

First Nation of Nacho Nyak Dun

Wellness Events

Upcoming activities and events happening in our community over the next several weeks.

OCTOBER 27

Aftercare Drop In

OCTOBER 30

Elders Social

OCTOBER 30

Crib Tournament

NOVEMBER 3

Aftercare Drop In

NOVEMBER 4-6

Grief and Loss

NOVEMBER 7

Holistic Heart Health

NOVEMBER 8

Hand Games
Tournament

NOVEMBER 12

Community
Engagement

NOVEMBER 13

Elders Social

NOVEMBER 13

Poker Tournament

NOVEMBER 24

Aftercare Drop In

NOVEMBER 25

Next Gen Men

NOVEMBER 27

Elders Social

NOVEMBER 27

Crib Tournament



Join Us!

Location and times vary.
Review posters and mark
your calendars!

We are committed to walking alongside our citizens on their wellness journey—honouring our traditions, building connections, and creating safe, inclusive spaces for healing and growth.

FIRST NATION OF NACHO NYAK DUN

GRIEF AND LOSS WORKSHOP

You are invited to attend a three day workshop focused on healing, reflection, and connection as we navigate the difficult emotions of grief and loss together. This gathering offers a supportive space to share stories and acknowledge the many ways grief shows up in our lives.



EXPLORING WAYS TO HEAL AT YOUR OWN PACE IN YOUR OWN WAY



DATE

November 4-6, 2025



TIME

9:00 AM-5:00 PM



LOCATION

NND Multi-purpose Room

JOIN US

Breakfast and Lunch Provided



Elders Social

FIRST NATION OF NACHO NYAK DUN

Visit and Have Fun!

ELDERS AND YOUTH INVITED

Come spend the afternoon with good company — sharing stories, laughter, and wisdom. Enjoy snacks and tea, play card games, and connect with our youth in a welcoming space.

Location: Ihdzi

Time: 1:00 – 5:00 PM

Rides will be provided.

For more information, contact
Mackenzie at (867) 383-0187
or (867) 996-2265 ext 115

MARK YOUR CALENDAR



OCTOBER 30
NOVEMBER 13
NOVEMBER 27



FIRST NATION OF NACHO NYAK DUN

Aftercare Drop In

Support is here for you.



ALL ARE WELCOME. HEALING GROWS
STRONGER WHEN WE SHOW UP TOGETHER

A relaxed evening space for community connection and continued healing. Snacks and beverages will be provided. On request, sessions can include: AA, NA, Wellbriety, Sharing Circles, or Al-Anon — with a commitment to attend.

Location: NND Wellness Centre
Time: 6:00 – 8:00 PM

For more information, contact
Mackenzie at (867) 383-0187
or (867) 996-2265 ext 115



MARK YOUR CALENDAR



OCTOBER 27
NOVEMBER 3
NOVEMBER 24



First Nation of Nacho Nyak Dun

Holistic Heart Health Workshop

A half-day gathering focused on caring for the heart — physically, emotionally, and spiritually. This workshop integrates holistic wellness.



November 7, 2025

1:00 – 5:00 PM

Multi-Purpose Room

Lunch Provided



Hand Games Tournament



Join us for a full day traditional hand games, laughter, and community fun!

You can sign up as an individual and we'll place you on a team or register a full team.

All ages welcome. Come play, cheer, or watch and enjoy the energy. Everyone is invited.

Register with Mackenze: 867-383-0187

November 8, 2025

Starts at 10:00 AM

NND Multi-Purpose Room

Breakfast & Lunch Provided

MAYO YUKON



Tournaments

CRIB & POKER

NIGHTS



**Cards, community, and connection
— that's a winning hand!**

Bring your best game and a good attitude.
Join community for fun, laughter, and a little friendly
competition! Snacks and beverages will be provided.

Location: NND Wellness Centre
Time: 5:00 – 10:00 PM

For more information, contact Mackenzie at
(867) 383-0187 or (867) 996-2265 ext 115

Please note this is a sober event.



CRIB TOURNAMENTS:
OCTOBER 30 & NOVEMBER 27
POKER TOURNAMENT:
NOVEMBER 13



Next Gen Men

Learn more: nextgenmen.ca

November 25
3:00 – 5:00 PM
Youth Centre



Snacks and drinks provided.



**Together, we're helping boys and young men
build confidence and lead with empathy.**

Join us for an afternoon of real talk and learning.
This program is designed for **male youth ages 12–19**,
creating space to explore healthy choices
and leadership in today's world.



Healing Together



Community Wellness ENGAGEMENT

We want to hear from you. Join us for a community gathering to share your ideas, feedback, and ideas for future wellness activities in our community. Come enjoy a good meal, connect with others, and help shape what wellness looks like together.

November 12 at 11:00 AM – 2:00 PM
Mayo Community Hall
Lunch Provided

