



ILFNFS FAMILY ENHANCEMENT

BEADING CIRCLE

A welcoming and supportive space to gather, connect, bead, and participate in wellness and self-care conversations through cultural teachings, peer support, and reflective activities.

**BI -WEEKLY
STARTING JUNE 3
12PM-3PM**

Building connections through culture, creativity, and community.

FE CULTURAL ROOM
UNIT 103-1821 WELLINGTON AVENUE

Meal and refreshments provided!