



LOWER NICOLA INDIAN BAND



k'u stantima?



GOLDWATER INDIAN BAND



NICOLA VALLEY YOUTH COLLABORATION

YOUNG PEOPLE

Wellness Gathering



Photography

Rattle Making *Traditional Games*

Rites of Passage Women and Men

Self Care *Music/Songwriting*

Resources *Hunting*

Haircuts available *Protocols/Gun Safety*

by social lounge

13 MOONS

Spring Solstice

Archery

JOIN US FOR A TWO DAY WELLNESS WORK SHOP EVENT

ALL MEALS PROVIDED

Save The Date

20-21 MARCH 2023



10:00AM-7:00PM



MERRITT NVIT

REGISTER BY MARCH 3 2023 FOR A CHANCE TO WIN A FITBIT

DOOR PRIZES AIR PODS, PADDLE BOARD, GIFTCARDS & MORE

Open to ages 12 - 20 years old

PRIORITY TO SYILX AND NLAKEPAMUX YOUNG PEOPLE

TO REGISTER PLEASE SEND TO Tiffany POP ysc@conayt.com