



December 10, 2025
2:00pm – 6:00pm

9489 West Ipperwash rd. Kettle Point, Facilitators are Jason Henry (Bizhiki Niibowid) and Cindy Henry (Nitaway Gabowi Kwe)

Mino Bimaadiziwin: Returning to Ourselves

Session 4: Anishinaabe Stages of Life

In the 4th session, we will be exploring the sacred stages of life from an Anishinaabe worldview. Understanding our roles, responsibilities, and gifts at each stage.

A reminder of how to walk the path of Mino-Bimaadiziwin (The Good Life)

How participants will benefit:

- Strengthen cultural identity and belonging
- Learn how to support each stage of life in healthy ways
- Build connection- to self, family, community and Creation.
- Leave with teachings you can use in every day life.

This gathering is open to all who wish to learn, heal, and reconnect. It is especially supportive for those looking to explore culturally grounded approaches to wellness, trauma, and identity.

If comfortable, women please wear long skirts.

Please note: Sessions are for individuals 16+. All sessions offered within the same month will cover identical content. To ensure fair access for all participants, we ask that you register for only one session per month.

To register please call, scan or [click here](#).

Indigenous Administrative & Outreach Assistant
Sarnia-Lambton Ontario Health Team
226-349-6876

