

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

SIHTOSKÂTOWIN WELLNESS CIRCLE

OFFERED BY NANÂTAWIHO KAMIK (HEALING LODGE)

September 15 to December 1, 2026

Every Tuesday from 5 – 7PM

Location: Miskanawah: 2335 30 Ave NE, Calgary

Our Sihtoskâtowin Wellness Circle provides 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.

Sihtoskâtowin is the act of supporting and helping each other, as well as looking out for one another; it's the collective support for the wellness, safety, and care of the community.

Please note the following: Light meal provided, No childcare provided, Adults only

Pre-registration is required.

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



miskanawah
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