



# BIIDAABAN HEALING LODGE

## RECONNECTING TO SPIRIT WORKSHOP



### ABOUT

This 2 day workshop has a primary focus of Mino Bimaadiziwin "The Good Life". Participants will gain a greater understanding and connection with themselves, traditions and cultural knowledge through creating their bundle

### ACTIVITIES AT WORKSHOP

- Hand Drums & Drum Sticks
- Turtle Rattles
- Medicine Pouches
- Grandfather Teachings
- Medicine Wheel Teachings
- Mino Bimaadiziwin Canvas Painting



Biidaaban  
HEALING LODGE



QUATTRO CONFERENCE CENTRE  
IN SAULT STE MARIE



OCTOBER 16TH & 17TH

To register, please contact Keesha Steadman, Family Well-Being Worker at [fwbw@michipicoten.com](mailto:fwbw@michipicoten.com) or call 705-914-0029.