

"One who gets to know themselves again,"



**Lunch
provided**



Idanaguts'ishoti



Self Empowerment Program

Open to all community members 18+

9:30am-3pm Monday- Thursday

Start Date: April 7, 2026

End Date : June 26, 2026

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

Transportation provided

Registration:

idanagutsishotiprogram@gmail.com

or call: 403-700-4284

