



May 2021

Waawaaskone Giizis (Flower Moon) *The fifth moon of Creation is Flower Moon, where all plants display their Spirit sides for all the world to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.*

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 Cheyenne Sego, Child & Youth Well-Being Worker, 705-690-7513 Jamie McDonald, Child & Youth Well-Being Worker, 705-207-3406						1 Naming Ceremony POSTPONED Date TBD
2	3	4	5	6	7	8
Mental Health Week Naming Ceremony	Mindfulness & Movement Mondays	Self-Care Tip Tuesdays HBHC Drop In - Prenatal Care	Art Attack Wednesday Medicine Teaching/Healing with Patricia Toulouse	Touchbase Thursdays	Child & Youth Mental Health Day	Baby Welcoming Ceremony POSTPONED Date TBD
9	10	11	12	13	14	15
Mother's Day Celebration	Mindfulness & Movement Mondays	Self-Care Tip Tuesdays HBHC Drop In - Prenatal	Art Attack Wednesdays Men's Drum Group with Brandon P	Touchbase Thursdays Sewing Circles	Youth Centre Drop In HBHC Walking Out Ceremony Teaching (<i>Mary E</i>)	Youth Genius Foods (Chef a la brain)
16	17	18	19	20	21	22
	Mindfulness & Movement Mondays <i>Traditional Medicine Walk</i>	Self-Care Tip Tuesday HBHC Drop In - Cooking	Art Attack Wednesday	Touchbase Thursdays	Youth Centre Drop In - AOG Responsible Drinking HBHC Home Visits	
23	24	25	26 Full Moon ☉	27	28	29
	Victoria Day	Self-Care Tip Tuesday HBHC Drop In - Animal Teachings with Brandon P	Art Attack Wednesdays	Touchbase Thursdays Sewing Circles	Youth Centre Drop In - AOG HBHC Home Visits	HBHC Traditional Medicine Walk (Frank & Julie)
30	31	BRAIN POWER				
	World No Tobacco Day Mindfulness & Movement Mondays	Brain health is about keeping your brain working at its best and reducing risks to it as you age. Research suggests, the choices you make to keep your body healthy may be good for your brain as well. Be Heart Healthy, Eat healthy, be social, Challenge your brain, Protect your head, Sleep well, Care for your mental health, Know your aging brain.				