OGIMAAWABIITONG

Life Skills Workshops

White Dog First Nation

4 Workshops

Location: Health Centre

Space is limited please sign up early! Community members can attend, although

**** OW, ODSP and Parents with Children in Care are priority participants for these workshops. ****

October 26, 2017 10:00 AM—12:30 PM

Dress for Success/Interviews

In this workshop we will review appropriate dress and grooming for going to the interview. As well, we will discuss interviews and practice, practice, practice.

November 08, 2017 10:00 AM—12:30 PM

Cooking with Greens

This workshop will explore ways to cook with garden greens. An emphasis will be placed on choosing and storing seasonal vegetables. Participants will be provided with recipes and instruction on prepping, cooking and flavoring greens.

November 15, 2017 10:00 AM—12:30 PM

Parenting

An introductory workshop on positive parenting and best practices will help families are coping with daily challenges. The focus will be on traditional parenting.

November 22, 2017 10:00 AM—12:30 PM

Mixed Media

This workshop you will learn to work with more than one medium to create an artistic masterpiece. As an introductory workshop into the arts, mixed media is about engaging in individual creativity.

To register for these workshops you must contact the Life Skills Office. 807.467.8144 ext. 269 or contact the community OW Worker.

Life Skills are learned and not something we are born with.

We learn from our parents, caregivers, family, elders, teachers and our environment.

Ontario

Ontario Trillium Foundation

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