



SUMMER

JULY TO SEPTEMBER 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 Indigenous community members at no cost. You can join these programs whether or not you receive your clinical care at Mamaway Wiidokdaadwin.

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

Joining a Program

Program Registration takes place online at www.mamaway.ca.

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 “Register”. Fill out the form with your information.



You will receive a 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.

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 land-based or community locations and some are offered at Matchedash Hub: 110 Matchedash St N in Orillia.

Virtual: Virtual sessions take place through Microsoft Teams. 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.

Traditional Healing Engagements

With Hector Copegog, BANAC – Mamaway Wiidokdaadwin Elder

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Support Hector Copegog – 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.	Fourth Tuesday of every month, evening 6-7:30pm	Microsoft Teams
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.	First Thursday of the month, 1230-1:30pm July 9 (second), Aug 6, Sept 3	Microsoft Teams
Summer Community Feast	A ceremony that brings community together to honour, celebrate and build relationships through shared food, songs (with shakers) and storytelling through teachings.	Aug 17 th , 2026 12:00-4:00PM	Match Hub 110 Matchedash St N, Orillia
Clan teachings	Understanding the animal clan systems, and their roles in the community.	August 31 st , 2026	Match Hub 110 Matchedash St N, Orillia

LAND-BASED PROGRAM

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

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Walking Groups Barrie/Orillia	Offered in partnership with Barrie Native Friendship Centre. Spend time outdoors walking for health and for fun. Comfortable walking shoes required.	Tuesday morning 10 am Barrie, 3 pm Orillia	Johnson Beach Parking Lot BARRIE/ Tudhope Park Orillia
Walking Group Midland	In Partnership with Georgian Bay Native Friendship Centre	Monday Mornings at 10 am	Starting at the Midland Town dock
Rotating Wellness on the Water	Rotating locations from Barrie Little Lake, Midland Little Lake, Chimnissing and Orillia, please see the website for specific locations.	Start May 20 th , Wednesday Mornings (1030am-11:30am)	Barrie-Little Lake Midland- Little Lake- C.I. Douglas lake, Orillia Mara PP.
Finding my spirit	Finding my Spirit within 2-week series. Activities to understand the 7 Grandfather teachings.	July 16 th and 23 rd 12-4 pm	Horses are Magic (Orr Lake) 1098 Scarlett Line, Hillsdale
Fishing Fridays	Shore fishing around the region, fishing gear can be loaned if needed.	July 24-Midland Aug 14 Orillia Aug 28 th Barrie Sept 4 th , BFN	Various Locations <i>see website for more information</i>

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Canoe build	Birch Bark Canoe build virtual,	Check our calendar for update on the dates	Virtual
Youth Program with Rama FN	<i>This program is in partnership with Rama First Nation. For more information on registration and content, please contact Thalia directly with any questions. thaliaf@ramafirstnation.ca</i>	July 7, 14 and 21 6-8 pm	Giiwedini Kii-Rama FN
Sound Bath	Enjoy relaxing meditation with the use of various instruments	July 17 th , Aug TBD	Match Hub 110 Matchedash St N, Orillia
Yoga in the Yurt	Yoga at your own pace	Aug 4, 11, 18 and 25 th	Horses are Magic (Near Orr Lake) 1098 Scarlett Line, Hillsdale
Hunter Safety/PAL	In Partnership with Barrie Native Friendship Centre	Check our calendar for update on the dates	BNFC – 175 Bayfield St in Barrie
Birch Bark basket workshop	Learning how to create your own birch bark vessel	Check our calendar for update on the dates	Match Hub 110 Matchedash St N, Orillia
Drum Workshop and birthing	Learning how to tie your own drum	Sept 3, 2026	Match Hub 110 Matchedash St N, Orillia
7 Pine Medicine Making	Harvest 7 Pine Plants in morning, and create Medicine in the afternoon	Check our calendar for update on the dates	Match Hub 110 Matchedash St N, Orillia

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LIFE PROMOTION

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

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Raised Beaded Medallion Workshop	Design and create a medallion using a raised beaded technique Facilitator: Sarah Smoke	July 7 th & 8 th 10am-3pm	Match Hub 110 Matchedash St N, Orillia
Jingle Dress Teachings	Jingle Dress Teachings & light dinner Facilitator: Raven Noganosh	July 14 th 5:30pm-7:00pm	Match Hub 110 Matchedash St N, Orillia
Ribbon Hoodie Workshop	Design and create your own Ribbon Hoodie!	July 23 rd , 2026 10:00am – 2:00pm	Match Hub 110 Matchedash St N, Orillia
Building Our Bundles	Join Life Promoter 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!	July 28 th – September 1 st 10:00am – 2:00pm	Simcoe Muskoka District Health Unit 15 Sperling Dr, Barrie
Ribbon Skirt Workshop	Design and create a ribbon skirt from start to finish beginning with Ribbon Skirt teachings.	August 12 th September 22 nd 9:30am-3:30pm	Match Hub 110 Matchedash St N, Orillia
Ribbon Hoodie Youth Workshop	Collaboration with ONWG to make Ribbon Hoodies with Youth ages 10yrs old – 18yrs old	August 14 th 11:00am – 3:00pm	Orillia Common Roof 169 Front St S, Orillia
Birch Bark Earrings	Teaches participants to create unique, nature-inspired birch bark earrings, combining traditional Indigenous techniques with modern beaded design	August 27 th 9:30am – 3:00pm	Match Hub 110 Matchedash St N, Orillia
Quilling for Beginners	Learn to harvest, clean & dye quills and various quilling techniques with harvested quills Facilitator: Chris Warner	3 weeks Sept 9 th – 23 rd 5:00pm-7:00pm	Match Hub 110 Matchedash St N, Orillia

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HEALTH PROMOTION

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

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
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. With Elder Grandmother Renee and Sarah Connors, Naturopath and Birth Doula.	Third Tuesday of Every Month 1:00-3:00 PM	VIRTUAL Microsoft Teams
Continued Relationship with Food	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. Facilitator: Bridget Foley	3 rd session - July 15 th , 2026 -1:00-3:00pm In person, cooking session - August 19 th , 2026	Virtual Offering – Microsoft Teams
Service Canada Information Sessions	Join us for this informative session, an overview of the federal programs and benefits, making it easier for you to access financial assistance, healthcare, and other government supports and services.	July 23 rd 1:00-2:30pm	Virtual Offering - Microsoft Teams
1-1 Service Canada appointments	This 1-1 support is for applications of the: •Canadian Dental Plan •Employment Insurance (EI), •Canada Pension Plan (CPP), •Old Age Security (OAS), •Social Insurance Numbers (SIN), •and other essential supports designed to meet the needs of you and your family at every stage of life.	Dates to be determined, please check our calendar for updates in August and September.	Barrie & Orillia sessions will be offered, location to be determined.
Non- Insured Health Benefit Information Session	Helping navigate First Nation & Inuit community members with more details related to NIHB coverage when it comes to medical transportation coverage for travel, meals, accommodations, escorts, and mileage for medically necessary appointments outside the community as well as other coverage details.	July 7 th , 2026 1:00-2:00pm	Virtual Sessions Microsoft Teams or Zoom
Painting with Clayton King	A culturally grounded painting wellness workshop designed to support self-expression, emotional wellbeing, creativity, and community connection through art. A welcoming space for community members to gather, paint, share stories, and support wellness through creativity and connection.	July 30 th August 20 th September 24 th , 2026 10:30-2:30pm <i>Only pick one pls!</i>	Match Hub: 110 Matchedash St N in Orillia

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Evening Tea	Join us as we explore various teas for wellness—enjoy the fruity blends that summer brings and learn about the benefits of each blend.	August 20 th , 2026 6:00 – 8:00 PM	Matchedash Hub: 110 Matchedash St N in Orillia
		September 16 th , 2026 6:00 – 8:00 PM	Mamaway Wiidokdaadwin Clinic: 125 Bell Farm Rd, Suite 200 in Barrie.

SOCIAL CONNECTION/ COMMUNITY GATHERINGS

Events to connect with community, open to everyone.

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Full Moon Ceremony	In collaboration with Mamaway Wiidokdaadwin, ONWG & Lakehead University bringing sacred gathering honouring "Grandmother Moon,". Held monthly, these ceremonies empower women, strengthen community, provide healing, and involve offering tobacco to the fire.	July 29, 2026 August 27, 2026 September 24, 2026	Lakehead University – Tipi 500 University Ave, Orillia
3rd Annual Indigenous Well-Being Health Fair	An opportunity for community members to take part in Health Screening (in the Mobile Clinic) & Retinopathy eye screening on site. Wellness activities offered (Yoga, music, canoeing and energizers) and regional vendors will be on site.	Wednesday, August 12, 2026 3:00-7:00pm	Southshore Centre 205 Lakeshore Drive, Barrie, ON
National Truth & Reconciliation Day: September 30th Orange Shirt Day	Join Mamaway Wiidokdaadwin and partnering Indigenous organizations to honor National Truth & Reconciliation Day. Wearing Orange on this day is encouraged to honor residential school survivors and remember the Indigenous children who never made it home.	Wednesday, September 30 th , 2026	<i>Please check website and social media platforms for more details leading up to the day.</i>
EXTERNAL Organization: Indigenous Diabetes Health Circle	<i>VIRTUAL Engagements: Agadon'he' (I am full of life)</i> <i>Movement Series. Also offered as a chair-based program.</i> <i>For Indigenous community members who reside in Ontario.</i>	<i>Dates:</i> https://idhc.life/upcoming-events/ <i>For more information, contact:</i> CrystalBomberry@idhc.life	<i>Online/ Virtual</i> <i>IDHC will send link after registration.</i>

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