



Monthly Newsletter

April | Issue 01

We're excited to launch the very first issue of the North Okanagan Friendship Center Society (NOFCS) Newsletter. As the land begins to wake and the season shifts towards renewal, we're inspired by the energy of Spring - a time for growth, connection, and fresh beginnings. In each edition, you'll find a recap of what's happening at NOFCS, a spotlight for one of our programs, upcoming events and important dates, a word of the month, resources from other organizations, and more! We hope this newsletter helps you stay connected and informed - and that it's as warmly received as the spring sun is after a long winter.

Weekly Events

Monday:

AIECD Lunch
11:30-1:30

Tuesday:

Fathers Circle
10:00-11:30
Wellbriety
5:30-:30

Wednesday:

Mothers For Recovery
9:30-11:30
Seniors Lunch
11:30-1:30
AIECD Lunch
11:30-1:30
Father's Group
5:00-7:00

Thursday:

Prenatal Drop-In
9:00-3:30
POP Lunch
11:30-1:00

Friday:

AIECD Cultural Craft
once a month

Community Recap: March Highlights

On March 12, a few of our NOFCS staff members had the pleasure of attending an assembly at St. James School. The grade 4 class held a candy gram fundraiser and chose the North Okanagan Friendship Centre as the recipient of their efforts. Thanks to their creativity and generosity, they raised over \$850! We are incredibly grateful for this meaningful contribution. The funds will go directly toward supporting our programs and services, helping us continue to serve and strengthen our community.



Program Highlight: Pregnancy Outreach

Our Pregnancy Outreach Program provides support, education, and resources to parents during pregnancy and early parenthood. From prenatal vitamins, cultural teaching, we ensure families have the tools they need for a strong start. We also host a *Postpartum Depression And Anxiety Peer Support Group*, offering a safe space for new parents to navigate their mental wellness- available by referral. Additionally, our Newcomers Group supports the Sikh community with a dedicated worker who speaks Punjabi. If you or someone you know could benefit from these services, reach out to learn more!



Volunteer Spotlight

John has been a longtime and valued volunteer at the North Okanagan Friendship Center Society. He supports the Father's Support Groups held on Tuesday mornings and Wednesdays evenings, providing consistency and care for the men and families who attend. This past March, John went above and beyond by stepping in to facilitate both groups while our Father's Support Worker was away. The Father's Support Groups is a vital space for connection, healing, and growth within the community-- and it's with dedicated volunteers like John who make it possible. We extend our heartfelt thanks for his on-going commitment and support.



NOFCS Values

Respect:

We honor and respect our individual and collective values and beliefs

Trustworthy

We conduct ourselves in an honest, fair and accountable manner.

Integrity

We adhere to moral and ethical principles in our actions and decisions.

Kindness

We demonstrate devoted and unselfish concern for the health and well-being of all people.

Community Resources Spotlight: CMHA

The Canadian Mental Health Association (CMHA) Vernon & District provides services to the community, offering programs like peer support, crisis services, youth counselling, wellness education, and housing assistance. They support individuals facing mental health challenges and their families. For more information, visit cmhavernon.ca or call 250-542-3114



Lets Keep in Touch!

Important Dates

- April 7 - World Health Day 
- April 10 - National Siblings Day
- April 17 - Ribbon Skirt Workshop***
- April 18 - Good Friday *NOFCS Closed*
- April 21 - Easter Monday *NOFCS Closed*
- April 22 - Earth Day 
- April 24 - Ribbon Skirt Workshop***

*Registration Required

Looking Ahead to May

- May 5 - MMIWG2S (Red Dress Day)
- May 5 - MMIWG2S+ Gathering at NOFCS, 10am-1pm** 
- May 8 - CMHA Block Party BBQ. Civic Plaza, 3400 30th St. 12pm-2pm

Syilx Word of the Month

Word: tmx^wulax^w (land)

Meaning: tmix^w includes everything alive – the land, water, animals, people, plants, and so on. The Syilx Okanagan concept of land encompasses more than the physical geography of place, it includes the spiritual connections of everything living on and within it.

<https://syilx.org/natural-resources/land/>

Did You Know??

The North Okanagan Friendship Center Society serving the community for 47 years? Originally funded to support Indigenous people living off reserve, it has grown into a vital hub for cultural programs, family services and advocacy.

Ph: 250-542-1247

Fax: 250-542-3707

Email:

Reporting@nofcs.ca

2904 29 Ave

Vernon, B.C. V1T 1Y7

Visit our website through this QR code, or by visiting www.nofcs.ca

