



Mushkiki

Walking with Medicines

Annual Report 2025-2026



What is Mushkiki?

Mushkiki is the word for **medicine** in Anishinaabemowin (Anishnaabe language), its translation is the **strength of the earth**. Traditionally, *mushkiki* was any healing remedy that came from the earth and included healing plants, roots, herbs, and nourishing foods that support life and wellness.

Today at Wabano, the teachings of *mushkiki* expand to include *both* plant (traditional) medicines and contemporary (medical) medicines. It is anything that brings the strength of the earth to our communities and nations. In this way, places, activities and people can all be *mushkiki*.



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CEO Message

Growing up on Manitoulin Island, us kids roamed free all summer long. We didn't pack water or snacks — we knew everything the land provided for us.

My snacks of choice were wild rose petals and wild columbine. These plants grew in abundance along the road, and I'd gather them by the handful into my t-shirt. They were a child's yummiest salad, and my first teachers in *mushkiki*.

Many of us don't get to roam the hillsides today the way previous generations did, but the importance of *mushkiki* hasn't changed. Mother Earth continues to provide everything we need to live *mino biimaudiziwin* — which literally translates to “the good life,” the closest word to “health” in the Anishnaabe language.

Whether *mushkiki* is the plants themselves, the water, laughter, or the relationships we forge, it nurtures us. And in order for *mushkiki* to nurture us, we must also nurture it in return. We are in a reciprocal relationship with the medicines — interdependent on one another.

This year at Wabano, we leaned into the teachings of *mushkiki*.

Our team stretched ourselves to see it in new ways:

- Forging relationships through traditional crafts
- Caretaking our rooftop garden
- Providing care in the streets through our outreach vans

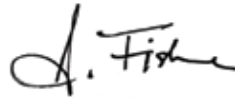
And we continued to learn and embrace it in old ways:

- Making salves, teas, and sprays
- Going on medicine walks

Creating this annual report was itself *mushkiki*. Taking the time to reflect and celebrate the journey we've shared, and to feel the gratitude that comes from remembering everyone who helped along the way — that, too, is good medicine.

Chi miigwetch to our board, staff, volunteers, funders, donors, clients, and community. Each one of you is good medicine, and each of you has helped Wabano nurture *mushkiki* in return.

Allison Fisher
CEO



Wabano's Mandate is *Mushkiki*

The main purpose of the Centre is to create and deliver services that will prevent ill health, treat illness and provide support and aftercare. Services are offered in a culturally sensitive way that welcomes, accepts and represents all Indigenous people.

We believe that **good medicine** (*mushkiki*) is characterized by:

- Reclaiming culture as a pillar of healing;
- The teaching and healing practices of Indigenous people;
- A contemporary model of quality primary healthcare;
- Focusing on the individual in the context of their family and the community;
- Believing in the wisdom of Elders, traditional healers, and teachers; and,
- Believing in the importance of traditional ceremony and celebration.

Our Vision

We envision a world in which all Indigenous people have achieved full and equitable access to the conditions of health. This includes pride in ancestry, cultural reclamation, peace, shelter, education, food, income, a stable environment, resources, social justice, and where the gifts and wisdom of our cultures are recognized as valuable, distinctive and beautiful.

Our Mission

The Wabano Centre for Aboriginal Health is an urban health centre that:

- Provides quality, holistic, culturally relevant health services to Ottawa's First Nation, Métis, and Inuit population;
- Engages in clinical, social, economic and cultural initiatives that promote the health of all Indigenous people;
- Promotes community-building through education and advocacy; and,
- Serves as a centre of excellence for urban Indigenous health.

Leadership *Mushkiki*

Wabano is deeply grateful to the leadership *mushkiki* that our Board and funders shared with us this year.

Wabano Board of Directors

Chair: Louise Logue

Vice-Chair: Melissa Hammell

Secretary: Jennifer Bouchard

Treasurer: Shaun Logue

Member-at-Large: Bret Cardinal

Member-at-Large: John Ramsay

Member-at-Large: Rosemary Spring

Member-at-Large: Kristine Neglia

Member-at-Large: Brenda Macdougall



Left to Right: Shaun Logue, Louise Logue, Brenda Macdougall, Rosemary Spring, Kristine Neglia, Melissa Hammell. Missing: Jennifer Bouchard, Bret Cardinal, and John Ramsay



Funders

Bell Canada

Canadian Hard of Hearing Association

City of Ottawa

Indigenous Healing and Wellness Strategy

Indigenous Primary Health Care Council

Indigenous Services Canada

Ministry of Children, Community and Social Services

Ministry of Health and Long-Term Care

Ministry of Indigenous Affairs and First Nations Economic Reconciliation

Ontario Aboriginal Housing Services

Ontario Federation of Indigenous Friendship Centres

Ontario Health

Ottawa Carleton District School Board

Public Health Agency of Canada

United Way East Ontario

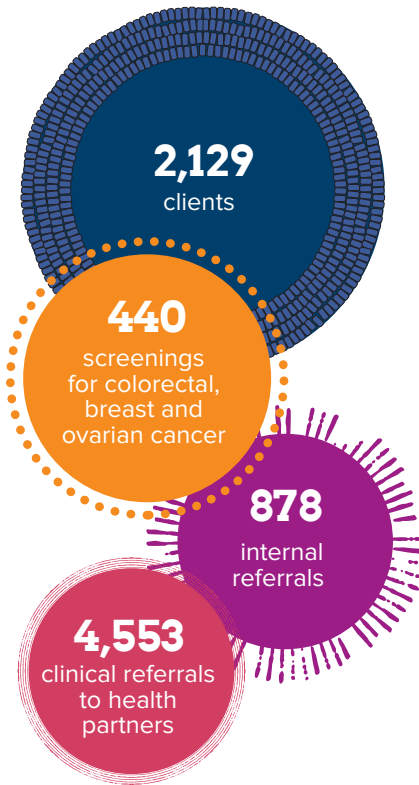


Mushkiki in Action

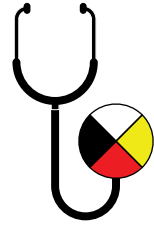
Wabano Programs and Services

Mushkiki is...Quality Health Care

Wabano Medical Services



Mushkiki can be found in many forms—including compassionate, culturally safe healthcare that supports individuals and families throughout every stage of life. Wabano's Health Services team is dedicated to providing community-centered care that nurtures wellness and strengthens the overall health of Indigenous people and families.



Our team includes physicians, nurse practitioners, a registered nurse, a dietitian, and medical reception staff who work together to deliver comprehensive primary care services. To meet the diverse needs of our community, we also partner with specialized healthcare professionals, including a respiratory therapist, gynecologist, and chiropractor.

Together, we provide holistic care that honours Indigenous cultures, experiences, and strengths.

Prenatal Clinic

The journey into parenthood is a powerful source of *mushkiki*, offering opportunities for growth, learning, and connection. Wabano's Prenatal Clinic provides supportive care for women throughout pregnancy and the early months with their newborns. Through prenatal check-ups, education, and well-baby care, families receive guidance and support during this important stage of life.



Well-Child Clinic

Children carry the promise of future generations, and supporting their healthy development is an important form of *mushkiki*. Wabano's Well-Child Clinic serves children from 2 months to 5 years of age, providing families with guidance on breastfeeding, infant care, nutrition, growth, and developmental milestones.

The clinic also offers parents and caregivers a trusted space to ask questions, build confidence, and receive support as they nurture their children. Through this care, families find the *mushkiki* of knowledge, reassurance, and connection, helping children grow strong in mind, body, and spirit.



Mushkiki is...Growth

Wabano's Clinic Expansion

827

new patients

At Wabano, we understand that *mushkiki* takes many forms, including access to quality healthcare. The reality is too many Indigenous people are living without access to a family physician or primary care provider.

In September 2025, Wabano was selected in the first round of Ontario Health funding dedicated to expanding access to primary care across the province. Through this funding, Wabano expanded its medical team, adding:

- Physician
- Nurse Practitioner
- Registered Nurse
- Patient Navigation, and
- Community Outreach

Together, this team is helping ensure Indigenous people can access timely, culturally safe care when and where they need it.



Mushkiki is...the Courage to Change

Wabano's Indigenous Cultural Safety Training

26

training sessions

466

healthcare learners

5

in-depth workshops
with 201 attendees

At Wabano, we believe that knowledge can be powerful *mushkiki*. Through Indigenous Cultural Safety (ICS) training, we continue to work toward meaningful change within the healthcare system by building understanding, strengthening relationships, and creating safer experiences for Indigenous people accessing services.

Over the past year, Wabano coordinated training sessions with hospitals across Ottawa and the Pembroke region, bringing together representatives from all three Ontario Health Teams in the region. Participants included executive leaders, frontline nurses, social workers, Community Health Centres, justice sector staff, psychology students, and other service providers.

The *Mushkiki* found in this work is understanding, accountability, and relationship-building. By creating opportunities for learning and reflection, we are helping build systems that are more responsive, respectful, and culturally safe for Indigenous people. This remains an important commitment for Wabano as we continue to share knowledge, foster change, and strengthen relationships with our partners and stakeholders.



Mushkiki is...Cultural Reclamation

2,099

clients accessed
traditional teachings,
healing and/or ceremony

836

cultural activities/events

9,183

participants

"I am so grateful Wabano is offering these workshops I am learning more about my culture but also how to do things."

-Participant in concho belt making

At Wabano, we know that reconnecting to culture is powerful *mushkiki*, helping people strengthen identity, belonging, and community. For many urban Indigenous people, access to language, teachings, and traditions was disrupted through generations of colonial policies and residential schools. Throughout the year, community members gathered at our:

- **Beading nights:** learning from skilled instructors participants build confidence, form lasting friendships and create beautiful beadwork. In the spirit of reciprocity, participants donated handcrafted pieces for Wabano's Gala silent auction.
- **Men's & Women's Drum Groups:** On Wednesday evenings, Wabano comes alive with the heartbeat of the drum as men and young boys learn together on the big drum, while women gather to learn hand drum songs, share teachings, and strengthen their voices through song.
- **Cultural Workshops:** such as Ojibway language classes, Full Moon Ceremonies and special guests sharing star teachings (Wilfred Buck).

This *Mushkiki* of cultural teachings, language reclamation, and community connection is among the strongest medicines we can offer, creating wellness that will benefit generations to come.





Mushkiki is...Families Learning Together

Wabano Early Years Program

90
children

155
parents and
caregivers

200
programs
and outings

2,127
participants

“Wabano’s Early Years House has given my daughter and I a place to learn, grow, and feel like we belong.” – EY Parent

“The kids are excited and can’t wait to get to the EY house!” – EY Parent

Early childhood is the key stage of learning. Connecting children to culture, community, and land-based activities is so important, and when families can learn together, it becomes powerful *mushkiki*.

This year, families gathered for Moon teachings, celebrated the Summer Solstice, explored Mer Bleu Bog, picked strawberries, gardened, and learned from Elders and Knowledge Keepers about drumming, dancing, beading, and Mother Earth teachings. We also enjoyed community feasts, and intergenerational activities with our Seniors and Perinatal Programs, strengthening connections across generations.

In gathering, we found the *mushkiki* of learning across generations.



Mushkiki is...Discovery

Wabano Youth Program

6

youth camps

85

youth campers

51

youth supported
through outreach

This year, Indigenous youth at Wabano discovered mushkiki in healing camps, cultural workshops, and community outings.

Youth experiences included: Flying Squirrel, a boat cruise, Parc Omega, Arbraska Adventure Park, Calypso Waterpark, and Madahoki Farm. They also developed new skills and interests through lacrosse and basketball clinics, Métis jigging workshops, Virtual Reality programming, and cultural teachings with Grandmother Louella.

A highlight of the year was March Break Camp, which offered three days of culturally grounded programming. Youth participated in opening smudges and prayers, Ojibwe Sky Teachings, clan teachings, dreamcatcher making, Indigenous art activities, outdoor recreation, community skating, nature exploration, sharing circles, and daily reflections. A cultural visit to Madahoki Farm further strengthened connections to Indigenous traditions and ways of knowing.

Through every activity, *mushkiki* helped youth grow into confident young leaders who are connected to their culture, community, and future.



Mushkiki is...Laughter

Wabano Seniors Program

187

seniors supported

1,741

senior participants

104

outings and group activities

2,019

one-on-one support sessions with seniors



The Seniors Program plays an important role in reducing isolation and ensuring that our Old People remain connected, supported, and valued. At the heart of the program is the Seniors Circle that consistently welcomes 20–25 seniors each week. Every Monday and Wednesday, laughter can be heard throughout the Sky Floor as seniors share stories, challenge their fitness levels, learn from guest speakers and just enjoy being together.

We also connect seniors to their community:

- **Outings:** museum visits, strawberry picking with the Early Years team.
- **Home visits:** Wabano's case managers walk alongside seniors through life's challenges. Whether navigating systems, accessing services, advocating on their behalf, or simply providing a listening ear, case managers help ensure that seniors feel supported, respected, and connected.
- **Intergenerational activities:** special Christmas celebration

Our Seniors Program continues to be a source of *mushkiki* for community members reminding us that good medicine is found in community and joy.



Mushkiki is...in unexpected places

Wabano Health Promotion

829

participants in 111 fitness sessions

256

seniors in 50 seniors warm up sessions

169

participants in 9 seasonal wellness groups

Sometimes *Mushkiki* is found in unexpected places—in moments that challenge us, build our confidence, and bring us together. Last fall, Wabano's Health Promotion team offered an equine wellness experience for six women from programs including smoking cessation and mental wellness. For most participants, it was their first time riding a horse, creating an opportunity to step beyond their comfort zones and discover new strengths.

Set on a beautiful farm surrounded by nature, the experience encouraged participants to slow down, connect with the land, and embrace the healing power of the outdoors. For many, getting on a horse required courage, trust, and resilience. As they rode through the forest, they experienced the *Mushkiki* of movement, fresh air, and connection to the natural world.

The day also fostered meaningful relationships. Women from different programs shared encouragement, laughter, and support, discovering the *mushkiki* of community and the strength that comes from walking alongside one another.

Experiences like these are an important part of Health Promotion programming. They demonstrate good medicine is often found in trying something new, supporting one another, and recognizing the strengths we carry within ourselves.



Mushkiki is...Connection

Wabano Mental Health Services

1,776

clients guided
on their wellness
journey

8,749

mental wellness
appointments

512

youth mental health
clients

284

clients accessed
addictions services

Nurturing *mushkiki* begins with connection—to ourselves, our culture, our community, and the supports that help us heal. This year marked an important chapter for Wabano's Mental Wellness team with the arrival of a new Mental Wellness Director.

Through culturally responsive, trauma-informed counselling, crisis support, advocacy, and system navigation, the team walked alongside individuals, families, and youth as they navigated life's challenges. Community members found the *mushkiki* of being heard, supported, and empowered on their healing journeys.

Services included:

- **Therapeutic group** programming
- **Grief support group and art-based workshops** led by Knowledge Keepers Samantha Doxtator and Linda Manitowabi.
- **On-the-land supports.** Denis Windego shared teachings about our relationship with Mother Earth, reminding participants that the land itself is *mushkiki*—offering balance, guidance, and connection to traditional ways of knowing.
- **Youth cultural activities** and relationship-building opportunities

Together, these efforts demonstrate that *mushkiki* can be found in culture, community, creativity, land, and connection, helping individuals and families move forward with hope and wellness.



Mushkiki is...Home

Wabano Housing Support

717

clients served

94

clients successfully
housed

1,231

households assisted
with food insecurity

3,190

referrals to
community supports

At Wabano, we know that safe and stable housing is powerful *mushkiki*. A home provides more than shelter—it offers security, dignity, connection, and a foundation for wellness.

This year, Wabano partnered with Indigenous Coordinated Access (ICA) and Ottawa Salus to help address a critical gap in Ottawa's housing system: housing for individuals experiencing mental health challenges, substance use, and the impacts of chronic homelessness.

The result: Capilano's 54-unit residence is Canada's first housing Community of Care for older adults with a history of mental health challenges. There are 16 of the 54 units specifically dedicated to Indigenous community members. Guided by frameworks developed in partnership with the Aboriginal Community Advisory Board, this residence is grounded in culturally safe, tenant-centered care that includes ceremonial spaces, protection of tenancy rights, and wrap-around supports.

This initiative marks an important milestone, creating new pathways to housing and stability for Indigenous people. More than a housing initiative, this work reflects the *mushkiki* of belonging, self-determination, and hope.



Mushkiki in The Community

Wabano Events

Mushkiki is...in the Skies

STARWALKERS

57

Sponsors



620

Gala attendees

\$200,000

Raised

**Save
the Date!**

The 2027 Igniting
the Spirit Gala
is on Thursday,
June 17, 2027



Igniting the Spirit Gala 2026

Wabano's annual Gala was held on June 18, 2026 at the Ottawa Conference and Event Centre. This year's theme was Starwalkers. Guests were immersed in the world of Ojibway constellations and each received a handcrafted constellation magnet created by a community member, carrying with it a teaching and a connection to the night sky.

As Allison Fisher, CEO shared in her opening remarks, recalling a teaching from her grandmother: "We are stardust, each one of those stars is our ancestors. We are stars, and stars are us."

Once again, the cultural performance wowed the audience.

- **Mike Stevens** opened with harmonica melodies that echoed the creation of the universe.



- Traditional and contemporary dancers shared the story of how the stars have guided Indigenous peoples for thousands of years.
- The performance concluded with Wabano's youngest dancer gazing toward the stars as the sounds of the universe filled the room, leaving the audience in a moment of awe and reflection.



Shelagh Rogers, emcee and **John Rogers**, auctioneer, helped raise over \$200,000 with the raffle, silent and live auctions. Hot ticket items included a paddle autographed by Prime Minister Mark Carney, Ottawa Senators Suite and Bluesfest VIP box.

The evening was a powerful reminder that *mushkiki* can be found in cultural teachings, community gatherings, and the connections that unite us across generations.



Read more about the Gala here.





Mushkiki is...Gathering

Land as Medicine Learning Forum

On February 25, 2026, Wabano hosted the Land as Medicine Learning Forum, a day dedicated to learning, reflection, and dialogue about our relationship with the land and one another.

Keynote speakers included:



- **Winona LaDuke**, Native American environmental activist, economist, writer, industrial hemp grower, and politician, reflected on decades of advocacy for land, water, and Indigenous food sovereignty. Drawing on stories of ancestral seeds, traditional agriculture, and community stewardship, she highlighted the resilience and abundance of Indigenous knowledge.
- **Riley Yesno**, queer Anishinaabe scholar, writer, and commentator, emphasized the importance of Indigenous-led stewardship, the revitalization of cultural practices, and stronger relationships rooted in justice and collective responsibility.
- **Michael Runtz**, naturalist and author, shared insights from the natural world, illustrating the interconnectedness of ecosystems and species. Through stories and observations, he encouraged participants to slow down, pay attention, and deepen their appreciation for the relationships that sustain life.

- **Jen Gobby**, researcher and founder of the Mud Girls Natural Building Collective, spoke about allyship, solidarity, and the importance of supporting Indigenous leadership.

Together, the speakers offered powerful *mushkiki* on resilience, responsibility, and connection. They emphasized that meaningful change begins by strengthening our relationships with the land and supporting Indigenous leadership.



Mushkiki is...The Land

Family Culture Camp

This year, families travelled to Curve Lake First Nation for a three-day Family Culture Camp centred on the Mnoominkewin Gathering. Families immersed themselves in a weekend dedicated to culture, community and the traditional teachings of manoomin (wild rice).



The families were provided an opportunity to:

- Paddle to wild rice beds
- Learn the traditional practices of harvesting, processing, roasting, and preparing manoomin (wild rice).
- Participate in hands-on learning, language lessons, cultural exhibits, artist demonstrations, and discussions with Knowledge Holders
- Share meals prepared by Indigenous chef Shawn Adler to further highlight the medicine found in traditional foods.

Day 1: Cultural teachings

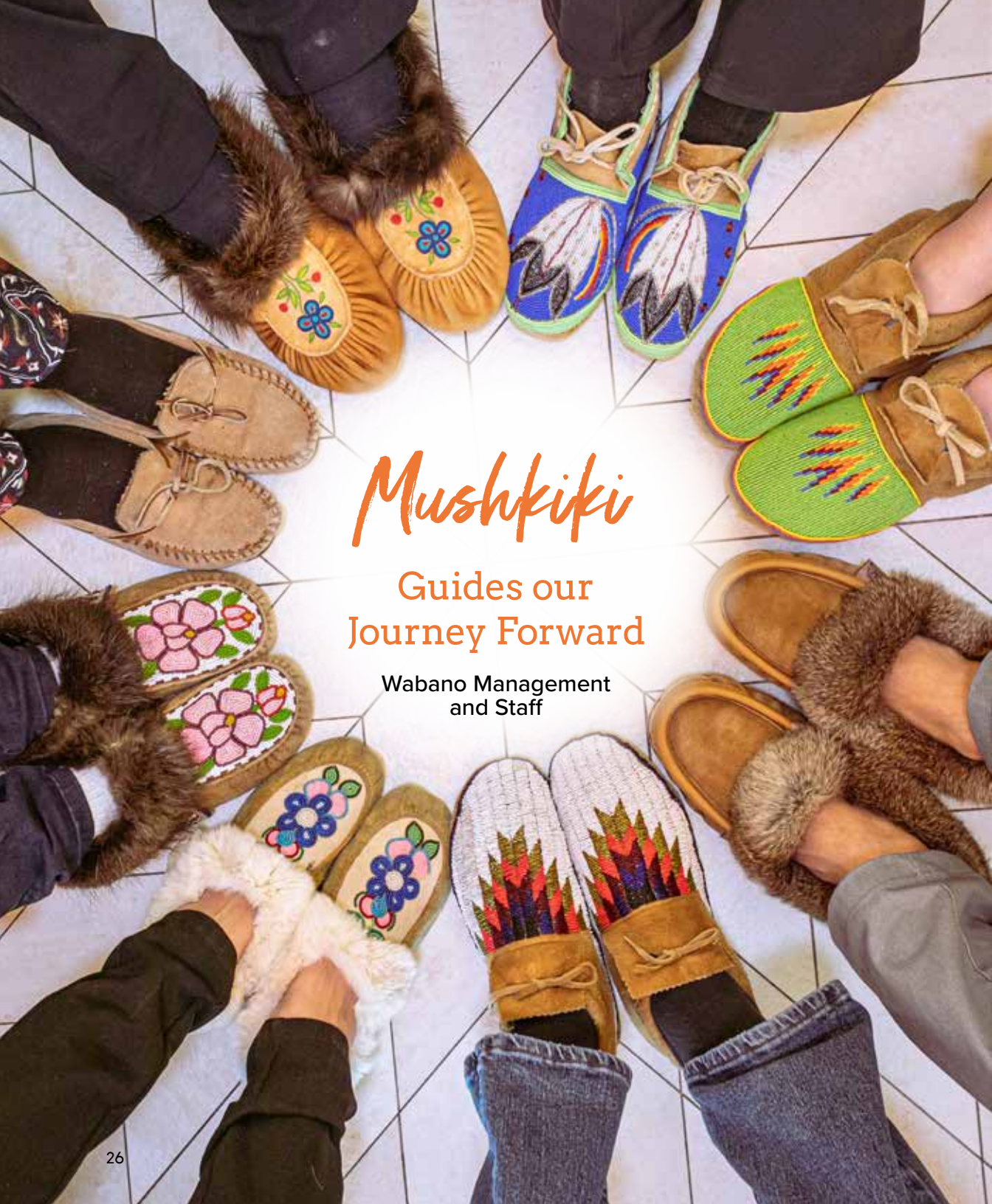
Families learned from respected Indigenous leaders and Knowledge Holders, including Leanne Betasamosake Simpson and Winona LaDuke and a surprise performance by Indigenous artist Tia Wood.

Day 2: Kinomaage-Waapikoong Ceremonial Visit

Kinomaage-Waapikoong are the **Teaching Rocks**, one of Ontario's most significant Indigenous sacred sites. Families learned about the ancient rock carvings, offered sacred tobacco grown through Wabano programming, and spent time in prayer and reflection.

The camp demonstrated that *mushkiki* of the land is kept alive through Elder teachings, traditional foods, and the relationships that are forged throughout.





Mushkiki

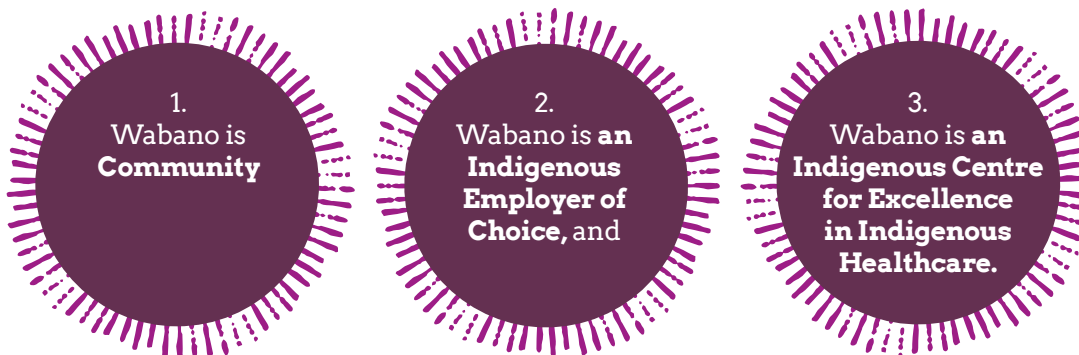
Guides our
Journey Forward

Wabano Management
and Staff

Mushkiki is...Strategic

Wabano's 2025–2028 Strategic Plan

Our Strategic Plan is grounded in three priorities:



Like sweetgrass, these priorities are woven together, to create strength. The Wabano staff team states these priorities in the present tense, acting as affirmations for what we envision.

We invite you to be part of our strategic journey.

- **As community partners**, we look forward to building new relationships and expanding our impact through mobile outreach and community programs.
- **As community members**, your voice helps shape our future. By participating in programs, sharing your ideas, and learning alongside one another, you help create a welcoming and vibrant community where everyone can thrive.

The next two stories each highlight one of our strategic priorities.

A heartfelt *chi-miigwetch* to the staff and community members who shared their experiences. Their stories remind us that *mushkiki* is found in connection, leadership, learning, and the strength we create together.



Mushkiki Story: Kelly & Danielle

Wabano as an Employer of Choice

At Wabano, *Mushkiki* takes many forms. It is found in culture, community, relationships, and the teachings that guide us throughout our lives. While Wabano is known for supporting the health and wellness of Indigenous communities, it is also a place where staff discover their own *mushkiki*—growing as leaders, strengthening their sense of purpose, and carrying forward the values they learn into future paths.



Former employees Kelly Fisher and Danielle Roy reflect on how their time at Wabano shaped not only their careers, but also their understanding of leadership, community, and belonging.

Kelly Fisher spent eight years at Wabano, serving as Healthy Living Coordinator and later as Health Promotion Team Lead. While she developed valuable leadership and management skills, the greatest *mushkiki* she found was in the relationships and teachings that shaped her approach to leadership.

“The greatest lesson wasn’t a technical skill. It was learning how to lead with humility, build relationships rooted in trust, and show up for community with an open heart.”

Kelly credits Wabano with teaching her that leadership begins with connection and that wellness is strengthened when we walk alongside one another.

“Wabano helped me understand that a meaningful career isn’t measured by a title or position, but by how we care for our communities, carry our responsibilities with humility, and leave things better for those who come after us.”

For **Danielle Roy**, Wabano became a source of *mushkiki* while she was building a new life away from her home community. Beginning as a volunteer and later serving as Event Coordinator and Events Team Lead, she found a workplace where culture and professionalism existed side by side.

“Wabano gave me a chance to build a circle and meet amazing people in the community that I still see and work with today.”

The confidence, skills, and connections Danielle gained continue to influence her work as an Indigenous consultant supporting reconciliation and community initiatives.

“My time at Wabano is the reason I do the work that I do today.”

As Kelly and Danielle continue to create positive change, their stories remind us that *mushkiki* is found in the people who walk alongside us and the teachings we carry forward.



Mushkiki Story: William

Wabano is Indigenous Community and Excellence in Indigenous Healthcare

William is a long-time client of Wabano's and has accessed several services in his journey. William reflects on how he views *mushkiki* and Wabano's role in connecting him to *mushkiki*.

William shared that healing was made possible by a circle of care that worked together to support his physical, emotional, mental, and spiritual well-being.

"Every step of my journey, there was someone there to help guide me, encourage me, and connect me to the support I needed," William explained. "It wasn't just one program or one person—it was everyone working together for my healing."

A vital part of that journey was his connection to *mushkiki*, where cultural teachings and traditional approaches complemented clinical care. Through access to Indigenous wellness supports, William strengthened his connection to culture, identity, and community.

"Mushkiki helped me reconnect with who I am," he shared. "The cultural support I received was just as important as the healthcare support. It reminded me that healing is about the whole person."



The collaboration between healthcare providers, community programs, and *mushkiki* created a seamless circle of care that ensured William's needs were met throughout his recovery.

"I am where I am today because people believed in me and worked together," he said. "That connection made all the difference."

William's healing journey demonstrates how excellence in care is achieved when services are interconnected, culturally grounded, and centred on the individual.





Be A Part of Transformative Change... Become a Donor!

There are so many ways you can give to Wabano and donations of any amount, big and small help Wabano provide critical service to Indigenous people in Ottawa.

Donate online to Wabano one-time.

Set up recurring monthly donations.

Sponsor a Wabano event.

Have a commemorative pillar dedicated in the name of an individual or corporation.

Give today at **wabano.com**

Charitable # 873580690-RR0001

To every person who has chosen to support Wabano—chi-miigwetch.

Every gift, no matter the amount, is an act of care. Together, your generosity creates something powerful, helping bring healing, connection, culture and belonging to our community.

You are part of Wabano's *mushkiki*, and we are deeply grateful



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Charitable number: 873580690RR0001

