



# MAY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Boxing	2
3	4 Recovery Support	5 Boxing Live Good	6 Drum Group Fire Inside Men's Wellness Crafts w/ Alisha	7 Tax & Status Card Clinic Heartfulness Indigenous Craft Night	8 Strong Hearts, Strong Minds Boxing Medicine Rides w/ Wyatt	9
10	11 Pimosay Maskode Recovery Support Building Healthy Fathers	12 Spirit Circle Boxing Live Good Building Healthy Fathers Healthy Energy	13 Drum Group Fire Inside Men's Wellness Building Healthy Fathers Healthy Energy	14 Heartfulness Indigenous Craft Night Building Healthy Fathers	15 Strong Hearts, Strong Minds Boxing Building Healthy Fathers	16
17	18 OFFICE CLOSED	19 Spirit Circle Boxing Live Good Building Healthy Fathers	20 Drum Group Fire Inside Shawls w/ Neepy Building Healthy Fathers	21 Heartfulness Indigenous Craft Night Building Healthy Fathers	22 Strong Hearts, Strong Minds Boxing Building Healthy Fathers Medicine Rides w/ Wyatt	23
24	25 Pimosay Maskode Recovery Support Building Healthy Fathers Employability Skills	26 Spirit Circle Boxing Live Good 7 Parenting	27 Shawls w/ Neepy Men's Wellness Drum Group Fire Inside	28 Heartfulness Indigenous Craft Night	29 Strong Hearts, Strong Minds Boxing	30
TO REGISTER FOR PROGRAMING, PLEASE EMAIL: <a href="mailto:FAMILY.PRESERVATION@SECFS.CA">FAMILY.PRESERVATION@SECFS.CA</a>						

### **Boxing**

Takes place at the Pan Am Boxing Club at 245 McDermot on  
**Tuesdays and Fridays from 2:00 - 3:00 pm.**  
Transportation provided.

### **Strong Hearts, Strong Minds (NEW COHORT)**

A 7 week journey of self-awareness, emotional exploration, and personal growth through the guidance of the Seven Sacred Teachings. **Fridays, 1:00-3:00 pm**

### **Fire Inside- Music Program**

An ongoing Wednesday evening (5-8 PM) workshop exploring music creation—learn to make beats, play keyboard, piano, or guitar, read music, and dive into recording and songwriting. Open to all—participants can join anytime.

### **Drum Group**

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

### **Indigenous Craft Night - Sweet Pea Starr**

Enjoy an evening of creativity and culture Thursday nights  
**from 5:30-7:30 PM.** Transportation and child-minding are available.

### **Healthy Energy**

2 DAY workshop (10:00-3:00 PM) focused on healthy ways to release anger, explore creative outlets, manage emotions, and build mindful awareness.  
Transportation and childminding provided,

### **Ceremony Shawls with Neepy**

Join us from **1-3 pm for this 3-session** workshop and create your own beautiful ceremony shawl with Neepy. Childminding, transportation, & supper provided.

### **Status Card, Income Tax, CSA Application Clinic**

Southeast Community members can meet at 470 Notre Dame to have your income tax completed, status renewed or apply, or get assistance with CSA application. **Available from 10-3 PM.**

### **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.

### **Heartfulness**

An ongoing Thursday evening workshop (5-7 PM) focused on self-kindness, self-care practices, understanding emotions, and celebrating the gifts of girls and women.  
Childminding, dinner and transportation provided.

### **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.

### **Live Good**

An ongoing Tuesday evening workshop focused on making healthy choices, managing emotions, exploring natural healing, and building a balanced, fulfilling life.  
Open to all—participants can join anytime. Transportation, child-minding and dinner provided.

**Tuesdays from from 5:00-7:00 PM.**

### **Building Healthy Fathers**

Learning about the role of fathers and how to best support your family. This will be a 10-session workshop from **5:00 - 7:00pm**, evening session starting May 11, 2026.

### **Crafts with Alisha**

Join Alisha Bigelow from **1-3PM** for a fun, hands-on session, where you'll create your own craft to take home.

### **Medicine Rides w/ Wyatt Lincez**

Join Wyatt for a land based health and wellness program, featuring seasonal activities, like cedar picking, cultural walks, netting fish, or gathering grandfather stones. **10-3 PM.**  
Transportation & Food Provided.

### **Employability Skills**

Prepare your resume and learn about conducting a job search.  
**10-12 PM**  
Transportation and Childminding available.

### **Rule of 7 Parenting**

Learn how to Incorporate 7 teachings into your parenting style with Alisha Bigelow. Also, special moments of mindfulness for yourself and children.  
**1 DAY SESSION- 10-3 PM**