



"We do not inherit the earth from our ancestors; we borrow it from our children."

- Author Unknown

**A HEALTHY START
LASTS A LIFETIME**

DELIVERY SITES:

Greenstone	Ottawa
Hamilton	Sioux Lookout
Kenora	Thunder Bay
Napanee	



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Maamawi (All Together) Parenting Program



The Maamawi (All Together)

Parenting Program

combines traditional/cultural teachings with modern parenting practices.

This program was developed under a living model approach, it will continue to change, grow and evolve with the needs of the community and our Mothers. The name says it all, Maamawi - All Together: working together to raise strong proud children.



Maamawi's goal is to integrate traditional/cultural teachings with modern parenting practices for families with children prenatal to 6 years of age. The Maamawi program is 1 day a week for 9 weeks, focused on the following:

- Introduction to the program
- Caregiver Wellness
- Caregiver/Child Connection
- Growing Together
- Caregiver Reflection – check in and Feast
- Caregiver Bundle
- Reclaiming Caregiver Role
- All My Relations
- Celebratory Feast

Each session will blend self reflection based on traditional knowledge while encompassing a two eyed seeing approach.

ONWA VISION:

At the Ontario Native Women's Association (ONWA), we celebrate and honour the safety and healing of Indigenous women and girls as they take up their leadership roles in the family, community and internationally for generations to come.

ONWA STRATEGIC ISSUES MODEL:

