

# April

# 2021

Health and Wellness Program- OPEN TO ALL OF OUR ATIKAMEKSHENG COMMUNITY/BAND MEMBERS

## Tree of Life Workshops Calendar

Flyers will be posted to all social media and upcoming newsletters.

**Contact Jamie McDonald- Child Wellbeing  
Worker to register today!**

**705.207.3406 or [childyouth.health2@wlfm.com](mailto:childyouth.health2@wlfm.com)**



**April 10<sup>th</sup>, 2021**

**10:00 am to 12:00pm**

### **Discover Yourself Workshop with Karyn Geeza**

*This workshop offers some very interesting and vital self-care techniques to help participants work WITH their mind and body to help them navigate their world a little easier.*

**1:00pm to 3:00pm**

### **Indigenous and Evolutionary Astrology with Richard Malette and Charmaine Kennedy**

*This workshop is designed to be a solid introduction to astrology and offer some deep insights into every person's authentic individuality and life path.*

**April 17<sup>th</sup>, 2021**

**10:00 am to 12:00pm**

### **A Path to Health and Wellness Workshop with Rose Lucente**

*A program designed to explore herbs and nutrition, life skills in exploring self-worth and looking into healing trauma with a special step into hypnotherapy.*

**1:00pm to 3:00pm**

### **PART TWO: Indigenous and Evolutionary Astrology with Richard Malette and Charmaine Kennedy**

*This workshop is designed to be a solid introduction to astrology and offer some deep insights into every person's authentic individuality and life path.*

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**April 24<sup>th</sup>, 2021**

**10:00am to 12:00pm**

**Mindfulness Techniques with Debra  
Tate**

*Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing and learn to not overreact or become overwhelmed by what is going on around us. While mindfulness is something, we all naturally possess; it is more readily available to us when we practice daily.*

**April 24<sup>th</sup>, 2021**

**1:00pm to 3:00pm**

**Emotional Freedom Techniques and  
Meditations with Danielle Proulx**

*If you are curious about learning self-help techniques and tools in a safe, fun and creative way, this workshop is for you! Unleash your Inner Artist and let it show you different ways of transforming the energy of stress and anxiety into a positive and amazing Work of Art. Life is full of possibilities, and so are you!*