

Sweat Lodge

Our next Co-ed Sweat Lodge is on **August 7 from 9:00-5:00.**
Child minding, transportation & lunch provided.

Indigenous Craft Night

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

Boxing

Takes place at the Pan Am Boxing Club at 245 McDermot on
Tuesdays and Fridays from 2:00 - 3:00.
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.
Wednesdays from 2:00-6:00. No registration required.
Childminding, transportation, & supper provided.

Fishing Friday

Join Dwight Lynceez for a day of fishing - all supplies provided!
August 22 from 4:00 - 8:00.
Childminding, transportation & lunch provided.

Family Fun Day

Looking forward to another fun-filled day of games, laughter, prizes and awesome food at Kildonan Park on **August 26 from 11:00 - 3:00.**
Our theme this month is "Back to School"
Transportation & lunch provided.

Medicine Picking

Harvest sage, sweetgrass, cedar or weekay during our medicine picking day **August 6 from 10:00 - 4:00.**
Childminding, transportation & lunch provided.

Pimosay Maskode Bishiki

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

Mondays from 4:30-7:30 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

Men's wellness group is taking a break in August and will resume in September.

Spirit Circle

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

Drum Group

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

Journey of Grief and Loss

Join Elder Don Robinson in this six week series on grief and loss.
Tuesdays from 11:00 - 3:00 with graduation on August 19.
Child minding, lunch & transportation provided.

Sewing Circle

Join Neepikan Hunt **Mondays from 10:00-2:00** to get expert advice on everything from sewing ribbon skirts and shirts to regalia and star blankets! All materials provided.
Childminding, transportation, & lunch provided.