



November 4, 2025
2:00pm – 6:00pm

Maawn Doosh Gumig Community
and Youth Centre, 1972 Virgil Ave,
Sarnia, ON N7T 7H5, Facilitators are
Jason Henry (Bizhiki Niibowid) and
Cindy Henry (Nitaway Gabowi Kwe)

Mino Bimadiziwin: Returning to Ourselves

Session 3: Anishinaabe Names and Language

In this session, we will be exploring the Connection Between Language, Identity, and Self-Worth. This session brings our focus to the sacred power of Anishinaabe names and the vital role of language in shaping who we are.

Through these teachings, we will explore how names and language carry identity, memory, and purpose — and how reclaiming them supports healing and self-worth.

What to Expect:

- Ceremonial Opening: Smudge, water offering, and tobacco protocol
- Teaching Circle: The meaning and spiritual importance of Anishinaabe names
- Reflection and Rebuilding: How names place us within our families, communities, and responsibilities, beginning or continuing language learning, and preparing for the process of receiving a name
- Closing Ceremony: Smudge and closing circle

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](#).

Michaela Nahmabin-Hiltz

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

