

PROGRAM HIGHLIGHT

Neil White hosts sacred sweats that offer healing, cleansing and connection through prayer, song and reflection to support your overall wellness. Bring your towel, water bottle and t-shirt and shorts.

Youth Ages 12-18 | Thursday, Nov 12
All Welcome | Thursday, Nov 19
Recovery Group | Thursday, Nov 26

1:00 - 4:00pm
Sweat lodge, Oyster Sto'lo Rd, Oyster Bay

To register contact Neil White
(250)-668-0150 | nwhite@kwumut.org

Kw'umut Lelum

Check our events page for more details

Phone
250-591-0933
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PROGRAMS AT A GLANCE

Kw'umut Lelum

RECREATION/CULTURE

Nov 4, 18, 25 | Youth Boxing
An opportunity for children ages 7-12 to learn boxing tecniques and promote health and wellness.
4:00 - 5:00pm | North End Nanaimo
Elvis Ugbekile at 250-591-0933

Nov 4, 18, 25 | Teen Boxing
An opportunity for teens ages 13-18 to learn boxing techniques and improve health and wellness.
5:00 - 6:00pm | North End Nanaimo
Elvis Ugbekile at 250-591-0933

Nov 5, 12, 19, 26 | Women's Boxing
A drop-in program open to women ages 12+ to learn boxing techniques and promote health and wellness.
6:00 - 7:00pm | North End Nanaimo
Elvis Ugbekile at 250-591-0933

Nov 5, 12, 19, 26 | Drop-in Driving Range
Open to ages 9+ to build basic swing fundamentals.
5:00 - 6:00pm | Eagle Quest Golf, Nanaimo
Darian Harris at 250-591-0933

Nov 10, 17, 24 | Driving Range Golf in Duncan
Open to all ages to build basic swing fundamentals.
3:30 - 5:30pm | Duncan Meadows
Elvis Ugbekile at 250-591-0933

Nov 2, 9, 16, 23, 30 | Glow Lacrosse Mondays
Open to youth ages 0-18 designed to strengthen lacrosse skills, physical development, build confidence and community connection.
7:00 - 8:00pm | Snuneymuxw Gym
Darian Harris at 250-591-0933

Nov 2, 9, 16, 23, 30 | Brazilian Jiu-Jitsu
Open to children and youth to learn beginner skills while building confidence, discipline, and respect
4:30-5:30pm Ages 7-11 | North Nanaimo
5:30-6:30pm Ages 12-16 | North Nanaimo
Brittany Wyse-Salmon at 250-591-0933

Nov 3, 10, 17, 24 | Drop-in Soccer
Participants will develop fundamental through drills, games and scrimmages in a fun, inclusive space.
5:45-6:30pm Ages 4-8 | 1390 Stuyut St.Nanaimo
6:30-8:00pm Ages 9-16 | 1390 Stuyut St. Nanaimo
Brittany Wyse-Salmon at 250-591-0933

EARLY YEARS (AGES 0-6)

Nov 5, 12, 19, 26 | Tsawutul Stz'uminus
Open to Stz'uminus families and children ages 0-6
11:00am – 1:00pm | Stz'uminus Health Centre
Breeze Addison at 250-816-1938

Nov 5, 12, 19, 26 | Tsawutul Duncan
Open to families with children ages 0-6
12:00 - 2:00pm | Kw'umut Lelum, 151 4th St. Duncan
Charlotte Stager at 250-668-5519

Nov 4, 18, 25 | Tsawutul Snuneymuxw
Open to Snuneymuxw families with children ages 0-6
11:00am – 1:00pm | Snuneymuxw Youth Centre
Karli Johnston at 250-668-6988

Nov 4, 18, 25 | Tsawutul Penelakut
Open to Penelakut families and children ages 0-6
11:00am – 12:30pm | Stz'uminus Health Centre
Jordan Hunt at 778-678-8608

Nov 5, 12, 19, 26 | Climb Time!
Indoor rock climbing for children ages 3-6 to develop balancing and climbing skills in a safe setting
11:30am - 12:30pm | Romper Room, Nanaimo
Danya Harris at 250-667-0880

Nov 9, 16, 23, 30 | Active Parenting
Providing parents and caregivers the information and skills to prepare children to survive and thrive
11:00am - 2:00pm | 246 Ingram St. Duncan
Beth Owenflood at 250-591-0933

Nov 1, 8, 15, 29 | 9 Nations Yoga
Open to women and girls ages 12+. Beginner friendly classes in a welcoming environment
6:00 - 7:00pm | Front St., Nanaimo
Brittany Wyse-Salmon at 250-591-0933

Nov 2, 4, 9, 16, 18, 23, 25, 30 | Team Trouble
Youth ages 12+ learn boxing techniques, strengthen fitness routine and learn life skills.
7:30 - 9:30pm | North Nanaimo
Eli Wyse at 250-591-0933

Nov 4, 18, 25 | Warrior Women Fitness
Open to women and girls ages 12+ to build strength, endurance, and overall health and fitness.
6:00 - 7:00pm | North End Nanaimo
Brittany Wyse-Salmon at 250-591-0933

Nov 27 | Pro-D Basketball Camp
Open to youth ages 9-16 to learn skills led by VIU Mariner basketball coaches
9:00am - 3:00pm | 2687 James St, Duncan
Brittany Wyse-Salmon at 250-591-0933

Nov 30 | Grief and Loss for Teens
Open to youth ages 13-19 for Indigenous perspectives relating to grief, loss and healing.
9:00am - 3:00pm | Coast Bastion Hotel, Nanaimo
Nicola Loiselle at 250-591-0933

Nov 30 | Firearms Licensing (PAL) Course
Open to youth ages 12-19 from our 9 Member Nations. Includes course and exam. Lunch provided.
9:00am - 5:00pm | Stz'uminus Gym
Frankie Shaw at 250-591-0933

Nov 30 | Pro-D Indoor Soccer Camp
Open to youth ages 7-16 from our 9 Member Nations.
9:00am - 3:00pm | Snuneymuxw Gym
Brittany Wyse-Salmon at 250-591-0933

OTHER PROGRAMS

QAPTHUT SIIYE'YU FAMILY NIGHTS

Membership comes together for dinner, arts and crafts, community connection, and more!

Snaw-naw-as, Nov 3, 10, 17, 24
3:00 - 6:00pm | Snaw-naw-as Health Centre

Stz'uminus, Nov 4, 18, 25
3:00 - 6:00pm | Stz'uminus Community Centre

Snuneymuxw, Nov 5, 12, 19, 26
3:00 - 6:00pm | Snuneymuxw Gym

Penelakut, Nov 6, 13, 20, 27
10:15am - 1:00pm | Penelakut Gym

RED ROAD SOBRIETY CIRCLES

Sober talking circles for people in recovery to share with others, build a support network and more!

Online afternoon sessions, Nov 4, 18, 25 | 1:30-3:30pm
Online evening sessions, Nov 13, 27 | 8:30-10:00pm
Nanaimo sessions, Nov 3, 10, 17, 24 | 1:30-3:30pm
Qualicum session Nov 5 | 9:30-11:00am
Penelakut session Nov 12 | 12:15 - 1:30pm
Malahat session Nov 19 | 9:30-11:00am

Contact Troy Brooks at 250-591-0933