

First Nation of Nacho Nyak Dun

# Wellness Events

Upcoming activities and events happening in  
our community in December 2025

**DECEMBER 1**

Next Gen Men

**DECEMBER 9**

Aftercare Drop In

**DECEMBER 2**

Aftercare Drop In

**DECEMBER 15**

Next Gen Men

**DECEMBER 4**

Card Social

**DECEMBER 16**

Elder Social

**DECEMBER 8**

Next Gen Men

**DECEMBER 16**

Aftercare Drop In



## 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.

# Next Gen Men

Learn more: [nextgenmen.ca](http://nextgenmen.ca)

**December Mondays**

**1/8/15**

**6:00 – 8:00 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.

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# 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**



DECEMBER 2  
DECEMBER 9  
DECEMBER 16

# Card Social

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## Card Games

CARDS, COMMUNITY, AND CONNECTION —  
THAT'S A WINNING HAND!

Bring your best game and a good attitude — join  
community for fun, laughter, and a some card games!  
Snacks and beverages will be provided.

Location: NND Wellness Centre  
Time: 5:00 – 9:00 PM

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



**MARK YOUR CALENDAR**



**CARD SOCIAL:**  
DECEMBER 4, 2025



# Elders Social

FIRST NATION OF NACHO NYAK DUN

## Visit and Have Fun!

ELDERS AND YOUTH INVITED

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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**



DECEMBER 16

