



MOTHERS of TRADITION

The First Teachers

Develop the skills and knowledge to live a healthy life as a traditional, spiritual Native American women. Increase awareness of how intergenerational trauma interrupted the culture, language, family ties, and parenting practices among Native people. Learn how to apply the cultural teachings to bring healing to children.

EIGHT WEEK COURSE

Every Friday: June 20 - Aug. 29, 2025

**Please note: there will be no class on July 4, 18 or 25*

► **Time:** 1-4 p.m.

► **Location:** Nimkee Public Health Kitchen

2591 S. Leaton Rd., Mt. Pleasant, MI 48858

- Facilitated by Mikayla Steele-Cyphert
- Registration required, space is limited
- Free workbook & certificate
- Children welcome
- Light snacks and drinks will be provided

To register or for more information, please contact:

Mel Bailey at MeBailey@sagchip.org or 989-775-4621



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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