



Ki'eshgitabaaning



Cultural & Healing Lodge

TRADITIONAL APPROACHES TO ODOOZAMENDAAN (Addictions)

WE CAN COME TO YOUR COMMUNITY

This two-day workshop provides insight into living a healthy lifestyle free from addictions, guided by ancient Anishinaabe traditional healing methods. By attending this workshop, participants will receive teachings in ancestral spirituality and guidance in the sacred ways of the Anishinaabe way of life.

Day 1

Traditional Spiritual Practices

Teachings on how our ancestors lived in balance using ceremony, song, and connection to the land as a foundation for healing. Participants will learn practices that strengthen the spirit and bring peace to the heart.

Day 2

Introduction to Sacred Items and Their Uses

An introduction to the sacred items of the Anishinaabe, their meanings, and how they are used to support healing, balance, and spiritual guidance.

Facilitators:

Mide'Kiwenzie and Elders from Ki'eshgitabaaning Cultural and Healing Lodge

For more information, email: info@firstnationelders.com