

February 2018-Mkwa-giizis (Bear Moon) The second moon of Creation is Bear Moon, when we honor the vision quest that began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound.

This moon also gives us a special teaching about the birth of bear cubs.



Queen West Site
168 Bathurst Street
416 703 8482 ext: 2426

Niiwin Wendaanimak Wellness Program

Schedule of Events

- February 2nd-Drop-In “casual snack & chat” - 10:30-1:00 for coffee, muffins & card games / movie
- Friday February 9th-Elder Jacqui Lavalley-10:30-12:30 for circle/teachings
- Friday February 16th-Danny Beaton-10:30-12:30, Mohawk Knowledge Keeper for circle/teachings
- Friday February 23rd- **BOWLING OUTING**– 9:30-10:30 Breakfast-please sign up at front desk or with Vivian

Depart Health Centre by 10:45 on ttc to Glencairn Bowlerama-2788 Bathurst Street, tokens will be provided & lunch

(Four Winds)Niiwin Wendaanimak Wellness Program invites you 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 pro-



Mon	Tue	Wed	Thu	Fri
			1	2 Drop in Hours– 10:30-1:00 NEW
5 Outreach worker at Parkdale Site 10-6	6	7 Meeting Place Spirit Circle-10 am	8 Outreach worker at Parkdale 3-6	9 Elder Jacqui
12 Outreach worker at Parkdale Site 10-6	13	14 Meeting Place Spirit Circle-10 am	15 Outreach worker at Parkdale 3-6	16 Danny Beaton- Mohawk knowledge Keeper
19 FAMILY DAY STAT CLOSED	20	21 Meeting Place Spirit Circle-10 am	22 Outreach worker at Parkdale 3-6	23 Bowling Outing- 2788 Bathurst St
26 Outreach worker at Parkdale Site 10-6	27	28 Meeting Place Spirit Circle-10 am		