



# Waawaaskone-Giizis - Flower Moon (May) First Nation Pre/Postnatal Nutrition Program 2018



The fifth moon of Creation is Flower Moon, where all plants display their Spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.

**Toronto  
COUNCIL FIRE  
Native Cultural  
Centre**

439 Dundas Street E.  
Toronto, ON M5A2B1  
SW Corner of  
Parliament & Dundas

Susan Cada  
Pre/Postnatal Nutrition  
Coordinator

416-360-4350 Ext 225  
Fax: 416-360-5978  
pnc@councilfire.ca  
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

| Mon   | Tue  | Wed  | Thu   | Fri  |
|---|--|--|---|--|
|   | 1<br>YMCA<br>10:00am - 12:00pm<br>Nobody's Perfect<br>2:00pm - 4:00pm  | 2<br>Crafts<br>10:30am - 12:30pm<br>Prenatal Program<br>2:00pm - 4:00pm  | 3<br>Regalia (closed group)<br>10:30am - 12:30pm<br>Home/Hospital Visit<br>2:00pm - 5:00pm  | 4<br>ADMIN<br>DAY                                    |
| 7<br>Community Kitchen<br>10:30am - 1:00pm<br>Postnatal Group<br>2:00pm - 4:00pm  | 8<br>YMCA<br>10:00am - 12:00pm<br>Nobody's Perfect<br>2:00pm - 4:00pm  | 9<br>Crafts<br>10:30am - 12:30pm<br>Prenatal Program<br>2:00pm - 4:00pm  | 10<br>Regalia (closed group)<br>10:30am - 12:30pm<br>Home/Hospital Visit<br>2:00pm - 5:00pm | 11<br><u>Mothers Day<br/>Event<br/>(invite only)</u> |
| 14<br>Community Kitchen<br>10:30am - 1:00pm<br>Postnatal Group<br>2:00pm - 4:00pm | 15<br>YMCA<br>10:00am - 12:00pm<br>Nobody's Perfect<br>2:00pm - 4:00pm | 16<br>Crafts<br>10:30am - 12:30pm<br>Prenatal Program<br>2:00pm - 4:00pm | 17<br>Regalia (closed group)<br>10:30am - 12:30pm<br>Home/Hospital Visit<br>2:00pm - 5:00pm | 18<br>ADMIN<br>DAY                                   |
| 21<br><b>VICTORIA DAY</b><br><br><b>CF CLOSED</b>                                 | 22<br>YMCA<br>10:00am - 12:00pm<br>Nobody's Perfect<br>2:00pm - 4:00pm | 23<br>Crafts<br>10:30am - 12:30pm<br>Prenatal Program<br>2:00pm - 4:00pm | 24<br>Regalia (closed group)<br>10:30am - 12:30pm<br>Home/Hospital Visit<br>2:00pm - 5:00pm | 25<br>ADMIN<br>DAY                                   |
| 28<br>Community Kitchen<br>10:30am - 1:00pm<br>Postnatal Group<br>2:00pm - 4:00pm | 29<br>YMCA<br>10:00am - 12:00pm<br>Nobody's Perfect<br>2:00pm - 4:00pm | 30<br>Crafts<br>10:30am - 12:30pm<br>Prenatal Program<br>2:00pm - 4:00pm | 31<br>Regalia (closed group)<br>10:30am - 12:30pm<br>Home/Hospital Visit<br>2:00pm - 5:00pm |  |



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