

We Wai Kai Nation Newsletter

JANUARY 14, 2026

Band Info

Planned Power Outage at Quinsam - Jan. 19
SCIS Renewals - Jan 21, 22, 23
Community Notice - Regarding properties
Have you been affected by the 2nd Gen Cut Off
Reminder about vehicle parking

Youth & Elders

Elder's Elk Meat
Youth & Elder Calendars & Activities
Tutoring at Cape Mudge
Childcare Centre: Do you teach Language or Culture?

Misc

House For Sale at Quinsam
Calling all Businesses
One More Rep Exercise Class
Zumba Class at Cape Mudge Hall
Honouring Culture, Wellness & Supporting Community
Discover Your Future in Construction
Community Breakfast - Meet teachers
Hase Breath for Life
Quitting Commercial Tobacco
Now Casting - Can you survive on the Land?
HIV Testing Kits & Fitness Class



Planned Power Outages at Quinsam Monday, January 19, 2026 8:30am-5:30pm

Affecting the following addresses:

125, 135, 145, 150 Brant Drive:

Quinsam Shell, Starbucks, Quinsam Liquor Store, Lee's Chicken, Smoke Signals

2005 & 2025 Eagle Drive *Quinsam Hall & Admin Bldg*

706-783 Falcon Drive

660-695 Head Start Cres.

700-707 Hummingbird Place

707, 713, 719 Kolus Row

691, 695, 697 Likwiltok Road

450-1681 Nursery Road

157, 700, 720, 800, 805 Osprey Ave.

157, 700, 720, 800 Raven Cres.

664-808 Seahawk Drive

792-891 We Wai Kai Cres.



First Nations Health Authority
Health through wellness

Status Card Registration & Renewals

The FNHA Status Card Administration team will be in community to support status registration and SCIS card applications and renewals

The FNHA Status Card Administration team provides low-barrier and culturally safe access to Indian Registration and Secure Certificate of Indian Status (SCIS) card application.

Registering for Indian Status? Please bring...

- Birth certificate with parental information
- Valid ID (for a child or dependent adult, the applying parent or legal guardian needs valid ID)
- Name-linking document if there has been a name change since birth, such as a marriage certificate, amended birth certificate, or legal name change certificate

Already registered, and need to renew or apply for a SCIS card? Please bring...

- Valid ID (for a child or dependent adult, the parent or legal guardian needs valid ID)
- Name-linking document if there has been a name change since registration, such as a marriage certificate, amended birth certificate, or legal name change certificate

What is valid ID?

One piece that contain all 6 elements below:

- Government Issued
- Not expired
- Name
- Birthdate
- Photo
- Signature

Examples

Driver's License, Services Card/Health Card, Identification Card, Passport, Canadian Military ID, Citizenship Card

OR a combination of non-expired government ID that together show a name, birthdate, photo and signature.



Date: January 21st – January 23rd

Time: 8:30am – 4:30pm on the 21st and 22nd
8:30am – 2:30pm on the 23rd

Location: 1400 A Drake Road, Campbell River

For questions regarding registrations and renewals please contact StatusCards@fnha.ca

Community Notice

In response to community concerns,
We Wai Kai Nation is formally giving

NOTICE

that all homes and/or properties that are
(but not limited to):

- *derelict
- *abandoned
- *infested
- *cause public liability or danger
- *create fire hazards
- *cause health and/or safety concerns

will be identified, notified, and owners will be asked to bring their property/home to compliance with the roles and responsibilities outlined in the Housing Policy.

If homes/properties are not brought up to standard by **APRIL 2026**, the Nation will step in to remedy the issues at the expense of the owners.

Have you been affected by the Second Generation Cut Off?

NAME:

CHILDRENS NAMES

FULL NAME

CHILD #1 NAME & BIRTHDATE

EMAIL ADDRESS

CHILD #2 NAME & BIRTHDATE

PHONE NUMBER

CHILD #3 NAME & BIRTHDATE

STATUS NUMBER

CHILD #4 NAME & BIRTHDATE

HOW HAS THE SECOND GENERATION CUT OFF EFFECTED YOUR FAMILY?

Please send in your information to Gail Smith at gail.smith@wewaikai.com or drop off at the Quinsam Administration Office.



Winter Is Coming!

Reminder:

WHEN IT IS SNOWING,
PLEASE PARK **ALL** VEHICLES OFF OF THE
ROADS SO THAT OUR
SNOW REMOVAL TEAMS
CAN CLEAR THE ROADS.

GILAKAS'LA

WWK Elder's (65+) Elk Meat

If you're 65+ and you would like to receive some elk meat please call Gail at 250-914-1890 or email reception@wewaikai.com





< JANUARY >
2026



Margot Assu
(250)202-6919
Sign up Required
for outings

CAPE MUDGE YOUTH GROUP

MON	TUE	WED	THU	FRI
	CLOSED FOR HOLIDAY			
Teen 4-6- Sketchbooks Zumba @ the Hall 5-6	Youth/Teen 6 2:40-5:30 Water Colour painting	Teen 11+ 7 4-6 Pickel ball/Volleyball	Youth/Teen 8 2:40-5:30 picture frame crafty Thursday with Keltie	Instructional day 9 No Group
Teen 4-6 Laser Tag Zumba with Kelly @ Hall 5-6	Youth/Teen 13 2:40-5:30 Foods Day Bannock making	Teen 11+ 14 4-6 Dream boards Open gym/ basket ball	Youth/Teen 15 2:40-5:30 crafty Thursdays with Keltie	Mount Washington 16 Tube Park 10:00- 4:00 sign up required space limited
Instructional day 19 no group Zumba @ the Hall 5-6	Youth/Teen 20 international foods chapatis making (flat bread)	Teen 11+ 21 4-6 Scooter races/games open gym time	Youth/Teen 22 2:40-5:30 crafty scrunchies Thursdays with Keltie	The Reef all ages 23 Pick up at Quadra School 2:15-6:00
Teen 4-6 26 Lego Competition day 1 Zumba @ the Hall 5-6	Youth/Teen 27 2:40-5:30 Lego madness Competition day 2	Teen 11+ 28 4-6 International Lego day 3 Lego Madness Competition win 1 of 3 prizes	Youth/Teen 29 2:40-5:30 Crafty Thursday with Keltie	Movie Night Teen/Youth 30 Pizza and Popcorn Finding Ohana 2:40-7:00



Quinsam Youth Group January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
5 Youth Group 2:30-5:30 CLAY POTTERY	6 Youth Group 2:30-5:30 SUSHI MAKING	7 Youth Group 2:30-5:30 Rock climbing	8 Youth Group 2:30-5:30 PAINTING	9 Youth Group 2:30-5:30
12 Youth Group 2:30-5:30 Teen Group SWIMMING 6:30-8:00	13 Youth Group Soap making & personal hygiene talk 2:30-5:30	14 Youth Group 2:30-5:30 SCAVENGER HUNT	15 Youth Group 2:30-5:30 BOARD GAMES	16 Youth Group Mt. Washington Tubing Time TBD
19 Youth Group 2:30-5:30	20 Youth Group Backpack Safety talk 2:30-5:30	21 Youth Group 2:30-5:30 CUPCAKE DECORATING	22 Youth Group 2:30-5:30 LAZER TAG	23 Youth Group 2:30-5:30 11+ Teen Night Q HALL
26 Youth Group 2:30-5:30 PARK DAY	27 Youth Group 2:30-5:30 PIZZA MAKING	28 Youth Group 2:30-5:30 Duct Tape Wallet Making	29 Youth Group 2:30-5:30 SKATING	30 Youth Group 3:30-6:30 indoor skate park in Courtenay (No Youth Group)

Contact 250-202-6532 for Sign-up (all things highlighted)

CAPE ELDERS



< JANUARY / 01. >
2026

CONTACT PAYTON
250-202-3222
UNTIL FURTHER NOTICE

MON	TUE	WED	THU	FRI
			1	2
OFFICE 8:30AM-4:30PM	SHOPPING 10AM-3PM	WALKING GROUP 11AM	APPOINTMENTS 9:30AM-2PM	NO PROGRAM
OFFICE 8:30AM-4:30PM	SHOPPING 10AM-3PM	WALKING GROUP 11AM	APPOINTMENTS 9:30AM-2PM	TECH SUPPORT 9AM-2PM
OFFICE 8:30AM-4:30PM	APPOINTMENTS 9:30AM-2PM	SHOPPING 10AM-3PM	ELDERS LUNCH 11AM-2PM	SPA DAY 11:30AM-1:30PM
OFFICE 8:30AM-4:30PM	APPOINTMENTS 9:30AM-2PM	COSTCO 9:00AM-2:00PM	BINGO @ BAND OFFICE	LIBRARY TRIP QUADRA 10:30-11:30



Quinsam Elder's

Contact Katrina @ 250-201-7732

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 New Years	2 Closed	3	4
5 Shopping & Appointments 8:30 - 4:30	6 Shopping & Appointments 8:30 - 4:30	7 Costco Trip Call to book your spot	8 Bingo Boardroom 11:30 - 2	9 Staff Meeting	10	11
12 Shopping & Appointments 8:30 - 4:30	13 Shopping & Appointments 8:30 - 4:30	14 Tec Support 9-2pm Call to book	15 Self Care Day 11-1	16 Shopping & Appointments 8:30-4:30	17	18
19 Training	20 Shopping & Appointments 8:30 - 4:30	21 Shopping & Appointments 8:30 - 4:40	22 Elder's Luncheon 12-2pm Q Hall	23 Shopping & Appointments 8:30 - 4:30	24	25
26 LKT Luncheon Q Hall 12-2pm	27 Shopping & Appointments 8:30 - 4:30	28 Shopping & Appointments 8:30-4:30	29 Bingo Boardroom 11:30 - 2	30 Walking Group 11-1pm Meet @ Quinsam Hall	31	

NWK Elders are invited to

Cedar Hat Making



Cedar Spirit Creations with Ken & Gina



**PLEASE CALL TO REGISTER
LIMITED SPOTS**

250-202-0097



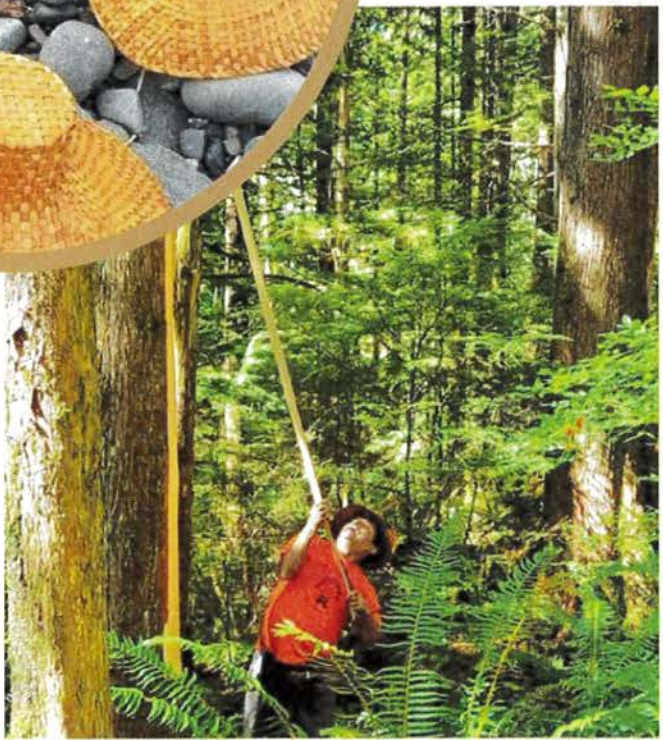
February 12th 2026

9:00am - 5:00pm




Quinsam Hall, Boardroom


Lunch Provided




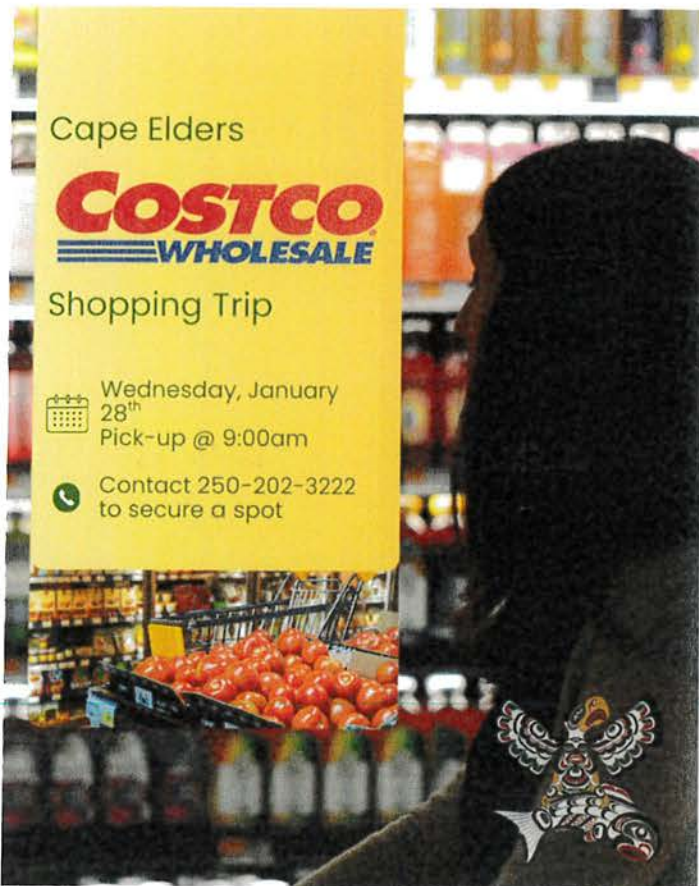
Cape Elders



Shopping Trip

 Wednesday, January 28th
 Pick-up @ 9:00am

 Contact 250-202-3222 to secure a spot



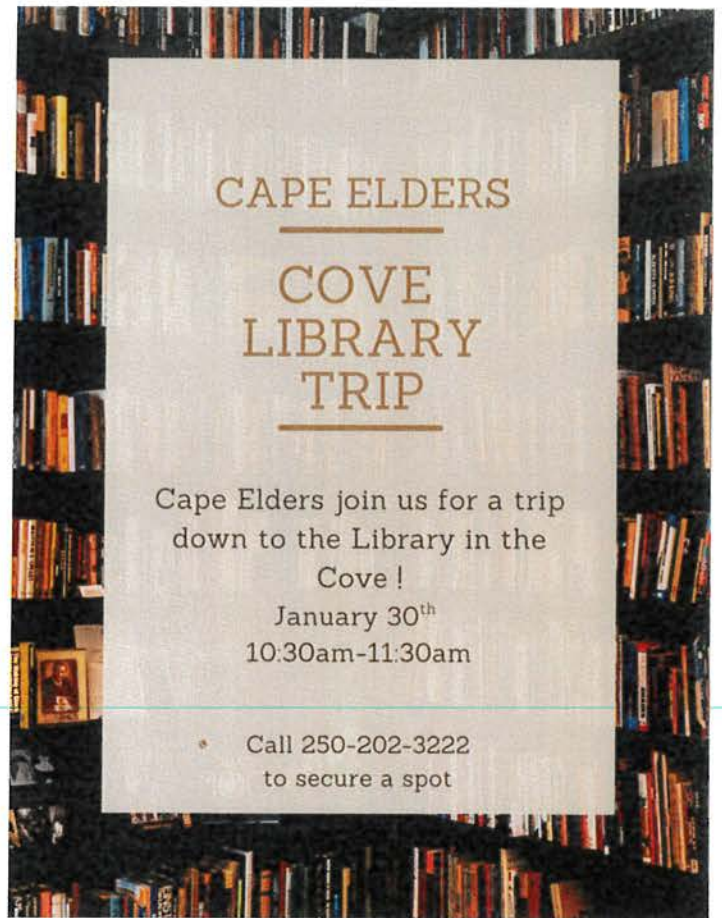
CAPE ELDERS

COVE LIBRARY TRIP

Cape Elders join us for a trip down to the Library in the Cove!

January 30th
10:30am-11:30am

• Call 250-202-3222 to secure a spot



12 13 5

2

CAPE ELDERS BINGO

\$2 A ZIP
LUNCH PROVIDED

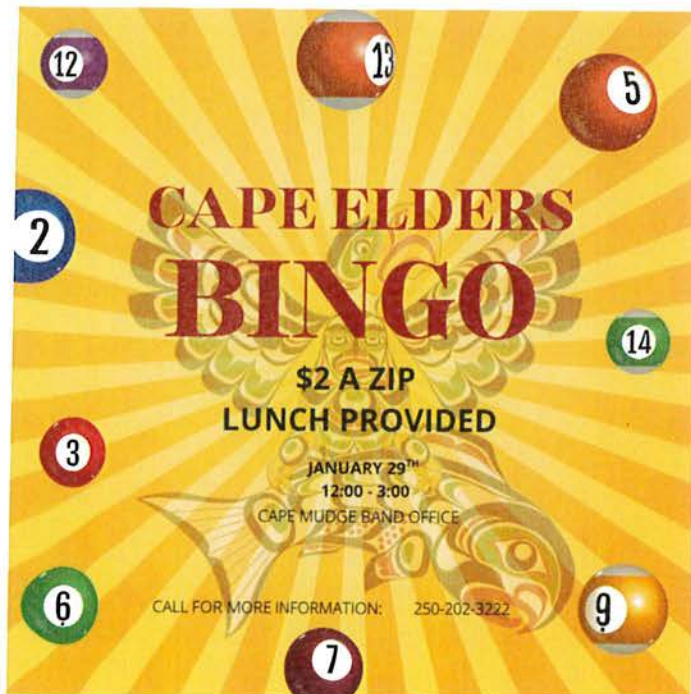
JANUARY 29TH
12:00 - 3:00
CAPE MUDGE BAND OFFICE

3 14

6 9

7

CALL FOR MORE INFORMATION: 250-202-3222



FRIDAY JANUARY 16TH, 2026



ATTENTION CAPE ELDERS

TECH HELP MADE SIMPLE

Need help using your phone, tablet or computer?
We are offering Tech support for our Elders!

- Changing font size or screen settings.
- Email help (sending, receiving, passwords)
- Using phone, tablets & computers
- Video Calls (facetime/Zoom)
- Apps & basic settings
- Internet/WIFI help
- general tech questions ETC.

CALL 250-202-3222 FOR MORE QUESTIONS
01/16/26 9:00AM - 2:00PM
CAPE MUDGE BAND OFFICE





FIRST IMPACT BOXING PROGRAM!



FIRST NATION YOUTH AGES 10-24

LKT Health and CR Boxing Club are asking First Nation Youth age 10-24 to submit your logo idea for First Impact Boxing Program.

This program aims to bring Bakw'em hi?a lu hi?a?as (First Nation Male and Female Youth) together offering safe space, wi?ustu (uplift), community an outlet in the boxing sport and competitive spirit.

Please send in your depiction of what that looks like to you!

You do not need to be part of the program to submit your art. Prizes to be announced.

EMAIL SUBMISSIONS TO: RECEPTION@LKTHEALTH.CA OR DROP OFF AT LKT HEALTH RECEPTION DESK 1400A DRAKE ROAD, CAMPBELL RIVER BC

DUE DATE: JANUARY 23, 2026



Providing Indigenous youth with the tools to empower and inspire



Gathering Our Voices

WWK Nation is looking to send youth to the upcoming Gathering Our Voices conference in Vancouver from March 17-20. Youth ages 14-24 are encouraged to apply

Date/Time:

March 17th - 20th

Returning Home on Saturday March 21

Location:

Vancouver Convention Centre

Four days of culture, learning, and celebration with delegates from across Canada—featuring workshops, ceremonies, movie night, dance party, artisan market, exhibitor fair, and talent show.

Explore over 100 workshops, with options to match your interests



Contact Michelle to register 250-202-0097 Or Shannon 250-202-6532

To follow our 4 day workshop we will be attending the Vancouver Warriors VS. Ottawa Black Bears Lacrosse Game at Rogers Arena | March 20th 7:00pm



WWK INVITES YOU TO UNLEASH YOUR POTENTIAL WITH

JIU-JITSU!

DISCIPLINE • STRENGTH • CONFIDENCE



January 28th 2026
7 - 14 Years old 5:45pm-6:45pm
14 Years & up 7:00pm - 8:30pm
@ The Quinsam Hall

BEGINNER LEVEL

SIGN-UP ENCOURAGED DROP IN AVAILABLE!

Contact Michelle for sign-up:

International LEGO

Day

January 26-28

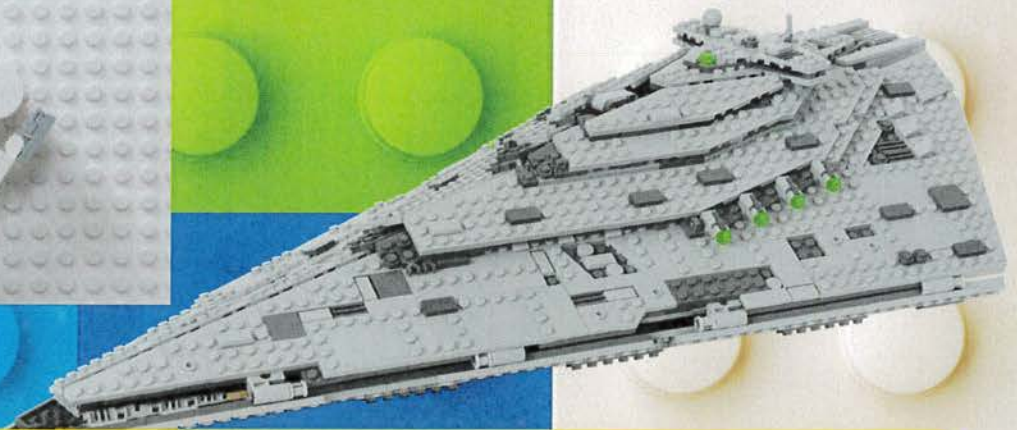


3 Days of LEGO Building Event

Day1: Think Tank(your creation)

Day2: Start to Build

Day3: Finish & Prizes



Cape Mudge Youth & Teens

Age Categories Are

5-9, 10-13 & 14-18

Prizes to be won!

Have fun in the Play Zone

for more info call Margot 250-202-

6919



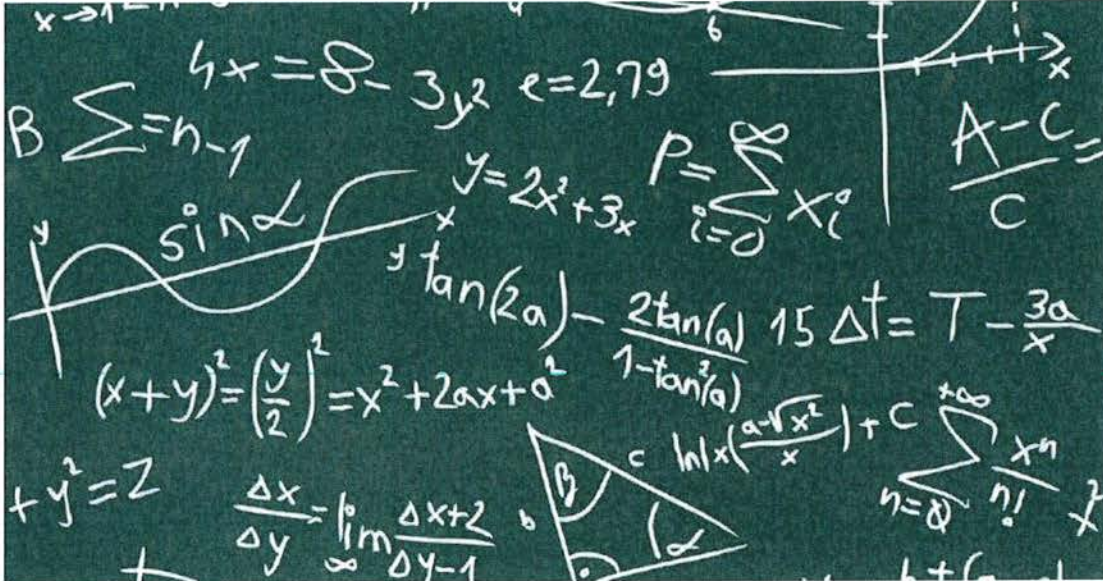
ATTENTION CAPE ELDERS

IMPORTANT ANNOUNCEMENT

Please direct all inquiries and
support requests
to **Payton Berg** at 250-202-3222
until further notice.

Thank you for your understanding
and sorry for any inconvenience.

MATH TUTORING AT CAPE MUDGE ON MONDAY AFTERNOONS



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 Monday starting on January 12th. You don't need to make an appointment or call, just drop in any time between 4 and 6 on Monday 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.

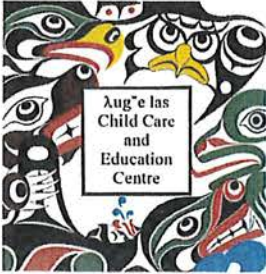
I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

Call, text, or email me if you have any questions.

Mary-Ellen 250-895-0519
maryellenvanlane@gmail.com

I hope to see you there!

Aug^welas Childcare and Education Centre



Are you someone in the community who would like to come into our Head Start programs to help with teaching Language and Culture? Things we would love guidance on (but not limited to) are: fish processing, carving, drumming, teaching traditional food and plant knowledge, preparing cedar. We have a Language Nest daily in our programs as well. If you are a Lik^wala/K^wak^wala speaker/learner and want to participate in any way, please reach out.

Ĝilakasía

Phone: 250-286-4242
childcarecentre@wewaikai.com

House for Sale

3Bed 2 Bath House 1488 SQ FT

With 1 Bed 1 Bath Suite 952 SQ FT

~~Asking \$490,000.00~~

Reduced to: \$450,000.00

Call Gail 250 203 2960





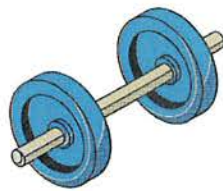
CALLING ALL *Businesses!*

Indigenous Tourism BC is featuring our Nations in a new public facing app, and we want to make sure our community owned businesses are included. If you'd like your business to be featured in the app, please reach out

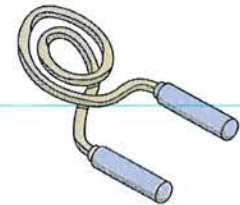
LRC@WEWAIKAITREATY.COM

DEADLINE:

JANUARY 31, 2026



BEGINNER CLASS
**ONE MORE
REP
WORKOUT**



WITH ANDREA ALFRED

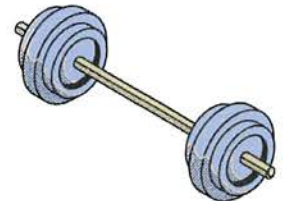
Time: 5:00pm - 6:00pm

Where: Quinsam Hall, 2005 Eagle Drive

When: Tuesdays & Thursday, Starting Jan 6/26

Beginners Introduction Level

ALL FITNESS LEVEL'S WELCOME



EARLY PREVENTION - PHYSICAL ACTIVITY PLAYS AN ESSENTIAL ROLE IN QUALITY OF LIFE; IT PROMOTES PHYSICAL, MENTAL AND PSYCHOLOGICAL WELL-BEING: OF DEVELOPING PREMATURE HEALTH PROBLEMS.

REGULAR EXERCISE CAN PLAY A KEY ROLE IN REDUCING YOUR RISK OF MEDICAL PROBLEMS AND HEALTH RELATED ISSUES, THAT CAN BE PARTICULARLY TREATED AND CONTROLLED BY EXERCISE. THE NEED FOR AND VALUE OF EXERCISING ON A REGULAR BASIS IS AN IRREFUTABLE FACT OF LIFE (AND DEATH).

IMPROVE YOUR HEALTH FOR LONGEVITY, MOBILITY, STRENGTH & QUALITY OF LIFE

WEIGHTS + BANDS, CARDIO INTERVALS, BODYWEIGHT

For More Information Call Michelle Davis @ 250-202--0097

ZUMBA CLASSES EASY AND FUN

With
Kelly Thompson



5PM-6PM

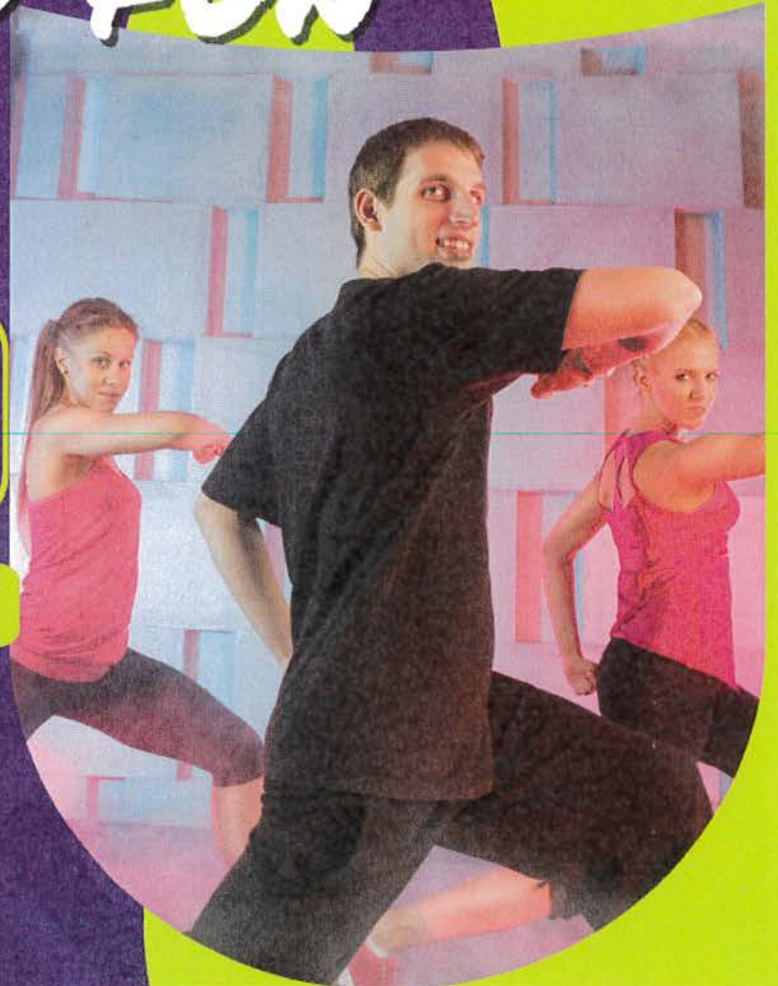
Where: CAPE MUDGE HALL



MON JAN 5, 12, 19 & 26

FREE FOR ALL COMMUNITY

To: Register contact
Margot Assu
text or phone
250-202-6919



***Honouring Culture.
Strengthening Wellness.
Supporting Community.***

LKT Health will be managing a community-guided study exploring how traditional and cultural practices can strengthen harm reduction services and support holistic wellness. This research brings forward the voices, experiences and teachings of the Ligwilda'xw people and aims to ensure harm reduction services align with cultural values, identity, and community strengths.

***THE BIG QUESTION GUIDING THE
DIRECTION OF THE RESEARCH***

“How does the incorporation of cultural and traditional practices into harm reduction programs impact engagement, effectiveness, and community wellness among Ligwilda'xw people?”

For more information or to get involved, contact:

LKT Health

☎ 250-286-9766

✉ dianna.smith@lkthealth.ca

📍 1400A Drake Rd. Campbell River

Honouring Culture. Strengthening Wellness. Supporting Community.

HOW TO JOIN THE CONVERSATION

As a participant, you will be asked to:

- Share your experiences and stories
- Offer your knowledge of cultural teachings or traditional practices
- Talk about what helps or hinders your engagement with harm-reduction services
- Provide your insights and recommendations to help strengthen programs

You only share what you feel comfortable sharing. Participation is voluntary, confidential, and rooted in cultural respect.

VOICES THAT MATTER MOST TO THIS PROJECT

We invite insight and participation from:

MOUHSS clients and supports
OAT Program clients
AA group members
Men's Group participants
LKT Health Harm Reduction Team
Community Members
Leadership, Chief & Council

Your knowledge helps shape safer, more culturally meaningful programs for everyone.

***The project will run from Dec 2025 to the
Fall of 2026***

STAY TUNED FOR SESSION DATES!

CAREER EXPLORATION EVENT

Discover Your Future in Construction

Join us for an interactive day focused on career opportunities in trades, engineering, and construction management. Explore pathways that help shape Vancouver Island's major infrastructure projects, with opportunities for high school students and community members to learn, connect, and plan their next steps.

Date: Thursday, January 29, 2026

Time: 1:00 PM - 7:00 PM

Location: Quinsam Hall - 2005 Eagle Dr,
Campbell River, BC V9H 0E1

What to Expect

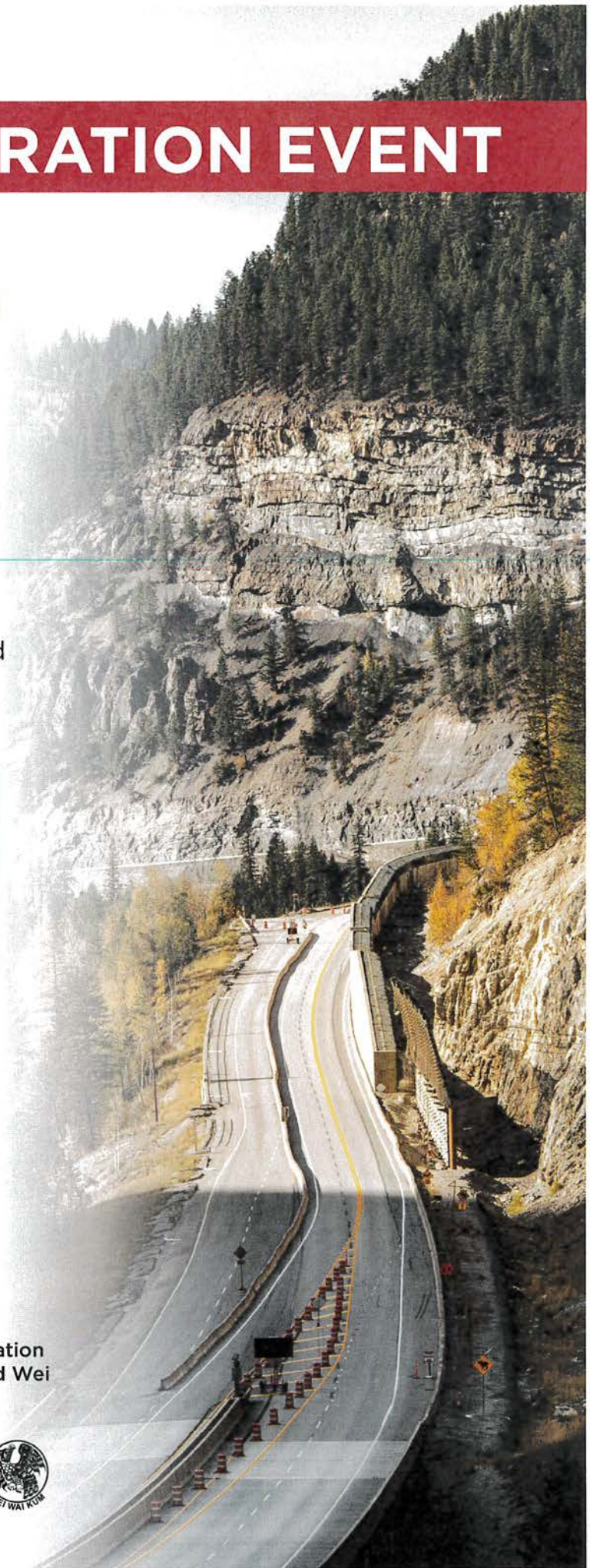
- Career booths
- Networking opportunities
- Door prizes
- Refreshments provided

Hosted by Aecon-EBC General Partnership in collaboration with BC Hydro, and in partnership with We Wai Kai and Wei Wai Kum Nations.

AECON

EBC

BC Hydro
Power smart



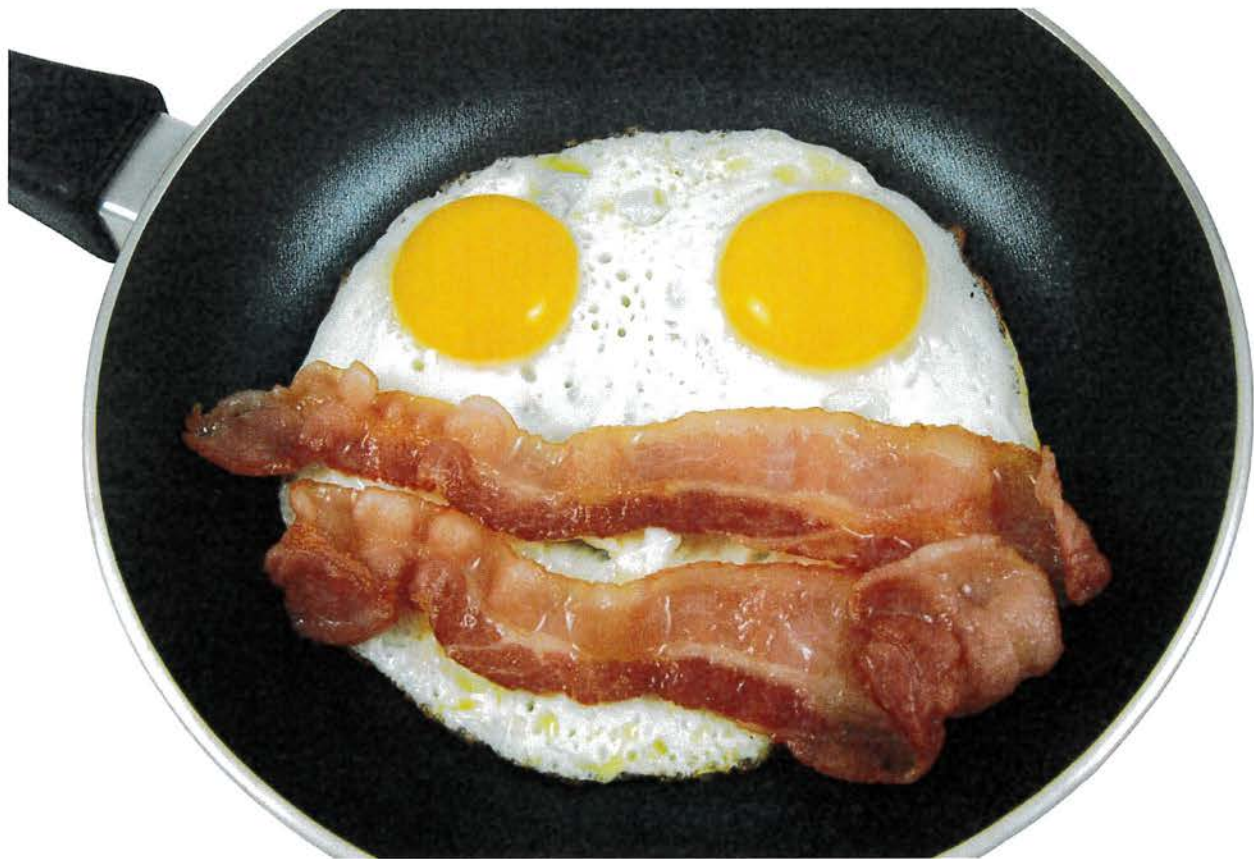
Community Breakfast

Quinsam Hall

Wednesday January 28th

7am - 815

Meet School District 72 teachers & staff



Contact Rachel West Director of Education @ 250-914-1890 Ext 125



'HASE

Breath of Life

Kwakwaka'wakw land based culturally rooted approach to healing trauma, addictions & suicidality

This 3 day program supports collective healing from trauma through connection to Ceremony, Land and Culture. We empower ourselves by reframing addiction and suicidality as natural responses to trauma, and as direct outcomes of colonial genocide. We recognize harm reduction as an act of Resistance to the "opioid epidemic". Our sessions weave together Kwakwaka'wakw land based healing practices, Ancestral language reclamation, breath and movement as tools for wellness, co-regulation & Collective Healing.

FEB 18TH, 19TH & 20TH, 2026
PAINTERS LODGE
1625 MCDONALD RD, CAMPBELL RIVER

For adults 19+
Accommodation and meals are provided
Travel is reimbursed upon arrival
Program is accompanied by Elders & Cultural supports

Applications can be sent to: intake@Lkthealth.ca or
over the phone during business hours 250 287-0215



VANCOUVER ISLAND REGION
First Nations Health Authority



Lij'ikdas' Health Society





First Nations Health Authority
Health through wellness

Quitting Commercial Tobacco: Covered Products to Help Support Your Transition

There are different options to help you on your journey to quit commercial tobacco use – nicotine replacement therapy (NRT) products and/or smoking cessation prescription drugs. You can get NRT products like nicotine patches, gum, lozenges, or inhaler cartridges directly from a pharmacist without a prescription. The prescription drugs for smoking cessation, bupropion (Zyban®) and varenicline (Champix®) require a prescription from a doctor, nurse practitioner or pharmacist. Talk to your pharmacist, doctor or nurse practitioner to determine the best choice of treatment for you.

Coverage for drugs and products to help quit the use of commercial tobacco is provided primarily through the BC Smoking Cessation Program. To access the program, you will need to sign a declaration each time you need a supply of the NRT product or prescription drug. Coverage for most treatment options is for a 12-week supply per calendar year (i.e. January to December), and a 28-day supply at a time. The table below shows the different NRT products and prescription drugs covered under the BC Smoking Cessation Program:

BC SMOKING CESSATION PROGRAM	
PRESCRIPTION DRUGS	NICOTINE REPLACEMENT THERAPY (NRT) PRODUCTS
<p>You may use one 12-week course of treatment in a year of one of these prescription drugs*:</p> <ul style="list-style-type: none"> • Bupropion (Zyban®) – 150 mg OR • Varenicline (Champix®) – 0.5 mg or 1 mg 	<p>You may use one 12-week course a year of one of the following NRT products:</p> <ul style="list-style-type: none"> • Nicotine Patches 84 Nicoderm® patch – 7 mg or 14 mg or 21 mg OR • Gum 945 pieces of Nicorette® gum (Ultra Fresh Mint only) – 2 mg or 4 mg OR • Lozenges 792 Nicorette® Lozenges – 2 mg or 4 mg
OR	
Coverage is intended for 84 days in a row, and for a single treatment option.	

**The Zyban® brand of bupropion is covered for smoking cessation. Varenicline generics are fully covered whereas the Champix® brand is covered as a partial benefit, up to the cost of the generic versions.*

There is supplementary coverage for NRT products available from First Nations Health Benefits through Pacific Blue Cross (PBC). Talk to your pharmacist, doctor or nurse practitioner about whether you would benefit from the addition of a second NRT product or to extend the length of treatment. Coverage limits apply for one calendar year (i.e., January to December). The table below shows the different NRT products covered for First Nations Health Authority (FNHA) clients through PBC:

SMOKING CESSATION PRODUCTS FOR FNHA CLIENTS
NICOTINE PATCHES You may use nicotine patches up to a maximum of a 24-week supply.
AND
GUM, LOZENGES, AND/OR INHALER You may use gum, lozenges, and/or inhaler cartridges up to a maximum of a 24-week supply. Other flavours of nicotine gum are covered, e.g., Fresh Fruit.

RESOURCES

More information on the BC Smoking Cessation Program:

www2.gov.bc.ca/bc-smoking-cessation-program

Support programs and resources to help you plan your quit strategy:

www.quitnow.ca

More information from the First Nations Health Authority to help you quit smoking:

www.fnha.ca/respectingtobacco

www.fnha.ca/Documents/FNHA-Quitting-Commercial-Tobacco-FAQs.pdf

For more information or questions, contact:
First Nations Health Benefits.
Phone: 1-855-550-5454 or email: HealthBenefits@fnha.ca



NOW CASTING

Indigenous People

ADVENTURE

CULTURE

A LIFE CHANGING JOURNEY

CAN YOU SURVIVE

ON THE LAND?!

Send a 60 sec video introducing yourself
castingforadventure@gmail.com

Deadline: Midnight (PST) January 15th, 2026
MUST BE "Canadian" and 18+



Confidential & Free

HIV Testing



Take Home Kits Available.
Just Test. Just Know.



Gift Card with each Test Kit
Connect with a LKT Health Nurse for
more info



Everyone Welcome!

*Fitness Classes Every
Thursday 7:00 - 8:00 PM*



Jan 15th Class will
be at the LKT
Health Office in the
Youth & Elder
room.

All Fitness Levels