



Filling your Medicine Pouch A Journey to Wellness

February 3 - March 31, 2025

Every Monday* from 1:30 - 3:30PM

Location: 2335 30 Ave NE, Calgary, AB

This offering is in collaboration with Healing Lodge, Nanâtawihô Kamik in nêhiyawêwin, offers mental health support through a holistic approach to wellness and wellbeing. We aim to offer a psycho-educational toolkit for participants embarking on their wellness journey. This offering includes thoughtful exploration of themes such as anger, shame, forgiveness, loss and grief. These foundational experiences shape many of the challenges that parents face as individuals and caregivers.

We extend this offering to families inviting them to engage with these significant themes in a nurturing and inclusive environment. Snacks & Drinks provided..

**No session on February 17th.*

We kindly request advance registration as spots are limited to 15 participants.

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 Alberta Provincial Family
Resource Networks

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