

First Nation of Nacho Nyak Dun

Wellness Events

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

MARCH 2

Aftercare Drop In

MARCH 26-31

Energy Healing

MARCH 3-5

Hockey Camp

MARCH 30

Aftercare Drop In

MARCH 9

Aftercare Drop In

MARCH 31

Sacred Circle

MARCH 23

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.

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



MARCH 2

MARCH 9

MARCH 23

MARCH 30

YOUTH HOCKEY OPPORTUNITY



WITH NHL ALUMNI
DALE MCCOURT



Indigenous Hockey Player
1st Overall NHL Draft Pick
532 NHL Games



Played for the Toronto Maple Leafs,
Buffalo Sabres and Detroit Red Wings

AND NCAA HARVARD HOCKEY CAPTAIN
INDIGENOUS WOMEN'S HOCKEY PLAYER
KALLEY ARMSTRONG



JOIN US!

TUESDAY, MARCH 3 – THURSDAY MARCH 5, 2026

Flower Essences & Energy Healing with Melissa Valja



Restoring Balance

Flower essence tincture making is a co-creative process where we make a healing tincture from essences, which support emotional, mental and soul-level issues, addressing deeper levels or patterns and creating profound shifts for release and healing. After some open dialogue focusing on what the client would like to heal or shift, the essences are selected for the tincture. Together we look more in-depth at all of their meanings, and the client decides which ones go into their tincture bottle. The person takes the tincture home and takes drops of it every day in a glass of water for a month. Alternatives are a massage oil or room spray that the essences can be added to.

Energy healing promotes overall energy balancing working with the chakras and meridians, (the energy centres and pathways of the body), and allows for release of any stagnant energy that needs to be released. Specific techniques such as spine clearing, organ restructuring, womb healing, rebirth protocol, or immunity boosting ones may be used. Intuitive and creative insight guides each session such that the energy healing goes beyond specific Neo-Shamanic Energy Healing protocols. Sound Healing creates a very relaxing and meditative state; and guided visualization helps the person connect to their spiritual or energetic team for them

March 26-31, 2026

Location: Contractor
Unit 202 in the 4 plex in C6

For More Information:

Appointments Only
Call Mackenzie to Book
Ph: 867-383-0187

SACRED CIRCLE

Spring Equinox

May include a guided **visualization** and sound **healing**, teaching and sharing components, clearing and **releasing ceremony**, and a focus on cultivating **balance** and presence in one's life. Tea and snacks provided. Circle work is an integral aspect to personal development.

First Nation of Nacho Nyak Dun
Wellness Department

March 31, 2026

5:30-8:30 pm.

NND Multi-purpose Room

Max 15 Participants

Must Call Mackenzie to
Register (867) 383-0187

