



Monthly Newsletter

December Issue 08

Warmest wishes to you and yours from the North Okanagan Friendship Center Society (NOFCS)!

As we step into the final month of 2025, we invite you to pause and reflect on the moments that shaped this past year. For those who have faced challenges, we hold space for your journey and wish you healing, strength, and hope for brighter days ahead.

At NOFCS, our commitment remains: to offer culturally safe, welcoming, and inclusive programs for people of all ages and walks of life. If you or someone you know could benefit from support, connection, or community, please do not hesitate to reach out. We are here for you.

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
Elders 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

November Highlights

The NOFCS programs remained busy through the month of November.

At NOFCS, we strive to bring cultural workshops to our community, and especially our clients. Bringing Indigenous crafts to the Center, we are aiding in the connection to our cultural identity. This month, the Elders had a Ribbon Skirt Workshop with Coreen Jenner, and the Early Years building hosted a beaded ornament workshop.

We were very grateful to receive a generous **\$20,000** donation from the **Dr. Ann Charitable Foundation**, which will support the ongoing success of our programs. They are based in Vancouver, and the Foundation is committed to strengthening community well-being, and their support will make a meaningful impact on the programs we deliver at NOFCS. We are grateful for their partnership and belief in our work.

Our partnership with the School District #22 continues to grow through collaborative work in Indigenous Education by sitting on two committees: The Indigenous Education Council, and the Anti-Racism Committee. We hope our perspective on these committees advocate and protect our Indigenous school-age Youth.

We are also very pleased to welcome **Rebekah Collick** to our Pregnancy Outreach Program (POP) as the Registered Nurse. The hiring of Rebekah compliments the full team for POP, allowing this essential program to provide services to new mothers and families. As the Registered Nurse, she facilitates the Postpartum Depression Peer Support Program and supports the POP. Welcome Rebekah!



Beading ornaments together



Elder's Sewing Workshop

Aboriginal Infant & Early Childhood Development

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.

Let's Keep in Touch!

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Email:

Reporting@nofcs.ca

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Vernon, B.C. V1T 1Y7

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



Our Program highlight this month is the **Aboriginal Infant & Early Childhood Development (AIECD)**. This is our busiest team as they serve **over 300 lunches** every month to families in the community. On top of being a Drop-In Centre for families, they host weekly programs such as **Hum & Drum** for children under the age of 6 and **swimming lessons** for a guardian and child aged 6-months or older.

The AIECD program has different focused groups, the **Aboriginal Infant Development Program (AIDP)**, **Aboriginal Supported Child Development (ASCD)**, and **Fetal Alcohol Syndrome (FAS)** support. The AIDP works respectfully with families whose children are **newborn to 5 years** old and are at risk or have a developmental delay. The AIDP fosters the inclusion of children **ages 3-19** who require extra support to be included in a community setting. The FAS worker supports parents and guardians of children navigating FAS, as well as adults who require FAS support.

The AIECD provides parents with a safe, warm, and inviting place to come and be supported during the most important, wonderful and challenging role of parenthood.

Community Resources Through the Season

NOFCS will be **CLOSED** between **December 22 and January 4**, with the exception of Vernon Youth Safe House and Tuesday evening Wellbriety groups. If you call the NOFCS during this time, there will be a list of additional resources for you, including what is listed below.

Food Security:

Upper Room Mission 3303 32 Ave (250) 549-4111

Vernon Salvation Army 3403 27 Ave (250) 549-1231

Housing & Homeless Supports:

Turning Points (250) 545-0121

North Okanagan Rent Bank (250) 309-7551

CMHA Affordable Housing Program (250) 542-3114 Ext 214

Mental Health and Addictions Supports:

24/7 Crisis Lines Call or text **9-8-8**

Interior Crisis Line Network 1-888-353-2273

Mental Health Support Line 310-6789

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

CMHA Vernon & District (250) 542-3114

Interior Health - Mental Health & Substance Use Services 310-MHSU (6478)

Scan Here for Free Community Holiday Meals!



Important Dates

Dec 22 to January 2- **NOFCS Closed**

Dec 25 - Christmas Day

January 4 - National Ribbon Skirt Day

January 8 - Careers Cafe contact Coreen (OTDC) 250-241-8407

Did You Know?

The **Kekuli (ᑭᑦᑦᑭᑦ)** is a pit house which was traditionally used by the Syilx Okanagan peoples. It is a space of warmth, community, and teaching.

For NOFCS, it represents safety, belonging, and connection; the heart of what we strive to offer in our work each day, and is the symbol at the centre of our logo.