

**JOIN US FOR A SPECIAL
3-DAY WORKSHOP**



CARING MEN: PROMOTE SAFETY AND WELLBEING OF CHILDREN AND MOTHERS



**3 DAY COURSE
OCTOBER 24, 25, 26**



The 3 day workshop will help support/provide you with the tools to respond to family conflicts in a healthy way.

The workshops will promote respectful and non-abusive co-parenting with the children's mother by:

1. Responding to confrontation in a healthy way.
2. Appropriate interventions that will avoid conflict within the family dynamics.
3. Safety planning to mitigate a hostile response.
4. It will be facilitated through a trauma-informed lens and the facilitators lived experience.

**Come join us Tuesday, Wednesday, and Thursday
October 24-26 at the Elder's Centre from 1pm-4pm.**



***** SPECIAL GUEST, ADRIAN LACHANCE, WILL JOIN THURSDAY TO CLOSE WITH A BLESSING AND TRADITIONAL SONG.**

FACILITATOR: JOSIAH RAMBALLY BA, MA (CANDIDATE)

Josiah has worked with more than a half dozen treatment centers in several provinces/countries, facilitating cognitive programming in many First Nations communities and in community based mutual aid support groups. He brings his lived experience of 19.5 years in recovery from substance abuse and is scheduled to graduate with Masters in Addictions Counselling end of year. He currently works as the Addictions Counsellor for the Prince George Correctional Facility.



JOSIAH
Addictions Counsellor and Life Skills Coach
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Fire Starter Kwadacha
Volume 6, October Issue, 2023

Climate Change & Energy Management

"We are actively pursuing energy management initiatives in Kwadacha, with a strong focus on sustainability and community well-being. The feasibility study for a solar farm is in progress, involving site assessment and cost-effectiveness analysis. Additionally, we're excited to announce that the Province is funding a Community Energy Plan (CEP), which will assess our energy usage, explore renewable energy options like solar, hydro, geothermal, and wind, and implement demand-side management measures to improve home energy efficiency. These efforts underline our commitment to responsible energy management and a greener, more sustainable future for our community."



**Fox Lake Healing Camp, September 2023
The lodge is fixed! Stay tuned for winter camp coming February 2024.**

Health & Wellness Department

- Upcoming Dates:
- October 5th-6th – Hinterland Health (Massage and Chiropractic Services)
 - October 16th-18th – Dr. Beselt in community
 - October 16th-18th – Naomi Lepan (Nurse Practitioner) in community
 - October 30th-November 3rd – Dental Team in community

Contact Minnie or Kara to book!

The Family Development team has had a busy summer providing workshops, children's activities, and a family camp. I would like to send a huge thank-you to Shannon and Justice for their hard work in making this all happen successfully, as well as their dedication to our children and families. In August, we hosted a week long family wellness blitz called Khedane Chights'inusdetl (our families gather together) that provided workshops by Sources Community Resource Centres and Axis Family Resources. We also invited Pow Wow dancers to our community dinner and hosted a number of activities for children and families. In September, we hosted a family camp where we were able to bring kids home to connect with their family and culture. I would like to thank all those who contributed to making the camp a success. We are planning for another camp in the Spring. I am pleased to announce that we have hired a Family Preservation Counsellor. Alexa Dougherty will be joining the Kwadacha team on October 16th and will be visiting the community on October 23rd rotating on an alternate schedule of one week in community and one week in Prince George. Alexa will be able to provide counselling and support to help families thrive and will be offering workshops and groups in the near future. Alexa brings an educational and professional background in Mental Health and Addictions and Therapeutic Recreation. In October, there will be a 3-day workshop on Respectful Co-parenting for men that will help provide the tools to respond to family conflicts in a healthy way. The workshop will occur on October 24th, 25th, and 26th at the Elders Centre from 1-4pm. Please see the poster in this newsletter for more information.

I would like to thank Jeradanna McCook and Dartanien Massetoe for taking the Car Seat Training in Prince George. They will be able to check your car seat for proper installation and be able to answer any questions you have. Please contact the Healing Home if you would like Jeradanna or Dartanien to connect with you. **In November, Shannon will be bringing back the Home Community Kitchen.** The Home Community Kitchen program allows families to participate as a family in your home. It will help to promote healthy, affordable, and family orientated cooking. You will learn healthy cooking skills, meal preparation, and most importantly, how to eat and share in a meal as a family. We share recipes that supports families on a low income. You can share food from your own culture, connect with family, and join us in building stronger families through food. This will take place ix per month. Cook together, eat together, and share your pictures to have a chance at a family prize.

Jennifer Burns and Shannon Pirhonen



Our families gather together

Family camp

Good day Kwadacha,

KNR has had a productive summer. The work program at lawyers has been very busy and is planning to go into January for the cutters and cleaners. We completed the construction of the Ring Road with the new equipment that was purchased. We have had excellent reviews on all our cleaning staff and core cutters including one from the VP of operations of Benchmark, the community members really enjoy their time up there, the review of their work reflects that. We also started and completed the repair of the Cirque Mine Road including culvert replacement and major bridge repairs and roadside brush-



ing this was in partnership with Duz Cho. We also introduced our newest 245 excavator with brushing head although the construction season is coming to an end, we have managed to pick up additional work with Duz Cho in Chetwyn. Glen is already working on next year's projects, Teck will have more mine road work for next year if we continue to perform well once that will mean drilling this will mean core cutters, and cleaners closer to home as well as construction jobs.

Chris Vansomer



Lands & Guardians

The guardians have been fairly busy this month with some training opportunities and also some work opportunities. First off this month some of the guardians had the opportunity to work with our partners DWB in some water sampling training for our upcoming water program that's in planning stages. One of our guardians also had the opportunity to got to the lawyers property (kemess area) to participate in a seed and steam course to end off our month of august. This month we also got to work with Teck Resources in some work at both projects one up at the mine road (cirque) and also one at Drift Pile property. The guardians roles included some field

work and bear watch. (Would like to thank Dustin Lolly for his assistance in this program) We have also been out and about in the field. Monitoring the traditional territory for hunters, visitors, and anyone out in the traditional territory

Mussi Cho (thank you)

Mason Abou

