



# WE WAI KAI NATION NEWSLETTER

April 9, 2025

- Enchanted Forest
- Spring Jamboree
- New Sport Court Construction
- Pay at the Pump for status customers - discontinued
- Call for Artists – Four Points Sheraton
- Call for WWK Nation Artists – Admin Building
- Reminders regarding Citizenship
- Elders/Youth Gathering – April 24
- Youth Group Calendars
- Elder's Calendar's
- Upcoming Bingo's
- Tutoring Opportunities
- House For Sale at Cape Mudge – Weway Flats
- Easter Egg Hunt at Quinsam
- NI Elders Cultural Wellness Gathering – May 13-25
- Free Income Tax Preparation for Lower Income
- FASD Through the lens of Myles Himmelreich
- Lahal Nights – April 9<sup>th</sup>
- Tales from the Vault – The Story of Trade Beads
- Mammograms at LKT Health – April 29
- Fitness Class with Andrea Alfred
- CR Tyee Mens Shed
- Cultural Connection Workshop
- Women's Wellbeing Retreat
- Men's Wellbeing Retreat

## Job Postings

There are several job postings, please see the WWK Website/WWK App or request email for a printed version!

## Gate Information

For all gate inquiries please contact Shaun Inrig at 250-202-6919 or by email [gate@wewaikai.com](mailto:gate@wewaikai.com)

## Status Cards

Status cards will be processed on Thursdays and Fridays by appointment 250-914-1890

## Animal Control

Phone number is: 236-472-1013  
[animalcontrol@campbellriver.ca](mailto:animalcontrol@campbellriver.ca)



**C O A S T A L**  
BEHAVIOUR CONSULTING



CAMPBELL RIVER  
FAMILY SERVICES  
SOCIETY

# Understanding and Supporting Your Child With

**FREE!**

# ADHD

**Tuesday April 15th  
5:30 PM - 6:45 PM  
Campbell River Family  
Services  
487-10th Ave, Campbell  
River**

**Come join us for a  
parenting seminar  
presented by Coastal  
Behaviour Consulting to  
learn about ADHD, and  
how you can support  
your child with ADHD.**

**To register please email [sydney.nauss@crfs.ca](mailto:sydney.nauss@crfs.ca)  
or call 778-346-9324**



CR YOUTH IN CARE NETWORK AND CR FOUNDRY PRESENTS  
BC CHILD & YOUTH IN CARE WEEK

# Enchanted Forest

EVERYONE IS WELCOME  
CELEBRATE THOSE IN AND FROM MCFD CARE

**Prizes, food, games, crafts, music, face  
painting, resource tables, and more !**

COSTUMES ENCOURAGED

JUNE 4TH, 2025 3-6PM

CR COMMUNITY CENTRE

CONTACT: MONICA AT SASAMANS SOCIETY

(250)914-2212

# Spring Jamboree

At The Fallen Alders Hall, Royston Road (Courtenay)

April 25<sup>th</sup> and 26

Friday 7:00 PM

Ed Peekeekoot In Concert

Admission \$15

Saturday Morning

Free workshops – Fiddle 10:00 AM

- Guitar 11:00 AM

Saturday Afternoon 1:00 PM – 4:00PM

## Open Mic Talent Show –

- Performers have a chance to win up to \$100
- Audience Admission only \$6 - No charge for performers
- Open to anyone – Singers, Instrumentalists, or Groups.
- Register at the hall, or by e-mail [lorrainehiebert @ telus.net](mailto:lorrainehiebert@telus.net)
- Circle Jam Session after the Talent Show

--Snacks

--Refreshments

Available

Saturday Evening

Old Time Family Barn Dance 7:00 PM

Admission \$10

Music by The Old Time

Fiddlers

Sponsored by Branch#17, BC Old Time Fiddlers

# Ed Peekeekoot - In Concert

Ed Peekeekoot will be performing "LIVE" at the Fallen Alders Hall on the Royston Road,

The concert is sponsored by Branch #17 of The B C Old Time Fiddlers as part of their Spring Jamboree. The event is open to the public and everyone is welcome. April 25<sup>th</sup> at 7:00 PM.

Tickets are \$15 at the door. Doors open at 6:15 PM



Multi-instrumentalist, singer-songwriter, and storyteller, Ed Peekeekoot is a skilled and seasoned performer. He has a timeless kind of cool that appeals to audiences of all ages. Ed's performances go from blazing guitar work to foot stomping fiddle and haunting Native flute – all sprinkled with his Cree humour and philosophy. He takes people on a wildly varied musical journey from country folk to a touch of classical and jazz. From the Ahtahkakoop Cree First Nation in Saskatchewan where he grew up in a musical and supportive family, Ed now lives on Vancouver Island. He has been a solo musician for over four decades – appearing in concerts, festivals, school performances, corporate events, dances, and retreat gatherings across western Canada and into the US. Ed has been nominated twice as the BC Country Music Association's "Instrumentalist of the Year" and his CD "in the key of cree" was nominated as "Best Country CD" in the Aboriginal People's Choice Music Awards.

# **UNDER CONSTRUCTION**

**Edgett Excavating will begin construction on the new sports court  
starting April 7, 2025**

**This will be located in between the soccer field and park**

**The park will remain open, please use caution in the area**

**If you have any questions please contact Brandi @ 250.914.1890**

# ATTENTION!

## **Shell Gas Station Status Customers:**

The Pay at the Pump option for status customers is discontinued.

Please come inside to receive Status gas rates.

*Thank-you for understanding!*



**Shell**



**We Wai Kai Nation**  
690 Headstart Crescent  
Campbell River, BC V9H 1P9  
250-914-1890

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## WWK Nation Artist Callout For Four Points Hotel by Sheraton

We are seeking artwork for the concepts of the hotel art plan

If you have any questions, please call Jason Wilson at 250-914-1890 or email [Jason.wilson@wewaikai.com](mailto:Jason.wilson@wewaikai.com)

Deadline is April 11, 2025















# CALL FOR WE WAI KAI NATION ARTISTS

Totem Poles for The Administration Building  
&  
Chief and Council Chambers  
&  
Archway

## Submission Requirements

**Portfolio-** Please include photos of previous Totem Poles or carving projects

**Quote-** Provide itemized breakdown must include labour, materials, as well as any additional expenses

**Experience-** Please provide a description of experience

**Timeline-** Estimated time of completion

Location:  
2025 Eagle Drive

- ✦ DIMENSIONS:  
POLE 1: 40 FEET  
POLE 2: 32 FEET
- ✦ YOU MAY SUBMIT  
FOR ONE OR BOTH  
POLES

## How To Submit

✦ DEADLINE: May 23, 2025  
4:30PM

Please Send to:

✦ Jason Wilson, Manager Of  
Economic Development  
Jason.wilson@wewaikai.com

690 Headstart Cresnet  
Campbell River, BC V9HIP9

# REMINDERS

## WWK NATION CITIZENSHIP

### New 623's

There is another application that needs to be filled out for citizenship. If you just received your registration number, please call me or send me an email

### Births

Apply for status as soon as possible, it takes up to 2 years to get registered

### Marriages/Divorces

Marriages and divorces should be recorded. Certificates are required to make the changes.

### Deaths

A death certificate/burial certificate is required for an individual to be removed from the list



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If you have any questions, please let me know!

250-914-1890

[gail.smith@wewaikai.com](mailto:gail.smith@wewaikai.com)

# **Elders Youth Gathering**

**We would be honoured if you,  
our Community Elders,  
would come and visit  
with Phoenix Youth**

**When: Thursday April 24, 2025  
10:00-11:30 am**

**Where: École Phoenix Middle School  
in the Gym**

**Please sign up to attend by April 10, 2025**

**Contact Katrina 250-202-6924**

**Or Matt 250-285-3316 for sign up**

# APRIL 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
		1 Youth Group 2:45-5:00	2 Youth Group 2:45-6:00	3 Youth Group 2:45-5:00	4 No youth group	5	<p><b>Cape Mudge</b> youth group Please sign up for Friday Lake Fishing.</p> <p>Margot Assu 250-202-2889</p>
6	7 Youth Group 2:45-6:00	8 Youth Group 2:45-5:00	9 Youth Group 2:45-6:00	10 Youth Group 2:45-5:00	11 <b>Youth Group 2:45-6:00 pizza Party</b>	12	
13	14 Youth Group 2:45-6:00	15 Youth Group 2:45-5:00	16 Youth Group 2:45-6:00	17 No Youth Group	18 Good Friday closed Quinsam easter egg hunt see newsletter for details.	19	
20	21 Closed Easter Monday	22 Youth Group 2:45-5:00	23 instructional day No Youth group	24 Youth Group 2:45-5:00	25 <b>Lake Fishing sign up required 4:00-8:00pm</b>	26	
27	28 Youth Group 2:45-6:00	29 Youth Group 2:45-5:00	30 Youth Group 2:45-6:00				

# APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Youth Group 2:30-5:00	2 <b>Culture w/ June</b> Youth Group 2:30-5:00	3 Youth Group 2:30-5:00	4 <b>Fishing</b> Youth Group 2:30-5:00	5
6	7 <b>Commnity Gardening w/ Jocelyn</b> 3:00-4:00 Youth Group 2:30-5:00	8 Youth Group 2:30-5:00	9 <b>Culture w/ June</b> Youth Group 2:30-5:00	10 Youth Group 2:30-5:00	11 <b>Hotdog roast @ Spit</b> Youth Group 2:30-5:00	12
13	14 <b>Commnity Gardening w/ Jocelyn</b> 3:00-4:00 Youth Group 2:30-5:00	15 Youth Group 2:30-5:00	16 <b>Culture w/ June</b> Youth Group 2:30-5:00	17 Youth Group 2:30-5:00	18 <b>HOLIDAY</b> <b>NO GROUP</b>	19
20	21 <b>HOLIDAY</b> <b>NO GROUP</b>	22 Youth Group 2:30-5:00	23 <b>NO GROUP</b> Staff Training	24 Youth Group 2:30-5:00	25 <b>Bowling</b> Youth Group 2:30-5:00	26
27	28 <b>Commnity Gardening w/ Jocelyn</b> 3:00-4:00 Youth Group 2:30-5:00	29 Youth Group 2:30-5:00	30 <b>Culture w/ June</b> Youth Group 2:30-5:00			

Contact Payton for sign-up  
(All things highlighted in yellow)  
250-201-7299

JOIN OUR WE WAI KAI

# EASTER EGG HUNT

FRIDAY, APRIL 18TH  
10:00AM START

QUINSAM FIELD

The hunt will begin at exactly  
10:00am sharp.



For any questions contact Brandi  
(250) 914-1890



## NORTH ISLAND ELDERS CULTURAL WELLNESS GATHERING

Hosts: Laichwiltach Family Life Society We Wai Kai Nation, Wei Wai Kum First  
Nation, Ligwildaxw Health Society, Sasamans Society  
Registration for **May 13th, 14th, 15th 2025**

### **We Wai Kai Elders**

if you would like to sign

up or have questions

please contact Katrina

250-202-6924

or Matt 250-285-3316

As soon as possible and

we will drop off

Registration Forms

Deadline for registration is May 1st 2025

# Quinsam Elders

**Hours**  
**Monday - Friday**  
**8:30 am - 4:30pm**

# April

2025

**Katrin's Cell**  
**250-202-6924**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Shopping Appointments	2 <b>Button Blanket</b> 11 am Learning Centre	3 Shopping Appointments	4 Shopping Appointments	5	6
7 Shopping Appointments	8 Shopping Appointments	9 <b>Button Blanket</b> 11 am Learning Centre	10 <b>Cape Lunch &amp; Bingo</b> 11am Ferry	11 Shopping Appointments	12	13
14 Shopping Appointments	15 <b>Prep Easter Luncheon</b>	16 <b>Easter Luncheon</b> 12pm Quinsam Hall	17 Shopping Appointments	18 <b>Good Friday Office Closed</b>	19	20
21 <b>Easter Office Closed</b>	22 <b>Katrina Away</b>	23 <b>Katrina Away</b>	24 <b>Katrina Away</b> Elders Youth Gathering Phoneix School Gym 10am - 11:30am	25 <b>Katrina Away</b>	26 <b>Bingo Q Hall</b> Door opens 11am	27
28 <b>Katrina Away</b>	29 <b>Katrina Away</b>	30 <b>Button Blanket</b> 11 am Learning Centre				

# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Shopping town trip	2 Appointment town trips	3 Courtney trip fabricland	4 Blanket making 9am	5
6	7 office	8 Shopping town trip	9 Appointments town trips	10 Blanket making 9am	11 Bingo band office 12pm	12
13	14 Office	15 Shopping town trip	16 Quinsam turkey luncheon	17 Blanket making 9am cape elders	18 Office close	19
20 Easter	21 Easter Monday holiday	22 Shopping town trip	23 First aid class c.r.	24 Phoenix school 10am-11:30	25 Set up hall for bingo	26 Quinsam bingo door open 11am
27	28 Matt off	29 Shopping town trip	30 Appointments town trip			

**MATT WILSON**  
**250.285.3316**  
**EXT 2**

To all Bingo players we have updated schedule for 2025



February 22<sup>nd</sup> ***BINGO IS CANCELED***

March 1, 2025 ***BINGO IS CANCELED***

March 22<sup>nd</sup> 2025 Normal Bingo start time 12:30pm

April 5<sup>th</sup> 2025 ***BINGO IS CANCELED***

April 26<sup>th</sup> 2025 Normal Bingo start time 12:30pm

May 31<sup>st</sup> 2025 Big bingo \$100 start time 12:30pm

June 28<sup>th</sup> 2025 Normal Bingo start time 12:30pm

September 27<sup>th</sup> 2025 Big Bingo \$100 start time 12:30pm

Oct 25<sup>th</sup> 2025 Normal Bingo start time 12:30pm



# **QUINSAM TUTORING**

**@ QUINSAM LEARNING  
CENTRE**

**HIGH SCHOOL: MONDAY & TUESDAY WITH EMMA  
FROM 4:00PM-6:00PM**

**WEDNESDAY WITH ALLYSHA & AUDRA  
FROM 4:00PM- 6:00PM**

**CONTACT RACHEL WITH QUESTIONS  
250.914.1890**



# CAPE MUDGE TUTORING

**TUESDAY WITH ALEXIS FROM 4:00PM-6:00PM**

**WEDNESDAY WITH MARY-ELLEN FROM 4:30PM -6:30PM**

**THURSDAY WITH ALEXIS FROM 4:00PM- 6:00PM**

**QUESTIONS?  
CONTACT RACHEL 250.914.1890**



## **MATH TUTORING AT CAPE MUDGE NEW TIME ON WEDNESDAYS**

Do you need help with math? Do you wish that your teacher or your textbook made more sense to you? One-on-one tutoring can be really helpful because everyone has different ways of learning, and we can find a way that works for you. Math tutoring is starting again at the band office on Wednesday starting on February 5<sup>th</sup>. You don't need to make an appointment or call, just drop in any time between 5 and 7 on Wednesdays and bring your math homework or your questions about math. I can also help with physics and calculus or we can talk about web resources, graphing technology, or how to make your calculator work better for you.

I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

Call or email me if you have any questions.

Mary-Ellen 250-285-2388  
maryellenvanlane@gmail.com

I hope to see you there!

Home For Sale at Cape Mudge

1 Bedroom Bungalow

576 Sq Ft home

Great starter home

Price: \$112,000

Please contact Randy Goertz at 250-830-7218 for more information

# FREE INCOME TAX PREPARATION



Chan Nowosad Boates Chartered Professional Accountants will be preparing tax returns for **FREE** for lower income residents in your community.

This service is available to those who earn under \$25,000 per individual or \$40,000 for a couple per year **AND** who do not have fishing, business, or rental income.

An appointment is not required to participate in this service – all correspondence will occur via email.

If you are interested in and eligible for this service, please email [samantha@cNBCpa.ca](mailto:samantha@cNBCpa.ca) to get started.

## **Why should you file a tax return if you have lower income or do not owe any taxes nor expect a refund back?**

If you do not file a tax return you are not eligible to receive GST credits or the BC Low Income Climate Action Plan credits. Filing your tax return ensures that you receive all cash payments and benefits that are available to yourself and your family.

The logo for Chan Nowosad Boates Chartered Professional Accountants (CNB). It consists of the letters "CNB" in a bold, gold-colored serif font, centered within a solid black circle.

**CNB**

# FASD THROUGH THE LENS OF MYLES HIMMELREICH

Myles is a world renowned FASD Expert, Consultant, and Motivational Speaker who engages audiences through teaching from his personal experience

## LEARN ABOUT FASD AND CHALLENGES ASSOCIATED WITH:

SENSORY INTEGRATION

ATTENTION

LANGUAGE

MEMORY

COGNITION

STIGMA



**DISCOVER STRATEGIES THAT CAN MAKE A REAL DIFFERENCE FOR THE PEOPLE WHO  
NEED SUPPORT**

**April 25, 2025**

**Tidemark Theatre:** 12220 Shoppers Row, Campbell River

10:00 a.m. – 3:00 p.m. Intermission: 12:00 to 1:00 p.m.

Food is not included in the price of the ticket

**\$15.00:** PURCHASE TICKETS AT THE TIDEMARK THEATRE BOX OFFICE OR  
[purchase.tidemarktheatre.com](https://purchase.tidemarktheatre.com)

***PARTICIPANTS WILL RECEIVE A CERTIFICATE OF PROFESSIONAL DEVELOPMENT  
UPON REQUEST***

FOR MORE INFORMATION CONTACT RIVERCITY INCLUSION SOCIETY FASD PROGRAM  
AT 778-346-9029

Hope to see you there,

Sheila



**Sheila Catherwood (she/her)**

**FASD Keyworker**

Phone: (778)346-9029 Fax: (250)287-2676

Cell: (250)203-0488

Email: [sheila.catherwood@rivercityinclusion.ca](mailto:sheila.catherwood@rivercityinclusion.ca)

WEI WAI KUM & WE WAI KAI ARE HOSTING

# Lahal night!

ǪILAGA ʔƏMŁA ALAXWA! (COME PLAY LAHAL!)

EVERYONE WELCOME! NO EXPERIENCE NEEDED,  
WE WILL BEGIN WITH PRACTICE ROUNDS. PLEASE  
JUST BRING YOURSELF, FRIENDS AND FAMILY  
AND BE PREPARED FOR SOME FUN!

**WHEN: APRIL 1, 2025**

**TIME: 6-7PM**

**WHERE: THUNDERBIRD  
HALL**

**WHEN: APRIL 9, 2025**

**TIME: 6-7PM**

**WHERE: QUINSAM  
HALL**

“DƏDƏNǪ?ALA” -SING ALONG

ANY QUESTIONS? EMAIL: [JAZMINEMC@WEIWAIKUM.CA](mailto:JAZMINEMC@WEIWAIKUM.CA)  
OR [BRANDI.VARGA@WEWAIKAI.COM](mailto:BRANDI.VARGA@WEWAIKAI.COM)



LIČ'WILDAX'W RESEARCH CENTRE

We are continuing regular newsletter updates to share exciting history from the Archives with the communities. Some of you know all about these beads but others do not, so it is a pleasure to introduce Vol. 2, Edition two of, **Tales from the Vault**.



**The Story of Trade Beads**

Long before Europeans arrived, we thrived in a vast trade network rich in culture and craftsmanship. Beads were always part of our lives, carved from shell, pearl, bone, stone, and fossil. Among the most prized were dentalium shells, small ivory-colored mollusks resembling tiny tusks, symbolizing wealth and status long before glass beads appeared.

**Dentalium: The Original Trade Beads**

Harvested from the deep, cold waters off Vancouver Island, dentalium was both beautiful and valuable. Coastal Nations braved the open ocean in dugout canoes, using specialized tools to scoop the shells from the seafloor. Worn in regalia and exchanged in trade, dentalium reached as far as the Great Plains.

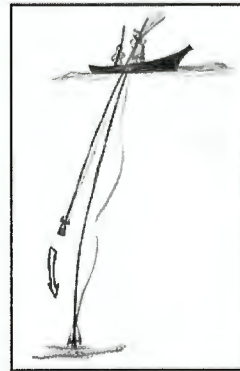


Figure 11.9

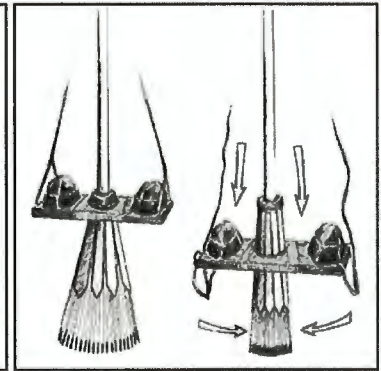


Figure 11.10



**The Arrival of Glass Beads**

European traders introduced glass beads from Venice and Czechoslovakia, recognizing their value in our trade networks. Vibrant, easily strung, and abundant, these beads quickly became part of our traditions. Some, like the Hudson Bay "White Hearts" and "Russian Blue" beads, were especially prized. We embraced their beauty but never abandoned our own traditions, adapting them into our regalia while maintaining our cultural identity.

**Russian Blue Beads**

These deep blue, faceted beads - despite their name - originated in Venice. Russian traders acquired them from American and English merchants in exchange for furs. Crafted with remarkable precision, they were shaped, drawn, cut, and polished to enhance their brilliance. Some of these beads contain lead, likely to enhance their shine. In some cases, lead levels exceed safe standards. It's best to keep them off the skin, wash hands after handling, and keep them away from children.





## LIĠWILDAX™ RESEARCH CENTRE

### The Art of Glass Bead Making

Venetians revolutionized bead-making in the late 1400s, drawing molten glass into long tubes that were cut, polished, and smoothed in rotating drums. By the 1500s, demand was so high that unfinished glass tubes were sent to Czechoslovakia for finishing before being shipped worldwide.



### Padre Beads and Chevron Beads

Among the most sought-after glass beads were the deep blue "Padre Beads," essential in trade by the late 1700s. Chevron beads, with their star-like layered designs, were rare and provide insight into early trade routes. Though less common during the fur trade era, they are found in sites dating to before 1600.

### Button Blankets

When the Hudson's Bay Company began trading wool blankets to our people, we transformed them into new forms of regalia. Traditionally, we used abalone or other shells for decoration, but glass beads and pearl buttons added new dimensions. Worn during potlatches and ceremonies, these "Robes of Power" displayed lineage, wealth, and artistic mastery. Their red inner borders, originally dyed with salmon eggs, symbolize the strength and vitality of cedar.



### The Enduring Legacy of Trade Beads



Though trade routes shifted, some beads faded while others, like dentalium, remained cultural symbols. Beads still enrich our regalia, dances, and ceremonies, connecting us to our ancestors.

Seeing these beads always takes me back to summers on Quadra, where family members would find them buried in their front yard gardens. As a child, I didn't grasp their significance, but now I do. They are more than just trade beads; they are tangible links to history, and to our ancestors.

Trade beads help to tell a piece of our story. Though glass beads were incorporated into our trade systems, they never replaced our ways. Our relationship with beads - whether from the ocean, the earth, or another continent - remains a testament to the vast networks our ancestors built, the adaptability and resilience of our culture, and the ways we continue that legacy today.

**BC  
CAN  
CER** BREAST  
SCREENING  
Provincial Health Services Authority



# Mammograms Can Save Lives

The mobile mammogram coach is  
coming to a community near you.

Mammograms are available for women ages 40+.  
Take a positive step for your health and book a  
free screening mammogram.

Visit [www.screeningbc.ca](http://www.screeningbc.ca) to learn more.

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## Upcoming visits:

**Liḡwítḡax<sup>w</sup> Health Society (LKT)**  
**April 29th**  
**1400 A Drake Road**  
**Call Victori to book an appointment**  
**250-286-9766**





# **Fitness Class with Andrea Alfred**

**Quinsam Hall- 2005 Eagle Drive**

**April 1,3**

**April 8, NO CLASS APRIL 10**

**April 15, 17**

**April 22, 24**

**5:00PM-6:00PM**

**Questions? Contact Brandi 250.914.1890**



LADDERS TO KINDNESS TRAINING

Namwayut – We Are All One

# *Cultural Connection workshop*

With Shelly Joseph

**This 3-day session helps people feel connected with culture. With an introduction to Canada's shared history, we begin to understand why so many of us have been disconnected to the practices of our ancestors. Through Indigenous History, this values-based training, will show participants how embracing Indigenous ways of being can begin the reconnection to our ancestral ways. Each participant will leave having practiced cedar weaving, learning and singing a traditional song and have ideas on how to feel and be connected to culture.**



Hosted by LKT Health & Wei Wai Kum First Nation





**LADDERS TO KINDNESS TRAINING**

Namwayut – We Are All One

# *Cultural Connection Workshop*

**With Shelly Joseph**

*When:* **April 22-24th, 2025**

**9-4:30pm** *\*lunch will be provided*

*Where:* **LKT Board room**


*Registration:* **Email- [jazminemc@weiwaikum.ca](mailto:jazminemc@weiwaikum.ca)**

**Please include**

- **Full name & age**
- **Contact information**
- **Any allergies**

Accepting **30 people**. Registration is open to all  
Laichwiltach members

**FNHA Cultural support will be present. Please email  
Jazmine ([jazminemc@weiwaikum.ca](mailto:jazminemc@weiwaikum.ca)) or Dianna Smith  
([Dianna.smith@lkthealth.ca](mailto:Dianna.smith@lkthealth.ca)) for any questions.**





Ligwildax<sup>™</sup> Health Society



island health

# yəyağasola

(fellow women friends together)

## Womens Wellbeing Retreat

May 4-9, 2025

Facilitated by Lyla Harmon  
Ocean Resort, Campbell River

**Honouring growth, wisdom and new possibilities for Indigenous women.**

**This active and experiential workshop is designed to provide a safe environment for loved ones seeking a space to address Grievers Journey and Intergeneration healing.**

**Meals and accommodations provided.  
Travel will be reimbursed upon arrival per FNHA guidelines.**

**Cultural, Elder and Clinical Support will be available.**

**Registration is open to all self-identifying indigenous woman, 2SLGBTQI+**

**Please contact [intake@LKTHHealth.ca](mailto:intake@LKTHHealth.ca) with a completed registration form or call (250)286-9766 to complete over the phone during business hours.**





**Registration Form**  
**Yəyağasola**  
**(fellow women friends together)**  
**Women’s Wellbeing Retreat**

**Facilitated by Lyla Harmon**

**May 4<sup>th</sup>-9<sup>th</sup>, 2025**

**Ocean Resort 4384 S Island Highway Campbell River, BC**

*Meals and accommodations provided*

During the program, there will be Cultural, Elder and Clinical Supports available if needed.

Travel will be reimbursed following the FNHA guidelines

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Nation:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Travel Escort Needed: Yes / No** \_\_\_\_\_ **Mobility Issues?:** \_\_\_\_\_

**Please Complete and send to:**

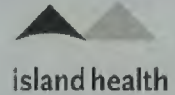
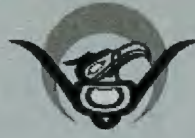
**[Intake@Lkthealth.ca](mailto:Intake@Lkthealth.ca), or call (250)-286-9766 to complete over the phone during business hours 8:30am-4:40pm**

**Limited to 15 participants, those registered will get a confirmation email or phone call.**

**Waitlist available**



Liḡwildax<sup>w</sup> Health Society



island health

# Q̄əp̄ixidaʔas sa bibag<sup>w</sup>anəḡ

(Gathering of men)

## Mens Wellbeing Retreat

Ocean Resort, Campbell River

May 11-15, 2025

Experience good mental health practices, happiness, and prosperity with culture and ceremony being embedded throughout 4 days with Shawn Decaire and Matt Ambers.

This program is centered around a supportive and communal approach, emphasizing emotional expression, reflection, and healing giving a sense of purpose and belonging, ability to manage stress while re-establishing your cultural identity.

Meals and accommodation provided.

Travel will be reimbursed on arrival per FNHA guidelines.

Cultural, Elder and Clinical Support will be available.

Registration is open to all self-identifying indigenous men, 2SLGBTQI+

Please contact [intake@LKTHealth.ca](mailto:intake@LKTHealth.ca) with a completed registration form or call (250)286-9766 to complete over the phone during business hours.



First Nations Health Authority

# Registration Form

Q'əpixidaʔas sa bibagʷanəm

(Gathering of men)

## Men's Wellbeing Retreat

Facilitated by Shawn Decaire and Matt Ambers

May 11<sup>th</sup>-15<sup>th</sup>, 2025

Ocean Resort 4384 S Island Highway Campbell River, BC

*Meals and accommodations provided*

During the program, there will be Cultural, Elder and Clinical Supports available if needed.

Travel will be reimbursed following the FNHA guidelines

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Nation: \_\_\_\_\_

Age: \_\_\_\_\_

Allergies: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Travel Escort Needed: Yes / No      Mobility Issues?: \_\_\_\_\_

Please Complete and send to:

Intake@Lkthealth.ca, or call (250)286-9766 to complete over the phone during business hours.

Limited to 15 participants, those registered will get a confirmation email or phone call.

Waitlist Available