



NOFCS Newsletter

September & October
Welcome to the Fall Season!

BIG MOMENTS, LOCAL IMPACT

NOFCS wrapped up a busy summer filled with connection, community, and plenty of time outdoors! AIECD families spent their Tuesdays at Lakeview Park for Summer Fun, our courtyard garden flourished, programs continued to bring community together, and we celebrated another season of learning, culture and connection. As summer gives way to fall, we're looking forward to welcoming back Cultural Workshops, introducing new programming, and gathering together for National Day for Truth and Reconciliation.



Door prize winner - Blue Jean Jacket Day



FASD Awareness Walk



Farmers Market Fun with Elders

NATIONAL DAY OF TRUTH & RECONCILIATION



Truth & Reconciliation Day, 2026



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On September 30, hundreds of community members gathered at NOFCS to honour National Day for Truth and Reconciliation. This year's theme, **Reconciliation in Action**, invited us to move beyond words and consider the role each of us can play in reconciliation. The day was filled with opportunities to listen, learn, create and connect through prayer and drumming, speakers, smudging, Indigenous artisans and community organizations, a craft table, community participation piece, and Cee-Cee's powerful display of truth. The gathering itself became a beautiful example of Reconciliation in Action, made possible by the many people and organizations who chose to contribute. We gratefully acknowledge **Canadian Heritage Fund** as the primary funder of this year's gathering, along with the **City of Vernon** for their support. Thank you to **Rose Moon Books, Lake Country Alliance Church, First Baptist Church, Ratio Coffee, Bean Scene, Vernon Native Housing Society, Mezmer, Cook'em Catering, Wentworth Music and Avalon Event Rentals**, as well as our Elders, drummers, speakers, artisans, staff and numerous volunteers who helped bring the day together. **To everyone who joined us to listen, learn and participate, thank you for putting Reconciliation in Action.**

Respect | Trustworthy | Integrity | Kindness

PEOPLE & PROGRAMS

FAREWELL HENRY, WELCOME KAT! This fall brings a new chapter for our **Father's Support Program** as we say farewell to Henry, who has been part of the program since its beginning. Since joining NOFCS in 2023, Henry has helped create a space where fathers and their children can gather, share meals, build relationships and find support in community. The program has continued to grow, including the Father's Knowledge Circle and opportunities for fathers to participate in workshops and courses focused on parenting, healthy relationships, wellness and personal growth. We are grateful for the care, humour and dedication Henry has brought to NOFCS and the families he has supported along the way. As we wish Henry well in his next chapter, we are happy to welcome Kat as our new Father's Support Worker! Kat will continue supporting fathers and families through weekly programming, connection and community. Please join us in giving Kat a warm NOFCS welcome!



MAMA BEAR PROGRAM



The Pregnancy Outreach Program has welcomed a new addition! This group is for Mamas with Babies between the ages of 6 to 18 months. Baby Play Group is a fun and interactive group to engage with your baby and other moms. Each week can be different! Below is a list of some of the fun things we do together on Wednesdays:

- Stories, Rhymes and Singing
- Snacks and Socializing
- Making Bannock
- Cooking/Baking Activities
- Making Baby Food
- Baby Sign Language Classes
- Cultural Crafts

COMING THIS FALL

September 30 - National Day of Truth & Reconciliation Community Gathering 11am-2pm
 October 2 - **NOFCS CLOSED** in lieu of NDTR
 October 9 - Lunch Hour Smudge
 October 12 - **NOFCS CLOSED** Thanksgiving Day
 October 19 - What Happens Upstream Indigenous Youth Conference
 Date TBD - Drumming & Singing Workshop
 November 8 - National Aboriginal Veteran's Day
 November 11 - **NOFCS CLOSED** Remembrance Day
 November 12 & 26 - Ribbon Skirt Workshop
 Every first Friday of the month is Lunch Hour Smudge 12pm-1pm



DID YOU KNOW?

Friendship Centres have been supporting Indigenous communities across Canada for over **70 years!** This summer, Kermode Friendship Society in Terrace celebrated an incredible **50 years** of service. NOFCS will be celebrating 50 years in 2027.

Mondays:

AIECD Lunch
11:30-1:30

Tuesdays:

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

Wednesdays:

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

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!

