



Women's Sweat Lodge Ceremony
Monday, February 5, 2018
 6:30 pm @ Sackabuckskum Road
 (Mary Tapas' place - in blue shelter)

Women's Sharing Circle
Wednesday, February 7, 2018
 6:30 pm @ Sackabuckskum Road
 (Mary Tapas' place - in blue shelter)

Monday, February 3 - Friday, February 9, 2018 @ EPR Centre, Moose Factory

"Strengthening our Relationships"

Monday, February 5th, 2018

6:00 pm- Early Bird Registration @ EPR Centre
 6:30 pm **"Grounding Yourself"** with Karen McNaughton @ EPR Centre

Tuesday, February 6th, 2018

8:00 am- Registration @ EPR Centre
 8:30 am- **Master of Ceremonies Lawrence Martin**
 9:00 am Welcome & Opening Remarks - Victor W.
 Opening Prayer by Rev. Norm Wesley
 Opening Drum Song - Lucy Tapas-Faries & Drum Group
 9:00 am- **"Power of Courage and Compassion"**
 10:15 am with Colby Tootoosis
 10:15 am - **HEALTH BREAK**
 10:30 am
 10:30 am - Continuation with Colby Tootoosis
 11:45 am
 12:00 pm- **Lunch**
 1:00 pm
 1:15 pm- **"Balancing Cree Traditions in Today's World"** with Adrian Sutherland
 2:30 pm **HEALTH BREAK**
 2:45 pm
 2:45 pm- Continuation with Adrian Sutherland
 4:15 pm
 6:00 pm- **"Trauma and its effect on Relationships"**
 7:15 pm with Gary Quequish
 7:15 pm - **HEALTH BREAK**
 7:30 pm
 7:30 pm- Continuation with Gary Quequish
 9:00 pm

Wednesday, February 7th, 2018

8:30 am Housekeeping
 9:00 am- **"Assessing & Treating Children with Trauma & Attachment Disruptions"**
 10:15 am with Gary Quequish
 10:15 am - **HEALTH BREAK**
 10:30 am
 10:30 am - Continuation with Gary Quequish
 11:45 am
 12:00 pm- **Lunch**
 1:00 pm
 1:15 pm- **"Strengthening the Family"**
 2:30 pm with Colby Tootoosis
 2:30 pm- **HEALTH BREAK**
 2:45 pm
 2:45 pm- Continuation with Colby Tootoosis
 4:15 pm with
 6:00 pm- **"Breaking the Cycle of Alcoholism"**
 7:15 pm with Adrian Sutherland
 7:15 pm - **HEALTH BREAK**
 7:30 pm
 7:30 pm- Continuation with Adrian Sutherland
 9:00 pm

Essential Oil Mini-Workshops with Bianca Shaw
 @ the Moose Cree Healing Centre (aka KAAP office)
Maximum of ten participants for each workshop

Workshop 1: "Tranquility":
Sleep Spray
Be Still
 Tuesday, February 6th @ 6:30 pm - 7:30 pm

Workshop 2: "Eliminator":
Immunity Roller
Nit Buster
 Thursday, February 8th @ 6:30pm - 7:30 pm

Thursday, February 8, 2018

8:30 am Housekeeping
 9:00 am- **"Healing through Artistic Expression"**
 10:15 am with Adrian Sutherland
 10:15 am - **HEALTH BREAK**
 10:30 am
 10:30 am - Continuation with Adrian Sutherland
 11:45 am
 12:00 pm- **Lunch**
 1:00 pm
 1:15 pm- **"Impacts of Trauma"**
 2:30 pm with Gary Quequish
 2:30 pm- **HEALTH BREAK**
 2:45 pm
 2:45 pm- Continuation with Gary Quequish
 4:15 pm
 6:00 pm- **"Authentic Connections with Children"**
 7:15 pm with Colby Tootoosis
 7:15 pm- **HEALTH BREAK**
 7:30 pm
 7:30 pm- Continuation with Colby Tootoosis
 9:00 pm

Self Care
One on One Appointments with Karen McNaughton
 Saturday, February 3rd - Friday, February 9th, 2018

Beginning Thursday, February 1st: contact Gail Tomatuk @ 705-658-4619 ext. 316 to schedule an appointment.

Friday, February 9th, 2018

8:30 am Housekeeping
 9:00 am- **"Awakened Relationships"**
 10:15 am with Colby Tootoosis
 10:15 am - **HEALTH BREAK**
 10:30 am
 10:30 am - **"Medicine Wheel Teaching"**
 11:45 am with Adrian Sutherland
 12:00 pm- Lunch
 1:00 pm Key Note Speaker: Gary Quequish
"Strengthening our Relationships"
 Door Prizes
 Closing Remarks by Victor Weapenicappo
 Closing Prayer by Rev. Norm Wesley
 Closing Drum Song by Lucy Tapas-Faries & Drum Group

Aromatherapy Massage Treatments and Deep Tissue Massage Treatments
with Joanne Cheechoo
@ Cree Village Eco-Lodge
 Monday, February 5th -
 Friday, February 9th
Limited Space

Beginning Friday, February 2nd: please contact: Gail Tomatuk @705-658-4619 ext. 316 to schedule an appointment with Joanne.

Happening @ MoCreebec Healthy Babies / Healthy Children on:

- Sat, Feb 3 @ 1:30pm: Infant Massage Class
- Sat, Feb 3 @ 7pm: Bath Bombs
- Sun, Feb 4 @ 1:30pm: Natural Baby Products

