



OCTOBER 2025



FAMILY PRESERVATION & POST MAJORITY UNIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Maawandoobiwag Men's Wellness Drum Group	2 Sewing Circle Indigenous Crafts	3 Ambe Wiisinin Boxing	4
5	6 Moose Hunt Pimosay Maskode Bishiki Recovery Support	7 Moose Hunt Boxing Spirit Circle	8 Moose Hunt Maawandoobiwag Men's Wellness Drum Group	9 Moose Hunt Sewing Circle Indigenous Crafts	10 Ambe Wiisinin Boxing	11
12	13 THANKSGIVING DAY	14 Boxing Spirit Circle Gidochige	15 Scaabe Day Maawandoobiwag Men's Wellness Drum Group	16 Sewing Circle Indigenous Crafts	17 Ambe Wiisinin Boxing	18
19	20 Pimosay Maskode Bishiki Recovery Support	21 Boxing Spirit Circle Gidochige	22 Sweat Lodge Maawandoobiwag Men's Wellness Drum Group	23 Sewing Circle Indigenous Crafts	24 Ambe Wiisinin Boxing	25
26	27 Moose Hunt Pimosay Maskode Bishiki Recovery Support	28 Moose Hunt Boxing Spirit Circle Gidochige	29 Moose Hunt Maawandoobiwag Men's Wellness Drum Group	30 Moose Hunt Sewing Circle Indigenous Crafts	31 Boxing Karaoke Halloween Edition	

TO REGISTER FOR PROGRAMMING PLEASE EMAIL: Family.Preservation@secfs.ca

Sweat Lodge

Our next Co-ed Sweat Lodge is **October 25 from 9:00am - 5:00pm**
Child minding, transportation & lunch provided.

Indigenous Craft Night

Create a variety of indigenous crafts with Sweet Pea Starr
Thursday's from 5:30pm - 7:30pm
Childminding, transportation, & supper provided.

Boxing

Takes place at the Pan Am Boxing Club at 245 McDermot on
Tuesday's and Friday's from 2:00pm - 3:00pm.
Transportation provided.

Maawandoobiwag

Pre- and perinatal program covering everything from 1st trimester to post birth. Public health nurse visits, cultural and health information, and information on resources. No registration required.
Wednesday's from 2:00pm - 6:00pm
Childminding, transportation, & supper provided.

Scaabe Day

Learn what goes into preparing for a sweat lodge by helping gather Grandfathers, wood and medicines. **October 15 from 9:00am - 5:00pm.** Childminding, transportation & lunch provided.

Ambe Wiisinin

Learn how to cook healthy, budget friendly, and tasty meals with Chef Dmitri Seymour on
October 3, 10, 17 and 24 from 10:30am - 1:00pm
Childminding, Transportation & lunch provided.

Gidochige

Our music program is back! Learn to play instruments, sing, perform and write songs. **Tuesday's - Youth from 4:00pm- 5:30pm and Adults from 6:00pm-7:30pm**
Transportation & supper provided.

Moose Fall Hunt

Learn the fundamental of the moose hunt from offerings, moose calling to cutting and preparing the meat with Dwight Bjork & Wyatt Lincez. **October 6-9 & October 27-30**
All supplies are provided.

Pimosay Maskode Bishiki

Our women's wellness group is held **Monday's from 1:00pm - 3:00pm**

This program will be co-facilitated by Grandmothers Sherry Copenace and Lillian M. Cook with a focus on Anishinaabe teachings and language.
Childminding, transportation, & lunch provided.

Together We're Stronger Recovery Support Group

Monday's from 4:30pm - 7:30pm get access to information and resources about addiction and recovery; reduce isolation, share experiences in a safe place, and build friendships with people who share similar goals and values.
Childminding, transportation, & supper provided.

Men's Wellness

Our men's wellness group is co-facilitated by Clayton Sandy and Hani Ataan
Wednesday's from 4:00pm - 6:00pm
Transportation & supper provided.

Spirit Circle

This group provides a supportive environment where 2SLGBTQ+ individuals connect, share, and explore their identities within a safe place.
Tuesday's from 5:30pm - 7:30pm
Transportation & supper provided.

Drum Group

Learn to sing traditional Anishinaabe songs with Sweet Pea Starr
Wednesday's from 5:30-7:30.
Childminding, transportation, & meals provided.

Karaoke Spooky Edition

A fun filled evening of singing, laughter, great food and prizes for best costumes!
October 31 - Families from 5:00pm - 6:30pm & Adults (18-26) from 6:30pm - 8:00pm
Transportation & supper provided.

Sewing Circle

Join Neepikan Hunt **Thursday's from 1:00pm-3:00pm** to get expert advice on everything from sewing ribbon skirts and shirts to regalia and star blankets! All materials provided.
Childminding, transportation, & lunch provided.