

TRADITIONAL PARENTING

A drop-in program for mothers and expecting mothers who are looking to explore parenting skills through an Indigenous lens. This program offers teachings that honour culture, connection and community, including meaningful practices such as smudging. Light snacks and refreshments will be available.

DISCUSSION TOPICS:

- Four directions teachings
- Tipi teachings
- Animal concept to teaching
- Sweat lodge
- Fasting teachings
- Traditional Medicine teachings
- Role of the helper



Cosmo Civic Centre

3130 Laurier Drive

Tuesdays, 6:00 p.m. to 8:00 p.m.

January 20 to March 31, 2026

(class cancelled February 17)