

Me7 Ketsentwécw-kt ne K'wséltkten-kt wel me7 Letwílč-kt

"We will Catch up with our families"



**Stswecem'c
Xgat'tem**
FIRST NATION



Family Wellbeing Roundup

*A gathering to focus on Wellness, Trauma Awareness,
Intergenerational Healing, and Cultural Connection*

January 29 - 30, 2025
at the Gibraltar Room

Presenters and Activities:

- **Winchester Victor:**
Exploring How Trauma Affects the Body and Healing Through Somatic Therapy.
- **Madelaine McCallum:**
Addressing Intergenerational Healing and paths to reconciliation.
- **Sonny Prairie Chicken:**
Healing Through Culture and Language.
- **Cultural and Social Activities:**
Ceremony, cultural activities, shared meals, and entertainment will foster connection and celebration.
- A separate after-school wellness roundup for youth at the Longhouse with guest speakers, fun, and entertainment!

Wellness Practitioners on Site, Door Prizes, Info Booths.
Meals will be Provided, Must Register.

XFN community members can register by contacting XFN Community Services via email at healthreceptionist@xatsull.com or by calling 250-989-2355.

SXFN community members can register by contacting Mikayla via email at fsc@sxfn.ca or by calling 250-302-0269