

DECOLONIZE YOUR MONEY MINDSET

FREE 2-DAY MONEY & BUDGETING WORKSHOP



LAST CHANCE to attend at all locations!



REGISTER FOR A FREE SESSION NEAR YOU!

LIFT IS FOR SELF-DECLARED INDIGENOUS WOMEN AND 2-SPIRITED PEOPLE WHO ARE AGES 16+.

YOU ARE WELCOME TO ATTEND IF YOU ARE:

- FIRST NATIONS (STATUS OR NON-STATUS), MÉTIS, OR INUIT
- AGED 16+ AND LOOKING TO IMPROVE YOUR FINANCIAL FUTURE
- INTERESTED IN LEARNING ABOUT FINANCIAL WELLNESS IN A SAFE, CULTURALLY RELEVANT, AND EMPOWERING SPACE

NO PRIOR FINANCIAL KNOWLEDGE IS NEEDED—LIFT IS FOR EVERYONE, WHETHER YOU'RE JUST STARTING OR LOOKING TO GROW YOUR FINANCIAL CONFIDENCE.

IN RED EARTH

DATE: MAY 07 & 08, 2026 (Thursday & Friday)
TIME: 9:00 am to 4:00 pm. Doors open at 8:30 am
PLACE: Red Earth Community Hall

IN LITTLE BUFFALO

DATE: MAY 26 & 27, 2026 (Tuesday & Wednesday)
TIME: 9:00 am to 4:00 pm. Doors open at 8:30 am
PLACE: Lubicon Prevention Building

IN SLAVE LAKE

DATE: MAY 13 & 14, 2026 (Wednesday & Thursday)
TIME: 9:00 am to 4:00 pm. Doors open at 8:30 am
PLACE: Slave Lake Native Friendship Centre

IN LOON LAKE

DATE: MAY 28 & 29, 2026 (Thursday & Friday)
TIME: 9:00 am to 4:00 pm. Doors open at 8:30 am
PLACE: Loon Lake Community Hall



REGISTER FOR FREE TODAY!

All Indigenous Women and Two-Spirited people are invited to attend for FREE to learn about money mindset, debt repayment, creating a personal budget, and more!

YMCA Youth Exchange Trip 2026

Welcome, Toronto!

Our YMCA camp took place at Lubicon Lake from April 19 to 24, 2026 🥰. This marks the second half of our exchange, which was postponed last year due to the wildfire evacuations. We are thrilled to host Toronto youth for a week, sharing our culture through crafts, games, and the beauty of the Northern Lights!

We were delighted to introduce urban youth to our traditions, including drum making, crafting rattles, and learning how to start a fire! And the horseback riding experience provided unforgettable memories. We formed strong friendships and fostered healthy relationships, and the moments we shared will always be treasured.



Become an Awas'ak Wiyasiwewin Care Provider

We are looking for loving and caring homes who can provide permanency for children.

- Who can apply to be a Caregiver/Provider?
- Persons at least 18 years old, of any gender, preferably from the Founding First Nations (Loon River, Lubicon Lake Band and Peerless-Trout First Nation), and can be married, common law, single, divorced or widowed.
- Persons physically, emotionally and financially stable and able to provide for the safety and well-being of a child/children.
- Persons prepared to take training and attend support groups, as well as work with a team of professionals, including KTC Child & Family staff.
- Persons whose family and friends support their interest in welcoming a foster child into their home.

For more information please talk to the In Care Support Worker.



scan for more information on becoming a Care home

OPINIYAWEWIPISIM 2026

YOUTH LEADERSHIP & LIFE SKILLS

- LUBICON LAKE BAND
- TROUT
- LOON RIVER
- PEERLESS



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Session 2-1 Open House - Meet Your Navigator 5pm - 7pm	5 LBL Workshop 1 LBL Workshop 1	6 Session 2.1	7 Session 2-2 LBL Workshop 2	8 Session 2.2	9 Mothers Day Cornhole Tournament - Mom & Daughter
10 Happy Mother's Day	11 Session 2-3	12 LBL Workshop 2 LBL Workshop 3	13 Session 2.3 Spring Color Run Peerless Lake	14 Session 2.4 LBL Workshop 3	15	16
17	18 SORRY WE'RE CLOSED	19	20 Land based Learning Life Skill Wilderness camp	21	22	23
24/31	25 Session 2-4	26 Session 2.5 Ball Hockey League 16+ 5pm - 8pm	27	28 Ball Hockey League 16+ 5pm - 8pm	29	30

if no location is stated then programming is at awasak prevention building

YLL TEAM MEMBERS CONTACT

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MAY - PREVENTION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Baby Quilt Workshop 4:30 - 7:30pm	5 Baby Quilt Workshop 4:30 - 7:30pm Mental Health Info/ Cornhole 5pm - 8pm	6 Soup & Bannock Day 12pm - 2pm Soup & Bannock Day 12pm - 1pm Soup & Bannock Day 12pm - 1pm Stay n Play 1pm - 3pm Mothers Day Lantern Décor 6pm - 9pm	7 LIFT WORKSHOP 9am - 4pm RED EARTH HALL Chocolate Strawberries 5pm - 7pm Mother's Day Selfcare 5pm - 8pm	8 LIFT WORKSHOP 9am - 4pm RED EARTH HALL Soup & Bannock Day 12pm - 2pm Mother's Day Selfcare 5pm - 8pm Mother's Day Selfcare 6pm DIY Self-Care 6pm - 9pm	9 Mother's Day Selfcare 6pm Family Swim 6pm - 7pm
10	11	12 Mother's Day Selfcare 4pm - 6pm DIY Self-Care 5pm - 9pm Mother's Day Selfcare 6pm - 9pm	13 LIFT WORKSHOP 9am - 4pm SL FRIENDSHIP CTR Stay n Play 1pm - 3pm Mental Health Info/ Cornhole 5pm - 8pm DIY Self-Care 5pm - 9pm	14 LIFT WORKSHOP 9am - 4pm SL FRIENDSHIP CTR Mental Health Awareness 4:30pm - 7pm Screen Door Workshop 5pm - 9pm	15	16 Mental Health Info/ Cornhole 5pm - 8pm
17	18 Mental Health Info/Cornhole 5pm - 8pm Mother's Day Selfcare 5pm - 8pm Screen Door Workshop 5pm - 9pm	19 Screen Door workshop 5pm - 9pm	20 No sew blanket 5pm - 8pm	21 Screen Door Workshop 5pm - 9pm No Sew Blanket 5pm - 8pm	22	23
24/31	25 Screen Door Workshop 5pm - 9pm	26 Stay n Play 1 - 3pm Screen Door Workshop 5pm - 9pm	27 LIFT WORKSHOP 9am - 4pm Loon Community Hall	28 LIFT WORKSHOP 9am - 4pm Loon Community Hall Mental Health Info/ Cornhole 5pm - 8pm	29	30

> All participants will be entered into the \$300 monthly draw and also the main \$500 draw once every 6 months.

> Locations and times may change for unforeseen circumstances, but everyone will be notified through posters, social media, and other resources available if necessary. Thank you.

> Everyone is welcome to sign up. We are excited and look forward to seeing you.

When not color-coded, all event(s) or workshop(s) are for Lubicon, Peerless, Trout and Loon River.

color-coded Locations for workshops:

- Red - mihkwāw - Lubicon
- Blue - sîpinkwāw - Loon River
- Yellow - osâwâw - Trout Lake
- Green - askihtakwāw - Peerless Lake
- Purple - ka âpihtimihkwak - Edmonton
- Brown - kaskitêw-osâwâw - Peace River
- Pink - kokenewapikoneyak - Slave Lake

AWAS'AK WIYASIWEWIN

Check with your community prevention coordinator for additional details

call
1-844-6AWASAK

Come and Join in our activities!

URBAN LOCATIONS APRIL HIGHLIGHTS

Throughout the month of April, our urban centers were filled with the spirit of māmawihitowin (coming together) as members living away from their home communities gathered for a variety of meaningful sessions. These events took place at different times across our various locations, weaving together practical skills and the creative traditions that keep us connected. From the focused atmosphere of scrapbooking and minor home repair info sessions to the quiet reflection of our Self-Care Night, every gathering was an opportunity to strengthen our kinship.

Our families and youth were at the heart of the month's activities. Laughter filled the air during our Family Easter Craft Nights and belated Easter egg hunts. We honored the health of our people through plant potting for Autism Awareness. A special highlight was our World Health Day celebration, where we crafted mini tips to visualize Maslow's Hierarchy of Needs, grounding modern wellness in our traditional structures. Whether through a Family Mental Health Awareness session or sharing stories over a project, these April gatherings ensured that no matter how far our urban members reside, they always have a place to belong and grow.

PEACE RIVER



SLAVE LAKE



EDMONTON





PTFN APRIL HIGHLIGHTS

In Peerless and Trout, the month of April was guided by the spirit of wâhkohtowin, as families gathered to nourish both their homes and their spirits. These activities, held throughout our beautiful communities, brought neighbors together to share knowledge and support one another in a good way. We saw our members strengthening their households during the minor home repair information sessions and leaning into wellness during our family mental health awareness activities, ensuring our foundations remain as strong as the land we walk on.

The laughter of our awasak (children) echoed through the trees during our family Easter egg hunts, bringing a sense of joy and renewal to the season. We also took time to honor the unique gifts of all our people by potting plants for Autism Awareness, watching new life take root just as we nurture our youth. These moments in Peerless and Trout remind us that when we work together and care for our mental and physical well-being, our community flourishes like the spring buds.





LOON RIVER APRIL HIGHLIGHTS

In Loon River, the month was filled with miyo-pimâtsiwin (the good life) as our members gathered to share skills and strengthen the bonds of our community. Throughout April, our different locations hosted a variety of sessions that brought both young and old together in the spirit of togetherness. We focused on the strength of our homes during minor home repair info sessions and shared quiet, meaningful moments during our Family Mental Health Awareness activities, ensuring our hearts and hearths remain resilient.

Our Awasak and families brought a beautiful energy to our Family Easter Craft Nights and our Stay and Play evenings, where the sounds of laughter reminded us of the joy found in simple connection. The traditions of our grandmothers were kept alive as hands worked carefully during baby moccasin making, while our plant potting for Autism Awareness allowed us to celebrate the diverse gifts within our circle. These gatherings in Loon River continue to weave our people together, keeping our culture and our care for one another strong.





LUBICON APRIL HIGHLIGHTS

The heart of the Lubicon community beat strong this April as we gathered in the spirit of māmawihitowin, sharing laughter and traditional kindness across our many activities. Throughout the month, our members came together to care for their homes and spirits, whether they were gaining practical knowledge during our minor home repair info sessions or nurturing a sense of balance during our Family Mental Health Awareness activities. These moments allowed us to check in on one another, ensuring our community remains a place of support and strength.

Creative energy flowed through our gatherings, from the delicate details of cupcake decorating and spring decor craft nights to the joy of our beloved Family Easter craft night. Our awasak and parents found time for play and connection during our Stay and Play nights, while our plant potting for Autism Awareness reminded us to celebrate the unique growth of every individual in our circle. We also took time to reflect on our well-being through mini tipi making, using the sacred poles of the tipi to visualize Maslow's Hierarchy of Needs. Each of these April events in Lubicon helped us weave a stronger fabric of kinship, grounding our modern lives in the enduring values of our people.



