



# COMMUNITY BULLETIN

JANUARY 23, 2012

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## **Kitselas Council By-Election *THIS THURSDAY***

**January 26<sup>th</sup> 2012 from 9:00 am to 8:00 pm**

***Polling Stations:*** Gitaus Administration Building and Queensway Office - Boardroom (Kulspai)

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## **Take control of your mental and emotional health!**

Counseling services are now available at the Gitaus Administration Building.

### ***Schedule:***

Tuesdays 11:00 am – 3:00 pm (starting January 31<sup>st</sup>) through Northwest Counseling

Wednesdays 10:00 am – 4:00 pm with Jonathan Whonnack

Thursdays 1:00 pm – 4:00 pm with Kathy Wesley (starting January 26<sup>th</sup>)

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## **Canoe Journey – Youth Workshops**

January 24<sup>th</sup> to 27<sup>th</sup> and January 31<sup>st</sup> to February 3<sup>rd</sup> from 6:00 – 8:00 pm

First session is TOMORROW (Tuesday January 24<sup>th</sup>) at the Youth Centre (Gitaus)

***Attend 4 or more workshops and your name will be entered for a chance to win an Acer Tablet, attend all 8 workshops your name will be entered for a chance to win an iPod Touch!***

Nightly draws and snacks available – come and check it out!

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## **Womens' Wellness Workshops - January 24<sup>th</sup> and 25<sup>th</sup>, 2012 9:30 – 4:00 pm**

*2-Day workshop with Sandy Glover at the Gitaus Admin Building*

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### ***Attn: Social Assistance Clients***

**Please ensure you bring your most recent BC Hydro and PNG bills to the Social Development Office ASAP. Next cheque is January 25<sup>th</sup> 2012.**