

# Niiwin Wendaanimak Indigenous Wellness Program

September 2021 — Mandamin Giizis — Corn Moon —

*The ninth moon of Creation is the Corn Moon, during which time we learn about the cycle of life.  
Each cob of corn has thirteen rows of multicoloured seeds, which represent all the spirits waiting to begin their Earth Walk.  
These will be the future generations for whom we must prepare.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Bathurst Site</b> 168 Bathurst Street (Queen St/Bathurst St) Toronto, ON, M5V 2R4 416-703-8482</p>	<p><b>Parkdale Site</b> 1229 Queen Street West (Queen St W/Dufferin) Toronto, ON, M6K 1L2 416-537-2455</p>	<p>1 <b>Meeting Place Spirit Circle —</b> 10am - 11am  <b>Garden Group – Bathurst Site</b> Gardening Videos – 1pm-3pm</p>	<p>2  <b>PARKDALE QUEEN WEST Community Health Centre</b></p>	<p>3 <b>Bathurst Program – Ribbon Shirt Making @ Bathurst Site</b> Breakfast - 10am, Lunch - 12pm</p>
<p>6 <b>Labour Day – Centre Closed</b></p>	<p>7 <b>Sacred Fire @ Parkdale Program Garden —</b> 10am - 12:30pm Medicines, breakfast &amp; lunch provided!  <b>Healer Harry Snowboy @ Parkdale Site –</b> 3 appointments available</p>	<p>8 <b>Healer Harry Snowboy @ Parkdale Site –</b> 5 appointments available <b>Meeting Place Spirit Circle —</b> 10am - 11am <b>Garden Group — Bathurst Site</b> Cooking Class - 1pm - 3pm</p>	<p>9 <b>Healer Harry Snowboy @ Bathurst Site –</b> 5 appointments available  <b>Feather Teachings via Zoom –</b> 3pm – 5pm</p>	<p>10 <b>Bathurst Site – Ribbon Shirt Making @ Bathurst Site</b> Breakfast - 10am, Lunch - 12pm  <b>Healer Harry Snowboy @ Bathurst Site –</b> 5 appointments available</p>
<p>13 <b>Drop-In Beading Circle @ Bathurst Site, 3rd Floor</b> 2pm - 4pm</p>	<p>14 <b>Sacred Fire @ Parkdale Program Garden —</b> 10am - 12:30pm Medicines, breakfast &amp; lunch provided!</p>	<p>15 <b>Meeting Place Spirit Circle —</b> 10am - 11am <b>Garden Group — Bathurst Site</b> Guest Speaker Isaac Crosby - 1pm - 3pm</p>	<p>16 </p>	<p>17 <b>Bathurst Site – Ribbon Shirt Making @ Bathurst Site —</b> Breakfast - 10am, Lunch - 12pm</p>
<p>20 </p>	<p>21 <b>Equinox Celebrations @ Parkdale Program Garden —</b> 10am - 12:30pm Ceremony with Jacqui Lavalley, traditional feast, and giveaway</p>	<p>22 <b>Garden Group — Bathurst Site</b> Equinox Celebration - 1pm – 3pm  <b>Full Moon Ceremony @ St Anne's Church — 6pm - 8pm</b></p>	<p>23 <b>Drop-In Beading Circle @ Parkdale Site, Program Room</b> 2pm - 4pm</p>	<p>24 <b>Bathurst Site – Equinox Celebrations @ Alexandra Park</b> Breakfast - 10am, Lunch - 12pm Ceremony with Tim McGregor, traditional feast, and giveaway</p>
<p>27 <b>Orange T-Shirt Painting &amp; Collage Workshop —</b> 1pm - 3pm – Garden Space @ Parkdale Site</p>	<p>28 <b>Bingo &amp; Screen Printing @ Parkdale Program Garden Space -</b> 10am - 12:30pm Medicines, breakfast &amp; lunch provided! Indigenous Harm Reduction Kits available for pickup</p>	<p>29 <b>Meeting Place Spirit Circle —</b> 10am - 11am <b>Garden Group — Bathurst Site</b> Feast &amp; Closing with Jacqui Lavalley 1pm – 3pm</p>	<p>30 <b>National Day for Truth &amp; Reconciliation – Centre Closed</b></p>	<p><b>Four Winds Indigenous Program Team</b> Vivian - 416-703-8482 Ext. 2426 Work cell - 647-514-7337 Karen - 416-703-8482 Ext. 2320 Work cell – 647-779-7401 Beth - 416-537-2455 Ext. 1281 Work cell – 416-230-8529</p>