



Ode'miin-Giizis - Strawberry Moon (June) First Nation Pre/Postnatal Nutrition Program 2018



Mon	Tue	Wed	Thu	Fri
<p>The sixth moon of Creation is Strawberry Moon. The medicine of the strawberry is reconciliation. It was during this moon cycle that communities usually held their annual feasts, welcoming everyone home, regardless of their differences over the past year, letting go of judgment and/or self righteousness. The strawberry is the first berry to ripen. It is thought to be a good medicine for the heart and the teeth</p>				1 ADMIN DAY
4 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	5 YMCA (parents & tots) 10:00am -12:00pm Regalia (closed group) 2pm - 4pm	6 Crafts 10:30am - 12:30pm Prenatal Program 2:00pm - 4:00pm	7 Regalia (closed group) 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 5:00pm	8 <i>BBQ @ BEACH</i> <i>(sign up only)</i>
11 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	12 YMCA 10:00am -12:00pm Regalia (closed group) 2pm - 4pm	13 Crafts 10:30am - 12:30pm Prenatal Program 2:00pm - 4:00pm	14 Regalia (closed group) 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 5:00pm	15 YMCA 10am-12pm Admin - PM
18 <i>Father's Day</i> <i>(invite only)</i>	19 YMCA(parents & tots) 10:00am -12:00pm Regalia (closed group) 2pm - 4pm	20 <i>Outing to ROM</i> <i>(sign-up required)</i>	21 <i>NATIONAL INDIGENOUS DAY</i> <i>Holiday</i>	22 YMCA 10am-12pm Admin - PM
25 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm - 4:00pm	26 YMCA (parents & tots) 10:00am -12:00pm Regalia (closed group) 2pm - 4pm	27 <i>Eastview Pow-wow</i> <i>10am - 5pm</i>	28 Regalia (closed group) 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 5:00pm	29 <i>Outing</i> <i>(invite only)</i>

Toronto **COUNCIL FIRE** Native Cultural Centre

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Pre/Postnatal
Nutrition Coordinator

416-360-4350 X.225
pnc@councilfire.ca
Monday - Friday
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.

Special events are geared towards regular program participants



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