



April 2021

Namebine Giizis (Sucker Moon) The fourth moon of Creation is Sucker Moon, when sucker goes to the Spirit World in order to receive cleansing techniques for this world. When it returns to this realm, it purifies a path for the Spirits and cleanses all our water beings. During this time we can learn to become healed healers. Another teaching is that the sucker gave up his life for the Ojibwe in the month of February. The previous month, January, is the hardest time of year to get food because of the scarceness of game. In February it is easier to net these fish and it is believed that the sucker is giving his life for the Anishinaabe.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Amanda Jourdain, Family Well-Being Manager, 249-879-1459 Beverly Belanger, Healthy Babies Healthy Children Program, 705-690-7503 Megan Espaniel, Family Well-Being Worker, familywellbeing@wfn.com Cheyenne Segó, Child & Youth Well-Being Worker, 705-690-7513 Jamie McDonald, Child & Youth Well-Being Worker, 705-207-3406				1	2	3
				Family Easter Party	Good Friday	
4	5	6	7	8	9	10
Easter Sunday	Easter Monday	Self-Care Tip Tuesday HBHC Virtual Drop In	Green Shirt Day - Organ Donation Awareness Day	Touchbase Thursdays with Jamie	Youth Centre Virtual Drop In - AOG HBHC Home Visits	Potato Box Making (Youth/Young Adults)
11	12	13	14	15	16	17
Potato Box Making (Youth/Young Adults)	Movement & Mindfulness Mondays	Self-Care Tip Tuesday HBHC Virtual Smoothie Making with Bev & Sam	Art Attack Wednesday	Touchbase Thursdays with Jamie Sewing Circles	Youth Centre Drop Virtual In HBHC Home Visits	<i>Soap Stone Carving with Phil Jones & Cheyenne Register!</i>
18	19	20	21	22	23	24
	Movement & Mindfulness Mondays	Self-Care Tip Tuesday HBHC Virtual Drop In, Traditional Medicine Session	Art Attack Wednesday Men's Drum Group with Brandon P	Earth Day Activities "Restore Our Earth"	Youth Centre Virtual Drop In - AOG HBHC Home Visits	Moss Bag Making & Teachings (Hair, Cradle Cap & Cedar Bath) HBHC program
25	26 Full Moon ☾	27	28	29	30	May 1
Moss Bag Making HBHC program	Movement & Mindfulness Mondays	Self-Care Tip Tuesday with Jamie HBHC Virtual Drop In	Art Attack Wednesday Men's Drum Group with Brandon P	Touchbase Thursdays with Jamie Sewing Circles	Youth Centre Virtual Drop In HBHC Home Visits	

BRUSH UP ON YOUR ORAL HEALTH

Good oral health contributes positively to your physical, mental and social well-being and to the enjoyment of life's possibilities, by allowing you to speak, eat and socialize unhindered by pain, discomfort or embarrassment. **Brush, Floss Everyday. Eat a well-balanced diet. Check your mouth regularly for any changes. Don't smoke or chew tobacco. Visit your Dentist regularly.**