

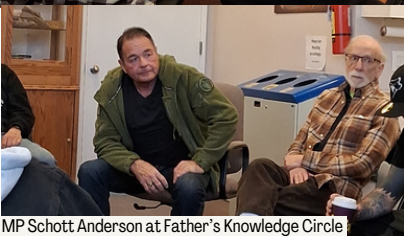


May Newsletter

The strength of Matriarchs

May is a time to honour the strength of matriarchs. Matriarchs who nurture, lead, and carry knowledge across generations. As we recognize both Mother's Day and Red Dress Day, we hold space for love and remembrance, lifting up the voices, stories, and enduring resilience of Indigenous women, girls, and two-spirit people.

BIG MOMENTS, LOCAL IMPACT



April brought meaningful moments of recognition for the work happening across our organization. We were honoured to welcome **MP Scott Anderson** to the Father's Knowledge Circle on April 7, where he spoke with participants and shared his experience as a single father. On April 13, he recognized the **Father's Support Program in the House of Commons**, sharing that *"The Circle creates a respectful, supportive space for fathers to come together and share knowledge and stories,"* and *"Thanks to leaders like Henry Ly and programs like Father's Knowledge Circle, dads have a place to turn to and a community that says they are not alone."* The full video can be found on our website. We also welcomed **MLA Harwinder Sandhu** for a tour of our buildings, offering an opportunity to share updates and highlight the scopes of services that support our community. Moments like these remind us that the impact of our work reaches far beyond our walls, made possible through strong relationships and community support. With **Administrative Professionals Day** and **National Volunteer Week** also falling in April, we want to take a moment to recognize and thank those who keep things moving behind the scenes. Your dedication, care, and steady presence are deeply appreciated.

MENTAL WELLNESS IN OUR COMMUNITY

Mental Health & Wellness continues to be a shared focus across youth gatherings and community events. At NOFCS, we offer **Mental Health & Addictions counselling** for individuals ages 12 and up, providing a safe, supportive space for those navigating life's challenges. On **May 7**, we invite you to join the **CMHA Community BBQ** at Civic Plaza. Enjoy a burger and chips by donation, connect with others, and learn more about the mental health supports available in our community. Indigenous wellness is a vital part of mental health and healing. During our Grand Opening on **May 15**, we invite you to join us for a **smudging ceremony**, which will be offered monthly for everyone.



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CLIENT REFLECTION

For the first time in my life, I leave therapy sessions feeling like I can truly breathe again. I feel like I am getting my life back.

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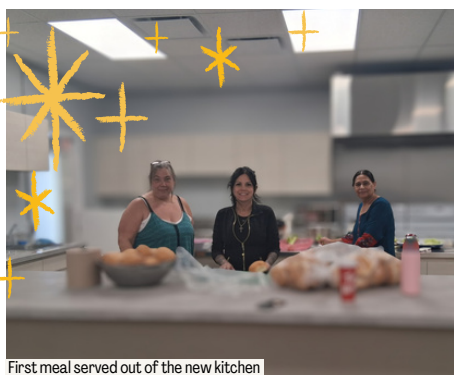
Respect | Trustworthy | Integrity | Kindness

GRAND OPENING OF NOFCS EARLY YEARS' NEW KITCHEN!

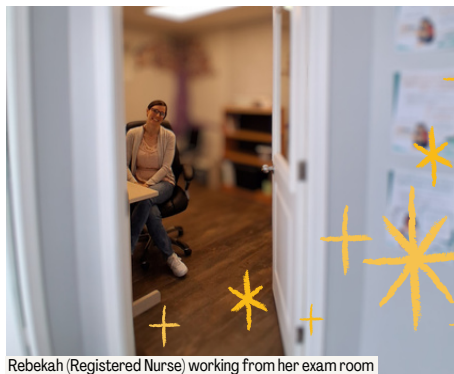
In the Early Years building, we recently completed major renovations to upgrade the kitchen and dining area, along with the Pregnancy Outreach Program offices. The updated space now includes a dedicated exam room for the nurse, creating a more welcoming and accessible environment for families to receive care and support. These improvements will strengthen the programs we offer, from nutrition supports to prenatal and early childhood services.

Like many renovations, this project came with a transition period and through it all, our team continued to show up, adapt, and ensure services remained available for our families. We are incredibly proud of the dedication and flexibility that made this possible.

We are excited to welcome the community to our **Grand Opening on May 15 from 11am to 1:30 pm**. Join us for chili and biscuits, connect with staff, and tour the updated space. **The ribbon cutting will take place at 11am**. We hope you'll join us in celebrating this milestone together!



First meal served out of the new kitchen



Rebekah (Registered Nurse) working from her exam room

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

RED DRESS DAY GATHERING & WALK

NOFCS will be hosting a **Red Dress Day Gathering & Walk on Tuesday, May 5 from 11am to 1pm**. We will begin the day in a good way with an opening prayer and drumming, with bannock and refreshments available throughout. We invite you to join us in remembering and honouring Missing and Murdered Indigenous Women, Girls, and Two-Spirit people, and to stand together in awareness and call for change. Red Dress Day is observed across Canada on May 5, bringing attention to the ongoing crisis of violence against Indigenous women, girls, and Two-Spirit people. Indigenous women and girls are disproportionately affected by violence in Canada, with rates significantly higher than non-Indigenous populations. This is not a distant reality, but one that touches communities across the Okanagan and beyond.

We would also like to recognize and thank two student volunteers whose support helped bring this event together.



MAY AT A GLANCE

May 5 - Red Dress Day Gathering & Walk 11am-1pm
May 7 - CMHA BBQ at Civic Plaza 12-2
May 12-13 - POP Perinatal Workshop (registration closed)
May 14 - Part 1 Ribbon Skirt Workshop
May 15 - **Grand Opening** of Early Years Kitchen and Smudge Ceremony
May 18 - **Victoria Day NOFCS CLOSED**
May 21 - Part 2 Ribbon Skirt Workshop
May 22 - Drum Making Workshop

DID YOU KNOW?

Programs like Early Years and Pregnancy Outreach at NOFCS support not just children, but the strength and wellbeing of mothers and caregivers, helping build strong families from the very beginning.

Let's Keep in Touch!

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Scan the QR code
and follow us!

