

**Wednesday, August 19, 2026
1:00 PM TO 2:00 PM EST
Interactive Workshop**

The Gratitude Address: Learning from the Land



**Presenter: Anita Nakou, Mohawk
Six Nations of the Grand River**

The Gratitude Address is an ancient Indigenous practice of recognizing what has freely been given us. Anita will share from her life experience and ancestral knowledge as a Mohawk woman. Through reflection and discussion create your own message of gratitude that you can incorporate into your daily life.

**Location: Margaret Bahen Hospice
653 Queen Street, Newmarket
Fee: \$20**

[Register at
https://www.mypalcare.org/workshops](https://www.mypalcare.org/workshops)

