



April Newsletter

Issue 12

Stewardship and Impact

April brings a return to fuller days, more connection, and a growing presence here at NOFCS. We are grateful for all that March held and excited for what's ahead. This month brings more cultural workshops, the grand opening of our Early Years kitchen, and continued opportunities to gather as a community. It's also a time to reflect on the impact we have, both individually and collectively, and to remember our shared responsibility to the land and to one another as we recognize Earth Day.

GATHERING OUR VOICES 2026



Gathering Our Voices Crew 2026

Gathering Our Voices (GOV) 2026 is the province's largest Indigenous youth conference, bringing together over 1,500 youth for three days on the ancestral and unceded territories of the Musqueam, Squamish, and Tsleil-Waututh Nations. The four youth and young adults accompanied by NOFCS participated in workshops that strengthened their cultural knowledge and left them feeling inspired. Two of the youth are now hoping to bring that energy home by starting youth-focused initiatives at NOFCS.

"This trip really helped me [be] proud to be an Indigenous youth and GOV helped me want to get into fancy dancing... It helped me get out of my comfort zone and try something new. I'm forever grateful that NOFCS let me go on this trip. -E.W."

COMMUNITY CARE

St. James School in Vernon has been a strong supporter of NOFCS over the past few years. Each Valentine's Day, the **Grade 4 class sells candy grams** to their school and generously donates the proceeds to us. This year, they chose to support the **Father's Support Program**, a thriving program that strengthens fatherhood and relationships between fathers and their children. St. James school raised an impressive **\$723.85!** Their continued generosity is a meaningful example of youth giving back and making a positive impact in our community.



Henry- Father's Support and Alyssa receiving cheque from St. James

RENOVATION UPDATE



Kitchen view as of March 31

Like any renovation, our updated kitchen in the Early Years building has come with a few delays and unexpected costs. Over the past two weeks, our Hot Lunch program has continued right alongside the construction, with meals now being served in the playroom. Our team has shown incredible flexibility to keep services running smoothly, and we're so grateful for their commitment to our families. **Pregnancy Outreach offices remain open during this time, and Hot Lunch continues every Monday and Wednesday, 11am-1pm.**

Respect | Trustworthy | Integrity | Kindness

STAFF CELEBRATIONS: LESA CROMBIE

In September 2025, Vernon Youth Safe House staff member **Lesla Crombie** celebrated **20 years** with NOFCS. Throughout her career, Lesa has supported youth across many organizations in Vernon, a reflection of her deep compassion, dedication, and genuine care for vulnerable youth. Working primarily overnight shifts, Lesa plays a pivotal role in ensuring the safety and comfort of youth during some of the most vulnerable hours. She brings warmth into the space by making the Safe House feel like a home, from thoughtful seasonal decorating to the way she connects with children, youth, and young adults. Described by her team as **“someone you can count on,”** Lesa is a bright light and a steady presence. We celebrate her commitment and are grateful for the care she continues to show each and every day.



Centre: Lesa Crombie

Mondays:

AIECD Lunch
11:30-1:30

Tuesdays:

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

Wednesdays:

Elders Lunch
11:30-1:30
AIECD Lunch
11:30-1:30
Father's Group
5:00-7:00

Thursdays:

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

Fridays:

AIECD Cultural Craft
once a month

MOVEMENT AS MEDICINE: FREE YOGA SESSIONS FOR BEGINNERS



We are excited to announce that we are partnering with ParticipACTION to start a **Movement as Medicine** Yoga session in the coming months. In addition to offering this weekly program in the Early Years building, we will be participating in the Community Challenge through ParticipACTION in the month of June. The Community Challenge will invite as many people as possible to partake in a yoga session in the Park in celebration of Indigenous People's Day. More details to come!

COMMUNITY PERINATAL MOOD SUPPORT WORKSHOP

In Canada, **nearly 1 in 4 mothers** experience symptoms of postpartum depression or anxiety, and many go undiagnosed. Without support, these challenges can impact both parent and child wellbeing **for life**. Our Pregnancy Outreach Program (POP) is offering a **two-day workshop (May 12-13)** that is designed for health professionals supporting pregnant and postpartum families. It will focus on recognizing perinatal mood disorders and strengthening community-based care. With the right supports, recovery is possible- **up to 80% of individuals recover**. More information, including registration details will be available soon.

APRIL AT A GLANCE

- April 2- Part 1 Ribbon Skirt Workshop
 - April 3 - **Good Friday** NOFCS CLOSED
 - April 6 - **Easter Monday** NOFCS CLOSED
 - April 7 - Scott Anderson speaking at Father's Knowledge Circle 10am-12pm
 - April 7 - Drum Making Workshop
 - April 9 - Part 2 Ribbon Skirt Workshop
 - April 22 - Earth Day
 - April 23 - Beading Red Dress Workshop
 - April 30 - Ribbon Shirt Workshop
- In May: Red Dress Day and Community Perinatal Mood Support Workshop

DID YOU KNOW?

Stewardship is the practice of caring for the land, water, and all living things. This is something that has been practiced since time immemorial. Small everyday actions like reducing waste, supporting local initiatives, and spending time on the land are all forms of stewardship.

Let's Keep in Touch!

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Scan the QR code and follow us!

