



Monthly Newsletter

November
Issue 07

November Greetings to the North Okanagan Friendship Center Community.

November is a month of reflection and remembrance, a season to honour our ancestors, our veterans, and all those who came before us.

As the land goes quiet, we are reminded to pause, listen, and carry forward the teachings and stories that guide us. This month, we think upon the resilience, connection, and the strength we inherit from those who walked the path before us.

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

October Highlights

The feedback from our *Walking the Path Together: Truth & Reconciliation Gathering* continues to pour in and our hearts are full. Thank you to everyone who attended, volunteered, and supported this meaningful day of reflection and learning.

As we moved into October, our team focused on preparing the Centre for the colder months ahead with winter tires on the van, the courtyard ready for snow, and all staff refreshed on Level 1 First Aid. A big shout out to **Tireland Vernon** and **FACTS – First Aid Certified Training Systems Ltd.** for helping us stay safe and winter-ready!

Programs have been running strong throughout the fall. Our **Elders Group** enjoyed a sunny afternoon outing to Davison Orchards, and the **Aboriginal Infant & Early Childhood Development Program** hosted a beautiful poppy beading activity in honour of Remembrance Day. We also want to give a warm welcome to **Miranda Posiak**, who has completed her first month as our **Pregnancy Outreach Worker** – we're so happy to have her on the team! The Pregnancy Outreach Program (POP) runs a strong Newcomers Group, Post-Partum Depression & Anxiety group, and weekly lunches that often include discussion around pregnancy, post-partum and parenting topics.

Lastly, NOFCS is looking for **Cultural Workshop Facilitators** – including beading, sewing, ribbon skirt, and drum-making instructors. If you or anyone you know has the skillset to run a cultural workshop, please share the detailed listings from our website or social media! We hope to bring more regularly scheduled workshops in the near future for our community.



Elder's group enjoying Davison's Orchards



Poppy Beading Craft Day at AIECD

Program Highlight: Vernon Youth Safe House



The Vernon Youth Safe House is a program under the North Okanagan Friendship Center Society. It provides a safe residential alternative to **youth ages 13-18** who are experiencing homelessness, at risk of becoming homeless, or are at risk of being in an unsafe home.

In addition to housing, we offer a safe and supportive environment where youth can access crisis intervention, individualized care, and connection to community resources. Our goal is to help young people build stability, make healthy choices, and feel respected in their identity, culture and journey towards wellness.

We are pleased to say that they are again operating **7 days a week, and open 24 hours a day** due to the contributions of local organizations.

The Safe House is located in the Kekuli Centre Apartments. #205 2905 28 Ave Vernon. For further information and how to refer youth, contact the office or visit our website.

NOFCS Values

Respect

We honour 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 Resource: Upper Room Mission

We wish **Upper Room Mission Vernon** a big congratulations on the opening of their renovated space. Earlier in October, the community was invited to their open house where they showed the new upstairs space which holds 24 beds. These beds will be used for the upgraded **Winter Shelter Program**.

The 24/7 hour operation will start on **November 1 until March 31, 2026**. Registration for a bed is **first come, first serve** and self-referred between 9am and 4pm. The doors open for overnight guests at 4pm and any beds not claimed by **7pm** will be released to the **waitlist**. While sobriety is not required for entry, there is **no substance-use** allowed on site, and guests must be sober enough to get themselves to bed safely.

In addition to the Winter Shelter Program, they have other community partners available, such as Substance Use Connections, OAT Nurses onsite on Tuesdays and an available Street Nurse on Thursdays.

† UPPER ROOM MISSION



Upper Room Mission Grand Opening- new bed space

Important Dates

- Nov 8 - Indigenous Veterans Day
- Nov 11 - Remembrance Day *NOFCS Closed*

Looking Ahead to December

- Dec 25- Christmas Day

Did You Know?

Did you know that November is recognized as National Indigenous Veteran's Month in Canada? It's a time to honour and remember the contributions of First Nations, Metis, and Inuit veterans who served in times of war, conflict, and peace, often without the same recognition or benefits as non-Indigenous soldiers.

Let's Keep in Touch!

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