



Ode'miin-Giizis - Strawberry Moon (June) First Nation Pre/Postnatal Nutrition Program 2019



Mon	Tue	Wed	Thu	Fri
3 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm-4:00pm	4 YMCA (Parents & Tots) 10:00am-12:00pm Staff Development PM (No programming)	5 Art Therapy 10:00am-12:00pm Home/Hospital Visit 2:00pm-5:00pm	6 Crafts 10:30-12:30pm Prenatal Group 2:00pm-4:00pm	7 BBQ @ BEACH <i>(sign up only)</i>
10 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm-4:00pm	11 YMCA (Parents & Tots) 10:00am-12:00pm Staff Development PM (No programming)	12 Staff Training No programming	13 Fathers Day Celebration <i>(sign up only)</i>	14 YMCA 10am-12pm Admin - PM
17 Staff Training No programming	18 FORT YORK FESTIVAL (everyone welcome)	19 FORT YORK FESTIVAL (everyone welcome)	20 FORT YORK FESTIVAL (everyone welcome)	21 First Nations Day CF closed
24 Community Kitchen 10:30am -1:00pm Postnatal Group 2:00pm-4:00pm	25 YMCA (Parents & Tots) 10:00am-12:00pm Staff Development PM (No programming)	26 EASTVIEW POW WOW 10am-5om	27 Crafts 10:30-12:30pm Council Fire AGM	28 ADMIN DAY

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.

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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



Public Health
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