

MEN'S WELLNESS GROUP

WHAT IS WELLNESS?

Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, heart, mind, and body. Central to wellness is the belief in our connection to language, land, beings of Creation, and ancestry, supported by a caring family and environment.

Session Topics:

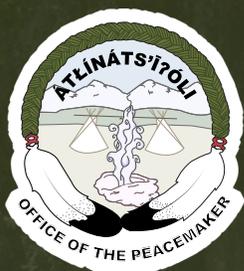
Healing from Intergenerational Trauma | Healing from Grief & Loss
Addictions & Recovery | Emotional Regulation Skills | Living Skills

Location: Office of the Peacemaker Building, TsuuT'ina Nation

Days: March 23rd, 24th, & 25th, 2026 | **Times:** 9:00am to 3:00pm

Registration Open until March 13th, 2016, or until all spots are filled.

Breakfast, Lunch & Snacks Provided



**For More Information or to Register
Please Contact:**

Loni Heavenfire
587-437-3712 | loni.heavenfire@tsuutina.com
Registration: (403) 281-4455 Ext. 227

Zero Tolerance for Drugs and Alcohol.