Otipaymsowin Reintegration Centre

NCSA
Native Counselling Services of Alberta

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Career Development & Job Entry Support **10 AM – 12 PM** **NCSA Housing First Team** **1 PM – 4 PM** *Support Workers on site	**Resolution Health/ Application Support** **10 AM – 12 PM** **Men's Circle** **1 PM – 4 PM** *Support Workers on site	**Career Development & Job Entry Support** **10 AM – 12 PM** **NCSA Housing First Team** **1PM - 4 PM** *Support Workers on site	**Women's Circle** **Time TBD depending on demand** *Support Workers on site	**Social & Cultural Engagement** **Time TBD depending on demand** *Support Workers on site

RESOURCES & SUPPORTS AVAILABLE MONDAY - FRIDAY

CENTRE & INTAKE HOURS:

Monday, Tuesday, Wednesday & Friday
10:00 AM - 5:00 PM
Closed at Lunch: 12:00 - 1:00 PM

Thursday: 12:00 PM - 7:30 PM
Closed for Break: 3:30 - 4:00 PM

Intake Hours
Monday - Friday
10:00 AM - 12:00 PM
1:00 PM - 4:00 PM

Thursday
1:00 PM - 3:30 PM
4:00 PM - 7:30 PM

ADDITIONAL PROGRAMS & WORKSHOPS THIS MONTH:

Nov 3rd - Women in Skilled Trades NAIT Program Q&A 1:30 PM
Nov 19th - Around the Table 6PM - 7:30PM
Nov 20th - Ambiguous Loss 9:15AM - 12:15PM
Nov 26th - Around the Table 6PM - 7:30PM
Nov 27th - Tea with Kokom 2PM - 5PM

Weekly Workshops OR one-to-one sessions

(Based on demand)

- **Positive Activities**
- **Problem Solving**
- **Managaing Reactions**
- **Helpful Thinking**
- **Healthy Communication**

Relationship Series:

- **Enhancing Communicatiom**
- **Listen To Understand**
- **Boundaries**
- **Relationship With Self**

Please contact us directly to schedule your one-to-one session.

PROGRAM OBJECTIVES & SKILLS LEARNED - NOV. 2026

Tues. Nov. 3	Thurs. Nov. 19	Fri. Nov. 20	Thurs. Nov. 26	Fri. Nov. 27
Explore career pathways into the skilled trades through NAIT's Women Leading and Building Canada's Future program, including apprenticeship opportunities, training options, and available financial supports.	Basic meal preparation, cooking skills, budgeting, preparing affordable meals, and building community connections through shared learning and knowledge.	Recognizing & understanding grief, developing healthy coping strategies, building emotional awareness, learning ways to navigate uncertainty in a safe, supportive group environment.	Develop food preparation skills, explore new recipes, and build confidence in planning and preparing nutritious meals on a budget.	Connect with kokum - strengthening cultural connections, active listening, sharing experiences, building positive relationships & personal well being.

Book your appointment today: OtipaymsowinReintegration@ncsa.ca | (780) 952-2250