

We Wai Kai Nation Newsletter

FEBRUARY 4, 2026

Band Info

Community Notice - Re: Homes & Properties
Status Card Renewal Info
2nd Generation Cut Off-Have you Been Affected?
WWK Recreation Youth Sports/Activity Funding Policy
Sustainable Tourism Plan Engagement Process

Youth & Activities Elders

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

Events & Misc

House For Sale at Quinsam
A-Tlegay Marine 1st Aid & Prawn License & Membership Meeting
Your Voice, Your Government - Tanille Johnston
LKT Programs
Do you want to Learn Liqwala or Kwakwala?

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.

STATUS CARD DAYS

THURSDAYS & FRIDAYS

8:30-12 &

1:00 - 4:30

BY APPOINTMENT

501-2025 Eagle Drive

Contact Gail :
250-914-1890

Email:
membership@wewaikai.com

**CIS STATUS RENEWALS
SCIS APPLICATIONS
REGISTRATION OF:
MARRIAGES, DIVORCES,
DEATHS**

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.



We Wai Kai Nation

2025 Eagle Drive,
Campbell River, BC
V9H 1V8

We Wai Kai Recreation Youth Sports/Activity Funding Policy

We Wai Kai Recreation will provide funding for registered We Wai Kai Nation children up to the age of 18 for their chosen sport or activity registration fees up to a **maximum** of One Thousand Dollars (\$1000.00) per child per calendar year (January 1-December 31). Please note this is only if there are funds available.

Procedures:

- The Parent/guardian of child must provide a completed funding application either before or after start date of sport/activity.
- The completed funding application must be accompanied by receipt in order to approve application
- Direct Deposit information (void cheque or printout from the bank) must also be provided with completed application

Completed Applications must be mailed or handed in to Michelle Davis at the Band Office, 2025 Eagle Drive, Campbell River, BC V9H 1V8 or email: communitywellness@wewaikai.com.

Questions please contact: Michelle Davis or Lisa Campbell 250-914-1891



We Wai Kai Nation Recreation
Youth Sports/Activities Application Form
Maximum Funding \$1,000.00 (per calendar year)

Parent/Guardian(s) Name: _____ Date: _____

Telephone No.: _____ Email address: _____

Name of Child: _____ Is child a band member: Yes No

Child's Date of Birth: _____

Please provide information on Sport/Activity below:

Name of Sport/Activity Registering for: _____

Total Cost of Registration: \$ _____

Is receipt attached: Yes _____ No _____ If No Why? _____

Please provide a copy of your direct deposit information in order to receive payment. We require either a VOID cheque or a printout of your banking information from your bank.

Please note if application is not completed in its entirety, as well as appropriate receipts and a VOID cheque attached, the payment will not be made.

For internal use only

Approved By: _____ Date: _____

Sustainable Tourism Plan Engagement Process Launches for Quadra Island

Quadra Island, BC — The Discovery Islands Chamber of Commerce, in collaboration with the We Wai Kai Nation, is pleased to announce the launch of a **Sustainable Tourism Plan** engagement process for Quadra Island, beginning with a community session on **March 14, 2026**. This planning process will be shaped by local voices, grounded in community values, and focused on long-term community wellbeing.

The Sustainable Tourism Plan will build on Quadra Island's recently completed **Economic Diversification Plan** and will draw on the extensive community input gathered through that work. As it moves forward, the plan will support long-term economic vitality while protecting the environmental, social, and cultural values that make Quadra Island unique.

Tourism is already part of life on Quadra Island. This planning process is not about attracting more visitors at any cost. Instead, it will carefully consider local capacity and infrastructure realities, including transportation, services, and seasonal pressures.

“This plan will be about balance — supporting livelihoods while respecting our environment, our capacity, and our quality of life,” said **Carol Ann Terreberry**, President of the Discovery Islands Chamber of Commerce. “We heard clearly from residents and businesses during the Economic Diversification process. Rather than pursuing growth for growth's sake, this work will focus on quality over quantity, ensuring tourism contributes positively to community wellbeing and economic diversification.”

From the perspective of the **We Wai Kai Nation**, collaboration and care will be central to the process. “Tourism has a role to play in our shared future, but only when it is guided by respect, responsibility, and relationships,” said **Jason Wilson**, Director of Economic Development, We Wai Kai Nation. “This planning process is an opportunity to work together to ensure tourism supports community wellbeing, honours culture, and protects the lands and waters that sustain us all.”

As it unfolds, the Sustainable Tourism Plan will focus on practical, real-world priorities, including:

- Supporting local businesses and workers so they can thrive year-round
- Improving how visitors and peak seasons are managed
- Encouraging tourism that aligns with Quadra Island's values and limits
- Protecting ecosystems and natural resources
- Strengthening collaboration across the community

The Discovery Islands Chamber of Commerce encourages community members, businesses, and organizations who care about the future of Quadra Island to participate as the plan takes shape. Opportunities for engagement and input will be shared throughout the process. The Economic Diversification Plan can be viewed at quadraedp.ca.

This initiative is being led by a dedicated and experienced project team, including:

- **Dr. Farhad Moghimehfar**, Project Consultant
- **Jennifer Banks-Doll**, Economic Diversification Coordinator
- **Jason Wilson**, Director of Economic Development, We Wai Kai Nation
- **Discovery Islands Chamber of Commerce Steering Committee**, including:
 - Carol Ann Terreberry, President
 - Carol Perry, Treasurer
 - Tina Oswald, Councillor

Funding for this project is provided by the Province of British Columbia through the **Rural Economic Development and Infrastructure Program (REDIP)**.

Media Contact:

Carol Ann Terreberry
Discovery Islands Chamber of Commerce

 admin@dicc.ca

 www.dicc.ca

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



CAPE MUDGE YOUTH

FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri
2 No Group Instructional day	3 Teen/Youth Group 2:45-5:30 beach walk Rock painting	4 Teen Group 4:00-6:00 Gym Basket ball/pickel ball (Crocheting)	5 Teen/Youth Group 2:45-5:30 Activites Keltie Running games smoothie	6 Teen/Youth Group 2:45-5:30 Rock tumbling open gym
9 Teen Group 4:00-6:00 Open gym Paint Heart shaped Frame craft	10 Teen/Youth Group 2:45-5:30 Valentines day Craft week Bracelets	11 Teen Group 4:00-6:00 Galentines day Nails Kit and Open Gym	12 Teen/Youth Group 2:45-5:30 Activites with Keltie Valentines Games Day	13 Youth Group 2:45-5:30 World Radio Day Karaoke
16 No Group Family day Holiday	17 Youth Group Movies Time TBA Sign up Required	18 Youth Group 4:00-6:00 walk the spit sign up required dress for weather	19 Youth Group 2:45 - 5:30 Activites with Keltie	20 Youth Group 2:45 - 5:30 boardgames twister Uno
23 Teen Group 4:00-6:00 Pickel ball National Banana Bread Day	24 Teen/Youth Group 2:45-5:30 Write a letter to an Elder Day	25 Teen Group 4:00-6:00 Pink Shirt day Tie dye t-shirts	26 Teen/Youth Group 2:45-5:30 Crafty Activities with Keltie Tye Dye T-Shirts	27 Youth Group 2:45-5:30 Slime Making

Notes

Please Sign up with Margot Assu CM Youth Leader (250)202-6919

Information

Incase of an absence Payton will sub in using the phone number above. Thank you for your understanding. Cape Gym is under renovation some programs my be altered durring this time Thank you for your patience.



QUINSAM YOUTH/TEEN

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Youth Group cookie decorating 2:30-5:30	3 YOUTH GROUP MOVING OUR BODIES! 2:30-5:30	4 YOUTH GROUP 2:30-5:30 MUSEUM	5 YOUTH GROUP LAZER TAG 2:30-5:30	6 YOUTH GROUP 2:30-5:30 PIZZA PARTY!
9 YOUTH GROUP 2:30-5:30 GIFT MAKING FOR A SPECIAL FAMILY MEMBER	10 YOUTH GROUP JUST DANCE! 2:30-5:30	11 Youth Group VALENTINE MAKING 2:30-5:30	12 YOUTH GROUP 2:30-5:30 PICKLE BALL	13 YOUTH GROUP 2:30-5:30 TEEN NIGHT VELOCITY
16 FAMILY DAY! NO GROUP.	17 YOUTH GROUP MOVIES! PRO-D DAY	18 YOUTH GROUP GYM GAMES 2:30-5:30	19 YOUTH GROUP 2:30-5:30 TEEN NIGHT POOL TABLES & PALS	20 YOUTH GROUP 2:30-5:30 REEF
23 YOUTH GROUP 2:30-5:30 CHALLENGE COURSE	24 YOUTH GROUP 2:30-5:30 CUPCAKE DECORATING	25 YOUTH GROUP 2:30-5:30 MINUTE TO WIN IT!	26 YOUTH GROUP 2:30-5:30 ROCK CLIMBING	27 YOUTH GROUP 2:30-5:30 TEEN NIGHT ROCK AND BOWL

CONTACT (250) 202-6532 FOR SIGN-UP (ALL HIGHLIGHTED)

February

Matt Wilson 250.202.6924 Cape Elder

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Excel training in C.R. 930- 3:30 Quinsam	3 Shopping town trip 10am-2;30pm	4 Appointments town trip 10am-2:30pm	5 Bingo Luncheon 12pm to 3pm	6 Rebecca spit walk 11am- 1pm	7
8	9 Office	10 Shopping town trip 10am- 2;30pm	11 Food safe training 9:00 to 1pm Quinsam	12 Appointment 10:30 barb	13 Rebecca spit walking 11am- 1pm	14
15	16 Office	17 Shopping town trip 10am- 2:30pm	18 Appointments 10am-2:20pm	19 Bingo luncheon 12pm to 3pm	20 Self care haircut 11am to 1:30pm	21
22	23 Office	24 Shopping town trip 10am- 2:30pm	25 Appointments town trip 10am-2:20pm	26 Bingo luncheon 12pm to 3pm	27 Hall set up for bingo	28 Bingo fundraising Quinsam Hall 1pm

February Quinsam Elders

Katrina cell
250-201-7732 **2026**

Monday

Tuesday

Wednesday

Thursday

Friday

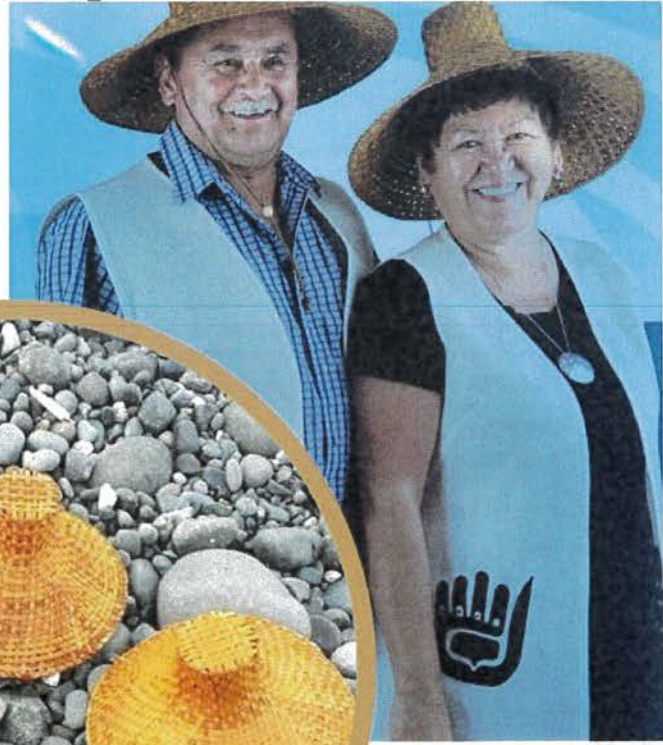
<p>2</p> <p>Katrina TRAINING</p>	<p>3</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>4</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>5</p> <p>Bingo @ Quinsam Boardroom 11:30am - 2:00pm</p>	<p>6</p> <p>Costco Trip 10:00am-2:00pm</p>
<p>9</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>10</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>11</p> <p>Morning TRAINING Alegay membership meeting 10:30am-1:00pm</p>	<p>12</p> <p>Cedar Hat Making Registered Elders * 9:00am - 5:00pm</p>	<p>13</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>
<p>16</p> <p>FAMILY DAY OFFICE CLOSED</p>	<p>17</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>18</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>19</p> <p>Self Care Day 11:30am-1:30pm @ Quinsam Hall</p>	<p>20</p> <p>KATRINA AWAY</p>
<p>23</p> <p>KATRINA AWAY LKT Luncheon 12:00pm - 2:00pm</p>	<p>24</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>25</p> <p>Shopping & Appointments 8:30am - 4:30 pm</p>	<p>26</p> <p>Tech Support Call to Book</p>	<p>27</p> <p>Walking Group 1:00pm - 3:00pm</p>

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





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

JIU-JITSU

TRAINING

OPEN TO 14 +

ADULTS OF ALL AGES ARE ENCOURAGED TO JOIN.

NO PRIOR EXPERIENCE NEEDED.

BEGINNERS WELCOME!

EVERY

WEDS
7-8:30PM

Quinsam Hall
 2005 Eagle Drive

MORE INFORMATION
 CONTACT MICHELLE DAVIS
 250-202-0067



Providing Indigenous youth with the tools to empower and inspire



Gathering Our Voices

WVK 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



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



**WEST COAST
MUSCLE
& FITNESS**

16+

INTRO TO WEIGHT TRAINING



Curious about the gym but dont know where to start?
Join us for an intro to weight training, where you will

- ✔ Learn the basics of lifting
- ✔ get comfortable & confident using gym equipment
- ✔ Learn about bulking & nutrition
- ✔ Ask questions in a judgement free space



LIMITED SPACE



250-202-0097

LOCATION



Rides will be provided from the Quinsam reserve to West Coast Muscle.

3 beginner friendly sessions to familiarize yourself with the basics of Weight Lifting and more !



**February 12th, 17th & 19th
6:30pm – 8:00 pm**



**WEST COAST
MUSCLE
& FITNESS**



LEARN **16+** GYM BASICS

New to the gym and not sure where to start? We've got you covered!

Join us to learn the basics of fitness and how to fuel your body right!

**FEBRUARY 24TH, 26TH & MARCH 3RD
6:30PM - 8:00PM**



LIMITED SPOTS AVAILABLE!

- ✓ Learn basic form
- ✓ Nutrition Guidance
- ✓ how to properly use equipment
- ✓ strength building

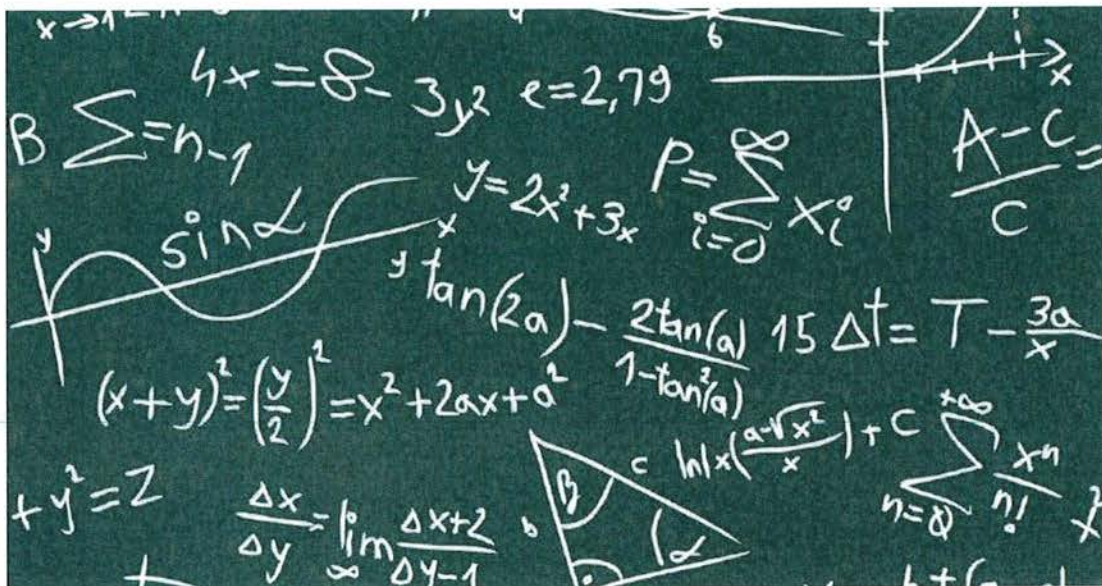
**3 SESSIONS
DESIGNED TO HELP
YOU FEEL STRONG,
CONFIDENT AND
COMFORTABLE IN
THE GYM**

REGISTER NOW

 250-202-0097

 Rides provided from Quinsam Reserve to West Coast Muscle

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.

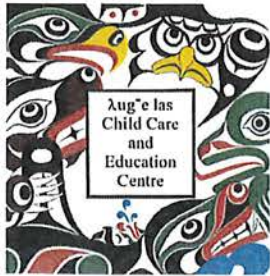
I will be keeping a window open for better ventilation, so bring a sweater or jacket if it's a chilly day, and please stay home if you are ill or have been in close contact with someone who has flu or coronavirus.

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

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

I hope to see you there!

Ług^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

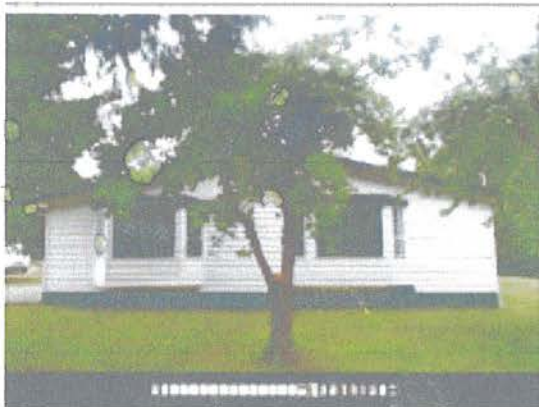
3Bed 2 Bath House 1488 SQ FT

With 1 Bed 1 Bath Suite 952 SQ FT

~~Asking \$490,000.00~~

Reduced to: \$450,000.00

Call Gail 250 203 2960





A - TLEGAY FISHERIES SOCIETY

*(representing Wei Wai Kum First Nation; We Wai Kai First Nation;
Comox First Nation; Kwiakah First Nation; Tlowitsis First Nation)*

1441 - A Old Island Hwy., Campbell River, BC V9W 2E4

Telephone #: (250) 287-8868 Fax #: (250) 287-8414

e-mail: reception@a-tlegay.ca

Training Opportunity For
Wei Wai Kum, We Wai Kai, Kwiakah and Tlowitsis
Community Members

Marine First Aid

Date: February 24th, 2026 – February 25th, 2026

Location: Quinsam Hall

Time: 8:30am- TBD

Please call the office if you are interested in the course. **Limited space available.**

If you have any questions, please call Ashley at 250-287-8868 or
Email: reception@a-tlegay.ca



A - TLEGAY FISHERIES SOCIETY

1441 - A Old Island Hwy., Campbell River, BC V9W 2E4
 Telephone #: (250) 287-8868 Fax #: (250) 287-8414

EXPRESSION OF INTEREST

Applications are now being accepted for
PRAWN LICENSES (lengths must be under 11.28 metres)

Deadline to apply: February 6th, 2026

Applications must be **received deadline.**
 SUCCESSFUL APPLICANT WILL BE NOTIFIED

Criteria:

1. *Vessels applying must be under 11.28 metres*
2. *1 application per band member; must be 18 years of age or older*
3. *Must be a citizen of a member Nation of A-Tlegay*
4. *Must be a participant in the fishery and accompany license*
5. *Must be vessel operator with minimum SVOP*
6. *Term of license will be for 1 fishing season ending June 2026, with the option for a 1 year renewal based on compliance of licensing agreement. Lease fee will be based on Industry Average + fees*

1. Name of Applicant	
2. Address	
3. Phone #:	
4. Date of Birth	

5. Band Name	
6. Name of Registered Vessel Owner (Registration papers must be attached)	
7. Is Vessel a Native Owned Vessel?	
8. Will you be the vessel operator?	

9. Name of Skipper	Certificates of skipper	Years of Experience in Prawn fishery as a skipper	Years of Experience in Prawn fishery as a crew person

10. List of Crew	Band Name if First Nations	Birthdate

11. Description of Vessel

(Copy of registration must accompany application.)

Vessel Name:	Length:
VRN:	Year Constructed :

12. Description of Prawn Gear & the amount of traps

--

13. Current Licenses on Vessel. (Will this be a stacked license or single license)

--

14. Is your vessel Insured?

--

15. Name of Company you will selling your product to

SIGNATURE

I will be the user of this License if chosen, and have the proper certification and tickets that are required. I also certify that the vessel stated in the application will be the vessel used to harvest the quota. I understand that I am unable to make changes to the application once it has been submitted by the deadline. Successful applicants will be required to harvest prawn for FSC (food, social, ceremonial) for the Membership of A-Tlegay Fisheries.

Signature of Skipper

Date

Witness - Name

Registered Vessel owner has given permission to apply for License.

Signature of Registered Vessel Owner

Date

Witness - Name

If you have any questions, please call Nicole Assu at (250) 287-8868. Applications can be mailed to the A-Tlegay office or faxed to (250) 287-8414 or emailed to nicoleassu@shawcable.com



A-Tlegay Fisheries Society Membership Meeting

(Kwiakah, K'omoks, Tlowitsis, Wei Wai Kum, We Wai Kai)

Wednesday, February 11th, 2026

Quinsam Hall

10:30am - 1:00pm

Lunch served at Noon

**Please call Ashley if you are planning to attend at (250) 287-8868 or
email reception@a-tlegay.ca**

Agenda to include:

- **Update on current projects**
- **Update on upcoming fisheries**
- **Update on License Acquisitions**

Halibut Distribution to Members in attendance

**Distribution to Members who can not attend meeting,
will be done at a later date**



Your Voice, Your Government

I'm running to **lead the Federal NDP** – and **I need your support**. I need your **vote**. I want to ensure that our Nations are **NEVER left behind** by our Federal Government.

To vote,
register here:



vote.
tanille

Instagram, TikTok,
SnapChat, Mastodon:
[@votetanille](#)
Email: yo@tanill.ca

FITNESS CLASS

with Andrea Alfred

FEBRUARY Classes
Every WEDNESDAY

7:00 - 8:00 PM

Thunderbird Hall

Whether you're just starting out or more experienced, this class lets you move at your own pace and adjust the intensity to what feels right for you.



Everyone Welcome!



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.





'HASE
Breath of Life

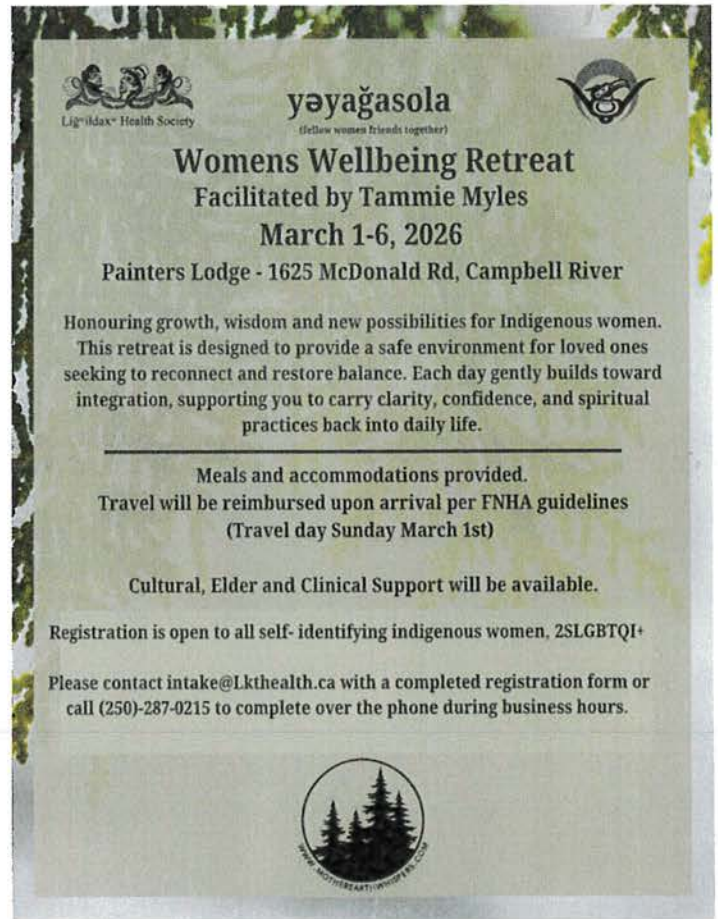
Kwakwaka'wakw land based culturally rooted approach to healing trauma, addictions & suicidality

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

yəyağasola
(fellow women friends together)

Womens Wellbeing Retreat
Facilitated by Tammie Myles
March 1-6, 2026
Painters Lodge - 1625 McDonald Rd, Campbell River


Honouring growth, wisdom and new possibilities for Indigenous women. This retreat is designed to provide a safe environment for loved ones seeking to reconnect and restore balance. Each day gently builds toward integration, supporting you to carry clarity, confidence, and spiritual practices back into daily life.

Meals and accommodations provided.
Travel will be reimbursed upon arrival per FNHA guidelines (Travel day Sunday March 1st)

Cultural, Elder and Clinical Support will be available.

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

Please contact intake@Lkthealth.ca with a completed registration form or call (250)-287-0215 to complete over the phone during business hours.




Registration Form

Women's Retreat

Facilitated by Tammie Myles

March 1st – 6th, 2026

Painters Lodge, 1625 McDonald Rd Campbell River, BC

Meals and accommodations and travel provided

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

Travel will be reimbursed following the FNHA guidelines

Name: _____ Age: _____

Nation: _____ Date of Birth: _____

Contact: Phone #: _____ Email: _____

Address: _____

Allergies: _____

Emergency Contact: _____

Current medications: _____

Medical history: _____

Are you actively using/addiction complications: please detail

Please Complete and send to:
intake@Lkthealth.ca, or call (250)287-0215 to complete over the phone during business hours. Limited participants, those registered will get a confirmation email or phone call.
Please do not contact resort or facilitator for information

DO YOU WANT TO LEARN Liq^wala or Kwak^wala



PROGRAM INFO SESSION



North Island College, in partnership with **Wei Wai Kum** and **We Wai Kai First Nations**, invites community members and prospective students to an Information Session on the **Indigenous Language Fluency Certificate Program**.

Learn about the program, how it supports language revitalization, and what to expect if you choose to apply.

Jan. 27 6:00-7:00pm

**Where: The Gathering Place
NIC CR Campus or use QR
code to join digitally**

Feb.11 6:00-7:00pm

**Where: The Gathering Place
NIC CR Campus or use QR
code to join digitally**

