FIRST NATION OF NACHO NYAK DUN

WELLNESS

NOVEMBER 2026

UPCOMING EVENTS

Nov 4-6, 11-13, 16-20 - Hide Tanning

Nov 5, 12, 19, 26 - Aftercare with Brenda

Nov 10-13 - Drum Making

Nov 10,17,24 - Ladies Craft Night

Nov 11,16,18,23,25,30 - Sewing with Sophie

Nov 14-15 - Handgames Tournament

Nov 17 - Safer Together Workshops

Nov 19-20 - Jordan's Principle Claims Helper Visit

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.

Join Us!

Location and times vary. Review posters for details. Contact Mackenzie at **wellnesspm@nndfn.com**



FNNND| WELLNESS

HIDE TANNING WORKSHOP

NOVEMBER, 2026

MAYO, YT

814 SPRUCE AVE

1:00-6:00 PM on November 4-6, November 11-13, November 16-20, 2026. Bring your own hide, this is an opportunity to work on new and old hides together and support one another in getting hides to completion! Everyone welcome to attend. Snacks will be provided, no meals. No honorarium. Come help one another tan their hides.

For more information, please contact Mackenzie Boyden 867-383-0187.



DRUM MAKING WORKSHOP

Drummers are required in order to host handgames, we are striving to host a tournament on November 14 & 15.

November 10-13, 2026

Day time Event 11:00 am - 3:00 pm
Evening Event 4:30 - 8:30 pm
NND Government House Multi-purpose Room

Traditional Dene Drum Making Workshop to support our development of handgames teams. Daytime for those that aren't working and evening event for those that are working.

Contact: Teresa Samson at heritagemgr@nndfn.com
Mackenzie Boyden at wellnesspm@nndfn.com or
Carolene Lucas at elders.councilclerk@nndfn.com

No honorarium. Registration required.



Led by Brenda Muddle

- Every Thursday

FIRST NATION OF
NACHO NYAK DUN
WELLNESS CENTRE

AFTERCARE PROGRAMMING

Join Brenda for a conversation about recovery, connection and finding your way forward.
Aftercare zoom session with Every Thursday from 7:00-9:00 PM

WHAT HAPPENS AFTER TREATMENT?

Treatment ends, but recovery continues.

You go home.
Life continues.
The triggers are still there.
The relationships still need work.
And sometimes... you just need someone to walk beside you.

That's where aftercare comes in.

FOR ANYONE WITH SUBSTANCE USE AND ADDICTIONS

Starting this September, Mayo will have access to Community Aftercare Support—providing ongoing connection, in person and virtual recovery support, counselling, wellness support, referrals, and practical help as people rebuild their lives.

Getting clean or sober is just the beginning of your journey. Recovery is also about learning how to live, reconnect, heal, and belong. Join us for weekly virtual meetings and once a month in person counselling and workshops.
Mayo, we're here to walk alongside you.

If you want a one-on-one session you need to complete an intake with Mackenzie 867-383-0187. There will be prizes awarded to those that regularly attend aftercare programming sessions. No honorarium provided.



Ladies Craft Night

NOVEMBER 2026
EVERY TUESDAY EVENING

Ladies art night will be led by Barb Barchen, with other facilitators as well, to help build a womens group with a variety of different art mediums.

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

Contact: Mackenzie Boyden 867-383-0187

No ability needed, come on out to socialize, be apart of a new group, and create something special.
No honorarium provided.



Sewing with Sophie

NOVEMBER 11,16,18,23,25,30

6:00 to 9:00 PM | NND Wellness Centre

Come on out and sew with Sophie. Bring your own projects or start something new. Everyone welcome.

Contact: Mackenzie Boyden 867-383-0187

Mini

Hand Games Tournament

Join us for two full days of traditional hand games.

Northern Tutchone Mini Handgames Tournament -
Special invite for SFN & LSCFN. Everyone welcome. Meals provided.
Registration required.

Cash Prizes: 1st Place $1,800 2nd place $1,200 3rd place $600.
No registration fees required. There will be a billeting compensation for Mayo residents that host registered players of $50 person/night.

No honorarium provided.

Register with Mackenze: 867-383-0187
or Teresa at heritagemgr@nndfn.com
or 867-332-0128

November 14-15, 2026 at 9:00 am
NND Multi-Purpose Room

MAYO YUKON