

MEN'S GROUP

Drop in and connect with others in a supportive space through conversation, and cultural activities such as smudging or talking circles. Come share, learn and build community together. Light snacks and refreshments provided.

DISCUSSION TOPICS:

- Tipi teachings
- Seven grandfather teachings
- Traditional parenting: the role of the father
- Wall of gratitude
- Intergenerational trauma
- Addictions
- Healing circles
- Role of the traditional helper

Cosmo Civic Centre

3130 Laurier Drive

Wednesdays: 6:00 p.m. to 7:30 p.m.

January 21 to March 25, 2026

