

Anishnawbe Mushkiki

Nutrition & Parenting Programs



Cooking with the Good Food Box

Cook a meal using fresh fruit and vegetables from the food box

* Once a month from 11am - 1:30pm

Call Martha for dates and locations 623-0383, ext. 233

Life Skills Program

* January 30th, 31st, February 1st, 2nd & 3rd 2017 (5 days) 1:00-3:00pm

@ St. Michael's Church, 675 Red River Rd

Call Darren to register or for more information 623-0383, ext. 216

Parenting Program

Offered 3 times a year
623-0383, ext. 233

Call Martha for dates, times and locations

Addition Programs

Additional programs offered throughout the year.

Please check the monthly calendar, website or facebook page

Programs are subject to change, visit our Facebook Page or Mushkiki website
www.mushkiki.com or call Sheila Marcinyshyn at 623-0383, ext. 210
for more information