



FALL

OCTOBER TO DECEMBER 2026

About Our Programs

Mamaway Wiidokdaadwin, part of the Barrie Area Native Advisory Circle (BANAC), offers traditional healing, 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. Spots are limited, we recommend early pre-registration!

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 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 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.

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

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.	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 October 1 st , 2026 November 5 th , 2026 December 3 rd , 2026	Microsoft Teams

Land-Based Programming

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

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Moose Hide Mitt workshop	Sewing Moose hide mitt Pattern	Oct 1 9-4	Match Hub 110 Matchedash St N, Orillia
Birch Bark Basket	Making Birch Bark Baskets	Oct 2 nd 9-4	Match Hub 110 Matchedash St N, Orillia
Moccasin Making	Making Anishnaabe style moccasins	Oct 16 th 9-4	Match Hub 110 Matchedash St N, Orillia
Walking groups	Walking groups in the region	Mondays and Tuesdays	Midland, Barrie Orillia
Drums with BFN Seniors	Teaching elders how to tie their own drums	Oct 21 9-1 pm	Christian Island

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Hat making	Leather hat making	Oct 22 9-4	Match Hub 110 Matchedash St N, Orillia
Snow Shoe Binding making	Making snow shoe bindings for our snow shoes	Oct 28-9-4	Match Hub 110 Matchedash St N, Orillia
Bead Loom	Bead Looming for beginners	Nov 5, 9-3	Match Hub 110 Matchedash St N, Orillia
Hand Drums	Learning to tie Hand Drums	Nov 19 th , 9-1 pm	Match Hub 110 Matchedash St N, Orillia
Drum birthing	Ceremony	Nov 26 th 1 pm	Match Hub 110 Matchedash St N, Orillia
Snow Shoeing	Snow Shoeing in Region rotate locations, see calendar for locations	Dec 5 th 10 am	Regional Offering
Leather Feather Carrier	Learn to make a carrier for your smudge feather	Dec 8, 2026 9am start	Match Hub 110 Matchedash St N, Orillia

Life Promotion

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

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Ribbon Hoodies	Design and create your own Ribbon Hoodie!	October 6, 2026 10:00am – 2:00pm	Match Hub 110 Matchedash St N, Orillia
Haudenosaunee Star Teachings with Samantha Doxtator	Samantha has recently accepted the gift to continue the work and research on Indigenous Astronomy by her sister Sasha who passed away in July 2021. Sasha's passion for infusion of Indigenous Knowledge in education will continue to be remembered. The intentions surrounding this presentation are to share how connected we are to the Cosmos, and to help to heal Indigenous oppression with Astronomical Knowledge and Ancestral Technology	Tuesday, October 13 th , 2026 5:30pm – 9:00pm	Courtland 180 Courtland St, Ramara, ON

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Woodland Ojibway Star Teachings with Will Morin	This interactive workshop will introduce to participants and staff to a survey of Ojibway star teachings, Anishinaabemowin / language, and Indigenous Knowledge systems, ecological and spiritual insights.	Wednesday, October 14 th , 2026 5:30pm-9:00pm	Courtland 180 Courtland St, Ramara, ON
Building Our Bundles: Uplifting Your Spirit	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!	6-Week series on Tuesday's October 20 th – November 24 th , 2026 10:00am – 2:00pm	Match Hub 110 Matchedash St N, Orillia
Ribbon Skirt Workshops	Design and create a ribbon skirt from start to finish beginning with Ribbon Skirt teachings.	October 21 st , 2026 November 12 th , 2026 December 3 rd , 2026 9:00am – 4:00pm	Match Hub 110 Matchedash St N, Orillia
Beaded Birch Bark Earrings	Teaches participants to create unique, nature-inspired birch bark earrings, combining traditional Indigenous techniques with modern beaded design	October 28 th , 2026 9:30am – 3:00pm	Match Hub 110 Matchedash St N, Orillia
Bundle Blanket Making Workshop	Design and create a blanket for your bundle to lay out your bundle items	November 4 th . 2026 10:00am – 2:00pm	Match Hub 110 Matchedash St N, Orillia

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Regalia Making Series for Youth	In collaboration with Orillia Native Women's Group, Youth are welcome to learn about, design and create a regalia for their dance bundle.	4-Week Series Wednesday, November 18 th – December 9 th , 2026 4:30pm – 7:00pm	Match Hub 110 Matchedash St N, Orillia
Quilled Birch Bark Earrings	Teaches participants to create unique, nature-inspired birch bark earrings, combining traditional Indigenous techniques with modern quilled design.	December 1, 2026 9:30am – 3:00pm	Match Hub 110 Matchedash St N, Orillia

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
Cornerstone of Diabetes	Led by Indigenous Diabetes Health Circle A presentation designed to help individuals who are <i>living with type 2 diabetes</i> make sustainable lifestyle changes, focusing on healthy eating, physical activity, but primarily on self-management strategies to prevent or reduce further complications of diabetes.	November 26, 2026 1:00-2:00pm	Virtual - Zoom
Relationship with Food Series	Join us for this <i>3-part virtual</i> 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. 1 day in person, to put knowledge to use in the kitchen. Facilitator: Bridget Foley	<u>3-part virtual</u> October 7 th , November 4 th and Dec 2 nd , 2026. 1:00-3:00pm In person session: Dec 9 th , 2026 10am-12pm	Virtual Offering – Microsoft Teams
Service Canada 1-1 Appointments	These clinics will support regional Indigenous community members needing more support with their Service Canada applications: Canadian Dental Care Plan	October 23 rd 1-4pm November 17 th 1-4pm	Service Canada Barrie

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	• Employment Insurance (EI), • Canada Pension Plan (CPP), • Old Age Security (OAS), • Social Insurance Numbers (SIN) Register on our website; www.mamaway.ca/events	----- October 22nd 1-4pm November 18th 1-4pm	----- Service Canada Orillia
Mino Mijim “Good Food” Roots of Wellness Series	Full day providing information about living with diabetes/ preventing diabetes, and how to nourish the body through healthy food. This session will focus on specific topics, followed by a cooking preparation session where you will prepare food to take home and enjoy. In collaboration with our Mamaway RNs.	Dates to come, pls check website for updates	Location to be determined.
Non-Insured Health Benefit Information Session	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.	December 3 rd , 2026 1:00- 3:00pm	Virtual Microsoft Teams

Community Gatherings/ Engagements

No pre-registration is needed for community gatherings

PROGRAM	DESCRIPTION	DATE/TIME	LOCATION
Drum Social	Come and listen to the drums and come rock your moccs with us!! There will be a light supper provided and vendors on site! Please share broadly with community, friends and family!	Saturday Oct 17, 2026	Georgian College
Full Moon Ceremony	In collaboration with Mamaway Wiidokdaadwin, ONWG & Lakehead University bringing sacred gathering honouring "Grandmother Moon," Oct Held monthly, these ceremonies empower women, strengthen community, provide healing, and involve offering tobacco to the fire.	October 26th, 2026 November 24th, 2026	Lakehead University – Tipi Match Hub 110 Matchedash St N, Orillia
Holiday Craft Market	In collaboration with Orillia Native Women's Group and Lakehead University. Local Indigenous craft vendors will be set up with various crafts, gifts, and artwork.	November 19th, 2026 10am-7pm	Lakehead University 500 University Ave, Orillia

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EXTERNAL Organization: Indigenous Diabetes Health Circle	VIRTUAL Engagements: Agadon'he' (I am full of life) Movement Series. Also offered as a chair-based program. For Indigenous community members who reside in Ontario.	Dates: https://idhc.life/upcoming- events/ For more information, contact: CrystalBomberry@idhc.life	Online/ Virtual IDHC will send link after registration.
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