



Mino Bimaadiziwin: Returning to Ourselves

Mino Bimaadiziwin is a Mental Wellness program delivering monthly in-person sessions across:

- Kettle & Stony Point First Nation
- Aamjiwnaang First Nation
- Walpole Island First Nation
- Sarnia-Lambton Native Friendship Centre

Each session will begin with a ceremonial opening, including smudging to cleanse and ground, tobacco offering to set intention and honour the spirit world, water offering to bring forward the teachings of life, emotion, and flow.

Teachings and practices may include:

- Anishinaabe Creation Story
- Clan System (Doodemag)
- Teachings on Loss, Trauma, and Grief
- Anishinaabe Stages of Life
- Sacred Medicines and Plant Teachings
- Reclaiming the Sacred Self
- Pipe and Water Teachings
- Exploring Indigenous sovereignty, family systems, and communal identity as foundations for personal healing
- Understanding the Roots of Intergenerational Trauma
- Breaking the Cycle

The program emphasizes self-awareness, accountability, and personal empowerment as essential to healing. Participants will be supported in identifying patterns, setting goals, and taking intentional steps toward wellness through both cultural and therapeutic lenses.



**MINO
BIMAADIZIWIN**
HOPE • PURPOSE • BELONGING



E-nangaabe-jig
Health Services

To register please call:
Michaela Nahmabin-Hiltz
Indigenous Administrative & Outreach Assistant
Sarnia-Lambton Ontario Health Team
226-349-6876





Mino Bimaadiziwin: Returning to Ourselves Program Dates



November 3
December 8
January 12
February 9
March 2



[CLICK HERE](#)



November 4
December 9
January 13
February 10
March 3



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November 5
December 10
January 14
February 11
March 4



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November 7
December 12
January 16
February 13
March 6



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Please note that 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. Age 16+