



# Niiwin Wendaanimak (Four Winds) Indigenous Program

Indigenous Peer & Student Team:  
Rozey, Diane, Lyla, Jeff,  
Shane, & Claudette

## March 2023 — Ziisbaakdoke Giizis — Sugar Moon

Bathurst (QW): 168 Bathurst Street  
Parkdale (PK): 1229 Queen Street West

The third moon of Creation is Sugar Moon, as the maple sap begins to run, we learn of one of the main medicines given to the Anishinaabe which balances our blood and heals us. During this time, we are encouraged to balance our lives as we would our blood sugar levels.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Four Winds Staff Team</b>  <b>Vivian</b>- 416-703-8482 Ext 2426                      Work cell - 647-514-7337  <b>Beth</b>- 416-537-2455 Ext 1281                      Work cell - 416-230-8529  <b>Chantell</b>- 416-703-8482 Ext 2320                      Work cell - 647-779-7401  <b>Karen</b>- 416-703-8482 Ext 2325</p>	<p><b>Support Sessions with Traditional Knowledge Keeper Jacques Nadjiwon</b>  <b>Drop-In Hours</b>                      Monday (PK) &amp; Thursday (QW): 10am-3pm                      Tuesday (PK) &amp; Friday (QW): 9am-4pm                      Wednesday (QW): 12pm-4pm                      Or by appointment 😊</p>	<p>1  <b>Meeting Place Circle</b>                      10am-11am  <b>Bannock Wednesdays &amp; Euchre Tournament (QW)</b>                      4:30pm-6:00pm</p>	<p>2  <b>Dental Drop-In (QW)</b>                      9:30am-12:30pm</p>	<p>3  <b>Four Winds Program (Bathurst) Circle with Dr. Jacque Lavalley</b>                      Program Room, 10am-12:30pm -                      Breakfast &amp; lunch handed out  <b>Nurse Practitioner available for members</b></p>
<p>6  <b>Men's Healing Circle (PK)</b>                      1pm-3pm, Group Room  <b>Traditional Healer Harry Snowboy (PK) – 5 appts available</b></p>	<p>7  <b>Four Winds Program (Parkdale) Drop-In Arts Circle</b>                      10am-12:30pm, meals provided  <b>Traditional Healer Harry Snowboy (PK) – 5 appts available</b></p>	<p>8  <b>Meeting Place Circle</b>                      10am-11am  <b>4 Winds Sweat Lodge</b>                      LEAVE 11am from QW site</p>	<p>9  <b>Dental Drop-In (QW)</b>                      9:30am-12:30pm  <b>Nish Graffiti Group (Bathurst)</b>                      Program Room, 1pm-3pm  <b>Traditional Healer Harry Snowboy (QW) – 5 appts available</b></p>	<p>10  <b>Four Winds Program (Bathurst) Drumming Circle with Kayla Sutherland</b>                      Program Room, 10am-12:30pm -                      Breakfast &amp; Lunch handed out  <b>Nurse Practitioner available for members</b>  <b>Traditional Healer Harry Snowboy (QW) – 5 appts available</b></p>
<p>13  <b>Art Circle &amp; Reservation Dogs Watch Party (PK)</b>                      1pm-3pm, Group Room</p>	<p>14  <b>Four Winds Program (Parkdale) High Park Walk &amp; Drumming Circle</b>                      10am-12:30pm — Outing  <b>LEAVE BY 10:15AM</b>                      Breakfast &amp; Lunch handed out</p>	<p>15  <b>Meeting Place Circle</b>                      10am-11am  <b>Bannock Wednesdays &amp; Crib Night (Bathurst)</b>                      4:30pm-6:00pm</p>	<p>16  <b>Dental Drop-In (QW)</b>                      9:30am-12:30pm  <b>Men's Healing Circle (QW)</b>                      1pm-3pm, Large Group Room  <b>4 Winds Drop-In Tax Clinic (QW)</b>                      ALL DAY – Bring in your T5 + rent info for us please 😊</p>	<p>17  <b>Four Winds Program (Bathurst) Big Drum Song Teachings</b>                      – Garden Space, 10am-12:30pm –                      Breakfast and lunch handed out  <b>Nurse Practitioner available for members</b></p>
<p>20  <b>Quillwork Pins Workshop with Sagatay Kwandibenz</b>                      12pm-3pm</p>	<p>21  <b>Four Winds Program (Parkdale) Spring Equinox Ceremony</b>                      10am-12:30pm — Program Room                      Breakfast &amp; Lunch handed out</p>	<p>22  <b>Meeting Place Circle</b>                      10am-11am</p>	<p>23  <b>Dental Drop-In (QW)</b>                      9:30am – 12:30pm</p>	<p>24  <b>Four Winds Program (Bathurst) Spring Equinox Ceremony with Tim McGregor</b>                      Program Room, 10am-12:30pm –                      Breakfast &amp; lunch handed out  <b>Nurse Practitioner available for members</b></p>
<p>27  <b>Drop-In Movie (Parkdale)</b>                      Group Room, 1pm-3pm  <b>4 Winds Drop-In Tax Clinic (PK)</b>                      ALL DAY, Bring your T5+rent info pls</p>	<p>28  <b>Four Winds Program (Parkdale) Drop-In Bingo</b>                      10am-12:30pm – Garden Space                      Breakfast &amp; lunch handed out</p>	<p>29  <b>Meeting Place Circle</b>                      10am-11am  <b>Nish Graffiti Group (Parkdale)</b>                      Program Room, 1pm-3pm</p>	<p>30  <b>Dental Drop-In (QW)</b>                      9:30am-12:30pm  <b>Men's Healing Circle (QW)</b>                      1pm-3pm, Large Group Room</p>	<p>31  <b>Four Winds Program (Bathurst) Drop-In Games</b>                      Program Room, 10am-12:30pm –                      Breakfast &amp; lunch handed out  <b>Nurse Practitioner available for members</b></p>