



WOMEN'S EMPOWERMENT EVENT

WORKSHOP & ACTIVITIES THAT NOURISH THE MIND, BODY, & SOUL

DATE: FEBRUARY 16TH & 17TH 2019

TIME: 9:00AM – 4:00PM

PEEL ABORIGINAL NETWORK
208 BRITANNIA RD E UNIT 1,
MISSISSAUGA, ON L4Z 1S6

**SELF-DEFENCE
WORKSHOP**

TRAPPING DISPLAY

**MEDICINE POUCH
WORKSHOP**

**BANNOCK & RABABO
COOKING SERIES**

GRATITUDE PAINTING

and many more

- *Free event; come and join us for 2 fun-filled days of learning and sharing;*
- *Participate in a variety of activities and enjoy some amazing food;*
- *Event is open to Women and allies;*
- *Sign up for a specific program or workshop, a full day or both days;*
- *Please contact **Darlene Lent** for more information.*

Darlene Lent
dlent@rogers.com

The
Credit River
Métis Council

