

Anishinabe Sacred Circle

Humility, Honesty, Courage, Truth, Love, Respect, Wisdom

Healthy Baby Program

The attached project is designed for youth to develop tools to be guided towards healthier lives.

This journey to wellness will help young people better understand the impact their lifestyle today will have on the health of generations to come.

This information and activity package has been prepared for youth aged 14 to 20.

Our goal is to have a minimum of 12 participants and a maximum of 20

To be eligible for this program the youth must have completed the grandmothers/grandfathers bundle

This activity will be carried out over a period of 8 months; meeting twice a month for 2 hours for a total of 32 hours from October to May at the school or institution during school hours.

Plus 2 days in the garden in May (Incentive: school work must be up to date and acceptable to participate) and one day the following October to harvest for a total of 18 visits.

To receive all the information about this project, please contact us

- ❖ Encourage the participation of seniors, thereby guiding the process of developing a healthy community.