



June Newsletter

Roots & New Beginnings

This month we are honouring where we come from, while celebrating where we're going!

BIG MOMENTS, LOCAL IMPACT



Red Dress Day March to the Courthouse



Mojave & Tomas & Astro- our gardeners



Ribbon Cutting at the Grand Opening



Maggie King & Shawn Tanner at the Grand Opening

The month of May was a vibrant and meaningful month at the Friendship Center, filled with opportunities to gather, learn, heal, and celebrate together. The month began with our **Red Dress Day Gathering** on May 5, where more than 250 people came together to honour and raise awareness for Missing and Murdered Indigenous Women, Girls and 2-Spirit People. Community members gathered in solidarity before walking to the Courthouse, carrying an important message of remembrance and advocacy. We were also proud to celebrate the **grand opening** of our newly renovated kitchen in the Early Years building. The day began in a good way with a smudging ceremony, followed by a ribbon cutting, drumming, singing, and shared fellowship. Thank you to everyone who joined us and helped make the occasion so special. Throughout the month, our programs continued creating opportunities for connection and learning. The Pregnancy Outreach Program partnered with community and public health organizations to host a workshop focused on **perinatal mental health**, while staff attended the **Canadian Mental Health Association Community BBQ** to connect with local residents and share information about available supports and services throughout Vernon. We were also excited to welcome **Mojave and Tomas**, whose vision and hard work transformed our front gardens with Indigenous plants. Their passion is reflected in the beauty of the new space, creating a welcoming environment for all who visit the Center. May also brought many moments of **relationship building, collaboration, and community care** that continue to strengthen the work we do together. As we move into June, we look forward to celebrating National Indigenous Peoples Day, recognizing graduates, welcoming new faces, and gathering once again as members and community at our AGM.

NOFCS ANNUAL GENERAL MEETING

Our Annual General Meeting will highlight the work of our Indigenous organization, its board, and staff members for this past 2025-26 fiscal year. The meeting will be held at the Prestige Vernon Lodge, 3914 32 St, Vernon BC on **Wednesday, June 24, 2026, 5pm-7pm**. All members, including lifetime members and current members are invited to attend. A meal will be provided at 5pm. Please register and reserve a seat for the meal by Wednesday, June 10. Contact Annette, Office Manager at assistant@nofcs.ca or 250-542-1247 Ext 101. Online registration available at www.nofcs.ca. The business meeting begins at 5:30pm.

REGISTRATION FOR DINNER DUE BY JUNE 10

There is online registration
at www.nofcs.ca

Or call 250-542-1247 Ext 101
or email assistant@nofcs.ca

Respect | Trustworthy | Integrity | Kindness

WELCOME TO NEW FACES AT NOFCS!

We would like to introduce a few new faces you may see around NOFCS! **Kat Graham** has joined us on a term contract as our Mental Health & Addictions Counsellor, supporting our clients. She is trained in trauma-informed therapy, grief and loss and a range of evidence-based modalities. **Robin Genthon** is a certified Wellbriety facilitator who will be facilitating our Wellbriety program on Tuesday evenings starting June 2 through to August 4. **Kessa Schroeder** is a yoga instructor who is supporting Calmsky Dunstan in our *Movement for Medicine* yoga sessions on Friday afternoons. Kessa will be available to lead children through their own yoga and stretches while parents/adults move with Calmsky in the building next door. You may have already met **Alison Morrison**, who joined us at the end of April to complete her Human Services practicum. Allison has been supporting programs across the Center and, although her practicum wraps up this month, we are grateful that she will continue to be involved with NOFCS. While some of these roles are only temporary, we are thankful for the knowledge, energy, and support each person brings to our community. Welcome to the team!



Kat Graham, MPCC-p



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

Let's Keep in Touch!

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Scan the QR code
and follow us!

CONGRATULATIONS TO THE 2026 GRADUATES!



Eva - NOFCS Volunteer

NOFCS would like to extend a huge congratulations to all High School graduates of 2026, including the **123 Indigenous graduates** recognized across SD22 this year! This accomplishment is about more than finishing school; it is a testament to resilience, growth, and everyone who helped you get there. We are cheering you on in whatever comes next! We would especially like to recognize Danny, Eva, and Alexia, who have been involved with NOFCS. It has been a privilege to watch you grow and show up in our community. We are so proud of you!



Danny - GOV attendee

JUNE AT A GLANCE

June 4 - Blue Jean Jacket Day BBQ 11am-1pm
June 4 - Part 1 Ribbon Skirt Workshop 5pm-7pm
June 12 - Lunch Hour Smudge 12pm-1pm
June 12 - Movement as Medicine (Yoga session) 1:30pm-2:30pm
June 10 - Dream Catcher Workshop (made with cedar branches) 5pm-7pm
June 11 - Part 2 Ribbon Skirt Workshop 5pm-7pm
June 19 - Drum Making Workshop 1pm-4pm
June 19 - In lieu of National Indigenous People's Day **NOFCS CLOSED**
June 21 - National Indigenous People's Day
June 24 - NOFCS **Annual General Meeting** 5pm-7pm
June 26 - Movement as Medicine (Yoga) 1:30pm-2:30pm
July 1 - Canada Day **NOFCS CLOSED**

DID YOU KNOW?

More than half of Indigenous people in Canada live in urban areas. Friendship Centers play an important role in creating community, cultural connection, and support for Indigenous people living away from their home territories.

