



# Aanike- gikinoo'amaagozing

## Counseling and Continuing Education Activities

August 2019	Foraging and Cooking with Traditional Foods	Open to Community
September 2019	Full Moon Gathering	Open to Community
Tuesdays and Thursdays throughout Fall Semester	Mindful Living and Learning	Open to Community
First Tuesdays of the Month	Suicide Survivors group	Open to Community
October 2019	Midterm Massages	RLNC Students only
November 2019	Fall Drum Feast	Open to Community
November 2019	Bulrush Mat Weaving	Open to Community
December 2019	Finals Massages	RLNC Students only
January 2020	Foraging Trip	Open to Community
January 2020	Full Moon Gathering	Open to Community
February 2020	Traditional Foods and Medicines	Open to Community
March 2020	Midterm Massages	RLNC Students only
March through May 2020	Art as therapy	Open to Community
March through May 2020	Ojibwe Language and Culture class	Open to Community
April 2020	Healing garden planning and preparing	Open to Community
May 2020	Foraging and cooking with traditional foods	Open to Community
May 2020	Spring Drum Feast	Open to Community
May 2020	Finals massages	RLNC Students only
Summer 2020	Healing Garden preparing and planting	Open to Community
Fall 2020 – Spring 2021	Yoga	Open to Community
September 2020	Full Moon Gathering	Open to Community
October 2020	Fall Drum Feast	Open to Community
Fall 2020-Spring 2021	Mindful Living and Learning	Open to Community
October 2020	Midterm Massages	RLNC Students only
November 2020	Foraging for traditional foods	Open to Community
December 2020	Traditional food preservation	Open to Community
December 2020	Finals Massages	RLNC Students only

January 2021	Traditional medicines	Open to Community
February 2021	Full Moon gathering	Open to Community
March through May 2021	Art as therapy	Open to Community
March through May 2021	Ojibwe Language and Culture class	Open to Community
March 2021	Equine therapy	Open to Community
March 2021	Midterm Massages	RLNC Students only
April 2021	Full Moon Gathering	Open to Community
May 2021	Foraging and cooking with traditional foods	Open to Community
Summer 2021	Healing Garden planting and traditional medicine lessons	Open to Community
Fall 2021 – Spring 2022	Yoga	Open to Community
September 2021	Full Moon Gathering	Open to Community
October 2021	Fall Drum Feast	Open to Community
Fall 2021-Spring 2022	Mindful Living and Learning	Open to Community
October 2021	Midterm Massages	RLNC Students only
November 2021	Foraging for traditional foods	Open to Community
December 2021	Traditional food preservation	Open to Community
December 2021	Finals Massages	RLNC Students only
January 2022	Traditional medicines	Open to Community
February 2022	Full Moon gathering	Open to Community
March through May 2022	Art as therapy	Open to Community
March through May 2022	Ojibwe Language and Culture class	Open to Community
April 2022	Full Moon Gathering	Open to Community
May 2022	Foraging and cooking with traditional foods	Open to Community
Summer 2022	Healing Garden planting, fencing, bed construction, compost and traditional medicine lesson	Open to Community

## Work force Development Opportunities

Red Lake specific new employee training	Summer 2020
Customer service training	Summer 2021
Excel online training	February 2020
Ojibwe Language Eminence Certificates	Summer 2021
Computer Basics	Summer 2021