



NAK'AZDLI WHUT'EN ADDICTIONS AWARENESS WEEK 2024

**MONDAY, NOVEMBER 25 – AGENDA**



WHEN	WHAT	WHERE	WHO
8:00 AM – 8:30 AM	BREAKFAST	HEALTH CENTRE	Nak’azdli Health Wellness Team
9:00 AM	WELCOME  PRAYER	KWAH HALL	Anastasia Sam MC Jolene Prince Fred Murdock Maria Willick Kareen Graham
8:30 AM – 4:00 PM	Chair Massage Haircuts & Facial Waxing Nail Technician Tarot Reading Medicine Making Beading Woodburning Portrait Painting	KWAH HALL	Registration By Bobbi-Lynn George
8:30 AM – 4:00 PM	Massage Reiki Session Mediumship Matrix/Healing Therapy Foot Care	HEALTH CENTRE	Call the Health Centre For appointment
10:00 – 11:30	Cultural Knowledge Eagle Feather Teaching For personal growth, resilience, and a deeper connection to nature.	KWAH HALL	Traditional Knowledge Holder Jolene Prince
10:00 AM – 2:00 PM	COMMUNITY RESOURCES BOOTH	KWAH HALL	
12:00 PM	COMMUNITY LUNCH	HEALTH CENTRE	Wellness Worker Freddie Murdock
1:30 PM – 3:00 PM	WORKSHOP/INFORMATION Mental Health and Addictions  Substance Used Residential Treatment, process, & expectations	KWAH HALL	Mental Wellness Therapist Kareen Graham

CONTACT MARIA WILICK AT NAK’AZDLI HEALTH CENTRE FOR MORE INFORMATION 250 996 7400



NAK'AZDLI WHUT'EN ADDICTIONS AWARENESS WEEK 2024

TUESDAY, NOVEMBER 26 – AGENDA



WHEN	WHAT	WHERE	WHO
8:00 AM – 8:30 AM	BREAKFAST	HEALTH CENTRE	Nak’azdli Health Wellness Team
8:30 AM – 4:00 PM	Chair Massage Haircuts & Facial Waxing Nail Technician Tarot Reading Medicine Making Beading Woodburning	KWAH HALL	Registration By Maria Willick
8:30 AM – 4:00 PM	Massage Reiki Session Mediumship Foot Care	Health Centre	Call the Health Centre For appointment
9:00 AM – 12:00 PM	<b>Discover the Sacred:</b> The Sweat Lodge Teaching <small>Understand the principles and protocol of the sacred ceremony. Can lead to personal insight, spiritual growth, and deeper understanding of oneself.</small>	KWAH HALL	Traditional Knowledge Holder Jolene Prince
10:00 AM – 2:00 PM	COMMUNITY RESOURCES BOOTH	KWAH HALL	
12:00 PM	COMMUNITY LUNCH	Health Centre	Wellness Worker Freddie Murdock
1:00 PM – 3:00 PM	<b>MENTAL HEALTH &amp; ADDICTIONS INFO SESSION</b> <small>Defining Mental Health &amp; Addictions, understanding addictions, building resilience, practicing self-care and navigating resources.</small>	KWAH HALL	Nak’azdli Mental Health Therapist Tania Prince



NAK'AZDLI WHUT'EN ADDICTIONS AWARENESS WEEK 2024



WENESDAY, NOVEMBER 27 – AGENDA

FAMILY NAAW DAY



With Nezul Be Hunuyeh Child & Family Services

WHEN	WHAT	WHERE	WHO
8:00 AM – 8:30 AM	BREAKFAST	HEALTH CENTRE	Nak’azdli Health Wellness Team
9:30 AM - 3:00 PM	NBH CULTURAL TEAM Lahal Ornament Beading Beading Corner Bath Bomb Making	KWAH HALL	Nezul Be Hunuyeh Cultural Team
12:00 PM	COMMUNITY LUNCH	KWAH HALL	Sponsored by Nezul Be Hunuyeh Child & Family Services
5:00 PM	FAMILY DINNER Everyone’s Welcome	KWAH HALL	Sponsored by Nezul Be Hunuyeh Child & Family Services

NAK'AZDLI HEALTH CENTRE

WHEN	WHAT	WHERE	WHO
9:00 AM - 4:00 PM	MEDIUMSHIP	HEALTH CENTRE	Nak’azdli Health Wellness Team
10:00 AM - 2:00 PM	CULTURAL KNOWLEDGE & CEREMONY Whispering Willow Ceremony  Is a deeply spiritual practice that offer a safe and sacred space to express and release anger. The ceremony invites participants to share their grievances and frustrations, allowing them to let go of negative energy and find peace.	OUT in the FOREST	Facilitated by Jolene Prince Nak’azdli Knowledge Holder

CONTACT MARIA WILLOCK AT NAK'AZDLI HEALTH CENTRE FOR MORE INFORMATION 250 996 7400



NAK'AZDLI WHUT'EN ADDICTIONS AWARENESS WEEK 2024

THURSDAY, NOVEMBER 28 – AGENDA



WHEN	WHAT	WHERE	WHO
8:00 AM – 8:30 AM	BREAKFAST	HEALTH CENTRE	Nak’azdli Health Wellness Team
8:30 AM – 4:00 PM	Chair Massage Haircuts Nail Technician Tarot Reading Beading Woodburning	KWAH HALL	Registration By Bobbi-Lynn George
8:30 AM – 4:00 PM	Massage Reiki Session Mediumship Matrix/Healing Therapy	HEALTH CENTRE	Call the Health Centre For appointment
9:30 AM	Physical & Mental Wellness TAI CHI offers a gentle yet powerful way to improve physical and mental wellness for better sleep and increase energy.	KWAH HALL	Facilitated by Scott Croucher MXV Gym
11:00 AM	YOGA Help cultivates mindfulness and allowing to connect with your inner selves. Reduce anxiety and depression. It promotes self-awareness.	KWAH HALL	Facilitated by Jana Burgart MXV Gym
10:00 AM – 2:00 PM	COMMUNITY RESOURCES BOOTH	WAH HALL	
12:00 PM	COMMUNITY LUNCH	HEALTH CENTRE	Health Centre
1:00 PM	TAI CHI	KWAH HALL	Facilitated by Scott Croucher MXV Gym
1:00 PM	SWEAT LODGE CEREMONY Everyone’s welcome	522 Riverlane Road Fort St James	Hosted by Jolene Prince
2:30 PM	YOGA	KWAH HALL	Facilitated by Jana Burgart MXV Gym

NOTE

ATTENDING TAI CHI & YOGA

Please wear comfortable clothing for flexibility!

ATTENDING SWEAT LODGE CEREMONY

Please wear comfortable clothing and for women, to wear long skirt

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NAK'AZDLI WHUT'EN ADDICTIONS AWARENESS WEEK 2024

FRIDAY, NOVEMBER 29 – AGENDA



# A DAY WITH THE ELDER'S

WHEN	WHAT	WHERE	WHO
8:00 AM – 8:30 AM	BREAKFAST	HEALTH CENTRE	Nak’azdli Health Wellness Team
8:30 AM – 4:00 PM	Chair Massage Haircuts Nail Technician Tarot Reading Medicine Making Beading Woodburning	KWAH HALL	Registration By Nak’azdli Health Staff
8:30 AM – 4:00 PM	Massage Reiki Session Mediumship Matrix/Healing Therapy	HEALTH CENTRE	Call the Health Centre For appointment
11:00 AM - 2:00 PM	<div><b>ELDER’S TEA PARTY</b> <b>Arts &amp; Craft Corner</b> <b>Elder’s Speed Dating</b></div> <div><u>Elder’s speed dating</u> is a unique opportunity for you <b>to get to know</b> your elders and to connect with wisdom and experience.</div> <div>This event offers a chance to engage in meaningful conversation, share stories, and create lasting bonds.</div> <div>It preserves culture, tradition and learn valuable life lesson and strengthening the communities.</div>	KWAH HALL	HOSTED BY Nak’azdli Home & Community Care
12:00 PM	COMMUNITY LUNCH WITH THE ELDERS	KWAH HALL	HOSTED BY Nak’azdli Home & Community Care
2:00 PM	FUN GAMES	KWAH HALL	Nak’azdli Health Wellness Team