

MEMO 2.....August 2026

FREE Canoeing excursions available

Calm Waters Park

Monday, August 17th —Thursday, August 20th

Drop in & try it out anytime between 9AM—7PM!

Building Stronger, Safer Communities: Upcoming Mental Health Training

Two valuable mental health training opportunities are coming to No'Kmaq Village Guest House in Flat Bay this September, providing community members with practical skills to recognize when someone may be struggling and respond with confidence and compassion.

1. **Applied Suicide Intervention Skills Training (ASIST)** is a comprehensive, two-day interactive workshop that teaches participants how to recognize when someone may be at risk of suicide and how to provide immediate, supportive intervention while connecting them with appropriate help.

September 12 & 13 | 8:30 a.m. – 4:30 p.m. both days

2. **Mental Health First Aid (MHFA)** helps participants recognize and respond to someone who may be developing a mental health problem or experiencing a mental health crisis. Much like physical first aid, MHFA provides practical skills to offer support until appropriate professional help is available. Participants will increase their mental health knowledge, reduce stigma, and build confidence in supporting family members, friends, co-workers, and others in their community.

September 22 | 9:30 a.m. – 4:30 p.m.

Participants must also complete approximately 90 minutes of online pre-work before the workshop.

Both workshops will be held at No'Kmaq Village Guest House (former Flat Bay Band Office), 10 Band Road, Flat Bay.

Thanks to the generous support of Community Lifelines, the Canadian Mental Health Association Newfoundland and Labrador, and Lions District N3, these training opportunities are being offered at no cost to participants.

Space is limited to 15 participants in each workshop, and advance registration is required. Training is open to community members 18 years of age and older.

To register or for more information:

contact Sharon at sharon.clientempowerment@gmail.com or 709-647-1370.

These workshops are an opportunity to build skills that can make a meaningful difference—at home, in the workplace, and throughout our communities.



Your Council Representatives

Chief Joanne Miles
Represents: Flat Bay – St. Teresa (At-Large)
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 709-647-1370

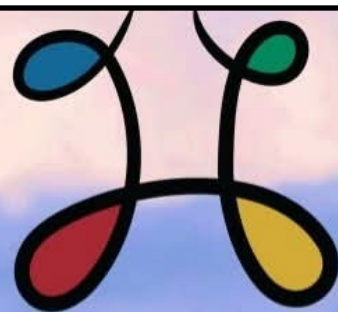
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Not sure who to contact?
Contact the Band Office at 709-647-1370
and staff will direct your inquiry to the appropriate Council representative.

KTAQMKUK



MI'KMAW FLUENCY PROJECT

are seeking participants for our first
Youth Language & Leadership Gathering

Seeking **10 Indigenous youth** (age 19-35)
for a **3 day** event in Flat Bay on
September 4th, 5th & 6th

Participants will discuss Language and Leadership in Indigenous communities while hiking and camping inland and learning Mi'kmaw language en route.

Skyler Jeddore from Eskasoni and another fluent youth (TBA) will be on hand to share insight from their professional and personal lives.

All equipment including packs, tents, sleeping bags and food will be supplied, just bring rain gear, good footwear and warm clothing.

Email kmfp.michelle@gmail.com to apply!

Canada



Qalipu
FIRST NATION

EMERGENCY HOME REPAIR PROGRAM

Now Accepting Applications

The Emergency Home Repair Assistance Program is designed to help homeowners safely remain in their homes. The program will provide financial support for critical home repairs that, if left unaddressed, could make a home unsafe or unlivable.

Contact us:

Housing Division

709-634-0996

housingproject@qalipu.ca

www.qalipu.ca

Applications will be reviewed and approved based on program eligibility and assessment criteria, while funding is available.

