





# 2023 Annual General Meeting

The KKCFSS AGM was postponed because our resources were turned to supporting ʔaʔam in any way possible due to the wildfire in July.

The original date, July 25th at 10 am was changed to September 29th, 1 PM at Yaʔit ʔa·knuqʔi 'it (Tobacco Plains).







# Wellness Fair

## The event

The event was held in the Baker Park Field on September 9th from 9 am until 1 pm. It was a community effort that was hosted by Axis Family Resources and featured many prominent community resources including Chief Joseph Centre - KKCFFSS.



Our booth was operated by Brayden Stairs and Debie Htay. They explained our resources to various members of our community and created a dialogue that could also be shared with friends or family that may have use of our services.

We handed out many different information pamphlets that members of our community could take away and help promote our services with various members of the community.







# Cranbrook Arts Council



## Family Art Group

Monthly Family Art Group Collaborated with the Arts Council to provide a No Cost art activity once a month to Families. This month was Funky Colorful Pet Portraits.

Supporting teenagers can be challenging, especially during the summer when some might not show up.

Despite the Fires and Evacuations in our community, we've adjusted our programs to support everyone. We are determined to keep making a difference and help teenagers thrive, no matter what challenges come our way.



Photos from Cranbrook Arts council Instagram: @artscanbrook





# The Haudenosaunee Lacrosse

## *Lacrosse Experience*

The Haudenosaunee Lacrosse happened this summer on August. This experience take Indigenous youth from 7 to 17 years old back in time. Participants learn about the Origins of The Creator's Game, The Art of Stick Making.



It's an opportunity to play with Wooden Sticks, then participate in fun interactive skills, drills and thrills. A chance to learn from World level coaches, managers and players who have been playing all of their lives.



Kids learn about the importance of water and nutrition. Understand why it's a medicine and healing game, plus have some fun contests and drills to test their skills and knowledge!





# Mental Wellness

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## *Connecting to Nature*

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Mental Wellness Team was focused this summer on intensive client sessions, regrowth and connecting to nature. This means working with individuals and families outside, in the forest, walking and time both in and by the water.

Individuals and families have let us know that being able to meet outside of the office space allows healing to occur in between sessions as the counselling work is translated to their natural spaces and environments. This has been especially important this summer as a response to the wildfire in Aqam and the ongoing grief and loss that has been experienced within the communities.

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The Mental Wellness team has been able to enhance connection with Caregivers support groups, youth healing circles and equine facilitated wellness individual and family group.

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To access counselling in Aqam, Cranbrook, Kimberley and area walk-in intakes are available Fridays from 10 am – 2 pm at Chief Joseph Center (no appointment necessary). Alternative arrangements are available at (250) 489-4563 ext. 4021.

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Yaqaᓂ Nukiy, Creston and area by appointment at (250) 431-8911 or (250) 428-7414 ext. 3314.

Yaᓖᓖᓖ ᑭᓐᓂᓄᓕᓂᓄᓐ ᓖᓖ, Grasmere and area by appointment at (250) 489-4563 ext. 4021.





# Lower Kootenay (Yaqaḱ Nukiḱ)

## Some Programs

The Drumming Program afternoons echoed with the rhythmic beats of our community drum group, led by the talented Rudy Luke Jr. Our LKB gym was alive with the spirit of music, welcoming children, youth, and families to join us. Whether to learn the art of drumming, practice their powwow moves, or simply enjoy each other's company, all were invited.

Our gatherings provided a unique opportunity to share cultural knowledge, adding depth to our drumming sessions. Though our numbers remained small, our dedicated attendees and drummers expressed their desire for this program to continue regularly.



We took advantage of the pretty outdoors of our community playing disc golf. We could enjoy the tranquility of paddle boarding thanks to Creston Valley Tour Co.

Another memorable afternoon despite a bit of thunder, we adapted our plans during a visit to the wildlife centre. A scavenger hunt kept us engaged as we explored the fascinating surroundings.

Inclusion was our priority. Our aim was to foster connections, inspire participation, and leave a positive imprint on our youth.

Thank you for being part of our vibrant community.







# Foundry East Kootenay

In a major development, we are thrilled to announce that we've secured a contract for 1.0FTE (Full-Time Equivalent) family physician time for our center. This is fantastic news, especially for the youth who rely on our services at FEK.

The momentum is building, and we are delighted to see our project taking shape beautifully. Our valued partners are equally enthusiastic about the collaboration with FEK, and we look forward to achieving great things together.









