

First Nation of Nacho Nyak Dun

Wellness Events

Upcoming activities and events happening in
the month of February 2026.

FEBRUARY 2

Aftercare Drop In

FEBRUARY 18

Community
Engagement

FEBRUARY 5

Elders Social

FEBRUARY 18

Psychic Reading

FEBRUARY 9

Aftercare Drop In

FEBRUARY 19

Elders Social

FEBRUARY 11

Jordans Principle
Workshop

FEBRUARY 23

Aftercare Drop In

FEBRUARY 11

Psychic Reading

FEBRUARY 23-26

Living Life to the Full

FEBRUARY 12

Psychic Reading

FEBRUARY 23-26

Footcare

FEBRUARY 12

Card Social

FEBRUARY 26

Card Social



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

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



FEBRUARY 2
FEBRUARY 9
FEBRUARY 23

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



FEBRUARY 5
FEBRUARY 19





First Nation of Nacho Nyak Dun
Wellness Department

Psychic, Mediumship and Energy Healing Sessions with Jessica Wrench

FEBRUARY 11, 12, 18, 2026

Jessica is honoured to be offering sessions on Zoom for those who would like to receive a reading or Energy Healing. If you would like to schedule a session, please feel free to sign up. Call or text Mackenzie at 867-383-0187.

Appointments will be scheduled on a first-come basis. If you are unable to make your appointment for any reason, please provide as much notice as possible so that someone else may attend.

Thank you to everyone and sending so much Light your way! :)

Card Social

FIRST NATION OF NACHO NYAK DUN

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:

FEBRUARY 12

FEBRUARY 26



Healing Together



Community Wellness ENGAGEMENT

We want to hear from you. Join us for a community gathering to share your ideas for future wellness activities in our community.

Come enjoy a good meal, connect with others, and help shape what wellness looks like together.

February 18 at 12:00 AM – 2:00 PM

NND Wellness Centre

Lunch Provided. Join Virtual Meeting Link
for those outside of Mayo

FIRST NATION OF NACHO NYAK DUN

FOOTCARE



FOOTCARE WITH WILD WELLNESS.
FNNND WELCOMES NINA BACK TO THE
COMMUNITY TO OFFER FOOTCARE!
(FOR THOSE WHO DO NOT RECIEVE REGULAR
CARE FROM HAPPY FEET VISITS)

FOOTCARE WITH WILD WELLNESS



DATE

February 23-26 , 2026



TIME

By Appointment Only



LOCATION

Contractor Units in C6.
(Unit 202, lot 40, Future Ave.)

JOIN US

Limited spots available. Please call
or text Mackenzie 867-383-0187.
First come, first served basis.





First Nation of Nacho Nyak Dun

Living Life to the Full Workshop

Join us for a welcoming community workshop focused on feeling better about yourself and everyday life. Come as you are. Leave feeling supported and encouraged.



February 23-26, 2026
Mayo Community Hall
Lunch Provided
More details to come





**First Nations Child
and Family Services
and Jordan's Principle
Settlement**

Workshop

Type: Information session at 1200 with lunch provided and one-on-one support for application submission from 9-5

Join Claims Helpers for a free group workshop to help people understand the Claim Form process.

Date: February 11th, 2026

Time: 9 AM - 5 PM

Location: NND Government House, 220 Future Road, Mayo, YT

The Claims Helpers will also be available to provide free private support with completing Claims Forms.

Details: Claims Helpers will be available to assist claimants with submitting claims and answer any questions in regards to claims. Please remember to bring a valid Government Issued ID, such as driver's license, passport, status card, etc. Located in the multipurpose room, lunch will also be provided.

To learn more about the Settlement, visit www.FNChildClaims.ca.

Contact the Administrator at **1-833-852-0755** for information or to be connected with a Claims Helper.