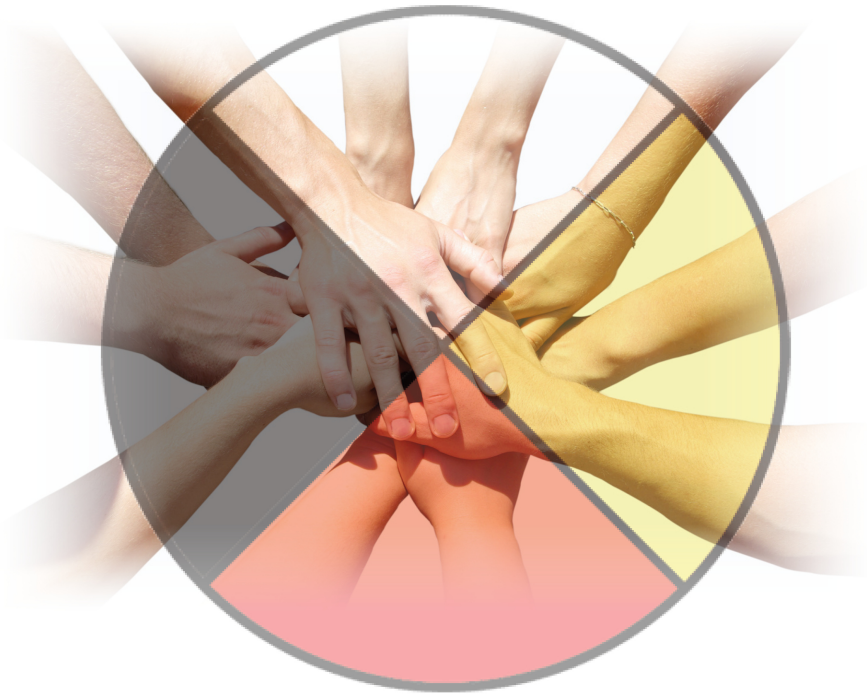


We Invite You to Join us - As we come together for a day of  
Healing, Growth, Empowerment and Celebration

# — From the Ground Up —



Thursday April 21  
10 am - 3 pm  
Lower Kootenay Band  
Gymnasium  
830 Simon Rd. Creston B.C.

Free Lunch included  
+ each community member  
who participates receives a  
**\$25 honorarium**  
Extra Foods Gift Card

## A Medicine Wheel Process Guiding Participants to:

- Re-connect with the valuable role we each have within our families, our community and our planet.
- Recognize the emotional struggle beneath the signs of **mental illness, addictions, abuse and thoughts of suicide.**
- Gain practical tools and insight to work through these challenges within ourselves and in supporting others.

Including Sharing Circles, Open Discussions,  
Music/Drumming and other Activities

“Together we have the Power  
to Continue Forward”

Brought to you by the  
Social Development Department

Presented By  
[www.high5forlife.com](http://www.high5forlife.com)



**YAQAN NUKIY**  
LOWER KOOTENAY BAND