tl’azt’en child will know who they are and where they come from
- * We know that the community’s voice must be heard and considered.
- * We advocate for systemic change
- * We recognize that some parents need support at various stages in the family life cycle.
- * We will build trust with the communities by working toward the restoration and support of the traditional family and ensuring that children out of the home maintain connections to their family, identity, culture, and community.
- * **We have an inherent right to make decisions regarding our children, our families and our communities.**

The name also reminds us that fostering and maintaining these relationships is a sacred responsibility.

WE all follow the same Laws ~ BUT we all have a different style of Practice

- ◆ Family Preservations**
- ◆ Youth Programs**
- ◆ Resource Worker**
- ◆ Family Services**
- ◆ Guardianship**
- ◆ Collaborative Practice**



LOGO CONTEST NAK’AZDLI CHILD CARE CENTRE

WE ARE HOLDING A LOGO CONTEST FOR OUR CHILD CARE CENTRE HERE IN FORT ST. JAMES! SUBMIT YOUR BEST IDEAS BEFORE 5:00 P.M. ON SEPTEMBER 8TH, 2017 FOR A CHANCE TO WIN \$500



LOGO CONTEST
—
ENTER FOR A CHANCE TO WIN \$500
—
SUBMIT YOUR BEST IDEAS
—
SUBMIT ENTRIES TO NAK’AZDLI CHILD CARE CENTRE IN PERSON OR BY EMAIL
—

NAK’AZDLI CHILD CARE CENTRE
133 CARRIER ROAD
250-996-7001
daycare97@outlook.com
DEADLINE: @ 5:00 P.M. SEPTEMBER 8TH, 2017.

Name our building!!

Enter to be chosen to name our Nezul Be Hunuyeh building in Tache!

Please bring your best ideas to the Nezul Be office in Tache
Winners Prize to be announced

**Deadline for submissions
September 15, 2017**
Please include Name and Contact # onto your submission

Join us October 1, 2017 to reveal the chosen name and to help us celebrate. We will also introduce our new programs!

Please contact Kate or Rachel at Nezul Be Hunuyeh with any questions:
250-996-6806

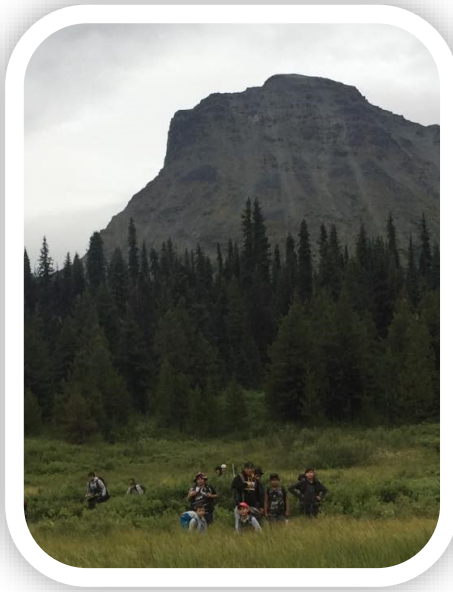
Cultural Young Warriors Camp

A big group of youth were excited to sign up & participated in an adventure to Johanson for a week of Cultural Activities.

- ◆ **Male camp ran from August 18 - 24**
Guided by Chris French & Chaperones
- ◆ **Female camp ran from August 25 - 31**
Guided by Crystal French & Chaperones



* Medicine Wheel	* Bush Survival	* Elder Teachings	* Wildlife	* Medicines & Nature
* Protocols & Ceremony	* Moose / Fish Camp	* Safe work Procedures	* Daily Safety meetings	* Map Navigations
* GPS & Compass Training	* Food Preservations	* Healing Sessions	* Basic Survival	* Traditional & Cultural Teachings



What an awesome week spent with some very deserving kids. This is one of my passions, to spend time on the mountain with these young kids that don't get to do this very often. For most of these kids this was there first time in the mountains, the smiles you see every day is well worth the work put in. Thanks to the people that helped make these kids smile.

~Chris French~



Tl'azt'en Nation Cultural Amazing Race

On August 21, Tl'azt'en Nation Health held a Cultural Amazing Race.

30 participants joined us in Tache who attended the event and had a great time. 8 teams were formed for a fun, filled cultural race.



There were 11 stations throughout the race.

Nezul Be Hunuyeh hosted 2 different stations throughout the race

- The hide station where each participant had to help take of the flesh from a fresh moose hide (this is the very first step in tanning moose hide).
- The NBH building was used for another station where participating teams had a minute to correctly place the months of the year in order.

Nezul Be Hunuyeh was excited to be a part of the race & to witness many participants of all ages have a good time learning & teaching our culture.

NBH Staff out in the communities

NBH staff are out in the community every week working with families and attending any events that come up.

NBH staff are encouraged to be at any community event that is held.

NBH staff are here for the very reason you need them to be.

They enjoy being in the communities and being involved with our families and work endlessly to empower our Vision.

Vision Statement

OUR VISION IS THAT FAMILY LIFE IN OUR COMMUNITY WILL BE RESTORED AS WE ONCE KNEW IT TO BE.

WE ENVISION OUR COMMUNITY AS A PLACE WHERE CHILDREN WILL LEARN AND BE NURTURED THROUGH POSITIVE ROLE MODELING AND THAT THEY WILL BE GUIDED BY THE TRADITIONAL TEACHINGS OF THEIR ELDERS.

CHILDREN WILL BE EMPOWERED TO CARRY FORWARD THE TRADITION OF CARING INTO THE NEXT GENERATION.



POPCORN FRIDAYS

Our Prince George location welcomes to join us on the **Last Friday** of every month to indulge in some FREE delicious popcorn. “Pop” by and visit us!

WELCOMING NEW STAFF

Ivan Paquette is the new **Cultural Worker** in our Prince George location.

He has worked with Indigenous peoples and efforts moving towards reconciliation for over 30 years. Having a good knowledge of aboriginal cultures, protocols and aboriginal resources he has many network contacts available to assist with the process of Nation building.

His ability to build, market and promote is well documented within business, government agencies and programs having much success. Ivan is an experienced advisor- trouble shooter with various Municipal, Provincial and Federal Gov. Agencies and is a cultural holistic advisor to many initiatives creating partnerships.

On top of all that Mr. Paquette sits on many boards such as the CAC Community Arts Council of PG as a board member and aboriginal liaison, he is also a successful Musician, Artist, Actor, Arts Promoter /Mentor

In closing Mr. Paquette wants to thank Nezul Be Hunuyeh for the warm welcome he received in the position as Cultural Coordinator from the agency and community, as he looks forward to sharing, learning and growing together.

Hadi, my name is **Clementine Thomas**; proud daughter to Linda Thomas.

I am a local member of the Nak'azdli Whut'en member and belong to the Frog Clan.

I have worked in the Community of Fort St. James for quite some time. I believe in spreading my wings to learn the most I can in life in which some of my past work entailed me working as an Education Assistant, Job Coach, Communications & Events coordinator, just to name a few.

I currently sit on the Nak'azdli Education Committee due to my strong beliefs that with Education and determination, we as individuals, are the only ones who can create our own future.

In life, we learn to fall, but we also learn to get back up; in the end the best outcome is that we have tried, regardless the conclusion.

It is with the knowledge I have gained in my own experience, that I pass this along to my children as they endeavor their journeys in life.

I am humbled to be a new addition to the NBH Staff as the **Communications and Community Development**

I always hold an open-door policy. I welcome the opportunity to be involved and work together in any development that we can engage to promote the wellness for the Community.



Hi my name is **Ursula Ho Lem** and am a proud member of the Nadleh Whut'en territory.

I recently relocated from North Vancouver with my husband who accepted a job offer here in Fort St. James.

I was fortunate to be offered the **Guardianship Social Worker** with NBH.

It is with admiration that I can work with our children in care physically, emotionally, spiritually and do what I can to keep the family connection.

Ongoing NBH Programs

Parenting Program – Fort St James

The Family Preservation Workers are always busy planning and preparing parenting programs for Nak'azdli and Tl'azt'en Nation.

Every Thursday evening from 5:00 - 7:00 Anna and Cheryl host a parenting program; people from different agencies are brought in to help deliver information about important programs that are offered in Fort St James and area.

Dinner is always included, bring your children and get some awesome parenting tips; this is also your opportunity to share your parenting skills/tips with other parents. Come out to interact with other parents and children.

Eagle's Nest – Tl'azt'en Nation

The Family Preservation Workers will be at the Nezul Be Hunuyeh Building in Tache every Wednesday from 11-2 for a drop-in program.

This program is for parents that have children ages 0-5 to interact with other parents and children, learn new skills, go on outings as a group and so much more.... The ladies are looking forward to having a full program every Wednesday. Hope to see you there.

Parenting Program – Prince George

The Nezul Be Hunuyeh Team in Prince George has started a parenting program, the staff has some exciting things planned for the program and they want YOU to come by and join!

This is a drop in Program that is available for all Tl'azt'en Nation and Nak'azdli families in Prince George. Call our office at 250-561-1591 for more information.

Cultural Program – Tl'azt'en Nation

Nezul Be Hunuyeh is excited with the progress with the new Cultural Program that started in mid-June. Rachel Robert is working in the community and the program runs every day of the week except Wednesday (*Eagle's Nest Day*).

The Calendar will be posted around the community, also watch NBH Facebook page for more information. The program will focus on language, with regular visits from elders/knowledge keepers. Please stop by and find out what is happening throughout the month and share any ideas or just stop by have coffee and bannock. Everyone is welcome!

**CALL OUR OFFICE
IF YOU NEED A
RIDE TO ANY OF
THE PROGRAMS.**

**Please call the
day before to
arrange pick up**



SUMMER BLOCK PARTY

Celebrating their New Playground

Nezul Be Hunuyeh was happy to be part of the celebration that the Hadih House has a new playground for kids in early development, thanks to the United Way of Northern BC (UWNBC).

The Carney Hill Neighbourhood Centre Society (CHNCS) led the project, which was unveiled in conjunction with its second annual summer block party on Pine Street

The set includes slides, monkey bars, climbing steps, a fire pole, and even a steering wheel.

The playground was also supported by the Lheidli T'enneh First Nation, the Carrier Sekani Tribal Council (CSTC), and Carrier Sekani Family Services (CSFS).



Foster Parent Information

What is Foster Care?

At times, children are unable to reside in their homes and are brought into the care of the Ministry of Children and Family Development to ensure their physical and emotional safety. While in care, children are placed in foster homes.

The Goal of Foster Care

To provide a safe, secure, culturally sensitive nurturing home, in or close to their communities, for children in care for Tl'azt'en Nation and Nak'azdli Families.

Are you interested in being a foster parent or finding out more information?

As part of the NBH team, all foster parents receive continued support through the Resource Worker, Guardianship Worker and Care Giver Support Worker.

If you are interested in becoming a foster parent or interested in learning more information please contact Dawn Henkes at 250-996-6806 or email dawnhenkes@nezulbehunuyeh.ca.



Respite Care

The term "short break" is used to describe respite care

Respite care is planned or emergency temporary care provided to caregivers of a child.

Respite programs provide planned short-term and time-limited breaks for families and care givers to support and maintain the primary care giving relationship. Respite also provides a positive experience for the person receiving care.

Even though many families take great joy in providing care to their loved ones so that they can remain at home, the physical, emotional and financial consequences for the family caregiver can be overwhelming without some support, such as respite.

Respite provides a break for the family caregiver, which may prove beneficial to the health of the caregiver. Respite has been shown to help sustain family caregiver health and well-being, avoid or delay out-of-home placements, and reduce the likelihood of abuse and neglect.

If you are interested in becoming a Respite home, please contact the NBH office for more information or to apply.



**We would like to honour
a special Birthday Girl
Carleen Lazarre
A big Congratulations on all her
accomplishments over the past few Years!**

Hey Kids!

An Escape Plan Can Save Your Life!

Do You Have A Home Fire Escape Plan?

Teach your family to get out and stay out!



Draw Up Your Own Escape Plan Now!!

FirstVoices

Learn Dakelh

The Carrier Linguistics Society and Nak'azdli Elders have archived the Dakelh Language with First Voices. It is a great tool for learning the Dakelh language. Find it at <http://www.firstvoices.com/en/Nakazdli-Dakelh>

What is First Voices

- ◇ First Voices is a suite of web-based tools and services designed to support aboriginal people engaged in language archiving, language teaching & culture revitalization.
- ◇ The First Voices archives contains thousands of text entries in many diverse aboriginal writing systems enhanced with sounds pictures and videos.
- ◇ A companion set of interactive online games is designed to present the archived First Voices Language data in creative learning activities.

Some language archives are publicly accessible, while other are password protected.



Access your Personal Information:			
*Family Benefits	*Disability Benefits	*EI	*Taxes
*Pension	*Change of Address	*Direct Deposit	*Benefit Finder

Steps to register for a My Service Canada Account

Follow the steps below to register for a My Service Canada Account, through GCKey with your Personal Access Code.

- Step 1: Visit servicecanada.gc.ca/msca
- Step 2: Click on "Are you a first-time user? Register now!"
- Step 3: Click on "Access My Service Canada Account".
- Step 4: Click on "GCKey".
- Step 5: Click on "Register" on the left of the screen.
- Step 6: Read the "Terms and Conditions of Use". If you agree, click "I accept".
- Step 7: Complete each required field. Be sure to pay attention to the green boxes at the right of the screen. They will help you complete the fields correctly. Click "Continue".
- Step 8: Your GCKey has been created. Click "Continue".
- Step 9: Under Option 1, select "Register".
- Step 10: Read the "Personal information collection statement". If you agree, select "I agree".
- Step 11: Enter your Social Insurance Number, your date of birth, your four-digit EI Access Code, or seven-digit PAC, and your province or territory. Click "Submit".
- Step 12: Read the "Privacy notice and terms and conditions" and if you agree, select "I agree".

You now have access to My Service Canada Account!

My Service Canada Account

My information, within my reach

Keep your PAC in a safe place in the event you need to create a new user name or password.

Breastfeeding is best for baby

- Ideal nutrition to help baby grow
- Less ear infections and respiratory infections
- Less gastrointestinal infections and diarrhea
- Less Sudden Infant Death Syndrome (SIDS)
- Less childhood obesity which means less chance of diabetes and other illnesses later in life
- Less allergies
- Higher IQ
- Formula provides **NO** protection against infection or illness



BABY BOX UNIVERSITY



Bobbi-Lynn & Derrick George are eager for October 24th for the arrival of their 1st baby Girl, who will have 3 older brothers to watch over her.

They did the Baby Box University Training online and received their Baby Box in our area. Baby boxes are an excellent first bed and full of useful supplies for the new bundle of joy.

Baby Box University is an educational program about pregnancy and parenting, New moms and dads can access current information from top experts, including physicians, psychologists, researchers and educators.

If you would like to learn more, please contact your local health unit Or Nezul Be Hunuyeh at 250.996.6806.

This service is available to everyone in Fort St James and area!



The most expensive car seat



Installed in the safest car



Is only as safe as it is correctly installed and properly used

Is yours correct?

Do you wonder if you have your seat installed safely? NBH has Certified Technicians who are always willing to give a helping in hand

Things to watch for:



HEAD

Make sure there is **at least 2.5 cm (1 inch)** of space between the top of your child's head and the top of the car seat.

SHOULDERS

Make sure the harness straps are snug on your child's shoulders. **Only one finger should be able to fit** between the harness and your child at the collarbone.

CHEST

Make sure the chest clip **is at your child's armpit level** and closed properly.

REAR-FACING CAR SEAT

Children under the age of 1 should always ride in a rear-facing car seat, and should continue to use this car seat as long as possible until heavier than ~20 lbs (check your car seat for specifications).

FRONT-FACING CAR SEAT

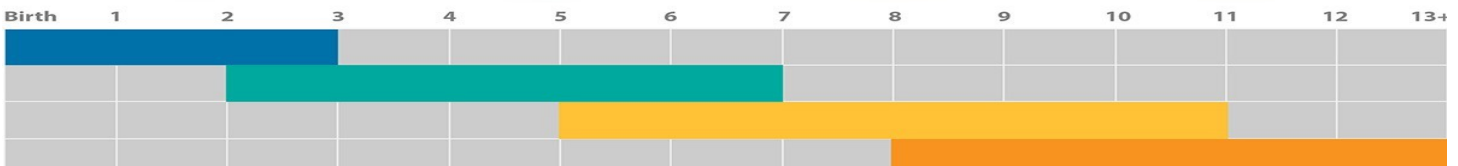
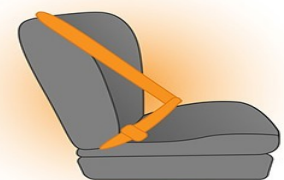
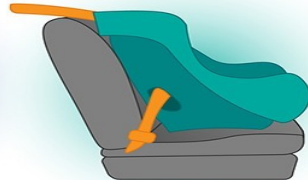
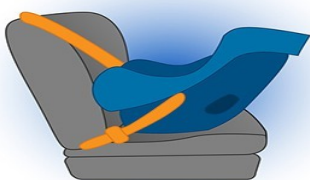
Children should be kept in a rear-facing car seat as long as possible before being transitioned to a forward-facing car seat. They should be kept at this stage for as long as possible, until heavier than ~ 40 lbs (generally between ages 2-7).

BOOSTER SEAT

Once the child has outgrown their front-facing seat, a booster seat is appropriate if they are under 8 years old, weigh between 40-80lbs, AND are shorter than 4'9". Children should use booster seats until adult belts fit correctly.

SEAT BELT

Regular seat belts can be used if the child is over 8 years old OR over 80 lbs OR over 4'9". The lap belt must lie snugly over the upper thighs (not stomach), and the shoulder belt should be snug against the chest and shoulder (not face).



Upcoming NBH Events

Fall Clothing drive



NBH will now be accepting your generous donations of Winter wear for ages 0-13. All donations will go to our kids who are in need of adequate winter wear.

Apple Day



St. Vincent De Paul donates apples amongst the Northern communities every year. NBH distributes to the Nak'azdli and Tl'azt'en schools. Staff will demonstrate an 'Apple dish'; the ingredients & recipe will be sent home with the children to make at home with their family.

DATE: TBA

Annual Book Fair



We are now accepting new and gently used children (Age 0-12) children's books.

If you have any books you no longer need & would like to pass on, please drop off your donations at our PG or FSJ office or give us a call and we can arrange someone to come by.

~ Updates will be posted on our *Facebook page*
& our Website www.nezulbehunuyeh.ca ~



Nezul Be Hunuyeh would like to extend their Congratulations **Myles Lamarre (Felix)**

You have achieved a great Milestone in life. Keep up the Good Work!

NBH (PG) - Out and about in Lheidli T'enneh Band

Ivan Paquette, from our Prince George office, is always happy to be part of cultural activities and shared knowledge out in the Lheidli T'enneh territory and continues to have a great working relationships with them.

August 21 & 22, 2017 children from the Agency joined Tl'azt'en member, Vincent Joseph, *Lheidli Education Coordinator*, for a 2 day adventure out at Stone Creek for some fishing; families partook in camping out and enjoying time in the outdoors

Since the beginning of August, about 30 children (and several community members) have been building a canoe. A traditional dugout canoe is part of a month-long summer camp project at the Lheidli T'enneh Health & Social Centre.

After it is completely dug out, children at Peden Hill Elementary School will carve designs around the outside of the canoe. Meaning more hands connecting with Lheidli T'enneh culture.



Elder's Tea

Nak'azdli Health Centre

Every Friday 12pm – 2pm
 Except for the **first Friday** of the month
 Elder's breakfast 9am – 11am

For more information contact
 Lucy Mckinnon 250 996 7400 ext 216 or
 Nadine Button 250 996 7400 ext 217

AROUND THE COMMUNITY

NAK'AZDLI COMMUNITY WELLNESS RESOURCE CENTRE

Open Monday—Friday
8:00 am - 4:00 pm (Closed for Lunch)
 Open to the Public to come by and enjoy Cultural activities & Bannock:

Come visit us for Coffee/Tea anytime
Located behind the Nak'azdli Health

International FASD Awareness Day

(Fetal Alcohol Spectrum Disorder) September 8, 2017

LET'S TALK ABOUT IT

Pancake Breakfast at The KEY
(beside the post office)

September 8th
 9:00 - 10:30

Information session to follow

No thanks I'm pregnant

Did you know drinking alcohol during pregnancy can harm the baby?

Alcohol is a poison that can damage the baby's growing cells and cause lifelong disabilities.

The unborn baby's liver can't get rid of alcohol like an adult's, so each drink has more time to do damage.

Healthy Communities Support *Women and their Partners* to abstain from alcohol during pregnancy.

WE HAVE THE POWER TO STOP FASD
 Come join us!

MENS HUNTING CAMP

September 8 – 10



- Ages 19 and up
- Must bring:
 - Tent
 - Clothes
 - Sleeping Bag
 - Flash Lights
- Hunting Equipment
- Deadline: Sept. 5th to register
- Location to be determined

Have Fun & Be Safe!

TL'AZTEN NATION
 Community Health Services

For more information, contact
 Conrad Joseph, Prevention Worker

W. <http://tlaztennation.ca/> F. (250) 648-3286 T. (250) 648-3350 E. conradjose@hotmail.com

Fall 2017 Community Tours of MOUNT MILLIGAN MINE

Mount Milligan is pleased to be offering mine tours again this fall to members of our local communities.

Upcoming tour dates:
Saturday, September 16: Fort St. James
Saturday, September 30: Mackenzie

Transportation is provided to the mine site and a light lunch is included as part of the tour.

Please note that the bus to the mine is not equipped with a washroom.
 Please bring a long-sleeved shirt or jacket and closed-toed shoes with socks.
 Buses will leave from the College of New Caledonia in Mackenzie and the Arena Fort St. James. Parking is available at both locations.
 Tours leave town at 9am sharp and return around at 3pm.
 To sign-up for a tour, call or visit:
College of New Caledonia

Fort St. James
 179 Douglas Ave.
 250-996-7019

Mackenzie
 540 Mackenzie Blvd.
 250-997-7208

Unfortunately, due to the nature of our tours, we do not recommend bringing children under the age of 8.

TL'AZTEN YOUTH SELF-EMPOWERMENT

August 24 & 25, 2017
 10 AM - 4 PM

BUILDING HOPE WORKSHOP


BY RICHARD SAMPSON

AT EJS GYM

THIS WORKSHOP IS DESIGNED TO ENHANCE LEADERSHIP LOOKING AT WHAT HOLDS US BACK FROM SELF-EMPOWERMENT. YOU WILL LEARN HOW TO LET GO OF WHAT HOLDS YOU BACK!

DESIGNED FOR 13 YEARS AND OLDER

SPONSORED BY FNHA & TL'AZTEN CHS
 CONTACT MARIA WILLICK 250 648 3350



Day Program

Monday to Friday
 9am to 4pm

Feeling out of sorts? Need someone to talk to?

We provide a safe and confidential environment to come express your concerns regarding your wellbeing in relation to addictions.

Traditional healing includes smudge circle, group counselling in a respectful environment.

To further your healing process, there are alternative avenues that may be available for your future needs.

- Transportation is provided.
- Lunch is provided.
- We are located at 6 Mile.

Weekly Agenda	
Monday's	Sharing Success Stories
Tuesday's	Addiction Education ~ Afternoon Baking
Wednesday's	Alanon-How to cope with loved ones with Addiction
Thursday's	Exploring Forgiveness
Friday's	Relapse Prevention - Wilderness Walk w/Elders

Nak'azdli Whut'en Health Centre

For more information, contact
 Jenny Rudrum (250) 996-1744
 Valerie LeComte (250) 328-4201

Nak'azdli Health Centre www.nakazdli.ca communitywellness@nakazdli.ca (250) 996-7400

ACCREDITATION Nak'azdli Whut'en Health Centre is accredited through Accreditation Canada. For more information about the accreditation process, please visit accreditation.ca

'Uloo Khoh

0 to 4 yr olds

STARTING SEPTEMBER

NAK'AZDLI HEALTH CENTRE

EVERY THURSDAY

10AM-12PM

For more information contact:
 Caroline Bird 250 996 7400



40th ANNIVERSARY CELEBRATION

Nechako Valley Community Services

Date: Friday, September 8, 2017
 Time: 11:45 am — 2:00 pm
 Where: Nechako Valley Community Services
 (Beside Greenhouse)

EVERYONE WELCOME!



FREE BARBECUE!
 Hot Dogs & Hamburgers
 Balloons

POPE MOUNTAIN ARTS PRESENTS:

INTRO TO QUILTING:

THURSDAY NIGHTS IN OCTOBER

Oct. 5, 12, 19, 26
 6-9 PM
 @ Pope Mountain Arts
 \$30 per person



SMALL/BABY QUILT START TO FINISH

Register via email:
popemountainarts@gmail.com or
 call 250 996-4321

Sewing machine required



BRITISH COLUMBIA ARTS COUNCIL