

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.

Anita Nakou lives, learns and grows by participating in both the natural world and in her cherished community of Newmarket, Ontario, established on the territories of many Indigenous Nations. Situated in central York Region, Anita finds herself in a strategic location to honour her grandmother's Mohawk ancestry among the many other global Nations represented here. She does this through educating herself and others on such practices as gratitude, tending gardens, indigenous ritual, and interconnected living. Anita has her B.A. in Indigenous Studies and B.Ed. from Lakehead University and lives with her husband and three teenage daughters.

Two Dates Available

Dates: Thursday, July 17, 2025 or Thursday August 14, 2025

Time: 1:00 pm – 2:00 pm

Location: Margaret Bahen Hospice

635 Queen Street, Newmarket

Cost per Session: \$20.00

