

*?INKWEL CAFÉ
AMA CAFÉ
(Mom's Café)*

Dates for October 2020

October 6 – Prenatal

October 13 – Postnatal

October 20 – Prenatal

Every Tuesday from 1:30 to 2:30

Postnatal Dates are open and free to new moms with babies under one year...

Prenatal Dates are for all expecting moms to be....

Topics and Conversations Around:

- *Traditional Values and Parenting*
 - *Postpartum Blues vs. Postpartum Depression*
 - *Breastfeeding and Nutrition*
 - *Child Development*
 - *Attachment and Bonding*
- Snacks will be available...*

Family Circle

Every Wednesday

11:00 a.m. to 2:00 p.m.

Lunch and Snacks will be available...

Last week, the group made some Juniper Salve...

This week we will be freezing the corn that we picked last week and the week will be

October Topics

“Making Tobacco Ties” “Traditional Beliefs”

**There will be limited seating, so please*

R.S.V.P.

For more information contact

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**Social Distancing will be observed... thank you*