



# Southwest Ontario Aboriginal Health Access Centre

**SOAHAC TRADITIONAL HEALING SERVICES**  
**TEW^HNÍSLYA'KS (THE DAY IS CUT IN TWO)**  
**ZHISBAAKDOKE — GIIZIS (SUGAR MOON)**  
**MARCH 2020**

Scheduling all Elders/Healers: Please call your preferred SOAHAC office to connect with a Traditional Healing Liaison.

Schedules are subject to change with short notice. Please bring an offering of tobacco to each visit; females asked to wear a long skirt. Miigwetch/Yaw^ko/Anushiik/Thank you

London 519-672-4079 • Chippewas of the Thames First Nation 519-289-0352 • Owen Sound 519-376-5508 • Windsor 519-916-1755

Yawtatokáhtu Name-Giizhgad Sunday	Yautlátá:u Skwaa name-Giizhgad Monday	Tekníhatuht Niizh-Giizhgad Tuesday	Asháhatuht Nzo-Giizhgad Wednesday	Kayelíhatuht Niiyo-Giizhgad Thursday	Wískatuht Naano-Giizhgad Friday	Atáktá' Ngodwaaso-Giizhgad Saturday
<b>1</b>	<b>2</b> Joanne Cheechoo London  Richard Assinewai Owen Sound	<b>3</b> Joanne Cheechoo London  Richard Assinewai Neyashiinigming	<b>4</b> Joanne Cheechoo Chippewa	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Full Moon Richard Assinewai Chippewa  Elva Jamieson London	<b>10</b> Richard Assinewai Aamjiwnaang  Elva Jamieson Chippewa	<b>11</b> Richard Assinewai Kettle Point	<b>12</b> Richard Assinewai London	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Sonny Hill Chippewa	<b>20</b> Sonny Hill London	<b>21</b> Sonny Hill Windsor
<b>22</b>	<b>23</b>	<b>24</b> New Moon	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Esstin McLeod Owen Sound	<b>31</b> Esstin McLeod Owen Sound	<b>Sugar Moon - The third moon of Creation is Sugar Moon. As the maple sap begins to run, we learn of one of the main medicines given to the Anishnabek, which balances our blood and heals us. During this time we are encouraged to balance our lives as we would our blood sugar levels, by using Divine Law.</b>			