



Namebine -Giizis - Sucker Moon (April) First Nation Pre/Postnatal Nutrition Program 2018



**Toronto
COUNCIL FIRE
Native Cultural
Centre**

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Susan Cada
Prenatal Nutrition
Coordinator
Ext 225
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9:30am - 5:30pm

Facebook: Toronto
Council Fire - Family
Nurturing Program

All programming is geared towards Mothers/Fathers during pregnancy and after birth, until baby is 6 months.

Events and programming may change without notice. Please call in advance to confirm all dates and times

Special events are geared towards regular program participants

Mon	Tue	Wed	Thu	Fri
2 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	3 YMCA 10:00am -12:00pm Drop-in 2pm - 4pm	4 <i>Wellness Fair</i> <i>1pm—3pm</i>	5 Crafts 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:00pm	6 ADMIN DAY
9 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	10 YMCA 10:00am-12:00pm Drop in 2:00pm - 4:00pm	11 Drop In 10:30am - 12:30pm Prenatal Group 2:00pm - 4:00pm	12 NO PROGRAM	13 NO PROGRAM
16 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	17 YMCA 10:00am-12:00pm Nobody's Perfect 2:00pm - 4:00pm	18 Regalia Workshop 10:30am - 12:30pm Prenatal Group 2:00pm - 4:00pm	19 Crafts 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:30pm	20 ADMIN DAY
23 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	24 YMCA 10:00am-12:00pm Nobody's Perfect 2:00pm - 4:00pm	25 Regalia Workshop 10:30am - 12:30pm Prenatal Group 2:00pm - 4:30pm	26 Crafts 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:00pm	27 ADMIN DAY
30 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	<i>The fourth moon of Creation is Sucker Moon, when sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm, it purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers.</i>			



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