September 2026

Upcoming Community Events

- Scw’exmx Child and Family
- Coldwater
- Nooaitch
- LNIB
- Shackan
- Upper Nicola
- Urban (Partner Organizations)

Scw’exmx
Child & Family



Scw'exmx Child & Family Upcoming Activities

Weekly Activities	Location	Day of the Week	Times
Youth Gathering Lodge	KLC Gym - 2475 Merritt Ave., Merritt, B.C.	Thursdays Sept. 10th , 17th, and 24th 2026	3:30PM-6:00PM

This Month's Activities	Location	Date	Times
Labour Day Office Closure	All SCFSS Offices	September 7th 2026	8:30AM-4:30PM
Men's Group Paintballing	Kamloops Paintball - 3355 Harper Mt. Rd, Kamloops, B.C.	September 12th 2026	9:30AM-6:30PM
Feel the Beat	Nicola Building - 2099 Nicola Ave., Merritt, B.C.	September 15th and 29th 2026	4:00PM-8:00PM
Women's Group Beaded Flowers & Mini Mocs	NVIT Gym - 4155 Belshaw St	September 21st 2026	4:00PM-8:00PM

Scw'exmx
Child & Family

Contact
Main office

Phone
250-378-2771

Address
1750 Lindley Creek Rd.
Merritt, BC

Scw'exmx
Child & Family

Scw'exmx Child & Family Upcoming Activities

YOUTH GATHERING LODGE YOUTH AGED 13-18

MEET & GREET BBQ | SEPT 10, 2026

DROP IN EVERY THURSDAY: SEPT 2026 TO MARCH 2027
3:30PM- 6:00PM | KLC GYM (2475 MERRITT AVE)

The Youth Gathering Lodge is a safe and inclusive space for young people to connect and build relationships. It serves as a community hub promoting personal growth, wellness, and belonging through various activities. With a strength-based, youth-centered approach, it helps youth navigate challenges, celebrate successes, and reach their full potential in a supportive environment.

Scan to register!

BEVERAGES, SNACKS & DINNER ALWAYS PROVIDED!

Types of activities can include:

- Beading
- Cooking
- Dip Nets
- Baking
- Skill Building
- And more!

SEPT 17 2026



GOAL SETTING!

SEPT 24 2026



BEADING!

If you have questions, contact **Traci.Lindstrom@scwexmx.com** or call (250) 378-2771

FEEL THE BEAT

Feel the Beat is a time to come together to learn, practice, and share language and culture. Our Elders share that learning language and culture is a form of healing as traditional practices naturally connect us to our Indigenous identity. Feel the Beat is open to the communities (Coldwater, Lower Nicola, Nooaitch, Shackan, Upper Nicola, and Urban) and families of Scw'exmx Child & Family Services Society.

This month, we will be having a welcome back dinner & finishing up regalia projects!

Please register by scanning or clicking the link or scanning the QR Code below.

We have room for 35 participants per event, register soon!

Register Now

DINNER & SUPPLIES PROVIDED!







Sep 15, 2026	**4-8 PM**	**Nicola Office (2099 Nicola St.)**	**Welcome back dinner & work on unfinished projects**
Sep 29, 2026	**4-8 PM**	**Nicola Office (2099 Nicola St.)**	**Work on unfinished sewing & beading projects. Finishing up regalia pieces so we can start new projects this fall.**

*** Materials will be provided to learn the workshops, and facilitators will be available to teach.***

Please bring your feast bag and leftover containers to reduce plastic waste.
If you have any questions or need transportation, please contact our Cultural Program Coordinators by calling the number below.

/SCWEXMXCHILDANDFAMILY | SCWEXMX.COM | (250) 378-2771

Scw'exmx Child & Family
Upcoming Activities

Men's Group Paintballing

SEPTEMBER 12TH 2026 | TIME: 9:30AM-6:30PM |
KAMLOOPS PAINTBALL - 3355 HARPER MOUNTAIN RD., KAMLOOPS, B.C.

For any questions or to register please email: Jason.Ermineskin@scwexmx.com or James.Isaac@scwexmx.com, or contact our front desk by calling (250)-378-2771.

Join the Men's Group for a day of paintballing at Kamloops Paintball located on Harper Mountain. We have room for 28 participants, so secure your spot! You can expect team based games, friendly competition, brotherhood and connection, a safe and supported atmosphere. This will be fun for all levels of experience!
Transportation is limited, snacks, lunch and drinks will be provided.
Participants under 18 require a parent/guardian to attend and sign a waiver at the venue.

Max. number of participants is 28. Drug and Alcohol Free Event

Upper Nicola
LOWER NICOLA INDIAN BAND
COLDWATER INDIAN BAND
K'EN T'EM

We welcome you to our monthly:

WOMENS GROUP

Sept. 21st , 2026 | 4:00-8:00PM | NVIT Gym - 4155 Belshaw St, Merritt, B.C.

Beaded Flowers & Mini Mocs!

Our Women's Group comes together once a month to share a meal, check in, and have a monthly activity. This is open to our five bands and urban. This is a great way to socialize, have fun and work with your hands! Dinner, snacks, and drinks will be provided!

This month, we will be making Beaded Flowers or Mini Moccasins! All materials as well as facilitators to guide us are provided!

Maximum is 45 fabulous participants, so don't miss out!

Child minding is available for ages 2 and up, babies are welcome to stay with their mothers.

For more info or help with registering call (250) 378-2771



Scan the QR code to register!

Please be aware: If you register but are unable to attend, kindly call our office to remove your name from the list. This allows others the opportunity to participate!



Coldwater Band Upcoming Activities

This Month's Activities	Location	Date	Times
Coldwater Women's Group: Salve Workshop w/ Willa Ermineskin	Coldwater Health Building	Tuesday, Sept. 8th 2026	5:00PM-8:00PM
Coldwater Women's Group: Sharing Circle Dinner	Coldwater Health Building	Tuesday, Sept. 22nd 2026	5:00PM-8:00PM
Coldwater Women's Group: 2nd Anniversary Dinner & Movie	Dinner at Bamboo Panda, Movie to follow at NVIT Theatre	October 1st 2026	4:00PM Dinner 5:30PM - Movie

SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY

COLDWATER
INDIAN BAND

Contact

Main office

Phone

250-378-6174

Address

301- 230th Street
Coldwater Reserve #1

Scw'exmx
Child & Family

Coldwater Band Upcoming Activities

COLDWATER INDIAN BAND

Scw'exmx Child & Family

Scw'exmx Child and Family Services

September 2026

Coldwater Women's Group

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 Labour Day 	8 Salve Workshop w Willa Emineskin Snacks CW Health 5PM-8PM	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Sharing Circle Dinner CW Health 5PM-8PM	23	24	25	26
27	28	29	30  Truth and Reconciliation			

Any questions please reach out to:
Harmony Williams, Community Prevention Worker SCFSS: 250-378-2771
harmony.williams@scwexmx.com

Coldwater Band Upcoming Activities

COLDWATER
INDIAN BAND

Scw'exmx Child and Family Services

Coldwater Women's Group

2nd ANNIVERSARY

Thursday, October 1st 2026

Dinner at Bamboo Panda 4pm

'Micheal' Movie at NVIT 5:30pm

To Register call Harmony Williams;
SCFSS 350-315-3081

Cake and door prizes!



Nooaitch Band Upcoming Activities

Upcoming Activities and Events	Location	Day of the Week	Times
nɬeʔkepmxcín nɬ qʷiysqné - Weekly Beginner Language Classes	Nooaitch Band Hall	Tuesday Evenings (Starting Sept 15th)	6:30PM-8:30PM

**Check Nooiatch Community or Sha-Noo Facebook group for changes. Programming may be subject to weather and wildfire conditions*

Monthly Event	Location	Date	Time
Nlaka'pamux Health & Nooaitch: Community Gathering Dinner	Nooaitch Band Hall	September 9th 2026	5:00PM-8:00PM

SCHSS
SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

Contact Name	Phone	Location
Darlene Rodominski (SCHSS)	250-378-2300	SCHSS Satellite office (across from the Band Hall)
Band Office	250-378-6141	2954 Shackelly Road

Scw'exmx
Child & Family

Nooaitch Band Upcoming Activities

nɬeʔkepmxcín nɬ qʷiysqné

Weekly Beginner Language Classes

Tuesday Evenings

Next Class Tuesday September 15th

At the Band Hall

6:30-8:30pm

xʷúy ʔe wiktímn - (I will see you all)



COMMUNITY GATHERING DINNER

Welcome home. We invite community members to come together, and reconnect. Join us for a meal, meaningful conversation, and the comfort of being together with community.

Date	Location	Time
September 9, 2026	**Nooaitch Band Hall**	**5:00 PM - 8:00 PM**

Agenda:

5:00 PM - Doors Open
5:15 PM - Welcoming
5:30 PM - Home cooked Dinner *(provided by Lucy Henry)*
Community Gathering - Welcome Home

250-378-9772 munro.j@nlxfn.com nlxfn.com

Media Notice: Photos and/or video may be taken at events in a culturally respectful manner and used in NHSS communications. Please notify staff if you do not wish to be photographed or recorded.

Lower Nicola Band Upcoming Activities

*See Attached Monthly Recreation Calendar

Monthly Activities	Location	Date	Times
Coffee with a Cop	Soup Kitchen Trailer	September 9th 2026	10:00AM-12:00PM
Hé Sqyéytn Festival	Shulus Arbour	September 19th & 20th 2026	10:00AM-5:00PM
Women's Group - Self Care Workshop	Rocky Pines Community Centre	September 24th 2026	5:00PM-7:00PM
LNIB Annual Orange Shirt Walk	Johnny's On the Rez	September 28th 2026	10:30AM
Walking Alongside Grief (Deadline to register Sept. 28 2026)	Rocky Pines Community Centre	October 1st, 15th , and 29th 2026	5:00PM-7:30PM

LOWER NICOLA INDIAN BAND

Contact	Phone	Location
Health Centre	250-378-5157	230 Hwy 8 West

Scw'exmx Child & Family

Lower Nicola Band Upcoming Activities



Coffee with a Cop





September 9th

10:00 - 12: 00 pm

Soup Kitchen Trailer

Any questions please contact Angie Joe

(250) 378-5157

LOWER NICOLA
INDIAN BAND

Women's Group

Self Care Workshop

Facial and Body Scrubs Made from Medicine

Thursday, September 24, 2026

Rocky Pines Community Centre

5:00 PM - 7:00 PM

Dinner will be provided

Call Kirsten to register (250)378-5157



Lower Nicola Band Upcoming Activities

HÉ SQYÉYTN FESTIVAL

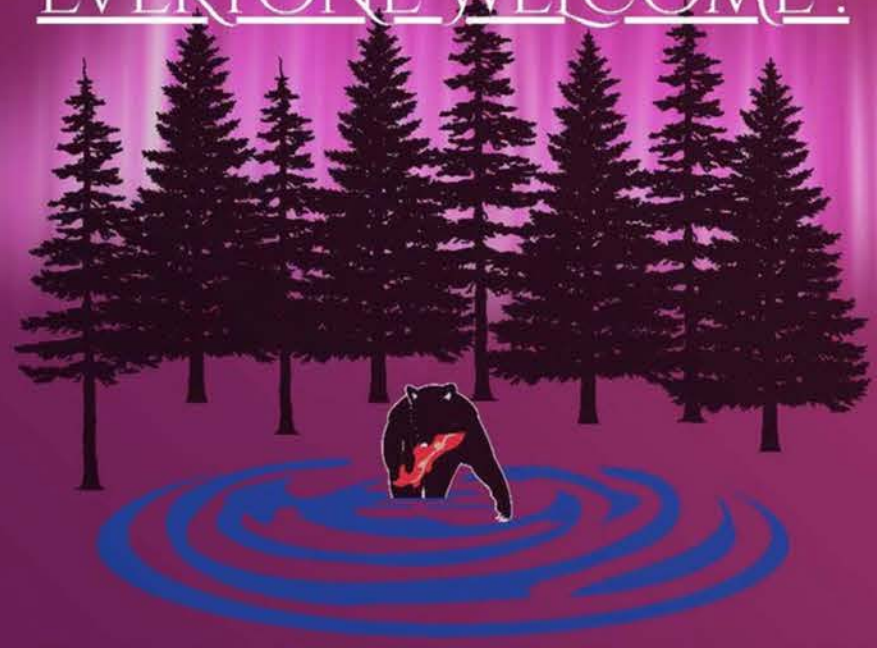
HONORING NLAKA'PAMUX TRADITIONAL FOODS

2ND ANNUAL
EVENT

VENDORS - FOOD
ARTS - CRAFTS
GAMES - DOOR PRIZES

MERRITT, BC
SHULUS ARBOR
10AM-5PM

EVERYONE WELCOME !



SEPTEMBER 19TH-20TH
2026

For additional information contact:
katolina.peterson@lnib.net/colton.sterling-moses@lnib.net

LOWER NICOLA INDIAN BAND

Lower Nicola Band Upcoming Activities

LOWER NICOLA INDIAN BAND

NATIONAL DAY FOR
TRUTH AND
RECONCILIATION
SEPTEMBER 30

LNIB Annual Orange Shirt Walk

Join Us!

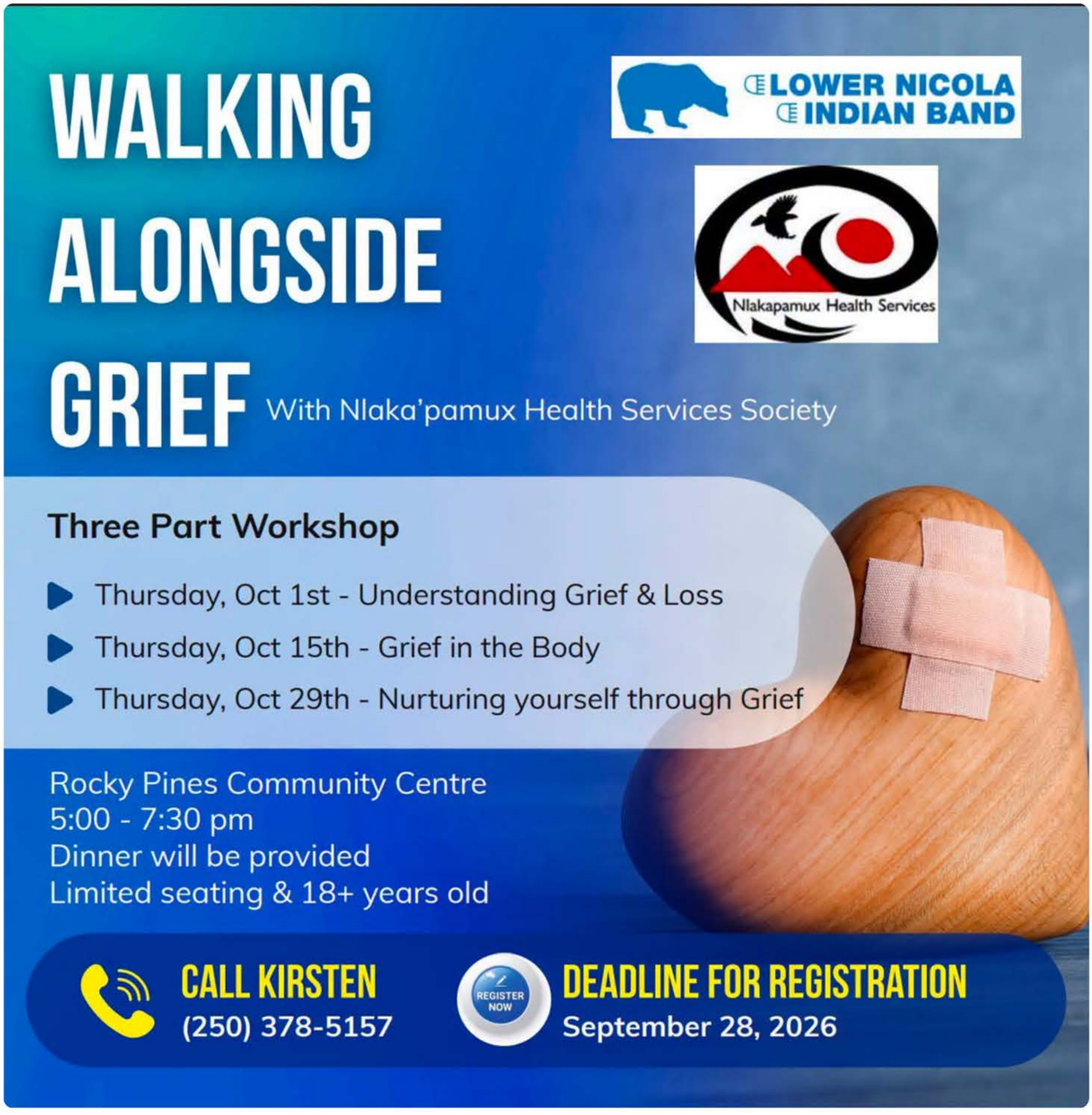
September 28th	10:30 AM	Johnny's on the Rez

Any questions call Carole Basil at (250) 315-9158

Every Child Matters



Lower Nicola Band Upcoming Activities



Shackan Upcoming Activities

Weekly Activities	Location	Day of the Week	Times
Community Kitchen Cooking Classes	Community Wellness Building	Tuesday's Sept 1, 8, 15, 22, 29th 2026	10:00AM-2:00PM
Art & Craft Workshop	Community Wellness Building	Friday, Sept. 4th and 11th 2026	10:00AM-2:00PM
Out on the Land	Various	Thursday's Sept. 3, 10, 17, and 24 2026	9:00AM-3:00PM

Monthly Activities	Location	Date	Times
Kangaroo Farm Visit	Lake Country (Kelowna)	Sept. 30th 2026	Leaving Shackan 9:00AM

SCHSS
SCW'EXMX COMMUNITY HEALTH SERVICES SOCIETY

Contact Name	Phone	Location
Community Wellness Team	(250) 378-5410	Community Wellness Building
Darlene Rodominski (SCHSS)	250-378-2300	SCHSS Satellite office (across from the Band Hall)

Scw'exmx
Child & Family

Shackan Upcoming Activities

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Community Meal Class Nḱseytknhełxʷ Building 10-2	2	3 On the land Harvesting leaving Shackan at 9:30am	4 Drop in crafting Nḱseytknhełxʷ Building 10-2
7 *Labour Day Office closed*	8 Community Meal Class Nḱseytknhełxʷ Building 10-2	9 Shopping Shuttle to Merritt 10Am to 2PM Must Pre arrange with Wellness team.	10 On the land Harvesting leaving Shackan at 9:30am	11 Drop in crafting Nḱseytknhełxʷ Building 10-2
14 Wellness team office day (wellness building open)	15 Community Meal Class Nḱseytknhełxʷ Building 10-2	16 Community back to school dinner 5pm-7pm	17 On the land Harvesting leaving Shackan at 9:30am	18 Myra Canyon walk-Kelowna BC Hockey in West Kelowna????
21 Wellness team office day (wellness building open)	22 Community Meal Class Nḱseytknhełxʷ Building 10-2	23 Elders lunch leaving Shackan at 11AM	24 On the land Harvesting leaving Shackan at 9:30am	25 Othello tunnels walk-Hope BC
28 Wellness office day. office open. / Wellness circle 5pm-7pm	29 Community Meal Class Nḱseytknhełxʷ Building 10-2 Monthly Membership meeting 5pm. Shackan band hall.	30 Truth and reconciliation day (Orange shirt day) Kangaroo Farm Visit		Sxéxn'ɬ Nḱseytknhełxʷ

All activities can be changed and/or cancelled due to certain circumstances.
For more information, please contact the Community Wellness Team
250-378-6074/Main Band Office 250-378-5410
Please stay tuned with "weekly reminders" on the Shackan Facebook page!

Shackan Upcoming Activities

Sxéxn'+ Nkseytknhetxʷ

- COMMUNITY KITCHEN -

COOKING CLASS





SEPTEMBER 1ST, 8TH, 15TH, 22ND, 29TH.

10:00 AM - 2:00 PM | **COMMUNITY WELLNESS BUILDING.**



ART & CRAFT WORKSHOP

Painting, Crafting and Drawing!

JOIN THE WELLNESS TEAM, AT THE WELLNESS CENTER, FOR DROP IN CRAFTING SEPTEMBER 4TH AND 11TH. FROM 10AM TO 2PM, WITH LUNCH INCLUDED.







Shackan Upcoming Activities

Sxéxn̓ Nkʷseyt̓knhetxʷ

OUT ON THE LAND

3RD, 10TH, 17TH, 24TH
SEPTEMBER, 2026

9AM - 3PM

JOIN THE WELLNESS TEAM AS WE GO OUT ON THE LAND TO HARVEST, HIKE, AND EXPLORE.



Kangaroo Farm Visit

Lake country (Kelowna), BC

Wednesday September 30th



Join the Wellness team:

We will be leaving Shackan at 9am
Lunch will be provided and transportation for those that need it.
Gas cards for those who chose to drive themsleves.

Please contact the Wellness team by Friday September 25th, if you'd like to sign-up: 250-378-6074
Thank you

Upper Nicola Band Upcoming Activities

Monthly Activities	Location	Date	Time
FNESS: Firefighter First Aid Course	UNB Fire Hall	September 24th 2026	
FNESS: Firefighter Box and Extinguisher Training		September 23rd 2026	
nsyilxcən Language & Culture Camp	nkʷritkʷ - Glimpse Lake	September 25th - 27th 2026	

Upper Nicola

Contact

Main office

Phone

250-350-3342

Scw'exmx
Child & Family

Upper Nicola Band Upcoming Activities

Upper Nicola Band

FNESS FIRE FIGHTER
FIRST AID COURSE

(Equivalent to Work safe BC Level 1)

Thurs Sept 24th &
Fri Sept 25th

UNB Fire Hall



- FREE Course
- Must commit to both days
- CPR-C for Adult, Child, Infant
- AED procedures
- Choking
- Opiod/Fentanyl awareness
- Bleeding Emergencies & other medical conditions treatments
- 3 year certification

REGISTER NOW

Mahendra Paul
FireDept@uppernicola.com

*Sign up via: Sheet at Band Office, QR code or email

Upper Nicola Band



FNESS: FIREFIGHTER BOX & EXTINGUISHER TRAINING

SEPTEMBER 23, 2026

- Fire dynamics & behavior
- How & when to use extinguisher
- How to use fire hydrant & blue box equipment
- How to protect exposures & extinguish fires

Register: at Band office, email or QR Code:

Mahendra Paul
FireDept@uppernicola.com

Upper Nicola Band Upcoming Activities

Upper Nicola
Nsyilxcən Department

Come join us in creating space for language sharing and gathering

NSYILXCN LANGUAGE & CULTURE CAMP

SEPT 25 - SEPT 27, 2026

nkʷritkʷ - GLIMPSE LAKE

EVERYONE WELCOME

RSVP

VISIT - FOOD - LANGUAGE - CULTURE - FUN

IF YOU ARE INTERESTED IN FACILITATING A LANGUAGE OR CULTURE WORKSHOP, PLEASE EMAIL US YOUR INTEREST

SEPT 25 - SET UP CAMP
SEPT 26 - LANGUAGE & CULTURE ACTIVITIES
SEPT 27 - LANGUAGE & CULTURE ACTIVITIES (AM)
- CAMP TAKEDOWN / FAREWELL (PM)

REGISTER HERE

MEALS WILL BE PROVIDED https://forms.office.com/r/jSaTYmzXL3

BRING YOUR OWN PLATES, BOWLS, & UTENSILS

DRUG / ALCOHOL FREE EVENT

For more information contact Maynard language@uppernicola.com or Justine syilx2@uppernicola.com

Upper Nicola
Nsyilxcən Department

NSYILXCN LANGUAGE & CULTURE CAMP

SEPT 25- 27, 2026

AGENDA

Sept 25 (Fri)
3pm - Camp Set up
5pm - Dinner
6pm - Drumming / Visiting

Sept 26 (Sat)
8am - Breakfast
9:15am - Activity 1
10:30am - Break
10:45am - Activity 2
12pm - Lunch
1pm - Activity 3
2:15pm - Break
2:45pm - Activity 4
5pm - Dinner
6:30pm - Nsyilxcn Karaoke
7:30pm - Drumming

Sept 27 (Sun)
8am - Breakfast
9am - Activity 1
10:15am - Break
10:45am - Activity 2
12pm - Lunch
1pm - Farewell

Upper Nicola Band Upcoming Activities

UNB RECREATIONAL FUNDING



Each UNB member who is eligible & approved will be reimbursed up to $300max/Year.
Receipts must be dated between April 1, 2025-March 31, 2026.

Eligible activities *(any recreational activity)*



- Sports fees & Equipment
- Gym fees & Equipment
- Canning
- Outdoor Activities
- Traditional Supplies
- Bead Work materials
- Hide/Tanning
- Gardening
- Fishing/Hunting
- Powwow materials
- Traditional Supplies
- Etc.





Submit Applications to: Thelma Chillihitzia
officemanager@uppernicola.com













FREE SWIM & GYM

Mon | Wed| Fri

NVAC-Merritt,BC



Program Available for UNB Membership

Must sign-in

UPPER NICOLA BAND

Save the Date

Join us in the ribbon cutting and Grand Opening of the ʔłq̓iłəmɬx Community Centre .

SEPT 2026 **21** TIME: TBD

Nicola River Road, Quilchena, BC
RSVP: (250) 350-3342

caʔkʷ x̌ast mi wikɬmn
(It would be good to see you all)

Upper Nicola Band Upcoming Activities

UNB Family Reunion Gathering Fund

Each main family can receive up to $2000 towards a family reunion or gathering. Fund can be used for food, supplies, or activities (not including alcohol). Funding will be given for approved costs. Afterwards, receipts need to be submitted.

Family Activities Ideas:

- Work on a family tree
- Socialize & bond
- Tell Stories
- Share a meal
- On-the-land activity
- Camping
- etc

Deadline to Apply Extended to SEPT 2026! Apply Now!

To Apply, please submit:

- Family name
- Name for payment
- Date of Reunion/Gathering
- Location
- Clear & Concise budget

Send applications or questions to
Sylvester Cohen Jr.
kwustem.assist@uppernicola.com

Community Education & Information Sessions

Monthly
Location Varies (Pithouse, Glimpse Lake, etc)

Community members are invited to join a monthly gathering, focused on Mental & Emotional well-being. These sessions are a space to learn, listen & share information about mental health, stress & resilience in a supportive, respectful environment. Mental Wellness is a part of caring for the whole person. This is for any members who are interested in learning about mental health, anxiety & coping skills, supports available, while honoring cultural values.

Some Topics may include:

- Relationship Challenges
- Emotional Wellness Education
- Life Stress Reduction
- Coping & Healing Techniques
- Anxiety Awareness
- Grief/Depression Healing Activities

Contact: Kevin Ward Cell: (250) 919-1417 or Work:(250) 378-5058

Fit Nation Workout Program

Wednesdays | 5:30-6:30
UNB Community Hall

All fitness levels are welcome to attend. Open to UNB & Community members. FitNation is a workout program designed to get everyone active from beginner to advanced.



Info Contact: Buzz Manuel
(250) 280-3755
event.coordinator@uppernicola.com

Hunting Practice

Wednesdays | 5:00 pm
at the old post & rail

Weekly sessions to learn how to hunt, site a gun, tell stories and go for a Turkey Shoot, pending interest



Info Contact: Roger Sheena
(250) 315-5634

Urban/Community Partner Upcoming Activities

Scw'exmx Community Health Services Society

WELLBRIETY MOVEMENT

SCHSS NEW BUILDING – 1926 Quilchena Ave.

SCHSS WELLBRIETY GROUP

EVERY **THURSDAY**

Date	Location	Time
September 3, 2026	SCHSS	6:00PM-7:15PM
September 10, 2026	SCHSS	6:00PM-7:15PM
September 17, 2026	SCHSS	6:00PM-7:15PM
September 24, 2026	SCHSS	5:30PM-8:30PM

If you have any questions or need a ride, please contact:

Christine Provost, Wellness Counsellor
@ (250) 378-9745.

Transportation & Snacks are provided.

SCHSS
SCW'EXMX COMMUNITY
HEALTH SERVICES SOCIETY

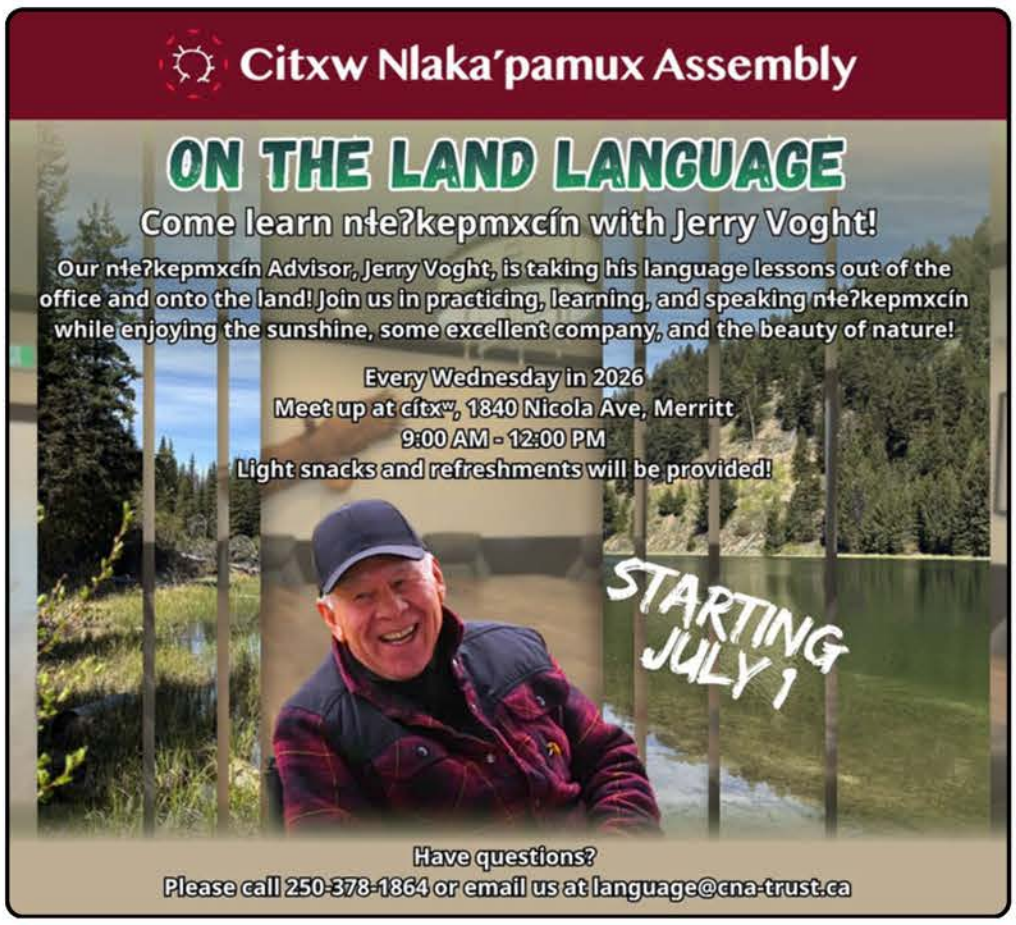
Urban/Community Partner Upcoming Activities

Scw’exmx Community Health Services Society



Urban/Community Partner Upcoming Activities

Citxw Nlaka'pamux Assembly









Urban/Community Partner Upcoming Activities

Nlaka'pamux Health Services Society

Join Us in Remembrance: National Day for Truth and Reconciliation



You are warmly invited to join Lytton First Nation for a community gathering in honour of the National Day for Truth and Reconciliation

September 30, 2026 at 1756 Battlefield Road, Lytton starting at 12:30pm

event location may change due to weather/smoke

The event will feature:

- Drumming & Procession
- Residential School Survivor Acknowledgement
- Performances
- Youth and Family Activities
- Wellness Activities & Support
- Community Dinner

A detailed agenda coming soon

Hosted by: Lytton First Nation

OPEN GYM YOUTH NIGHTS AT SVNS

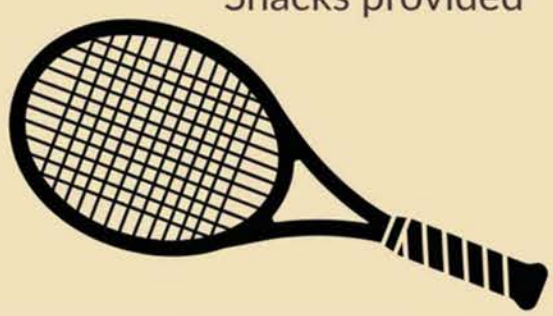


Wear appropriate footwear

Snacks provided

Every Mon

5 PM - 7 PM



Rides Available - Contact:

Craig Smith - Youth Coordinator - 778 254 9795

Urban/Community Partner Upcoming Activities

Other Programs in Community



