



THUNDER BAY INDIGENOUS FRIENDSHIP  
CENTRE

**NIMAAMAA  
IDASH  
ABINOOJIINYENS  
GROUP**



**Starting Oct 3rd,  
Running Tuesdays for 9 weeks  
11 am to 2 pm  
TBIFC Back Hall  
Childcare provided**

**Pre & Post Natal Group that  
focuses on healthy nutrition for  
you & your baby**

**To register contact Freedom or Lisa @ 345-5840**

