

The Cawing Crow Chronicle

Naktaʔsuk January 2026

Grateful to live, learn, and work in the
homelands of the Ktunaxa People.



kiʔsuk kyukyit hu sukiʔqukni kin wamiʔkiʔ Ktunaxa ʔamakʔis

Upcoming

January 15- Pyjama Day

January 16- Non-Instructional Friday

January 20- Winter Activity Day

January 27- Semester 2 Begins

Parkland Information

Get In Touch

1115 2nd Ave S Cranbrook, V1C 2B4

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Elders in Residence

Pheb Goulet
Joan O'Neil
Dorothy Ratch
Mel Ratch
Winnie Vitaliano



Indigenous Websites

Communities:

[?aqam](#)
[Tobacco Plains](#)
[?akisqnuq](#)
[Yaqan Nukiy](#)

Games:

[Indigenous Games for Children \(Youth\)](#)
[Creative Spirits](#)

Languages:

[First Voices](#)
[First Voices Kids \(Ktunaxa Songs and Stories\)](#)
[Michif](#)

Museums:

[Glenbow Museum](#)
[Museum of Anthropology](#)



National Ribbon Skirt Day

A day to recognize the significance of ribbon skirts as symbols of First Nations and Métis identity, resilience, and cultural connection.





NO EXPERIENCE NEEDED. JUST COME AS YOU ARE.

TRANQUILITY TUESDAYS

3:30 PM - 4:30 PM

Learn simple tools to handle stress and anxiety,
sleep better and feel more grounded.



Dungeons & Dragons Group at foundry

His Majesty the Worm TTRPG Campaign

Explore dark dungeons, uncover hidden treasures, and face magical creatures in His Majesty the Worm! Work together, solve challenges, and create your own fantasy adventure as a team

Every 2nd Wednesday
3:30 PM - 5:30 PM





Ktunaxa Kinbasket
Child & Family
Service Society

Paq'mi Nuáyuk
Aboriginal Early Years Services

Kitaktikin
TADAN NUÁYUK INDIGENOUS FAMILY GROUP

Winter Wellness

SUPPORTING EMOTIONAL WELLNESS AND
CONNECTION WITH EARLY YEARS

Join us to start the new year for a gathering with our Mental Wellness team. We'll focus on care, connection, and emotional wellness during the winter season for parents, caregivers and little ones. This is a calm, welcoming space to slow down, connect, and care for one another.

Chief Joseph Center
1007 Baker St Cranbrook
January 9th, 2026
10:30am – 12:30pm

Snacks and connection provided

earlyyears@ktunaxa.org

250-489-4563



Ktunaxa Kinbasket
Child & Family
Service Society



INDIGENOUS ARQ CLIMB AND PARENT CONNECTION

Mondays | 4:00 - 5:30 PM

January 12th - March 9th

Arq Mountain Center

1924 Industrial Road 2, Cranbrook, BC

For Ages 5+

Parents, Guardians & Caretakers Welcome!

SNACKS PROVIDED

Registration:

Starts - January 5/26

Ends - January 23/26

To Register:

Call or Text: 250-464-9176





The Benefits of Journaling

Journaling offers significant mental, emotional, and even physical benefits, including reducing stress/anxiety, improving self-awareness, boosting problem-solving, enhancing memory, and helping achieve goals by providing an outlet for organizing thoughts, processing emotions, gaining perspective, and tracking progress. It's a versatile tool for self-care, fostering creativity, improving cognitive function, and promoting a calmer physiological state.

1. At the start, try not to bite off more than you can chew. Try setting a timer for just 1 or 2 minutes for your journaling session.
2. Start with whatever method is easiest to incorporate into your routine, says Romanoff, like writing in a blank doc on your laptop, using a note-taking app on your phone, or putting pen to paper.
3. Try journaling at the same time every day. You may want to write down your thoughts when you wake up or process the day before bedtime. You can also anchor your journaling to other well-established habits to increase your likelihood of sticking with it.
4. To sharpen your self-awareness, jot down your feelings around a specific situation daily. You might write: This is what happened today. I'm experiencing these feelings about it. I'm thinking these thoughts.
5. Prompts are a powerful way to get to know yourself better. They're also great when you aren't sure what to journal about. <https://www.healthline.com/health/benefits-of-journaling#simple-tools>

YouTube: TopThink- 10 Amazing Benefits of Journaling

<https://www.youtube.com/watch?v=fvKHjA-Rm5Y>

11 min

Journal Prompts

How are you feeling today?

What are you grateful for?

What would make today a good day?

What would you like to accomplish today?

What would you like to make more time for?



What Is Self Care?

Simply looking after yourself – putting time and effort into choosing to do activities that make you feel good and promote happiness and wellbeing.

Self-Care Challenge January

set goals and intentions for the year

write down 5 things you're grateful for

enjoy a home spa evening

listen to an online TED talk

do a home workout session

organise your closets and clothes

cook your favourite dinner

create 3 powerful affirmations

get some me time!

drink water in place of soda

take an outdoor walk 3-4 times a week

read a motivational book

journal your daily thoughts each evening

create a healthy bedtime routine

be sure to get your 5-a-day

buy yourself flowers

try a daily 5 minute meditation

eat a healthy breakfast

go on a winter picnic or beach day

give something back to nature

declutter an area of your home

dance to your favourite music - 10 mins a day

random act of kindness

freshen your space

Wellbeing - Daisies & Pie



BE LIKE A CROW

- collect shiny things
- hop happily down the street for no apparent reason
- scream loudly when you see your friends

~ unknown