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Greetings from Gwen

Happy Fall Y'all!

Here we are in the throws of awesome fall weather. I do hope you are soaking it all in!

There are several things on the horizon of Nav CARE. Our presence in St Laurent is on the rise. We officially have an office space to use 1-2 days per month.

In addition to growing our presence in St Laurent, we continue to build relationships with other communities in our region. Connecting with those who can direct us to connect with residents in need of our supports. If you know anyone who we could support - please give them my contact info .



Upcoming Events

- September 30 - Day of Truth & Reconciliation
- October 3 - Volunteer training in Stonewall
- October 14 - Thanksgiving Day
- October 18 - Gwen in St Laurent
- October 24 - Palliative Care Conference Debrief
Time & Location TBD
- November 16 - SWDPC Gala - Dinner & Dance

A FEW WAYS TO HONOUR THE DAY OF TRUTH & RECONCILIATION

- Read the 94 Calls to Action
- Listen & learn - search for a podcast or video to learn from
- Speak to an Elder
- Wear orange
- Support Indigenous businesses



Get your tickets
they will sell out!

LEARNING
NEVER
ENDS

What is Orange Shirt Day?

On Orange Shirt Day, we recognize the 150,000 Indigenous children who endured the residential schooling system, and its trauma that continue to be felt to this day.

We encourage all of you to research more about this history and read Phyllis Webstad's book. Information can easily be found at orangeshirtday.net

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