

Culture Education Program

Minwaashin Lodge

1155 Lola Street, Ottawa



For more information and to register for workshops listed, please contact:
 Irene Compton 613-741-5590 ext. 224 icompton@minlodge.com www.minlodge.com

What You Will Be Creating, Learning and Sharing This Month			
Fri June 2	Get ready for interviews or professional engagements	Facials, haircuts, stress relief massage and nail manicure PROFESSIONALISM DAY	
Wed June 7	No Program Today		
Fri June 9	NO PROGRAM	NO PROGRAM	WOMEN'S GATHERING June 9, 10, 11, 2017
Wed June 14	Native Earrings	Learn how to make earrings with Native Epoxy Cabs and beading techniques	
Fri June 16	In partnership with Sacred Child Program Elaine Kicknosway leads DRUMMING	AFTERNOON 12 Noon Lunch 1 – 3 pm Drumming	Minwaashin gratefully acknowledges funding from the City of Ottawa
Wed June 21	National Aboriginal Day	No Program	Minwaashin Closed
Thurs June 22	Brenda McIntyre visits from Toronto ½ hour sessions	FIND YOUR VOICE 3 Steps to Instantly <ul style="list-style-type: none"> • Boost Your Confidence, • Bypass Perfectionism and • Help You Speak Your Truth 	Register with Irene Compton, 613-741-5590 x 224 to book appointment
Fri June 23	Sing Yourself Alive 10 am – 3 pm Brenda McIntyre visits from Toronto	Drum Social & Laughter Medicine <ul style="list-style-type: none"> • Interactive Musical Exercises • Drum Awakening • Song Catching • Aboriginal Women's Songs 	
Wed June 28	First Nation Crafting Skills Supplies provided 10 am – 3 pm	Traditional Rattle Making Come make a rattle Teachings provided	
Fri June 30	First Nation Traditional Ways 10 am – 3 pm	Receive Teachings and learn to make your sacred Medicine Wheel to keep you balanced	

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