

Fraser River Indigenous Society

# BRINGING TRADITION HOME

**OPEN TO ALL SELF-IDENTIFIED INDIGENOUS FAMILIES**

**Facilitator:**

**Cheryl Gabriel**

With Elder in attendance

**Start Date:**

**January 24<sup>th</sup> 2026**

**Saturday mornings  
@ FRIS office**

**9:00 am -  
1:00 pm**

**9 weeks total**

**Lunch Provided**



Fraser River Indigenous Society

**WHAT TO EXPECT:**

**Over 8 sessions,  
caregivers will  
better understand  
traditional values  
and cultural  
practices to help  
them navigate  
raising healthy  
children in today's  
Urban Indigenous  
society.**

**REGISTRATION: ACCESSADMIN@FRISOCIETY.CA**



We recognize the traditional territories of the Katzie and Kwantlen First Nations. We respectfully acknowledge the many nations who are represented by the urban Indigenous population in the Fraser Valley and Metro Vancouver Areas.