



# Monthly Newsletter

June | Issue 03

We continue to extend our heartfelt thanks to the community for their ongoing support of the North Okanagan Friendship Centre Society. May brought important moments of remembrance with Red Dress Day, and we carry this momentum into June with Blue Jean Jacket Day on June 6.

We also celebrate the strength of fathers, grandfathers, fathers-to-be, and male mentors on June 15 for Fathers Day, and look forward to gathering for National Indigenous Peoples Day on June 20 at the Vernon Native Housing complex.

With graduations, sunshine, and time spent with loved ones, June is a time of both reflection and celebration. **Don't forget—our Annual General Meeting is coming up on June 24.** From all of us at NOFCS, we wish you a safe and joyful month.

## Weekly Events

### Monday:

AIECD Lunch  
11:30-1:30

### Tuesday:

Fathers Circle  
10:00-11:30  
Wellbriety  
5:30-7:30

### 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: May Highlights

May was a busy month at NOFCS! We hosted a meaningful Red Dress Day Gathering where guests took part in a smudging ceremony, signed remembrance ribbons for our display (now showcased in our main office), and experienced a powerful drumming session by our Hum & Drum group with surprise guests.

Our Mental Health and Addictions program also joined the Canadian Mental Health Association's Community BBQ, where we "Unmasked" Indigenous mental health stigmas through an interactive myth-or-fact display featuring over 30 statements.

It was a fulfilling month of awareness and connection- and we are excited for what June has in store!



# Program Highlight: Father's 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.

At NOFCS, our Father's Support Program offers meaningful support for dads at any stage of their parenting journey—especially those navigating ministry involvement, custody, or reconnection with their families. The program includes the Father's Knowledge Circle, held Tuesdays at 10am, which is a course-based group offering cultural teachings, practical tools, and certificates for module completion. On Wednesday evenings from 5–7pm, our Father's Group provides a casual, activity-based space to connect and build healthy relationships. As one participant shared, "I enjoyed meeting the other dads in the program and knowing that I'm not the only dad that has struggles and challenges of being a parent." One-on-one support is also available throughout the week. All services are free and open to all fathers—referrals are welcome.



## Community Resources Spotlight: Turning Points



Turning Points Collaborative Society plays a vital role in supporting individuals and families in the North Okanagan who are experiencing or at risk of homelessness. Their services include emergency shelters, transitional and supportive housing, addictions recovery, outreach and employment supports. With a trauma-informed and culturally safe approach, Turning Points meets people where they are at - making them a strong and trusted partner in our Father's Support Program. Learn more at [www.turningpoints.ngo](http://www.turningpoints.ngo)

## Lets Keep in Touch!

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## Important Dates

**June 6 - Blue Jean Jacket Day NOFCS BBQ 11am-1pm**

June 15 - Father's Day

June 20 - First Day of Summer & BBQ at Vernon Native Housing

June 21 - National Indigenous Peoples Day

June 23 - NOFCS Closed

**June 24 - NOFCS Annual General Meeting - Prestige Hotel 5pm-7pm**

**Please call the office to RSVP & visit our website for more information.**

## Looking Ahead to July

July 1 - Canada Day NOFCS Closed

### Sylix Word of the Month

Word "Father": **I?iw**

Pronounced with a glottal stop, this term reflects the deep familial connections central to Sylix culture. To hear it spoken and explore more kinship terms, visit

[www.firstvoices.com/sylix](http://www.firstvoices.com/sylix)

### Did You Know??

Blue Jean Jacket Day (June 6) raises awareness for Missing, Murdered and Exploited Indigenous Men & Boys. Indigenous men face violence and exploitation and disproportionately high rates- but often go unnoticed in national conversations.

[www.mmeip.ca/blue-jean-jacket-day-2025](http://www.mmeip.ca/blue-jean-jacket-day-2025)