



Lheidli T'enneh

April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03 Good Friday (Offices Closed)	04
05	06 Easter Monday (Offices Closed)	07 Medical Clinic With Dr. Todd Health Office (Please book with reception)	08 Tsalhts'ul (Baby) Luncheon Health Centre 11 am to 2 pm	09 On-reserve Community Kitchen Health Centre 1pm Youth Movie Night House of Ancestors 4:30 pm to 8:30 pm	10 Culligan Water Delivery	11
12	13	14 Medicine Wheel Workshop Health Center 10 am to 11:30 am Bright Lights Tutoring Southside Band Office 4 pm to 6 pm	15	16 Pow Wow Dancing and Regalia Making House of Ancestors 4 pm to 8 pm	17 Indigenous Women in Entrepreneurship Workshop Southside Band Office 8:30 am to 4:30 pm Beading Circle Health Centre 1 pm to 3 pm	18
19	20	21 Bright Lights Tutoring Southside Band Office 4 pm to 6 pm	22 Earth Day Gardening Workshop Health Center 10 am to 12 pm	23	24 Culligan Water Delivery Olulh Whuzdli Art Camp Southside Band Office 8:45am to 4:45 pm	25 Youth Group Olympus Free Running Olympus Free Running Gym 1:45 pm to 3:30 pm April 24 ←
26	27	28 In town Community Kitchen SFGRC 12:15 pm to 2:15pm Bright Lights Tutoring Southside Band Office 4 pm to 6 pm	29 Men's Group Dinner Health Centre 5pm	30		

For more information please contact:
 Health and Family Development Office at (250) 962-9730.
 FB page: Lheidli T'enneh Family Development and Health Services



Lheidli T'enneh

DOCTOR TODD ALEC



IN-PERSON DOCTOR CONSULTATION

CLINIC DAYS: APRIL 2026

(IN PERSON AT HEALTH CENTER)

APRIL 7TH 2026 **FURTHER DATES WILL BE ANNOUNCED**



+250-612-8289 RECEPTION:250-962-9730

Email: jcoleman@lheidli.ca

Lheidli T'enneh Health Centre



You Are Invited To

Tsalhts'ul (baby) Luncheon

Date: April 8, 2026

Time: 12pm - 3pm

location: Health Centre

Please RSVP:

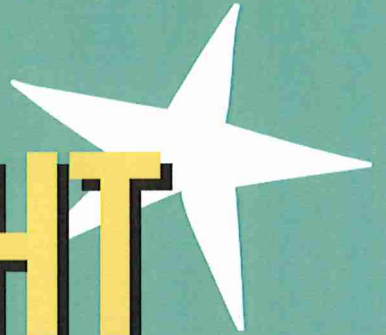
Phone: 250-962-9730





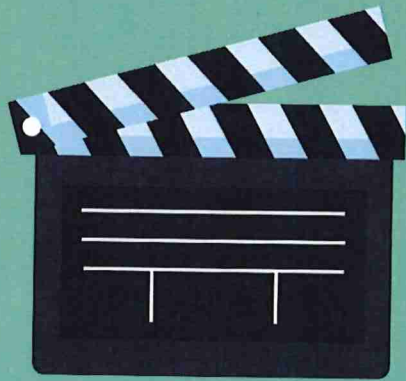
Lheidli T'enneh

Youth MOVIE NIGHT



Ages 8+ are welcome to join us for a life skills presentation and movie night!

Dinner provided!



APRIL 9TH
4:30-8:30PM

HOUSE OF ANCESTORS | RIGHT HALL

★ Please contact Shelby to sign up! ★

Email: youthcoordinator@lheidli.ca

Call: 250-962-9730 ext 2215 or 778-675-6422



Lheidli T'enneh

JOIN US FOR **COMMUNITY KITCHEN**

We invite our members to join our team for the **in-person** community kitchen program. All food and supplies provided. Take home a yummy meal, we encourage recipe ideas!

**Northside & Southside:
April 9th 2026 @ 1:00pm,
Health Centre**

**In Town
April 28th 2026 , South Fort George
Resource Center, 12:15 pm to 2:15 pm**

TWO DAY NOTICE of Sign-up Required!
Call Reception at 250-962-9730



Water Delivery

Friday April: 10TH & 24th 2026

TIPS FOR WATER DAY:

PLEASE HAVE YOUR EMPTY BOTTLES OUT FIRST THING FRIDAY MORNING TO ENSURE THAT THEY ARE REPLACED.

PLEASE ENSURE THAT THE PLASTIC CAP REMAINS ON THE TOP OF THE BOTTLE WHEN THEY ARE PLACED OUTSIDE. WE HAVE BEEN ASKED TO TRY AND KEEP DIRT FROM ENTERING THE BOTTLES. IF YOU CANNOT PUT A CAP BACK ON PLEASE COVER THE TOP WITH PLASTIC WRAP. IF THE BOTTLES ARE DAMAGED OR DIRTY, THEY WILL NOT BE PICKED UP OR REPLACED. PLEASE TAKE CARE OF EACH BOTTLE TO ENSURE THEY CAN BE REPLACED :)

IF YOUR HOUSE IS MISSED FOR ANY REASON PLEASE CONTACT TAMARA RIGHT AWAY AT THE HEALTH OFFICE.

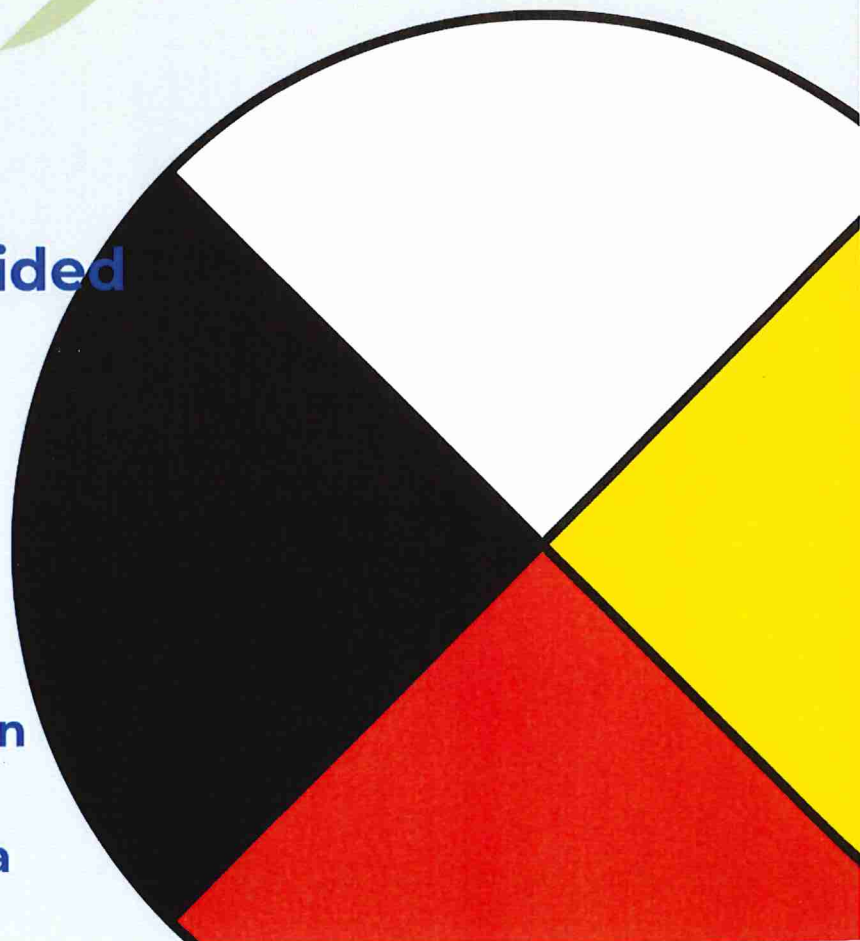
(250) 962-9730

MEDICINE WHEEL WORKSHOP

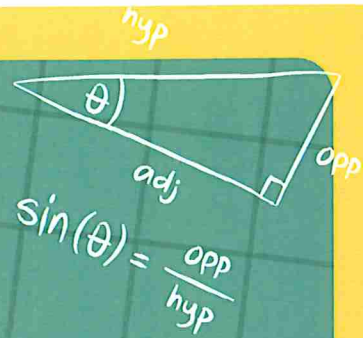
**Join us for a workshop on
how to use the medicine
wheel to understand your
health and connect with your
spirit.**

**April 14th
10:00am-11:30am
Health Centre
Refreshments Provided**

**RSVP with health reception
250-962-9730
healthreception@lheidli.ca**



$$\frac{x}{a} + \frac{y}{b} = 1$$



BRIGHT LIGHT'S TUTORING

TUTOR ALEXA GRAY

**TUTORING FOR GRADES 3 - 12
NEED HELP WITH HOMEWORK, STUDYING, OR A PROJECT?
WE'RE HERE TO HELP YOU SUCCEED!**

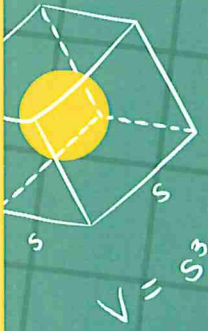
$$E = m \cdot c^2$$

**Tuesdays from 4:00 - 6:00 p.m.
First session Tuesday, April 14th**

Southside Band Office
1041 Whenun Rd.

*Transportation provided upon request

For more information, to register and to request transportation, please contact Tanya Dunning via email at educationmanager@lheidli.ca or by phone at 250-960-9722





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REGALIA MAKING & POW WOW DANCING

Join us for a Regalia making and Pow Wow dancing workshop!

Adults will be making Regalia and Youth will be learning Pow Wow Dancing!

Youth under 12 need to be accompanied by an adult.

House of Ancestors | Thursday April 16

4:00pm - 8:00pm

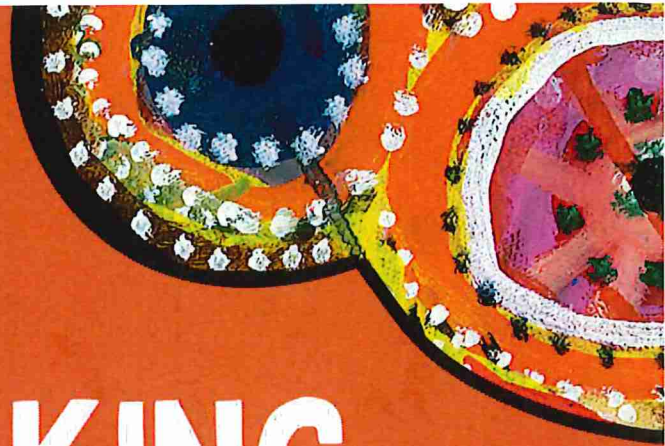
Snacks and drinks provided

Limited spots available!

Contact Health Reception to register!

250-962-9730 or

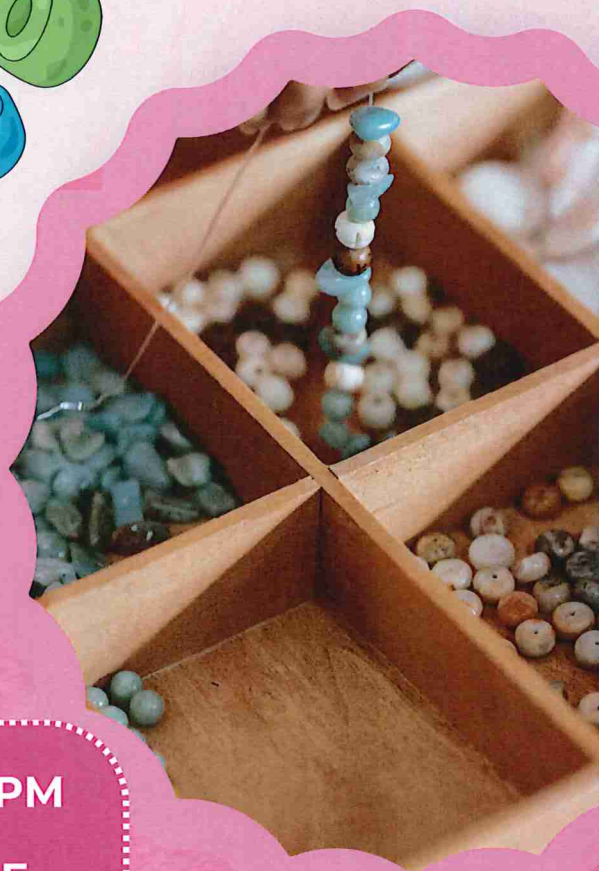
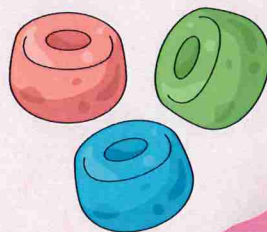
healthreception@lheidli.ca



BEADING CIRCLE FOR LANGUAGE, WELLNESS & CONNECTION

You are invited to join us for a beading circle where we come together to support our language, mental health, and community connections. Beading can be a time for healing, sharing stories, and strengthening who we are as a people.

Come sit with us, bead together, visit, and support our well-being together.



APRIL 17, 2026 1PM-3PM

**NAJE BAIYOH HEALTH CENTRE
2003 LANDOOZ ROAD, P.G, B.C**

KW'USUL

BEADS

TS'ODUL'EH

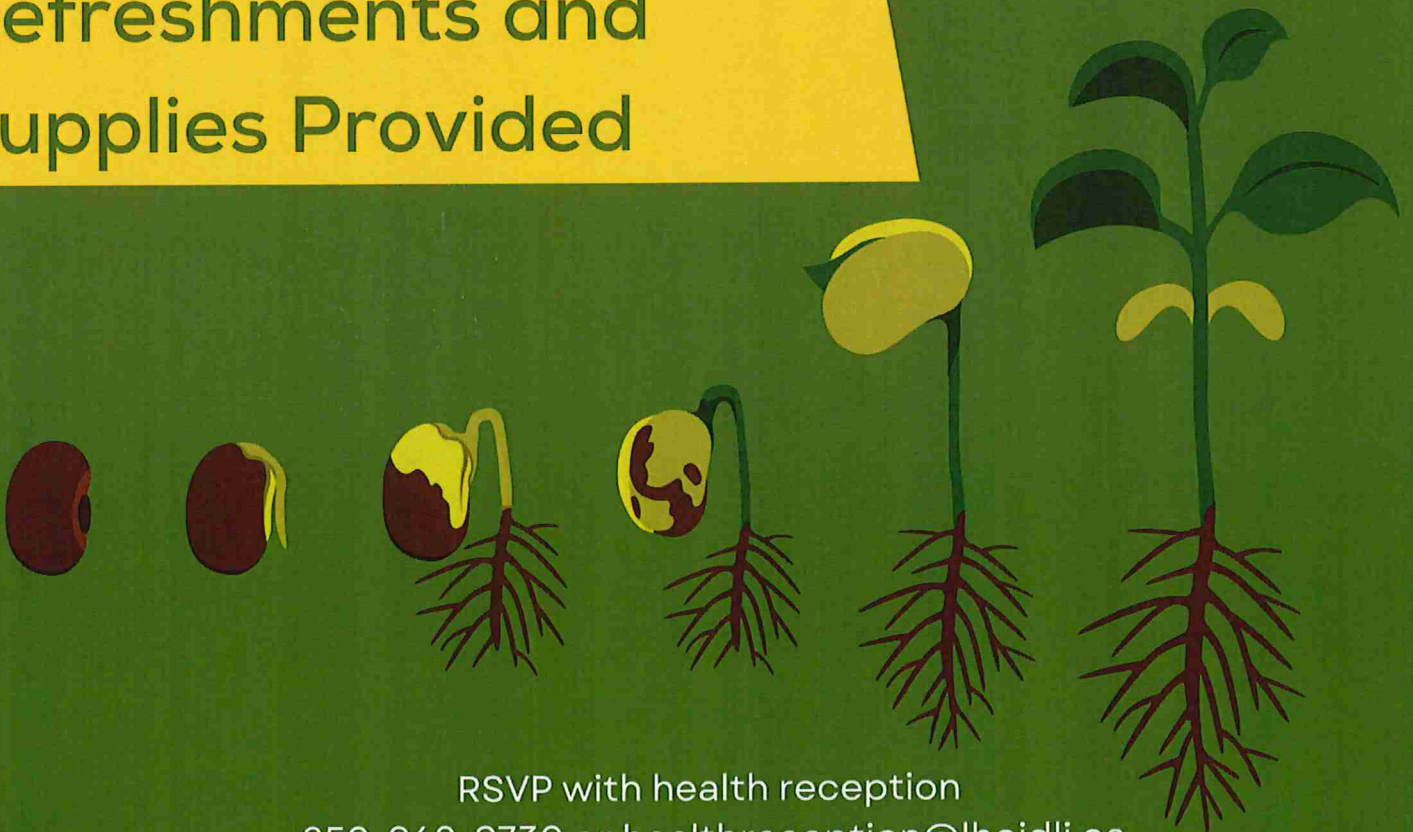
WE (3+) LEARN

Gardening Workshop



Join us for a seed starting workshop to celebrate Earth Day. Shop the Seed Library and learn tips and tricks to starting a healthy garden

April 22nd 10-12
South Side Band Office
Refreshments and
Supplies Provided



RSVP with health reception
250-962-9730 or healthreception@lheidli.ca



'Olulh Whuzdli

"It is now Spring"



Lheidli T'enneh
When Lheidli T'enneh is 'nll



Two Rivers
Gallery

Join award winning Indigenous artist Crystal Behn to learn and explore a variety of art mediums. Each project incorporates knowledge surrounded by cultural teachings including the medicine wheel and seven sacred teachings. Activities draw from the four elements with watercolor tape resist birch trees (water), land based foraging for clay prints (earth), and acrylic paint blowing & 3-D fish diorama (air & fire). Lunch & snack included.

FRIDAY, APRIL 24
8:45AM - 4:45PM

FREE!

LOCATION: 1041 WHENUN ROAD

PLEASE EMAIL EDUCATIONMANAGER@LHEIDLI.CA TO REGISTER



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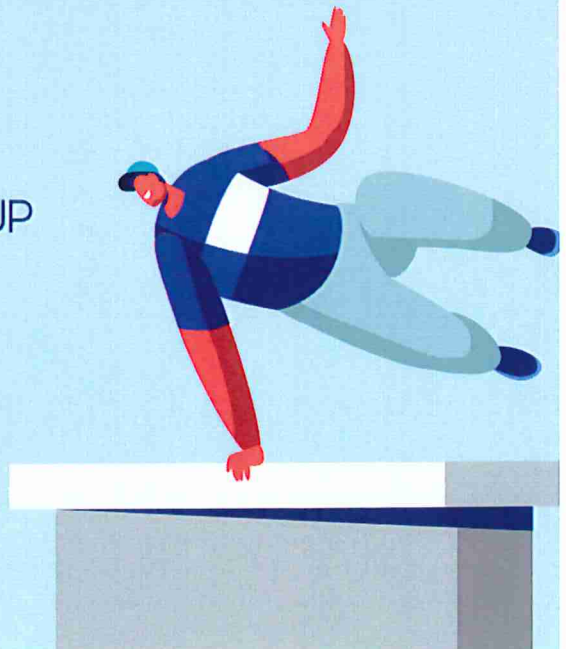
YOUTH GROUP OLYMPUS FREERUNNING

APRIL 24TH 1:45PM-3:30PM

AGES 8+ WELCOME
WAIVER REQUIRED TO PARTICIPATE

LIMITED SPOTS AVAILABLE!
PLEASE CONTACT SHELBY TO SIGN UP

YOUTHCOORDINATOR@LHEIDLI.CA
778-675-6422 OR 250-962-9730





MENS GROUP

We're gathering to talk about building a Men's Group for our community.
This is a space to:

- Share ideas
- Speak about what supports are needed
- Help guide the direction of the group under FNHA funding

We want this group to reflect the voices and needs of our men.
Come eat, connect, and help shape what this can become.

Dinner and door prize

Wednesday April 29, 2026

Lheidli T'enneh Health Center
5:00pm

**WE INVITE YOU TO OUR COMMUNITY TO
JOIN OUR JOURNEY TO HEALTH AND
WELLNESS!
PLEASE SAVE THE DATE**



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MOCCASIN WALK 2026

WE ARE HOSTING OUR ANNUAL MOCCASIN WALK EVENT FOR 2026. WE ARE BOTH EAGER AND EXCITED TO BRING OUR COMMUNITY MEMBERS TOGETHER FOR SOME FUN, EXERCISE, FOOD AND MORE!

SATURDAY | JULY 11, 2026

REGISTRATION BEGINS AT 9:00 | WALK AT 10:30AM

**LUNCH TO FOLLOW THE EVENT!
2003 LANDOOZ ROAD, PRINCE GEORGE**