



Indigenous Grandmothers Mentoring Young Aboriginal Girls Retreat

Please sponsor a Youth (17-30)
Limited Spots Available



Wharnccliffe Indigenous Knowledge Retreat



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Neegoni Wabun Gi Gay Win Lodge

The Indigenous Grandmothers Empowerment Alliance in partnership with Neegoni, CAMH, Wharnccliffe Indigenous Knowledge Retreat and sponsored by New Horizons Program of Service Canada will be hosting four healing retreats.

The traditional cultural experience will comprise of four 4-day retreats with 15 young girls between the ages of 17 to 30, from May to October. The land-based experience will share Indigenous knowledge and wise healing practices that include Grandmother's teachings and healing ceremonies. The ceremonies will be specific to young women's teachings, rites of passage, Sacredness of women, traditional roles and responsibilities. **If you know a youth (17-30) who could benefit from this experience, please consider sponsoring their travel and accommodations at event.**

The retreat is designed to empower, build self-esteem and confidence, relieve stress, and letting go of negative experiences from trauma, addictions, abuse, violence and intergenerational impacts, healing from past wounds and is designed to teach young girls ancient traditional roles on being a young woman (sacredness of woman), traditional medicines teachings, connections to the Feminine, Mother Earth, Water, Grandmother Moon and the Natural World. Woman are Sacred beings and this knowledge will be shared.

The retreat will take place in the 100 year old barn built in 1903, featuring hand-sawed post and beams from ancient cedars that were harvested from the 212 acres. The finest stone masonry craftsman devoted love and care into the beautiful foundation of the Barn. The girls will sleep, eat, and do their program right in the barn and the surrounding land. The place boasts of strategically located meditation spots and look-out areas, and beautiful walking trails along the Mississauga River, amongst ancient maples and cedars. In the summers, the grandmothers will hold the ancient healing ceremonies amongst the tall pines protected by the spirits of the land.

July 22, 23, 24, & 25, 2014

August 6, 7, 8, & 9, 2014

September 14, 15, 16, & 17, 2014

October 2, 3, 4, & 5, 2014

4 Wharnccliffe Rd, Wharnccliffe ON
(25 km north of Thessalon, ON on Hwy 129)

Participant sponsors are asked to **provide \$300 for food and accommodations plus travel towards the costs of program.** Contact Isabelle Meawasige at imeawasige@yahoo.ca and/or caroline.recollet@camh.ca



Indigenous Grandmothers Empowerment Alliance