

Child & Family Programs

Land based Activities

Winter

- Ice Fishing
- Snaring Rabbits
- Snowshoeing
- Cooking outdoors
- Tracking
- Trapping
- Feast

Fall

- Ricing
- Hunts – moose, goose
- Harvesting
- Feast

Spring

- Garden Prep
- Fishing
- Feasts - outdoors

Summer

- Pow Wows
- Camping trips
- Fishing
- Medicine Picking
- Gardening
- Berry Picking
- Boating
- Feasts – outdoors

Cultural Programming

- Regalia making – skirts, shirts, vests, etc.
- Drumming Circles
- Language Tables
- Tikinagan / Moss bags / Drums / Drum bags / Paint Night
- Beading Circles
- Sewing Circles – moccasin / mitts making
- Story telling – talking circles
- Pow Wow Dancing - singing
- Cooking with cultural foods
- Teachings & Ceremonies – naming, smudging,
- Wood working / basket making

Community Partners

- Community agencies – Health Teams, Family Prevention,
- Community groups – Youth, Elders, Wellness, Cultural Centre,
- Outside agencies – Health Teams, Children Services
- Outside groups – Friendship Centres,