

Open to adults only, who identify as First Nations, Inuit, or Métis.

SIHTOSKÂTOWIN WELLNESS CIRCLE

OFFERED BY NANÂTAWIHO KAMIK (HEALING LODGE)

January 12 to April 20, 2026*

Every Monday from 5 – 7PM

Location: Tawaw East: 2335 30 Ave NE, Calgary

The goal of the wellness circle is to provide a space to share challenges as well as the medicines and wisdoms that come to help along our healing journey. Facilitated by Lisa L'Hirondelle and Cathy Kostincer, this space will provide opportunities for connections and learning land-based tools for wellness, with ways to support one another.

Light meal provided. No childcare provided. 18yrs and older.

*No Wellness Circle on Family Day (Feb. 16) and Easter Monday (April 6)

Space limited to 20 participants.

Pre-registration is required. Registration opens January 5, 2026.

Please contact: Ellie Henderson, Mental Health Lead at
healinglodge@miskanawah.ca

Calgary



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