

SAFE SPACE SESSIONS



Fridays from 1:30 PM – 4:30 PM

Location: Miskanawah, 2335 30 Ave NE

Delivered in partnership with Affinity Mentorship Foundation, this drop-in group offers a culturally grounded, relational space for youth to connect, reflect, and grow.

Each session explores the Seven Sacred Teachings, guided by a Blackfoot Knowledge Keeper, alongside mental health activities led by a registered psychologist. Offered in parallel, these teachings and practices support youth in strengthening identity, deepening emotional awareness, and building healthy habits and coping skills.

Whether you are navigating challenges, seeking connection, or feeling curious, you are welcome here.

Drop-in program, for youth ages 12-24.

Guardian consent required for youth under 18.

To learn more, contact: coordinator@affinitymentorship.com.

For information related to Nanâtawiho Kamik (Healing Lodge), contact Ellie at healinglodge@miskanawah.ca.



miskanawah
empowerment • strength • family