



TRAINING & LEARNING CENTRE
PIKWAKANAGAN

AN INTRO TO INDIGENOUS CRAFTS

BENEFITS OF CRAFTING

reduces stress
positive coping strategy
lowers blood pressure
improves motor skills
increases energy levels

When: November 7–21 (Thursdays only)
from 10:30 AM to 12:30 PM

Contact: 613 625-2210 OR 613 628-1720

Where: 473 Kokomis Inamo, Pikwàkanagàn

Indigenous people of North America have handcrafted numerous artistic and everyday items throughout history and into the present. Join us to learn about traditional and contemporary crafts, while working towards creating a beaded rosette medallion necklace.

**PLEASE NOTE THIS COURSE IS 3 SESSIONS LONG.
JULIE FROM GLA WILL BE THE INSTRUCTOR.**

