



NISTAWOYOU FRIENDSHIP CENTRE

FANCY DANCE LESSONS

Starting April 17th, 2017, the Friendship Centre will be offering FREE Fancy Dance Pow Wow lessons for children and woman of all ages.

No regalia needed, the dance lessons will start at 4:15pm sharp and run until 5:15pm, every Monday.



APRIL 2017 NEWSLETTER

OFFERED PROGRAMS

After school Program, a safe welcoming place for youth ages 7-24 to access extra educational support through our certified teachers. It's also a place to socialize, and get in touch with the aboriginal culture and artistic side through traditional programming and art hour.

Tuesday's and Thursday's from 3:30-5:45 for ages 7-24

Youth Night, is an evening alternated between two different age groups from one Friday to the next (age groups 7-13 and 14-24) With our younger youth we play team building activities and teach them the basic life skills of cooking. With the older youth, we implement meal planning, followed by a trip to the grocery store to teach nutrition and budgeting skills while shopping ending our evening with a nice cooked meal made by the youth.

Youth Night Friday evenings from 3:30-6:00

Please note that the age criteria for Youth Night varies from one Friday to the Next

One on one, if you find your child or a youth you work with struggles with interacting with others or requires extra attention and support, Project Navigator Amber Wall offers on campus visits outside of regular program hours.

The HUB, the last Wednesday of every month the HUB offers strategies and information on positive parenting for free. The Next visit will be April 26th from 1PM-2PM.

Elder's Dinner, starting at 5pm on April 27th we will be having our monthly Elder's Dinner and Bingo, open to the community. The last Thursday of every month. A place for elders to socialize and have fun!

Coffee Cree Chat, a nice evening get together amongst others who are interested in learning and teaching one another other to speak the Cree language while enjoying some refreshments. Offered every Wednesday from 5pm-6pm.

The Beading Network, a program in partnership with Metis local for those who are interested in traditional beading no experience needed, we are beginner friendly. Offered the first and second Tuesday of every month with a \$10.00 annual fee, from 5:30pm-8:00pm

HIV North, every Wednesday from 11am-12pm professionals from HIV North pay a friendly visit to the Friendship Centre to offer free information and advice on HIV/AIDS.

We have a private office for private consultations

Did you know, the word "barbecue" is from the Arawakan Indian language meaning "framework of sticks."

FACTS OF FORTMCMURRAY

Did you know that Fort McMurray has been named "the most giving community in Canada"? Though not news to those of us who live here, Fort McMurray residents have time and time again shown how important they hold community wellness.

Previously, the Fort McMurray United Way raised over \$5,000,000, and the recently held Spring Fling with Chef Michael Smith raised over \$245,000 for the Northern Lights Health Foundation that went towards new anesthesia machines for the region.

FORTMCMURRAY NEWS

Coming this spring bus services for the rural communities surrounding Fort McMurray will be enhanced by including new bus routes and more frequent stops. The bus rides will run from Conklin and Janvier to Fort McMurray and back twice a week, and additional bus services will be assessed upon demand. The extra ride for Conklin will be on Wednesday's, and the extra ride for Janvier will run on Friday's.

Both Fort Chipewyan and Fort McKay have said they are interested in having bus services, so a meeting with Fort McKay residents will be held before putting out a Request for Proposal. During the spring, summer and fall months when more Fort Chipewyan residents travel to Fort McMurray by air, buses will stop at the old airport terminal to pick up Fort Chipewyan arrivals who would otherwise have to take a taxi. The service will start April 18.



Thanks for Reading, tune in next month!

Nistawoyou Friendship Centre, 8310 Manning Avenue, Fort McMurray, Alberta

780-743-8555