



Mkwa-Giizis - Bear Moon (February) First Nation Pre/Postnatal Nutrition Program 2018



Mon	Tue	Wed	Thu	Fri
<p>The second moon of Creation is Bear Moon, when we honour 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. In February, there is one morning when there is a heavy fog in the air and the traditional person knows that this is happening.</p>			<p>1 Crafts v-day cards 10:30am-12:30pm Home/Hospital Visit 2:00pm-4:00pm</p>	<p>2 ADMN DAY</p>
<p>5 <i>Special Outing (invite only)</i></p>	<p>6 7 Staff Training — no programming</p>		<p>8</p>	<p>9 ADMN DAY</p>
<p>12 Community Kitchen v-day chocolates 10:30am-1:00pm Postnatal 2:00pm - 4:00pm</p>	<p>13 YMCA 10:00am-12:00pm Diabetes Prevention 2:00pm - 4:00 pm</p>	<p>14 Making the Connection 10:30am-12:30pm Prenatal Group 2:00pm-4:00pm</p>	<p>15 Crafts 10:30am-12:30pm Home/Hospital Visit 2:00pm-4:00pm</p>	<p>16 FAMILY DAY OUTING (sign up)</p>
<p>19 FAMILY DAY CF CLOSED</p>	<p>20 YMCA 10:00am-12:00pm Diabetes Prevention 2:00pm - 4:00 pm</p>	<p>21 Making the Connection 10:30am-12:30pm Prenatal Group 2:00pm-4:00pm</p>	<p>22 Crafts 10:30am-12:30pm Home/Hospital Visit 2:00pm-4:00pm</p>	<p>23 ADMIN DAY</p>
<p>26 Community Kitchen 10:30am - 1:00pm Postnatal 2:00pm - 4:00pm</p>	<p>27 YMCA 10:00am-12:00pm Diabetes Prevention 2:00pm - 4:00 pm</p>	<p>28 Making the Connection 10:30am-12:30pm Prenatal Group 2:00pm-4:00pm</p>	<p> Public Health Agency of Canada Agence de santé publique du Canada</p>	

**Toronto COUNCIL
FIRE Native
Cultural Centre**

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Susan Cada
Pre/Postnatal Nutrition
Coordinator
Ext 225
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.

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*