

Niiwin Wendaanimak Wellness Program

January 2018-MNIIDO GIIZIS-SPIRIT MOON

The first moon of Creation is Spirit Moon. It is manifested through the northern lights. It is a time to honor the silence and realize our place within all of Great Mystery's creatures.

Schedule of Events

Four Winds Wellness Program invites you on Friday's for coffee, tea & a light breakfast starting at 9:30 am & a healthy nutritious lunch @ 12:30 pm We work on the "Ethic of Non Interference" of harm reduction & ask that you respect the Seven Grandfather Teachings while attending the program.


January 5th-Elder Jacqui Lavalley-10:30 –12:30-Staff in room: Vivian

January 12th-Danny Beaton, Mohawk Knowledge Keeper-10:30-12:30-Staff in room: Jared

January 19th-Grandmother Kim Wheatley-10:30-12:30-Staff in room: Carlos

January 26th-Welcome Feast at Parkdale Community Health Centre-11:30-2:30



Mon	Tue	Wed	Thu	Fri
1 	2	3 Spirit Circle 10 am Meeting Place	4	5 Jacqui L
8 Outreach worker at Parkdale Site	9	10 Spirit Circle 10 am Meeting Place	11	12 Danny B
15 Outreach worker at Parkdale Site	16	17 Spirit Circle 10 am Meeting Place	18	19 Kim W
22 Outreach worker at Parkdale Site	23	24 Spirit Circle 10 am Meeting Place	25	26 Parkdale CHC Welcome Feast (tentative)
29 Outreach worker at Parkdale Site	30	31 Spirit Circle 10 am Meeting Place		