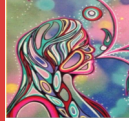




# Kingston Indigenous Language Nest

Are You Ready to Pick Up Your Language Bundle?

## Fluent Speakers



We are so blessed to have the gift of fluent Anishinaabemowin (Ojibwe), Mohawk, and Cree speakers in our community!

## Nest Session



10:00–11:00 Traditional cooking in partnership with Loving Spoonful

11–11:30 Smudge, traditional opening, practice personal introductions

11:30-12:00 Children’s craft, traditional teachings, playtime and songs (supervised) Adult language goal setting to brainstorm ways to bring language into your home

12:00 Traditional community lunch provided

12:30 Legends, drumming and closing circle



## On the Land



4 seasonal Language Nest sessions will take place on the land: sweet water, strawberries, wild rice and fall harvest



Contact Lynda Gerow Brinklow for more information:  
(613) 483-9015  
Lynda@lovingspoonful.org

## Sunday Mornings 10:00am - 1:00 pm

Kingston Community Health Centre  
263 Weller Avenue

February

10<sup>th</sup> & 24<sup>th</sup>

March

10<sup>th</sup> & 24<sup>th</sup>

April

7<sup>th</sup> & 14<sup>th</sup>

Future Save the Dates: May 5, 26, June 9, 23, September 8, 22, October 6, 20, November 3, 17, December 1, 15