

First Helium Inc.

Via SEDAR

August 25, 2022

TO ALL REGULATORS AND EXCHANGES

RE: First Helium Inc. (the "Issuer")
Notice of Meeting and Record Dates

We advise the following with respect to the Issuer's upcoming Meeting of Security Holders:

| | | |
|---|--|----------------------------------|
| 1 | Meeting Type | Annual General & Special Meeting |
| 2 | Record Date for Notice of Meeting | September 19, 2022 |
| 3 | Record Date for Voting (If Applicable) | September 19, 2022 |
| 4 | Beneficial Ownership Determination Date | September 19, 2022 |
| 5 | Meeting Date | November 2, 2022 |
| 6 | Meeting Location | TBA |
| 7 Voting Securities Details | | |
| 8 | Description (Class) | Common |
| 9 | ISIN / CUSIP | CA32050C1059 / 32050C105 |
| 10 Issuer sending proxy related materials directly to Non-Objecting Beneficial Owners (NOBO's) | | |
| | | No |
| 11 Issuer paying for delivery of Objecting Beneficial Owners (OBO's) | | |
| | | No |
| 12 Notice and Access | | |
| | Beneficial Holders | Yes |
| | Registered Holders | Yes |
| 13 | Material Selection | S - All & Special Materials |

Regards,

"Jeff Dare"

Jeff Dare, Corporate Secretary
First Helium Inc.