



**Breakfast  
and lunch  
provided**

*Idanaguts'ishoti*

# **Self Empowerment Program**

Open to all community members 18+

**9:30am-3pm Monday- Thursday**

**Start Date: September 15, 2025**

**End Date : December 4 2025**

Activities Include: Crafting, Fitness,  
Talking Circles, and Personal Growth

**Transportation provided**

Registration:

[idanagutsishotiprogram@gmail.com](mailto:idanagutsishotiprogram@gmail.com)

or call: 403-700-4284



