



Shkagamik-Kwe

HEALTH CENTRE

Endji-wendji    
Celebrating the elements

2024
GIIZISOOG-MIZINIGAN
Calendar

Mino-bimaadiziwin

The good life

The four elements symbolize
the changes that take place
throughout each season.
Life goes full circle.





Aki (Earth) is our first Mother. Her soil, water, air, and energy nourish us.



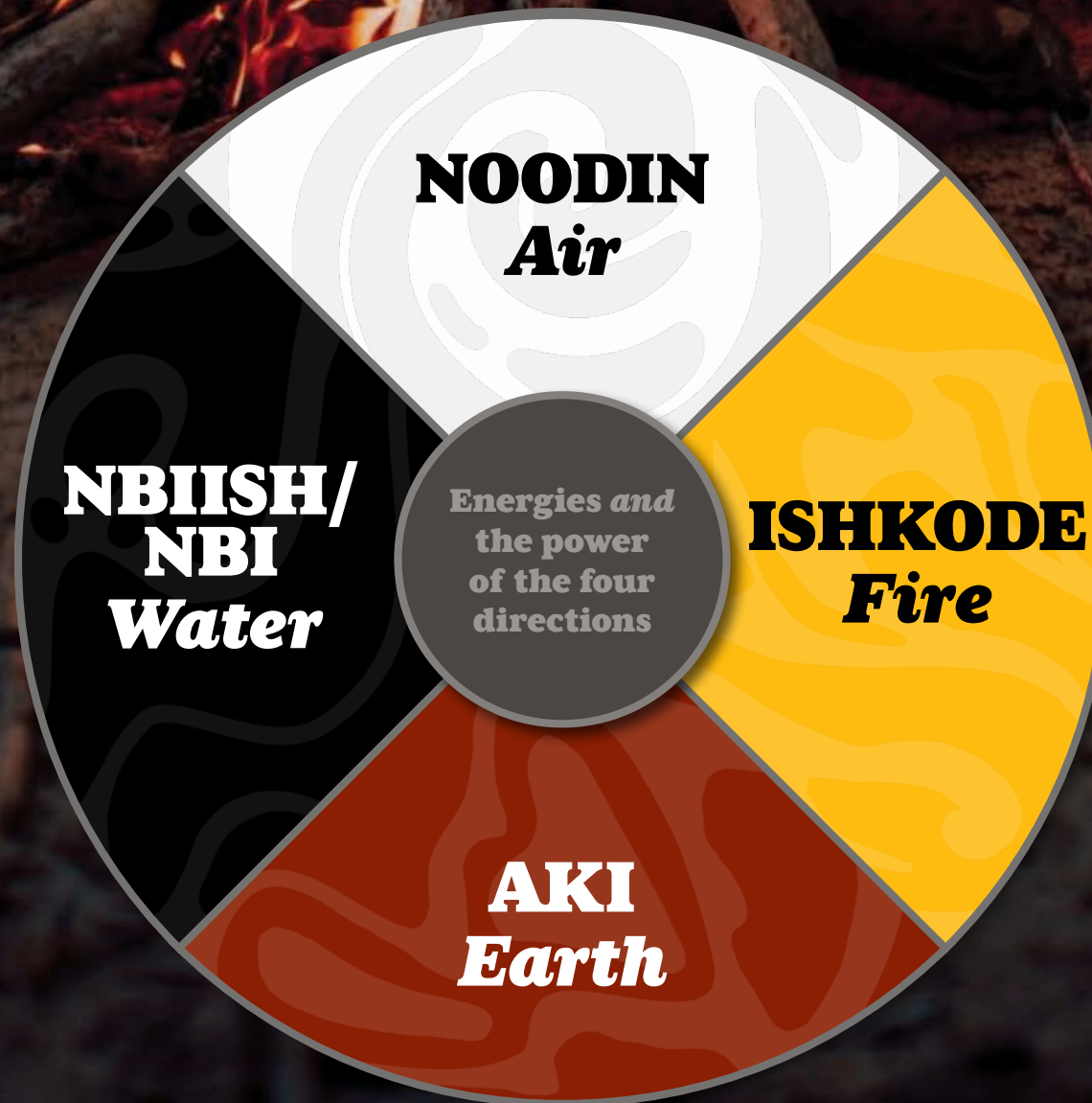
Nbiish/Nbi (Water) is the lifeblood of Mother Earth.



Noodin (Air) is Nesewin, Creator's first breath.



Ishkode (Fire) is inside all of us and given to us by the Creator.



Anishinaabe are seasonal people and as the elements change within each season, we heal with the elements and they also heal. This is reciprocal healing.



GIIWED- NOODIN

North Wind

Bboon Giiwednoodin is a time when the cold air comes in to help with healing, including individual healing. The veil is thin between the spirit realm and the earth realm. This allows for our ancestors and the spirits to guide us through the healing that is needed. We see that our Misho-Bboon places the most beautiful healing blanket on Mother Earth.

Misho-Bboon

Grandfather Winter

Zoogpo

It is snowing

Goonens

Snowflake

**Bekaate, pii nesewin biidoot
Giiwednong wii noojimayiing.**

It is a sacred time when the healing
breath of the north wind arrives.

DECEMBER 2023
S M T W T F S
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3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
31

Mnidoo Giizis

Spirit Moon | January 2024

FEBRUARY 2024
S M T W T F S
1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHGAD Saturday
	New Year's Day 1	2	3	4	5	6
7	Yoga (CC) 8	Beading Group (CC) Fitness Health (YMCA) Living Well with Diabetes (CC) 9	Boys Big Drum (CC) 10	Fitness Health (YMCA) Men's Group (MC) 11 ●	Bowling (PB) 12	13
14	Weight Loss Support Group (CC) Yoga (CC) 15	Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) Quit Smoking Café (CC) Traditional Craft Night (CC) 16	Boys Big Drum (CC) Lunch and Learn (CC) Parent Support Virtual Series (Z) 17 ◐	Anishinaabemowin Class (CC) Cooking for One (CC) Fitness Health (YMCA) 18	19	20
21	Yoga (CC) 22	Beading Group (CC) Fitness Health (YMCA) 23	Boys Big Drum (CC) FASD Community Kitchen (CC) 24	Bezhgoogzhii Equine Program (W) Fitness Health (YMCA) Men's Group (MC) 25 ○	Bezhgoogzhii Equine Program (W) Friday Night Workshop (CC) 26	27
28	Weight Loss Support Group (CC) Yoga (CC) 29	Beading Group (CC) Fitness Health (YMCA) Mental Health Paint Social (CC) Mishko-Ode-Wendam Sharing Circle (CC) Youth Drop-In (CC) 30	Boys Big Drum (CC) Cooking with Kids (Zoom) Nutrition Bingo (CC) 31			

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MKWA-MNIDOO NESEWIN

Mkwa's Breath

During this time, we honour Mkwa—the bear and breath. We look for the winter mist in the trees. It is said that this is the first breath when the cubs are born. We know mother bear has turned over and there is now new life. The cubs open the doorway for all of the other beings to create new life.

Mkomi-awan

Mist

Wan

Fog

**Mkwa nesewin zhiibaaminaagod
pii beshaa giizhigoong minwaa
Shkagmikwe nkeshtaadwad. Mkwa
nokii epiichi nibaad, bwaajige, zhitoon
mishkiki waani nakaazaang.**

The bear's breath is clear—this is when the Sky World and Mother Earth greet one another. Medicine is replenished as Mkwa does his work during sleep.

JANUARY 2024
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7 8 9 10 11 12 13
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28 29 30 31

Mkwa Giizis

Bear Moon | February 2024

MARCH 2024
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17 18 19 20 21 22 23
24 25 26 27 28 29 30
31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
				Fitness Health (YMCA) Seasonal Cooking (CC) 1	Groundhog Day PD Day Activity (TBD) 2	3
4	Yoga (CC) 5	Anishinaabe Aadzowin Minwaa Mnidoo Aadzowin Mental Health Wellness Series (CC) Beading Group (CC) Fitness Health (YMCA) Mental Health Winter Blues (CC) 6	Boys Big Drum (CC) Labour and Birth Night (MC) 7	Feasting the Bear (CC) Fitness Health (YMCA) Men's Group (MC) 8	Bowling (PB) 9	10
11	Weight Loss Support Group (CC) Yoga (CC) 12	Beading Group (CC) Fitness Health (YMCA) Living Well with Diabetes (CC) Mishko-Ode-Wendam Sharing Circle (CC) Quit Smoking Café (CC) 13	Valentine's Day Boys Big Drum (CC) 14	Anishinaabemowin Class (CC) Fitness Health (YMCA) 15	16	17
18	Family Day Offices closed 19	Fitness Health (YMCA) Traditional Craft Night (CC) 20	Boys Big Drum (CC) FASD Community Kitchen (CC) Lunch and Learn (CC) 21	Bezhoogzhii Equine Program (W) Cooking for One (CC) Fitness Health (YMCA) Men's Group (MC) Youth Drop-In (CC) 22	Bezhoogzhii Equine Program (W) 23	FASD Wagon Wheel (TBD) 24
25	Weight Loss Support Group (CC) Yoga (CC) 26	Beading Group (CC) Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) Quit Smoking Café (CC) 27	Boys Big Drum (CC) Cooking with Kids (Zoom) Nutrition Bingo (CC) 28	Fitness Health (YMCA) Mental Health Paint Social (CC) 29		

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GIIZIS *Sun*

Nimishoomis Giizis brings us light every new day, guiding us forward on our life path, encouraging us with Creator's love and warmth, and love for all life beings, as well as gifting us with the energy to continue to grow as life reaches for new things found.

Biidaaban

Sunrise

Bangishimon

Sunset

**Eshkom Naabidin Giizis minowaasege
giji goon miigozhigwa wiini aansek
gojiing ezhiwebak, aangwaamizi jii bwaa
giizhoowasget Boopoogami Giizis.**

The sun glistens on the snow's crust as Naabidin Giizis (Broken Snowshoe Moon) is changing and careful how much heat it brings.

FEBRUARY 2024
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11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29

Naabidin Giizis/Boopoogame Giizis

Snow Crust Moon/Broken Snowshoe Moon | March 2024

APRIL 2024
S M T W T F S
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14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
					1	2
3 	4 Yoga (CC)	5 Beading Group (CC) Fitness Health (YMCA) FASD Parent Support Virtual Series (Z)	6 Boys Big Drum (CC)	7 Men's Group (MC) Fitness Health (YMCA) Seasonal Cooking (CC)	8 Bowling (PB)	9
10 	11 Weight Loss Support Group (CC) Yoga (CC)	12 Beading Group (CC) Fitness Health (YMCA) Living Well with Diabetes (CC) Mishko-Ode-Wendam Sharing Circle (CC) Quit Smoking Café (CC)	13 FASD Community Kitchen (CC)	14 Fitness Health (YMCA)	15	16
17 St. Patrick's Day 	18 Yoga (CC)	19 Spring Equinox Fitness Health (YMCA) Traditional Craft Night (CC)	20 Boys Big Drum (CC) Lunch and Learn (CC)	21 Anishinaabemowin Class (CC) Men's Group (MC) Fitness Health (YMCA) Cooking for One (CC)	22 Friday Night Workshop (CC)	23
24 Weight Loss Support Group (CC) Yoga (CC)	25	26 Beading Group (CC) Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) Mental Health Paint Social (CC) Quit Smoking Café (CC) Youth Drop-In (CC)	27 Boys Big Drum (CC) Cooking with Kids (Zoom) Nutrition Bingo (CC)	28 Bezhoogzhii Equine Program (W) Fitness Health (YMCA)	29 Good Friday Offices closed Bezhoogzhii Equine Program (W)	30
31 Easter						

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ISHKODE

Fire

Our Oshkaabewis Nini Wok (male Helpers) have been given the rights and responsibly to care for and protect Ishkode. When our sacred fires are being lit, they ensure that these responsibilities are passed on to the younger generations. They also acknowledge the many different ceremony fires and how to work with each one.

Boodwe

To make fire

Ganawishkodawe

S/he tends to the fire

**Bokwaagmi Giizis minwaa
Ziisibaakdadake Giizis maajii
giizhoowaasigewok epiichi
giizhigak minwaa naakshik geyaabi
kisina. Nizhiitaawag ninaatigook
wiimiigwewat mishkikiwaaboo.**

The moons bring the warmth during the day and the cold at night. The maple trees prepare their medicine drink.

MARCH 2024
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Bokwaagmi Giizis/Ziisibaakadake Giizis

Broken Snowshoe Moon/Maple Sugar Moon | April 2024

MAY 2024
S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
	Easter Monday <i>Offices closed</i> 1	Beading Group (CC) 2 Fitness Health (YMCA)	3	Boys Big Drum (CC) 4 Fitness Health (YMCA) Men's Group (MC) Seasonal Cooking (CC)	5	6
7	Weight Loss Support Group (CC) 8	Beading Group (CC) 9 Fitness Health (YMCA) Living Well with Diabetes (CC) Mishko-Ode-Wendam Sharing Circle (CC) Quit Smoking Café (CC)	10	Fitness Health (YMCA) 11	Bowling (PB) 12	13
14	Yoga (CC) 15	Fitness Health (YMCA) 16 Traditional Craft Night (CC)	Lunch and Learn (CC) 17	Anishinaabemowin Class (CC) 18 Bezhgoogzhii Equine Program (W) Cooking for One (CC) Fitness Health (YMCA) Men's Group (MC)	Bezhgoogzhii Equine Program (W) 19 PD Day Activity (TBD)	20
21	Weight Loss Support Group (CC) 22 Yoga (CC)	Beading Group (CC) 23 Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) Quit Smoking Café (CC)	Cooking with Kids (Zoom) 24 Nutrition Bingo (CC)	Bezhgoogzhii Equine Program (W) 25 Fitness Health (YMCA) Mental Health Paint Social (CC)	Bezhgoogzhii Equine Program (W) 26 Friday Night Workshop (CC)	27
28	Yoga (CC) 29	Beading Group (CC) 30 Fitness Health (YMCA) Youth Drop-In (CC)				

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ODE *Heart*

Bmaadziwin (life) is recognized as having a fire within. Your heart has a fire that must be tended to in order to live a healthy life. Just like any other fire, it is important not to let your internal fire go out but also to not let it get out of hand.

Odemin
Strawberry

Odewegan
Drum

**Nmebine Giizis miigwen bimaadiziwin
pii digoshinawad nmebinek.**

**Mishkikiwi maaba giigoonh, pane
giwiingeziwok Anishinaabek maanda
pii maajijiwong Nbi.**

In the month of May, the sucker fish brings life. This fish is medicinal. The Anishinaabe are careful at this time when the water begins to flow.

APRIL 2024
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7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30

Nmebine Giizis

Sucker Moon | May 2024

JUNE 2024
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16 17 18 19 20 21 22
23 24 25 26 27 28 29
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NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHGAD Saturday
			Boys Big Drum (CC) 1 Medicine Walk (BA)	Fitness Health (YMCA) 2	Creative Hearts and Hands Art Drop-In (CC) 3	4
MMIWG2S Mental Health Week 5	Pole Walking (TBD) Yoga (CC) 6	Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) 7	Boys Big Drum (CC) 8	Fitness Health (YMCA) 9	Bowling (PB) Creative Hearts and Hands Art Drop-In (CC) 10	11
Mother's Day 12	Pole Walking (TBD) Yoga (CC) 13	Anishinaabe Aadzowin Minwaa Mnidoo Aadzowin Mental Health Wellness Series (CC) Fitness Health (YMCA) 14	Boys Big Drum (CC) Lunch and Learn (CC) 15	Anishinaabemowin Class (CC) Bezhgoogzhii Equine Program (W) Fitness Health (YMCA) 16	Bezhgoogzhii Equine Program (W) Creative Hearts and Hands Art Drop-In (CC) 17	18
19	Victoria Day Offices closed 20	Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) 21	22	Bezhgoogzhii Equine Program (W) FASD Community Kitchen (CC) Fitness Health (YMCA) Men's Group (MC) 23	Bezhgoogzhii Equine Program (W) Creative Hearts and Hands Art Drop-In (CC) 24	25
26	Caring For Caregivers (CC) Trail Pole Walking (TBD) Yoga (CC) 27	Fitness Health (YMCA) Mental Health Paint Social (CC) Youth Drop-In (CC) 28	Boys Big Drum (CC) Cooking with Kids (Zoom) 29	Fitness Health (YMCA) 30	Painting on the Land (BA) Creative Hearts and Hands Art Drop-In (CC) 31	

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NBIISH/NIBI ***Water that the Earth holds***

Water is the life blood of Mother Earth. Water, lakes, rivers and waterways are Mother Earth's umbilical cords. The rivers and streams are her arteries and veins. The ebb and flow of the tides are her contractions. The waterfalls are the doorways for life to come through.

Gchi-gami-in
Great Lakes

Tkibiinsan
Natural springs

**Minogiizhigat Waabgonii Giizis
wiimaajiiging kina gego. Kina
gegoo ginaajiwan.**

The days are bright and warm in June,
so everything will grow beautifully.

MAY 2024
S M T W T F S
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12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

Waabgonii Giizis

Blossom/Flower Moon | June 2024

JULY 2024
S M T W T F S
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7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
						FASD Parent Support Activity (BA) 1
2	Trail Pole Walking (TBD) Yoga (CC) 3	Fitness Health (YMCA) Journey Talks – Youth Empowerment Series (CC) Mishko-Ode-Wendam Sharing Circle (CC) 4	Boys Big Drum (CC) Labour and Birth Class (MC) Medicine Walk (BA) 5	Fitness Health (YMCA) Wild Food Bank (CC) 6	Creative Hearts and Hands Art Drop-In (CC) 7	8
9	PD Day Activity (TBD) Trail Pole Walking (TBD) Yoga (CC) 10	Fitness Health (YMCA) 11	Boys Big Drum (CC) 12	Bezhoogzhii Equine Program (W) Fitness Health (YMCA) Wild Food Bank (CC) 13	Bowling (PB) Creative Hearts and Hands Art Drop-In (CC) 14	15
Father's Day 16	Trail Pole Walking (TBD) Yoga (CC) 17	Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) 18	Boys Big Drum (CC) Lunch and Learn (CC) 19	Summer Solstice Bezhoogzhii Equine Program (W) Community Kitchen (CC) Fitness Health (YMCA) Wild Food Bank (CC) 20	National Indigenous Peoples Day Offices closed 21	22
23	Caring for Caregivers (CC) Trail Pole Walking (TBD) Yoga (CC) 24	Fitness Health (YMCA) Youth Drop-In (CC) 25	Cooking with Kids (Zoom) 26	Fitness Health (YMCA) Men's Group (MC) Mental Health Paint Social (CC) 27	Creative Hearts and Hands Art Drop-In (CC) 28	29
30						

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NBIISH/NIBI

Water that the human holds

The body is approximately 70% water. It is important to pray over the water contained in our own bodies in order to promote wellness, balance and a healthy self-image.

Abinoojiyens nibiim/Omaakan aabo

Amniotic fluid

Mwiaansan

Tears

Nbiw

Wet with water

**Mii maampii miinan maajiiging,
aanid zhaazhi zhiitaaw'noon
wiipikibjigaadek, nakaazaam enji
maawnjiding.**

The berries are growing and some are ready for picking. They are also used for spiritual purposes.

JUNE 2024
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16 17 18 19 20 21 22
23 24 25 26 27 28 29
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Miin Giizis

Berry Moon | July 2024

AUGUST 2024
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11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
	Canada Day <i>Offices closed</i> 1	Fitness Health (YMCA) 2	Medicine Walk (BA) 3	Bezhoogzhii Equine Program (W) 4 Fitness Health (YMCA) Men's Group (MC) Summer Cooking (CC)	Creative Hearts and Hands Art Drop-In (CC) 5 	6
7	Trail Pole Walking (TBD) Yoga (CC) 8	Fitness Health (YMCA) Youth Culture Camp (CC) 9	Youth Culture Camp (CC) 10	Bezhoogzhii Equine Program (W) 11 Fitness Health (YMCA) Summer Cooking (CC) Youth Culture Camp (CC)	Bowling (PB) Creative Hearts and Hands Art Drop-In (CC) 12	13 
14	Trail Pole Walking (TBD) Yoga (CC) 15	Fitness Health (YMCA) 16	17	Bezhoogzhii Equine Program (W) 18 Fitness Health (YMCA) Summer Cooking (CC)	Creative Hearts and Hands Art Drop-In (CC) 19	20
21 	Trail Pole Walking (TBD) Yoga (CC) 22	Fitness Health (YMCA) 23	24	Bezhoogzhii Equine Program (W) 25 Fitness Health (YMCA) Summer Cooking (CC)	Creative Hearts and Hands Art Drop-In (CC) 26	27 
28	Trail Pole Walking (TBD) Yoga (CC) 29	Fitness Health (YMCA) Mental Health Paint Social (CC) Youth Drop-In (CC) 30	31			

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NBIISH/NIBI NWENMOWIN

Water and relationships

"In Anishinaabe culture, women are given the responsibility to take care and speak on behalf of the water. The water of Mother Earth carries life to us, and as women we carry life through our bodies. We as women are life givers."

- Nookomis Josephine Mandamin-baa

Mshiikenh Mnis

Turtle Island

Enaagdewendang Mnidoo-aadziwin Aki

Environment

Minoomin giimiingomi

wiimaadookiying minwaa

wiizgaaknamang, beboon datepsek.

We were given this food to share, take care of, and harvest for its use over the winter.

*Autumn Peltier, Chief Water Protector
for the Anishnabek Nation.*

Photo by Linda Roy.



JULY 2024
S M T W T F S
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31

Minoominii Giizis

Rice Moon | August 2024

SEPTEMBER 2024
S M T W T F S
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15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHGAD Saturday
				Bezhgoogzhii Equine Program (W) Fitness Health (YMCA) 1	2	3
4 ●	5 Civic Holiday Offices closed	6 Fitness Health (YMCA)	7 Medicine Walk (BA)	8 Bezhgoogzhii Equine Program (W) Fitness Health (YMCA)	9 Bowling (PB)	10
11	12 Trail Pole Walking (TBD) Yoga in the Park (BP) ●	13 Anishinaabe Aadzowin Minwaa Mnidoo Aadzowin Youth Culture Camp (TBD)	14 Youth Culture Camp (TBD)	15 Bezhgoogzhii Equine Program (W) Youth Culture Camp (TBD)	16	17
18	19 Trail Pole Walking (TBD) Yoga in the Park (BP) ○	20 Fitness Health (YMCA)	21	22 Bezhgoogzhii Equine Program (W) Fitness Health (YMCA) Preschool Clinic (MC)	23	24
25	26 Trail Pole Walking (TBD) Yoga in the Park (BP) ●	27 Fitness Health (YMCA) Language Camp (BA)	28 Language Camp (BA)	29 Fitness Health (YMCA) Language Camp (BA) Mental Health Paint Social (CC) Men's Group (MC)	30	31

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AANJINAAGWAD- GOJI

Seasons change

Shkagamik Kwe (Mother Earth) puts on her most beautiful dress in celebration of the abundance received. As the seasons change, bringing in the north winds and encouraging the leaves to let go, we can also welcome in change and let go of what holds us back from our continued healing.

Mskobagaa

Changes to red

Zaawibagaa

Changes to yellow/orange/brown

**Aapiji minwaanhzige maaba bebaayaat
maanda pii minwaa minozhiyaawin
baatiinad.**

This spirit brings these beautiful colours for us
to enjoy and bring goodness to everyone.

AUGUST 2024
S M T W T F S
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4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

Waabaagaa Giizis

Changing Leaves Moon | September 2024

OCTOBER 2024
S M T W T F S
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13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
1	Labour Day Offices closed	2 Fitness Health (YMCA)	3	4 Fitness Health (YMCA)	5	6
8	International FASD Day FASD Day Open House (FC) Pole Walking (TBD) Yoga (CC)	9 FASD Support Circle (CC) Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC)	10 Boys Big Drum (CC) GSPS Hunt Camp (BA)	11 Fitness Health (YMCA) GSPS Hunt Camp (BA)	12 Bowling (PB) GSPS Hunt Camp (BA)	13 FASD Family Day (Ridgecrest Playground)
15	16 Pole Walking (TBD) Yoga (CC)	17 Fitness Health (YMCA) Niibiish'shaaboo Kedaa – Let's make tea (CC)	18 Boys Big Drum (CC) Lunch and Learn (CC)	19 Program (W) Fitness Health (YMCA)	20 Bezhgoogzhii Equine Program (W)	21
Fall Equinox 22	23 Pole Walking (TBD) Yoga (CC)	24 Mental Health Paint Social (CC) Mishko-Ode-Wendam Sharing Circle (CC) Youth Drop-In (CC)	25 Boys Big Drum (CC) Cooking with Kids (Zoom) Nutrition Bingo (CC)	26 Truth. Resiliency. Hope. NDTR Event (Bell Park) Offices closed	27 Bezhgoogzhii Equine Program (W)	28
29	National Day for Truth and Reconciliation (NDTR) Offices closed	30				

CC = COMMUNITY CENTRE, 105 ELM ST | MC = MAIN CENTRE, 161 APPLEROVE ST | FC = FASD CLINIC, 151 APPLEROVE ST | BA = BI-WAASEY AASIGEH, SKHC LAND | W = WIIKWEMKOONG | TBD = TO BE DETERMINED | YMCA, 140 DURHAM ST | PB = PLAZA BOWL, 1799 GARDEN ST



NAANGWENDAM-KII

Taking care of the Earth

Our duties and responsibilities as Anishinaabe people are as caretakers of the land. The Earth has experienced much damage and is injured because of actions taken by the human race.

Bamendan

To care for

Aki

Earth, land

**Benaasinoon niibiishenhsan, aapji
ginaajiwan Shkagmikwe waabowanim.
Zhiitaa gewii wii'aansemgag
ningoknoonwin.**

The leaves fall for Mother Earth, blanketing
her beautifully as she's getting ready for the
next season.



SEPTEMBER 2024
S M T W T F S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30

Binaakwii Giizis

Falling Leaves Moon | October 2024

NOVEMBER 2024
S M T W T F S
1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHGAD Saturday
		Community Hunt Camp (BA) 1	Community Hunt Camp (BA) 2	Community Hunt Camp (BA) 3	4	5
6	Yoga (CC) 7	Fitness Health (YMCA) 8 Mishko-Ode-Wendam Sharing Circle (CC)	Boys Big Drum (CC) 9	World Mental Health Day 10 Fitness Health (YMCA)	Bowling (PB) 11	12
13	Thanksgiving Offices closed 14	Fitness Health (YMCA) 15 Niibiish'shaaboo Kedaa – Let's make tea (CC)	Boys Big Drum (CC) 16 Lunch and Learn (CC)	Fitness Health (YMCA) 17	Bezhoogozhii Equine Program (W) 18	Open House (CC, MC) 19
20	Yoga (CC) 21	Fitness Health (YMCA) 22 Hide/Language Camp (BA) Mishko-Ode-Wendam Sharing Circle (CC)	Hide/Language Camp (BA) 23 Labour and Birth Night (MC)	Fitness Health (YMCA) 24 Hide/Language Camp (BA) Men's Group (CC) Mental Health Paint Social (CC)	Bezhoogozhii Equine Program (W) 25 Manidoo-Minenhsag Beadng Group (CC)	26
27	Yoga (CC) 28	Fitness Health (YMCA) 29 Youth Drop-In (CC)	Boys Big Drum (CC) 30 Cooking with Kids (Zoom)	Halloween 31 Fitness Health (YMCA)		

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ANISHINAABEWIN MIINWAA INDANENDMOWIN

Our relationship with Earth

Anishinaabewin is the Anishinaabe way of life, way of being, and way of doing. Indanendmowin can closest be translated to the Anishinaabe way of critical thinking and understanding life.

Niindaa

I want to learn

Niikinaaganaa

All my relations

**Shkagmigaang kina gegoo
nimshkodin. Zhiitaa wiiniwebid
Shkakmikwe.**




We feel her getting ready for her rest.
Everything is freezing over.

OCTOBER 2024
S M T W T F S
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

Baashkaakodin Giizis

Freezing Moon | November 2024

DECEMBER 2024
S M T W T F S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHGAD Saturday
					1 	All Souls Day 2
3	Yoga (CC) 4	Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) 5	Boys Big Drum (CC) 6	Fitness Health (YMCA) Men's Group (MC) 7	National Aboriginal Veterans Day 8 Bowling (PB) Manidoo-Minenhsag Beading Group (CC)	9 
10	Remembrance Day Yoga (CC) 11	Anishinaabe Aadzowin Minwaa Mnidoo Aadzowin Mental Health Wellness Series (CC) Fitness Health (YMCA) 12	Boys Big Drum (CC) 13	World Diabetes Day Fitness Health (YMCA) 14	Manidoo-Minenhsag Beading Group (CC) 15 	16
17	Yoga (CC) 18	Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC) 19	Boys Big Drum (CC) Lunch and Learn (CC) 20	Fitness Health (YMCA) Men's Group (MC) Well Women's Day (MC) 21	Bezhgoogzhii Equine Program (WV) Manidoo-Minenhsag Beading Group (CC) 22 	23
24	Yoga (CC) 25	Fitness Health (YMCA) Youth Drop-In (CC) 26	Boys Big Drum (CC) Cooking with Kids (Zoom) 27	Fitness Health (YMCA) Mental Health Paint Social (CC) Mnaajigaazwad Binoojiinhsak Baby Welcoming Celebration (TBD) 28	Manidoo-Minenhsag Beading Group (CC) 29	30

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NESENDMING BIMAADZIWIN DIBAAJIMANG

*Breathing life
into a story...*

It is a time to open our hearts, minds, and imaginations, while listening to our Elders share aansookaan, their knowledge, life lessons, and how to live Mno Bmaadziwin through telling the stories of Nanabush (the Trickster, Wiisaagiichik). It is only during these cold months that storytelling occurs. It is a time of laughter, but out of respect for the animals, plants, and trees, we only tell these stories while they are sleeping.

Nesewin
Breath

**Miimanda piiginwaabdamang
gbimaadiziwninaa ngobiboon
gaanankiyying. Mii maanda
pii'aansokewad minwaa kinomaagewad.
Aambe bizinchkwedaa.**

This is when we take the time to re-evaluate life for this year. We also take time to listen to stories and teachings. Let's listen.



NOVEMBER 2024
S M T W T F S
1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

Mnidoo Giisoons

Little Spirit Moon | December 2024

JANUARY 2025
S M T W T F S
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

NIWEBI GIIZHIGAD Sunday	NTAM GIIZHIGAD Monday	NIIZHO GIIZHIGAD Tuesday	NSWO GIIZHIGAD Wednesday	NIIWO GIIZHIGAD Thursday	NAANO GIIZHIGAD Friday	NIWEBI GIIZHIGAD Saturday
1 	2 Yoga (CC)	3 Fitness Health (YMCA)	4 Boys Big Drum (CC)	5 Fitness Health (YMCA)	6 Manidoo-Minenhsag Beading Group (CC)	7
8 	9 Yoga (CC)	10 Fitness Health (YMCA) Mishko-Ode-Wendam Sharing Circle (CC)	11 Boys Big Drum (CC)	12 Fitness Health (YMCA) Men's Group (MC) Mental Health Paint Social (CC)	13 Bowling (PB) Manidoo-Minenhsag Beading Group (CC)	14
15 	16 Yoga (CC)	17	18	19	20 Staff Gathering Offices closed	21 Winter Solstice
22 	23	24 Christmas Eve Offices closed at noon	25 Christmas Offices closed	26 Boxing Day Offices closed	27	28
29	30 	31 New Year's Eve Offices closed at noon				

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DEBWEWIN

MNAADENDMOWIN

AAKDEHEWIN

NBWAKAAWIN

DBAAGENDIZWIN

GWEKWAADZIWIN

ZAAGIDWIN

Seven Grandfather Teachings

Above photo features Nookii Hilda-baa Nadjiwan's Seven Grandfather Teaching stones.



Gwayakwaadiziwin **Honesty**

Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself and you will be able to be honest with others. In Anishinaabemowin, this word can also mean righteousness.

Nibwaakaawin **Wisdom**

To cherish knowledge is to know **Wisdom**. Wisdom is given by the Creator to be used for the good of the people. In Anishinaabemowin, this word expresses not only wisdom, but also prudence, intelligence or knowledge. In some communities, Gikendaasowin is used.

Aakode'ewin **Bravery**

Bravery is to face the foe with integrity. In Anishinaabemowin, this word literally means "state of having a fearless heart"—to do what is right even when the consequences are unpleasant. Some communities use either Zoongadikiwin (state of having a strong casing) or Zoongide'ewin (state of having a strong heart).

Zaagi'idiwin **Love**

To know **Love** is to know peace. Love must be unconditional. When people are weak they need love the most. In Anishinaabemowin, this word with the reciprocal theme /idi/ indicates that this form of love is mutual. In some communities, Gizhaawenidiwin is used,

which in most context means jealousy, but in this context is translated as either love or zeal.

Minaadendamowin **Respect**

To honour all creation is to have **Respect**. All of creation should be treated with respect. You must give respect if you wish to be respected. Some communities instead use Ozhibwaadenindiwin or Manazonidiwin.

Debwewin **Truth**

Truth is to know all of these things. Speak the truth. Do not deceive yourself or others.

Dabaadendiziwin **Humility**

Humility is to know yourself as a sacred part of Creation. In Anishinaabemowin, this word can also mean compassion. You are equal to others, but you are not better. Some communities express this as Bekaadiziwin, which in addition to humility can also translate as calmness, gentleness or patience.

Debenjiged, Gzhemnidoo, Gmishoomsina.

Prayer by Nookii Hilda-baa Nadjiwan.

From the purple blanket of the sky
nation to the first rays of dazzling light,
when grandfather sun rises to shine
his light on all of his children and
creation.

Let us all embrace the Creator's love.

We are thankful for our mother,
Shkagamik-Kwe. Our father, father
sky. Our grandparents, Nookomis
moon and grandfather sun.

We are thankful for the gifts of the
four directions and for the combined
successes they bring that we may
continue to be of greater service to
you and others.

We offer ourselves to you as
instruments. We trust that you will
guide us with the medicine of leading
through example.

Teach us to nurture each other and to
encourage each other's growth, that
will support the development of others
abilities.

Help us to be humble and
thankful, and to be proud of all our
accomplishments, through self-
esteem and not of self-importance.

We humbly ask for continued
blessings of life and breath so that the
Creator's love, our love, may be felt in
the lives of all we meet.

Thank you for hearing our prayer.



Shkagmik-Kwe Health Centre

Shkagamik-Kwe Health Centre (SKHC) is dedicated to providing equal access to quality health care for all First Nation, Métis and Inuit people in the City of Greater Sudbury, and individuals and families from our partner First Nations: Wahnapiatae, Henvey Inlet and Magnetawan.

We are a culturally-based holistic health centre dedicated to balanced and healthy lifestyles. Programs and services support traditional values, encompassing the connectedness of emotional, spiritual, physical and mental well-being. In meeting our mandate and honouring the ancestors and the seven generations, we have an intake process to access services of SKHC.

Our service delivery philosophy

SKHC has a responsibility to promote and maintain health and provide therapeutic services, health promotion, disease prevention, support, community development and treatment programs. We offer an interprofessional team approach to the care of the community members because we believe that health care is best when planned with professionals from many disciplines. We believe that the maintenance of client confidentiality is of utmost importance.

We recognize that a client is a worthwhile person and has the right to be treated with dignity while maintaining his/her identity. We believe that the client should be assured equal access to integrated services that incorporate the unique values, beliefs and traditions as we strive to maintain a balance of understanding by practicing Traditional healing ways and adopting good Western healing practices.

SKHC respects the value and contribution of all employees, and we strive to uphold the highest professional and ethical standards. We recognize that health services must be provided as economically as possible while striving to obtain sufficient resources to meet our service objectives.

We believe in and value the teachings of the Seven Sacred Grandfathers: Wisdom, Love, Respect, Bravery, Honesty, Humility and Truth. We strive to integrate these principles in our work and in our lives.



Minopgwad Miijim, Mino-Mshkikiwan *Good Food, Good Medicine*



Recipes provided by Chef Hiawatha Osawamick.

Three Sisters Soup

INGREDIENTS:

6 cups vegetable stock
2 cups yellow corn
1 bag Indian corn, cooked
1 cup kidney beans, drained and rinsed
1 cups black beans, drained and rinsed
1 small onion, chopped
1 rib celery, chopped
2 cups squash, cooked and diced
5 fresh sage leaves or ½ tsp dried
½ tsp curry powder
salt and ground black pepper

DIRECTIONS:

Bring vegetable stock to a slow boil.
Add corn, hominy, beans, onion and celery. Boil for 10 minutes. Add salt and pepper to taste.
Add sage leaves, curry and squash. Simmer on medium-low heat for 20 minutes.

Strawberry and Spinach salad

INGREDIENTS:

Salad

1 lb fresh spinach
2 cups fresh sliced strawberry (or raspberries)
¼ cup to ½ cup toasted sliced or slivered almonds

Dressing

½ cup sugar
2 tbsp sesame seed
1 tbsp poppy seed
1 ½ tsp minced onion (or green onion)
¼ tsp Worcestershire sauce
¼ tsp paprika
¼ cup cider (or raspberry) vinegar
½ cup extra virgin olive oil

DIRECTIONS:

Arrange spinach and berries on individual plates or in a glass bowl.

Put all dressing ingredients in a blender, except oil. Slowly add oil and blend until the dressing is creamy and thick.

Drizzle over salad and garnish with almonds.

Elk Meatballs

INGREDIENTS:

2 lbs elk, ground
½ cup onion, chopped
3 garlic cloves, minced
2 eggs, beaten
2 tbsp sea salt
2 tbsp pepper
1 tbsp parsley, minced
2 tbsp thyme, dry
2 tbsp oregano, dry
1 cup parmesan cheese, grated

DIRECTIONS:

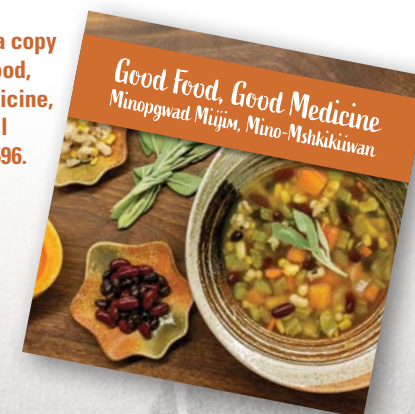
Preheat oven to 400°F and add parchment paper to a baking sheet.

In a large bowl, combine all ingredients and mix together. Be sure not to over mix because the more you do, the tougher the meat becomes.

Portion into 1-inch balls with a scoop or spoon. Form into balls and place on baking sheet

Bake until browned and cooked through, about 20-25 minutes. Pour barbecue sauce or sweet and sour sauce into a large bowl and toss the meatballs in the sauce.

To obtain a copy of *Good Food, Good Medicine*, please call 705-675-1596.



Programs *and* Services

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TRADITIONAL

- Beading Workshop
- Ceremony By Request
- Community Workshops
- Cross Cultural Training
- Cultural/Medicine Workshops
- Feasts
- Hospice Visits
- Hunt Camps
- Long Term Care Visits
- Medicine Walk
- Men's Wellness
- Nada Gii Kendum Program
- Sweat Lodge Ceremonies
- Traditional Cooking
- Traditional Doctors Program
- Weekly Men's Group
- Wild Food Bank
- Youth Big Drum Group
- Youth Cultural Camps
- Youth Cultural Teachings
- Youth Sharing Circles
- Youth Summer Program

COMMUNITY PROGRAMS

Health Promotion

- Bowling
- Community Garden Initiative
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Fitness Health
- Grandfather Teachings Scavenger Hunt
- Kids Cooking
- Land-Based Teachings/Culture Camps
- Nutrition Bingo
- Quit Smoking Café and Finding Balance
- School Year – Professional Development (PD) Day Activities
- Smoking Cessation
- Strawberry Picking
- Urban Pole Walking
- Yoga
- Youth Programs
- Youth Summer Program

PRIMARY CARE

Support Groups

- Menopause Group
- Prenatal Group

Specialized Clinics

- Annual Pre-School Clinic
- Annual World Diabetes Day
- Breastfeeding Support
- Diabetes Care
- Flu Vaccine Clinic
- Foot Care (Diabetic)
- OB/GYN Specialist – Dr. Jocko
- Pediatrics
- Phlebotomy
- Physiotherapy
- Registered Massage Therapy
- Well Woman

ADMINISTRATION

- Accountability Systems
- Financial Management
- Funder Relations
- Funder Reporting
- Government Relations
- Human Resources
- Information Systems
- Marketing and Promotion
- Privacy and PHIPA Compliance
- Public Relations
- Research and Development
- Strategic Planning

External Partnerships

- Aboriginal Peoples Alliance of Northern Ontario
- Alliance for Healthier Communities
- Cambrian College
- Canadian Mental Health Association
- Centre de santé Communautaire du Grand Sudbury
- City of Greater Sudbury
- Collège Boréal



Choices Program

- Life Choices Program (ages 12-17)

Mental Wellness

- Equine Therapy Program
- Grief Group Workshop
- Indigenous Victims Support Worker
- Men's Support Group and Workshops
- Mishko-Ode-Wendam Sharing Circle
- Quarterly Speaker Series
- Scheduled Counselling Session
- Youth Drop-In

Healthy Choices Program

- Community Kitchen
- Cultural Workshops
- Family Activities
- Parent Support Circle
- Prenatal Classes
- Sharing and Caring FASD Family Support Group
- Resource Library

Mishko-Ode-Wendam

In partnership with the Rainbow District School Board

- Alternative School for Youth (ages 12-18)
- One-on-One Guidance Sessions
- Support for students who struggle in mainstream education institutions; help them heal, gain confidence and identity, and motivate them to thrive in their journey.
- Youth programming

A Place of Understanding – Fetal Alcohol Spectrum Disorder Diagnostic Clinic

- Multidisciplinary Diagnostic Clinic for FASD (ages 0-18)

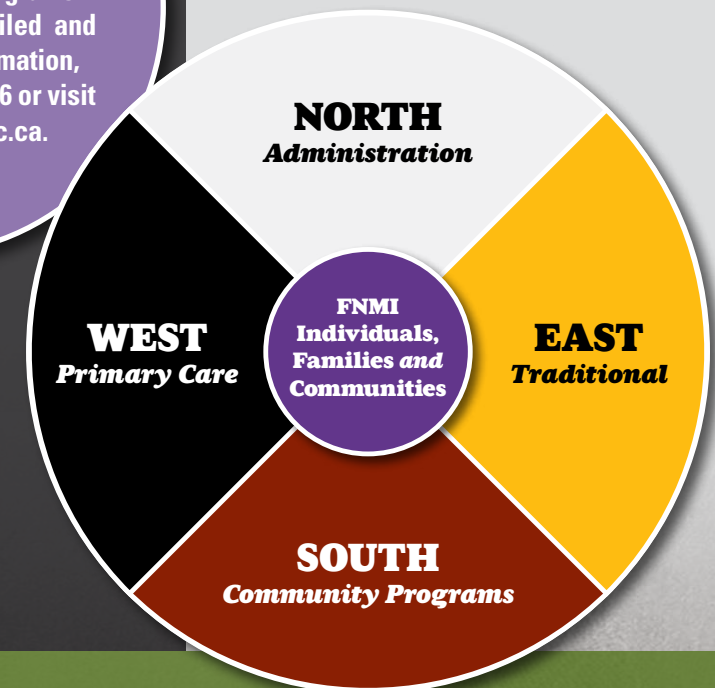
Clinical Support (Client Centered)

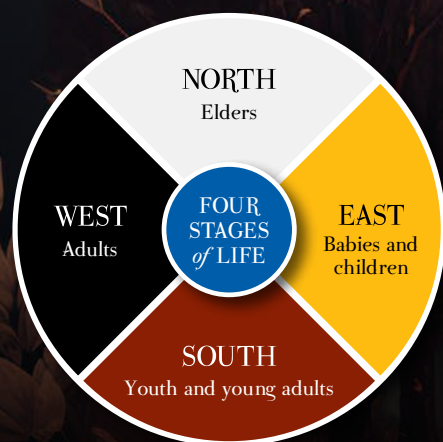
- Co-op Placements for High School Students
- Diabetes Education
- Dietitian
- NOSM – Laurentian University Partnerships for Learners
- Ontario Telemedicine Network Equipped
- Primary Care Navigator
- Summer Youth Programs

- Community Mobilization
- Greater Sudbury Police Service
- Health Sciences North
- Henvey Inlet, Magnetawan, Constance Lake and Taykwa Tagamou First Nations
- Indigenous Primary Health Care Council
- Jubilee Heritage Family Resources
- Laurentian University
- Local Aboriginal Health Committee
- Métis Nation of Ontario
- Ngo Dwe Waanzizgik – Urban Indigenous Sacred Circle
 - Gezhtoojig Employment and Training
 - Kina Gbezhgomi Child and Family Services
 - Native People of Sudbury Development Corporation
 - Nijjaanisinaanik Child and Family Services
 - Nogdawindamin Family and Community Services
 - N'Swakamok Native Friendship Centre
- Northern Ontario School of Medicine
- Rainbow District School Board

Please note:

Dates and times of programs may vary. Due to COVID-19 restrictions, some programs may not occur. For detailed and current program information, please call 705-675-1596 or visit our website at skhc.ca.





The Shkagamik-Kwe Health Centre honours the **sacred four stages of life** through the delivery of programs and services. These stages correspond to the four directions of the medicine wheel, the four seasons and the four components of self.

POLICE, AMBULANCE, FIRE: 911

Police (non-emergency): 705-675-9171

Poison Control: 1-800-268-5900

Health Sciences North (hospital): 705-523-7100

Crisis Intervention Program: 705-675-4760

Telehealth Ontario: 1-866-797-0000

Public Health Sudbury & Districts: 705-522-9200

Employment Support, Ontario Works: 705-674-4455

Ontario Disability Support Plan (ODSP): 705-564-4515

Gezhtoojig Employment and Training: 705-692-0766

Suicide/Self-Harm Prevention: 1-800-366-8288

N'Swakamok Native Friendship Centre: 705-674-2128

Niijaanisinaanik Child and Family Services: 705-746-9354

Kina Gbezhgomi Child and Family Services: 705-370-2100

Nogdawindamin Family and Community Services: 1-800-465-0999

Native People of Sudbury Development Corporation: 705-674-9996

The Shkagamik-Kwe Health Centre is a **multi-funded agency** and would like to acknowledge the ongoing support from our funders.



Ministry of Children, Community
and Social Services

Ministry of Health

Ministry of the Attorney General

Ontario Health, Northern Region



Indigenous Service Canada



Shkagamik-Kwe
H E A L T H C E N T R E

Building Healthy Communities – Respecting Traditional Values

161 Applegrove Street, Sudbury, Ontario P3C 1N2 Tel. 705-675-1596 Fax. 705-675-8040 **skhc.ca**