



HEARTWOOD
HEALING CENTRE



Moss Bag Teachings

Healing the Inner Child

Wichihin Niwakamakanak Series w/ Raven Hart & Ivana Yellowback

The Moss Bag/ Waspison is a tool for nurturing development and security within community and self

The Moss bag teachings aid us in our well-being as we continue our healing journey.

We will learn about

- security and attachment styles
- healthy relationships &
- how to build a Good Life/ Mino Pimatziwin



Wednesdays
Mar 1-April 5, 2023
1:30PM-3:30PM
115 Pulford St.

Registration Required
204-783-5460 ex 27
bgrisdale@heartwoodcentre.ca

This workshop is for all people, including all men, all women, all non-binary and gender diverse folks, and 2SLGBTQ+ people.