



Wellness Department

February 2018

Sanek'òa Zaà 2018

Short sun month – it is a short month



Wellness Department Staff

Jennifer Drygeese, Director

Roberta Martin, Administrative Assistant

Karen Martin, Family Wellness Program

Andrea Fowler, Justice Coordinator

Alice Abel, Dene Wellness Programmer

Cyndi Caisse, Counselling Support

Charlene Sundberg, Community Wellness Programmer

Dettah

Caleb Reid, Assistant Dettah Community Wellness

Kateri Lynn

Tyrell Powless- Sangris

Wilfred Crapeau

Zhanayii Drygeese

Shalayna Charlo – Lafferty

Ndilo

Trishia Smith, Assistant Ndilo Community Wellness

Catlin Goulet

Tyshanyah Koyina

Taison Godard



Ndilo Wellness

920-2925

Ndilo Gym

873-3971

Dettah Wellness

920-4089

Dettah Gym

920-2942

Mama & Bebia Every Thursday 1-3pm

This program are for those who are expectanting living in Ndilo, Dettah, Yellowknife & those who are residing at the Vital Able Boarding Home. Breast feeding mother's, parents/ caregivers who have children under the age of one.

We provide a safe environment for you to learn in & have fun, while developing a support network of friends!

For more information please contact
Karen Martin @920-2925

February 1, 2018 Nurse

February 8, 2018 Traditional Sewing

February 15, 2018 Traditional Sewing

February 22, 2018 Yoga



YKDFN Family Wellness & Healthy Families Program has partnered up to present a

Traditional Parenting Group

Some of the info sessions include:

shaping your child's future
learn the difference between discipline & punishment
supporting your child's development
learn how to talk, listen and understand your child
Family traditions & cultural practices.

February 7, 2017

Supporting social and Emotional Development

February 21, 2017

Supporting my Child's Development



Meals on Wheels

February 12, 2018—Dettah

February 13, 2018—Ndilo

Our Family Wellness Programmer will be delivering a home cooked meal to the Elders in each Community starting at 1pm!

Looking for VOLUNTEERS to help cook & Deliver for those who are interested contact Karen at 920-2925 or email kmartin@ykdene.com

The Family Wellness Programmer has a lot of baby books to give away.

Contact the Wellness.

920-2925



Justice Coordinator: Andrea Fowler 920-2925

Girls Group

Ages: 11-13

Dates: Every Wednesday (Ndilo)

Time: 3:30 p.m. 5:30 p.m.

Location: Chekoa Building

Topics:

Self-esteem, body image, Peer Pressure, navigating friendships, building resilience with positive coping skills.

Group for girls who want to thrive in school and in life.

Gain a sisterhood & know that they are not alone.

Build Leadership

Let go of self-doubt and build confidence.

On the Land Program

Creating Wellness through our Dene Culture

Program:

- * Ceremonies/Traditional Teachings/Skills
- * Cultural/Wellness activities
- * Addictions Awareness
- * Grief and Loss
- * Healing & Recovery Process



When: Feb. 28, March 1, 2, 3 & 4, 2018

Where: B. Dene Adventures Camp

Who: Co-ed program, YKDFN members & other Aboriginal people are Welcome to attend, Must be 18 + up

We're overnighing from Wednesday to Saturday.
Bring warm clothes, personal hygiene supplies, sleeping bags and foamy.

Ndilo: leaving Ndilo Wellness office at 1:00 pm travelling to Dettah, then to B. Dene camp.

Dettah: leaving Dettah Band office at 1:00 pm going to B. Dene camp.

If you are interested, contact Alice Abel @ (867) 920-2925 to register.

MEN'S GATHERING

AGES 16+



When: Saturday, Feb 24, 2018

Time: 12:00 – 4 pm

Where: Ndilo Chekoa Building

What: -Jam Session
(Bring your own instruments)

-Guitar lesson

-Dinner

-Arts workshop

-flute session

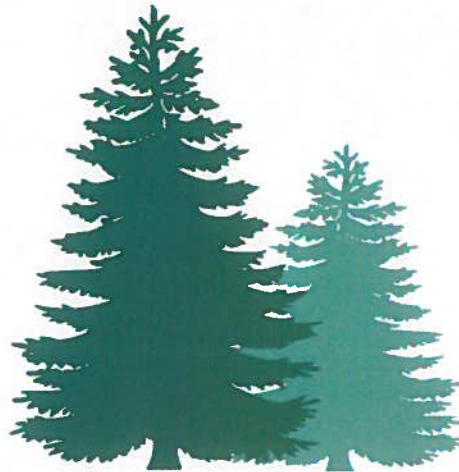
-Door Prizes

For any questions call Cyndi at Ndilo Wellness Office at 920-2925



Men's Rites of Passage Workshop

Sharing our Traditional Teachings



When: Tuesday, March 27th, 2018 10:00 am - 4:30 pm
Wednesday, March 28th, 2018 10:00 am - 4:30 pm
Thursday, March 29th 2018 10:00 am - 4:30 pm

Where: Chief Drygeese Conference Centre, Dettah

What: The Wellness Division will be hosting a men's gathering to collect information on traditional teachings of the Rites of Passage. If you would like to share your knowledge about the Rites of Passage, you are invited to attend. This work shop will be for Men only in attendance

Contact Alice Abel @ (867) 920-2925 to register.

Space is limited!

Ndilo: leaving Ndilo Wellness office at 9:30 am to go to Dettah.

**We would like to introduce to you our
YKDFN Recreation Committee Members**

Vanessa Sangris

Tammy Sundberg

Aleisha Betsina

Erica Abel

Bobby Drygeese

Nyra Mackenzie

**Next Recreation Committee is on
Tuesday February 20, 2018 @ 6pm at Ndilo Wellness**



REMINDER

- ⇒ NO After School Program on Monday February 19th
- ⇒ Ndilo After School Program closed early at 5pm on February 27th for Family Night
- ⇒ Dettah After School Program closed early at 5pm on March 1st for Family Night



Elder & Youth

Dene Laws Workshop

**Chief Drygeese Conference Centre
February 21, 22 & 23/18**

Teachings

Traditional Knowledge

Story Telling

Connecting

**SPACE
LIMITED**

For any of these programs/events call Charlene @ 920-2925

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mama Bebia 1-3p Chekoa 3:30-5:30P Gym 6-10p Sewing/ Handgames 6:-8:30p Ndilo	Groundhog day Chekoa 3:30-5:30P Gym 6-10p	3 Gym 4-10p Soccer at Fieldhouse 6 -7p
4 Gym 4-10p	5 Chekoa 3:30-5:30P Gym 6-10p	6 Chekoa 3:30-5:30P Gym 6-10p Elder's Sup- port Group com- munity wellness Ndilo 6-8p.m	7 Chekoa 3:30-5:30P Gym 6-10p Traditional parenting Group 1-3	8 Mama Bebia 1-3p Chekoa 3:30-5:30P Gym 6-10p Sewing/ Handgames 6:-8:30p Ndilo	9 Chekoa 3:30-5:30P Gym 6-10p	10 Gym 4-10p Soccer at Fieldhouse 6 -7p
11 Gym 4-10p	12 Elder's meals on wheels Dettah Chekoa 3:30-5:30P Gym 6-10p	13 Elder's meals on wheels Ndilo Chekoa 3:30-5:30P Gym 6-10p Justice Committee Meeting 6-8p	14 Happy Valentines day Chekoa 3:30-5:30P Gym 6-10p	15 Mama Bebia 1-3p Chekoa 3:30-5:30P Gym 6-10p Sewing/ Handgames 6:-8:30p Ndilo	16 Chekoa 3:30-5:30P Gym 6-10p	17 Gym 4-10p Soccer at Fieldhouse 6 -7p
18 Gym 4-10p	19 Office closed Dettah/Ndilo Chekoa closed	20 Chekoa 3:30-5:30P Gym 6-10p Recreation Committee Meeting 6p	21 Chekoa 3:30-5:30P Gym 6-10p Elders/Youth Workshop—10am-345p in Dettah	22 Mama Bebia 1-3p Chekoa 3:30-5:30P Gym 6-10p Sewing/ Handgames 6:-8:30p Ndilo	23 Chekoa 3:30-5:30P Gym 6-10p	24 Men's Gathering 12-4p Gym 4-10p Soccer at Fieldhouse 6-7p
25 Gym 4-10p	26 Chekoa 3:30-5:30P Gym 6-10p	27 Chekoa 3:30-5:30P Gym 6-10p <i>Family night Ndilo 5:30—7:30</i>	28 National pink shirt day Chekoa 3:30-5:30P Gym 6-10p On the Land Healing camp	1 Mama Bebia 1-3p Chekoa 3:30-5:30P Gym 6-10p <i>Family night Dettah 5:30—7:30</i> Sewing/ Handgames 6:-8:30p Ndilo	2 Chekoa 3:30-5:30P Gym 6-10p	3 Gym 4-10p Soccer at Fieldhouse 6 -7p