

April 2016– Sucker Moon



Sun Mon Tue Wed Thu Fri Sat

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3	4 Staff Meeting 10am-12 Red Zone (Jr) 3:30-5:00	5 One on one/ Family Sessions	6 Red Zone (Int) 3:30-5:00	7 Parenting 9:30-12 @ MNO	8 Admin	9
10	11	12 (Planting Seeds) Jr Youth Group 4:30-6:30	13 (yoga) Int Youth Group 4:30-6:30	14 Parenting 9:30-12 @ MNO	15 Youth Wellness Workshop	16
17	18 Red Zone (Jr) 3:30-5:00	19 One on one/ Family Sessions	20 GFB Delivery Red Zone (Int) 3:30-5:00	21 Parenting 9:30-12 @ MNO	22 Admin	23
24	25 Red Zone (Jr) 3:30-5:00	26 One on one/ Family Sessions	27 Red Zone (Int) 3:30-5:00	28 Parenting 9:30-12 @ MNO	29 Admin Coffee House 5pm-9pm	30

INDIGENOUS CHILDREN'S WELLNESS PROGRAM

The Fourth moon of creation is the **Sucker Moon**, when sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm it purifies a path for the Spirits and cleanses all our water beings. During this time we can become healed healers.

Please *Contact Emily Guarino* to *register* you or your child for a program, Or a one on one/family session.

Emily Guarino
Indigenous Children's Wellness Program
Georgian Bay Native Friendship Centre
175 Yonge Street, Midland Ont
705-526-5589 Ext 261

Fitness Classes at GBNFC (\$2/class):

- Yoga– Wednesdays 6pm-7pm
- Zumba– Tuesdays/Thursdays 6pm-7pm, 7pm-8pm
- Boot Camp– Mondays 7pm-8pm