



SPRING

APRIL TO JUNE 2026

About Our Programs

Mamaway Wiidokdaadwin, part of the Barrie Area Native Advisory Circle, offers health promotion, life promotion, social connection, and land-based programs throughout the region and virtually.

These programs are offered to regional Indigenous community members at no cost. You can join these programs whether you receive your clinical care at Mamaway Wiidokdaadwin or not, as they are community specific engagements.

We do our best to offer a variety of programs that support your connection with community, connection with spirit, and connection with culture.

Spots are limited; we recommend early pre-registration!

Joining a Program

Program Registration takes place online at www.mamaway.ca

Visit our website and click on the “Events Calendar” along the top.



1. Visit our website and click on the “Events” calendar along the top.
2. Navigate to the day(s) the program is offered.
3. Click on the program and click on the pre-registration link. Fill out the form with your information.

We use a pre-registration process for our programs

When you pre-register for a program, you will receive an auto message that we received your information. Once you are confirmed for the program, you will receive a confirmation of registration email with any additional details.

Please note, pre-registration does not guarantee registration in an event or program. Our pre-registration process allows us to ensure that community members who have not yet had a chance to participate, get to participate in all of our programs. You are always welcome to add your name to a waitlist in the event a spot becomes available leading up to the event.

Please let us know if you can't make it.

If you can't make the program you have registered for (after you have received your confirmation of registration), please let us know as soon as possible. This allows us to ensure your spot is made available to someone who is on the waiting list.

Locations

We try to offer our programming in different locations throughout our region. Programs are offered in-person or virtually. You are welcome to join a virtual program from wherever you are located.

In-Person: Our in-person programs take place at different locations. Our program guide includes information on the location of an in-person program for this season. You will receive additional information via your registration confirmation email. Some programs are offered at a land-based location or a hub location, and others offered at the Match Hub: 110 Matchedash St N in Orillia.

Virtual: Virtual sessions take place through Microsoft Teams or Zoom. If you sign up for a virtual program, you will receive a reminder email the day before the session with information on how to access the virtual program space. If materials are required/available for the session, they will be mailed to you in advance of the program.

LAND-BASED PROGRAM

Chris Walser, Land-Based Programming Coordinator cwalser@banac.on.ca

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Walking Group Midland	In Partnership with Georgian Bay Native Friendship Centre, spend time outdoors walking for health and make some new connections one step at a time. Chris will share what is up and coming for land-based programs too. Comfortable walking shoes required. Please pre-register on the website.	Ongoing Monday Mornings, Start May 4 th at 10:00 am	Meeting Point: Midland Town dock
Walking Groups Barrie & Orillia	Offered in partnership with Barrie Native Friendship Centre. Spend time outdoors walking for health in a group setting while making new connections. Comfortable walking shoes required. <i>Please pre-register on the website.</i>	Ongoing = Tuesday mornings 10:00 am in Barrie 3:00 pm in Orillia	Johnson Beach Parking Lot in Barrie Tudhope Park Orillia
Wellness on the Water	Rotating locations from Barrie: Little Lake, Midland: Little Lake, Chimnissing: Douglas Lake and Orillia: Mara Provincial Park, <i>please see the website for more information including registration links.</i>	Start May 20 th , Wednesday Mornings (1030am-11:30am)	❖ Barrie: Little Lake, ❖ Midland: Little Lake, ❖ Christian Island: Douglas Lake, ❖ Orillia Mara PP.
Spruce Root Harvesting	Gathering to harvest and cleaning of Spruce roots for upcoming workshops. Work clothes are recommended, that can get dirty.	Thursday, May 14 th , 2026 at 10:00am	Springwater Provincial Park; 1331 ON-26, Midhurst, ON

**Programs are open to Indigenous community members throughout the region at no cost.
For the most up-to-date information, please visit us on social media.**

Hunter Safety and PAL	Collaborating with Barrie Native Friendship Centre for a Hunter Safety and PAL course. First day will be 8 hrs of Hunter Safety Training and the 2nd day could take 10-12 hrs depending on testing. Participants will learn essential hunting safety, responsible and legal practices. You will also learn firearm handling, wildlife identification, hunting techniques, conservation and survival skills. Lunch will be provided each day.	June 8 th and 9 th , 2026	Barrie Native Friendship Centre 175 Yonge St in Barrie
Crafting in the Yurt	Hands on craft in the Yurt in the morning	June 18, 2026 Morning engagement	Horses are Magic (Orr Lake)
Archery at the Yurt	Learning the skill of using a bow to shoot arrows at designated targets.	June 18 th , 2026 Afternoon engagement	Horses are Magic (Orr Lake)
Fishing Fridays	Learn new fishing skills, you can borrow equipment if needed. See corresponded registration dates/links for various locations.	June 19 th , 2026 June 26, 2026	Port of Orillia dock Marina in Barrie

Traditional Healing Engagements

With Hector Copegog, BANAC – Mamaway Wiidokdaadwin Elder

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Anishnaabemowin Language Circle	This virtual drop-in group is a space for supporting each other through a talking circle in the Anishnaabemowin language. We welcome all levels of speakers to join the circle.	April 28, May 26, June 23 rd , July 28, Aug 25.	Microsoft Teams
Community Spring Feast	A traditional ceremony held to welcome new life, honour the changing season, and express gratitude, typically occurring when trees are budding. It is a time for community, spiritual renewal, and consuming traditional foods, often involving smudging, drumming, and singing.	April 30 th , 2026 12pm – 4pm	Match Hub 110 Matchedash St N, Orillia
7 Stages of Life Teachings	Understanding the changes in life, and how to help support your families.	May 11 th , 2026 10:00am- 12:00pm	Match Hub 110 Matchedash St N, Orillia

*Programs are open to Indigenous community members throughout the region at no cost.
For the most up-to-date information, please visit us on social media.*

Anishnaabemowin Language Circle	This virtual drop-in group is a space for supporting each other through a talking circle in the Anishnaabemowin language. We welcome all levels of speakers to join the circle.	June 4, 2026 12:30pm-1:30pm	Microsoft Teams
---------------------------------	---	--------------------------------	-----------------

LIFE PROMOTION

Bawd Elliott, Life Promoter belliott@banac.on.ca

Courtney Thomas, Life Promoter cthomas@banac.on.ca

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Pow Wow Dance Practice	Collaboration with ONWG to bring community together to learn how to and/or practice pow wow dancing getting ready for the upcoming pow wow season.	May 2, 2026 12pm-2pm & June 10, 2026 4:30pm - 6pm	Couchiching Beach Terry Fox Circle, Orillia
Building Our Bundles Series	Join Mamaway Wiidokdaadwin Life Promoters Courtney Thomas for Building Our Bundles: Uplifting Your Spirit 6-week Series! This series will provide a safe and supportive space to connect with other community members and organizations to explore a range of topics related to cultural teachings and building your own bundle. By participating in the program, it will provide you with the tools and resources you need to help you in community!	Every Tuesday May 12 th – June 16 th , 2026 10am-2pm	Match Hub 110 Matchedash St N, Orillia
Birch Bark Beaded Earrings	Teaches participants to create unique, nature-inspired birch bark earrings, combining traditional Indigenous techniques with modern beaded design	May 14 th & 15 th 10am-12pm	Match Hub 110 Matchedash St N, Orillia
Ribbon Skirts Workshop	Design and create a ribbon skirt from start to finish beginning with Ribbon Skirt teachings.	May 20, 2026 9:30am-4:00pm	Match Hub 110 Matchedash St N, Orillia
Ribbon Skirts with Teens	Collaboration with ONWG, with the youth. Register through their website: www.onwg.net	May 22, 2026 4:00-8:00pm	ONWG 169 Front St S, Orillia

**Programs are open to Indigenous community members throughout the region at no cost.
For the most up-to-date information, please visit us on social media.**

Lunch & Learns 7 stages of life teachings	Collaborating with Kathy St. Amant for Seven Stages of Life Teachings that touches on Berry Fasting and Water ceremony	May 25, 2026 11am-1:00pm	Match Hub 110 Matchedash St N, Orillia
Fire Keeping Teachings & Full Moon Ceremony	Collaboration with ONWG & Traditional Healing for teachings about fire keeping with the men and Full Moon Ceremony for the women at Springwater Park.	June 3 rd , 2026 10am – 2pm	Springwater Park
Haudenosaunee Teachings	Thanksgiving Teachings with Leroy Jock Hill on Zoom	June 3 rd , 2026 6:30pm - 8pm	Virtual – Zoom
Full Moon Ceremony (monthly)	Collaboration with ONWG & Lakehead University	June 29, 2026 5:30pm-8:30pm	Lakehead University 500 University Dr, Orillia

HEALTH PROMOTION

Lianne Hudon, Health Promoter lhudon@banac.on.ca

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Barrie Wellness Fair, hosted by Barrie Police Service & Barrie Public Library	With Mental Health Awareness Week in mind, the Wellness Fair is an opportunity to reach a wide range of community members, and share information on resources and services available within our area, to support overall wellness. BANAC – Mamaway Wiidokdaadwin will be on site with an information booth to share resources and upcoming program details including HART Hub.	May 9, 2026 9:00am – 1:00pm	Barrie's Farmers Market City Hall in Barrie, 70 Collier Street, Barrie
Moon Lodge	A safe place for Indigenous women to come together to share their experiences, wisdom and gentle guidance of Cultural Traditions, in a nurturing and inclusive environment. Led by Elder Grandmother Renee and Sarah Connors, Naturopath and Indigenous Birth Doula.	Third Tuesday of Every Month 1:00-3:00 PM	Virtual Offering - Microsoft Teams
Relationship with Food (Bridget Foley)	Indigenous relationships with food are fundamentally rooted in a profound, reciprocal connection to the land and self. Join us for this 3-part series to learn about Indigenous pathways to a healthy relationship with food. The series informs participants on how to feed the body, mind and spirit to achieve wholistic body wellness.	Monthly = Third Wednesday; May 20 th , 2026 June 17 th , 2026 July 15 th , 2026 -1:00-3:00pm	Virtual Offering – Microsoft Teams

*Programs are open to Indigenous community members throughout the region at no cost.
For the most up-to-date information, please visit us on social media.*

<p><i>Collaboration with Orillia Native Women's Group –</i></p> <p>Missing Murdered Indigenous Men Boys (MMIMB) Awareness Walk</p>	<p>This event is a time for community to come together to honour and remember our men and boys; while also raising awareness, it will be an opportunity for sharing and strengthening connections.</p> <p>BANAC – Mamaway Wiidokdaadwin will set up an information booth and be part of this meaningful day by engaging with community members in a good way and letting them know how they can connect with community in the future and access primary care.</p>	<p>Saturday, June 6, 2026</p> <p>10:00am-12:00pm</p>	<p>Tudhope Park</p>
<p>Beausoleil First Nation Health Fair</p>	<p>BANAC – Mamaway Wiidokdaadwin will be on site with an information booth to share resources and upcoming program details. Come meet our new Mino Bimaadziwin workers who can help support you with attachment to the Mamaway Primary Care team!</p>	<p>June 11th, 2026</p> <p>10:00am-2:00m</p>	<p>BFN Event Centre</p>

Community Gatherings (no pre-registration)

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
<p>Big Drum Social</p>	<p>Come and listen to the drums and come rock your moccs with us!!</p> <p>There will be a light supper provided and vendors on site!</p> <p>Please share broadly with community, friends and family!</p>	<p>Friday, June 5th, 2026</p> <p>6pm-9pm</p>	<p>Ferndale Banquet Hall:</p> <p>24 Ferndale Industrial Dr, Barrie, ON</p>
<p>National Indigenous People's Month</p>	<p>Please refer to events calendar for dates as we approach June.</p> <p>Flag raising and community event</p>	<p>To be determined.</p>	<p>In the City of Barrie</p>

*Programs are open to Indigenous community members throughout the region at no cost.
For the most up-to-date information, please visit us on social media.*