



# Nurturing Our Spirit Parenting Program

**Sept 15 – Nov 17, 2021 | 10 week**  
**Every Wednesday 11AM – 12:30PM**

**Location:** Zoom. Register with Care Connectors to receive Zoom link.

The program offerings acknowledge and integrate Indigenous cultural teachings from our Elders and Knowledge Keepers that span over centuries. It is an intrinsic part of nurturing identity and purpose for the next generation—our children, the most sacred and precious gifts who are at the centre of this Circle. By nurturing the spirit of our children through their caregivers, they flourish within a beautiful exchange rooted in the story of resiliency.

Inspired by the 7 Nurturing Parenting Principles and aligned with the 7 Sacred Teachings of:

**Wisdom** - The Joy of Discipline

**Love** - The Joy of Attachment

**Respect** - The Joy of Empathy

**Courage** - The Joy of Nurturing of Oneself

**Honesty** - The Joy of Expressing of Feelings

**Humility** - The Joy of Expectations and Self Worth

**Truth** - The Joy of Gentle Touch

**Registration is required, spaces are limited.**

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