



# Bashkakodin-Giizis - Freezing Moon (November) First Nation Pre/Postnatal Nutrition Program 2017



Mon	Tue	Wed	Thu	Fri
<p><i>The Freezing Moon is a time when the Star Nation is closest to us. As every creature and being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.</i></p>		<p>1 Positive First Nations Parenting 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:30pm</p>	<p>2 Crafts 10:30am - 12:30pm Pre/Postnatal Group 2:00pm - 4:00pm</p>	<p>3 ADMIN DAY</p>
<p>6 Community Kitchen 10:30am - 1:00pm Drop In 2:00pm - 4:00pm</p>	<p>7 YMCA 10:00am-12:00pm Making the Connection 2:00pm - 4:00pm</p>	<p>8 Positive First Nations Parenting 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:30pm</p>	<p>9 Crafts 10:30am - 12:30pm Pre/Postnatal Group 2:00pm - 4:00pm</p>	<p>10 ADMIN DAY</p>
<p>13 Community Kitchen 10:30am - 1:00pm Drop In 2:00pm - 4:00pm</p>	<p>14 YMCA 10:00am-12:00pm Making the Connection 2:00pm - 4:00pm</p>	<p>15 Positive First Nations Parenting 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:30pm</p>	<p>16 Crafts 10:30am - 12:30pm Pre/Postnatal Group 2:00pm - 4:00pm</p>	<p>17 <b>SCIENCE CENTER</b> <i>sign up required</i></p>
<p>20 Community Kitchen 10:30am - 1:00pm Drop In 2:00pm - 4:00pm</p>	<p>21 YMCA 10:00am-12:00pm Making the Connection 2:00pm - 4:00pm</p>	<p>22 Positive First Nations Parenting 10:30am - 12:30pm Home/Hospital Visit 2:00pm - 4:30pm</p>	<p>23 Crafts 10:30am - 12:30pm Pre/Postnatal Group 2:00pm - 4:00pm</p>	<p>24 ADMIN DAY</p>
<p>27 Community Kitchen 10:30am - 1:00pm Drop In 2:00pm - 4:00pm</p>	<p>28 <i>Royal Ontario Museum Outing</i> <i>Sign up required</i></p>	<p>29 <b>Parenting Group Graduation (invite only)</b> 12pm - 3pm</p>	<p>30 Crafts 10:30am - 12:30pm Pre/Postnatal Group 2:00pm - 4:00pm</p>	<p>31 ADMIN DAY</p>

**Toronto COUNCIL FIRE Native Cultural Centre**

439 Dundas Street E.  
Toronto, ON M5A2B1  
Phone: 416-360-4350

Susan Cada  
Prenatal 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*