

BRAIDING SWEETGRASS

A PRACTICE FOR CONNECTION



FACILITATOR: ANITA NAKOU

MOHAWK, SIX NATIONS OF THE GRAND RIVER

Braiding Sweetgrass: A Path for Connection is an opportunity to learn about Indigenous Culture, contribute to a discussion of the importance of the Seven Grandfather Teachings in Anishinaabe Tradition, and participate in the braiding of sweetgrass for you to bring home as a reminder and fragrant memory of our time together. Anita Nakou, a Mohawk member of the Six Nations of the Grand River will guide us through this 90-minute workshop with the hope of bringing understanding and increased awareness of our common ties as humans who share life on this land.

Date: Thursday, September 18, 2025

Time: 1:00 pm – 2:30 pm (90 minutes)

Location: Margaret Bahen Hospice

635 Queen Street, Newmarket

Cost: \$35.00

