



University @ KFS

Did you know that you can start your post-secondary education right here at the *Ki-Low-Na Friendship Society*? Yes you can! In cooperation with the University of British Columbia-Okanagan (UBCO), we are offering a pilot program that gives Aboriginal learners the opportunity to take that first step towards a post-secondary degree.



Photo credit: UBCO



The *Downtown Education Project* is an opportunity for Aboriginal learners to feel comfortable in a classroom and to increase their confidence to take on further studies. This pilot project is in partnership with UBCO Aboriginal Programs and Services. *Writing 009—Pre-University Writing* is hosted here at the Friendship Centre, and those of Aboriginal ancestry with a willingness to learn are encouraged to apply for this program.

There is no fee for this program. Students who want to learn and be part of a cohort that is based on respect and learning are most welcome. In addition to attending weekly classes, students interact in the community through cultural workshops around the Central Okanagan.

(continued on page 2)



Continued from front page...

We are now preparing for our third cohort of students for this innovative project. We are also grateful to the B.C. Association of Aboriginal Friendship Centres for their support of this program.

For more information, please contact Veronica Roesler (ext. 207), or Alicia Green (ext. 217) at the Friendship Centre, or e-mail education@kfs.bc.ca.



New program!

We're proud to offer a new special program! *Our Family Is Very Sacred* is a new program that started up in February, and will run through Spring, 2017. *Our Family Is Very Sacred* focuses on healing violence in Aboriginal families and communities through reconnection to culture, the land, and language. This program will focus on all four aspects of the Medicine Wheel teaching: mental, physical, emotional, and spiritual.

Activities will range from group healing circles, to crafts such as regalia-making, drum-making, beading, and moccasin-making. outdoor activities, drum circle, ceremonies, medicine-gathering, traditional foods, and connection to knowledge-keepers. For more information or to sign-up, please contact Arnold Akachuk, program coordinator, at the Friendship Centre (ext. 312), (250) 859-1061 (mobile/text), or via e-mail familysupport@kfs.bc.ca.



We're hiring!

We have a number of open positions, both full and part-time, here at the *Ki-Low-Na Friendship Society*. Check out our website at [www.kfs.bc.ca/about-2/employment-opportunities/] for the latest information!



Program updates

- ***Girl Power and 2BBoys*** have both just ended. These programs, which were open to girls and boys, ages 9—12 focused on positive role modeling for pre-adolescent youth. Many thanks to Jennifer DuBourg and Sheridan Terbasket who coordinated *Girl Power*, and Arnold Akachuk who coordinated *2BBoys*.
- ***Journey to Dance*** has also ended. For the past year, this program has helped participants towards emotional healing and better mental health through reconnection to culture. Participants experienced a wide variety of activities including beading, regalia-making, drum-making, moccasin-making, drumming, medicine gathering, and traditional foods. Many thank-yous to Arnold Akachuk who stepped in to coordinate this program, as well as Randy Jim, Gloria Peters, and Freda McLean who provided invaluable assistance. Many activities that were introduced in *Journey to Dance* will be part of our new program *Our Family Is Very Sacred*.
- ***Womens' Healing Circle*** meets on Fridays from 1:00 pm—3:00 pm in the 3rd Floor Meeting Room at the Friendship Centre. This is open to all women; just drop-in, no registration required. Please contact Gloria Peters at the Friendship Centre (ext. 214) for more information.
- ***Mens' Circle*** meets on Thursdays from 1:00 pm—3:00 pm in the Board Room at the Friendship Centre. This is open to all men; just drop-in, no registration required. Please contact Randy Jim at the Friendship Centre (ext. 218) for more information.
- ***CAP-C***: we never say “good-bye” here at the Friendship Centre, but rather “we’ll see you later.” CAP-C coordinator Jackie Selma has decided to move on to new and different opportunities, and we wish her well in her new endeavours, and look forward to the next time she stops by for a visit. She will be missed by the many parents and children she’s worked with, as well as co-workers here at the Friendship Centre.
- ***Central Green Affordable Housing Project***: construction is continuing, and we’re looking forward to a targeted October, 2016 opening date! We’re still working on the details of application processes and monthly rental rates, so please check our website at [<http://www.kfs.bc.ca/programs-services-2/central-green-housing/>] for all of the latest updates. **At this point, there is no waiting list being kept.**



Upcoming events & activities

Check out these upcoming events and activities!

- **Family Night:** join us for our upcoming Family Nights! Our next Family Night is on April 13th at 5:00 pm, and our last one before summer break is May 11th, also at 5:00 pm. Come on down to the Friendship Centre for great food, fun, and of course there's always door prizes! Contact Reception at the Friendship Centre for more information.
- **Elders' Luncheon:** our last two Elders' Luncheons before summer break are coming up on April 21st and May 19th, both at 12:00 pm! Please contact Gloria Peters (ext. 214) at the Friendship Centre for more information.
- **Volunteer Appreciation Night:** we are grateful beyond words for the dedicated work of our volunteers, whose efforts make so many of our activities like our weekly Saturday Outreach Breakfast, National Aboriginal Day, Elders' Luncheons, and Family Nights possible. We're looking forward to honouring our dedicated volunteers on April 14th. We'll have a light snack and some special presentations. Please contact Freda McLean at the Friendship Centre (ext. 308) for more information.
- **National Aboriginal Day:** yes, it's that time of year again! National Aboriginal day is coming soon! Join us out on Leon Avenue in front of the Friendship Centre on Tuesday, June 21st! Along with our traditional mini-powwow, we're planning some new activities and entertainment. Check our website at [<http://www.kfs.bc.ca/news-events-2/national-aboriginal-day/>] regularly for all of the latest updates on one of our signature events of the year! Please contact Kaela Schill at the Friendship Centre (ext. 213) if you want to volunteer to help us out!



Find us on Facebook: www.facebook.com/Ki-Low-Na-Friendship-Society