Nuu-chah-nulth Employment & Training Program

Unlock Your Potential with NETP
250-201-1300
NETP@nuuchahnulth.org

Multhmuums - Resilience Through Perseverance

November 2-6, 2026
Nov. 2, 12:00pm to 3:30 pm
Nov. 3-5 , 9:30am to 3:30 pm
Nov.6, 9:30am to 12:00 pm
MMFN Boardroom

A Nuuchahnulth Perspective on Strength, Healing, and Community
Resilience Through Perseverance explores the traditional Nuuchahnulth teachings of adapting to life's challenges with courage, compassion, and purpose. Rooted in ancestral knowledge, this workshop highlights the importance of learning, sharing wisdom, supporting one another, and honoring life's transitions. Participants will explore how resilience is built through understanding, empathy, cultural teachings, and community connection. Drawing on Nuuchahnulth perspectives of grief, loss, and personal growth, the workshop encourages individuals to move forward through hardship while recognizing their inherent strengths and the support of those around them.

This workshop offers a culturally grounded space for reflection, healing, personal growth, crafting and strengthening connections to self, family, community, and culture.

To Register:
Connect with your Case Manager at Jessica.Gordon@nuuchahnulth.org or call 250-201-1300

To register for NETP services connect with our Intake Coordinator Gregory.Thomas@nuuchahnulth.org or call 250-723-1331.

LUNCH AND COMPLETION INCENTIVE PROVIDED

Unlock Your Potential with the Nuu-chah-nulth Employment & Training Program

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