



2-Spirited People of the First Nations

HAPPY WINTER SOLSTICE

Wishing our community a warm and joyful
Winter Season!



145 Front St
2126 Danforth Avenue

SCAN

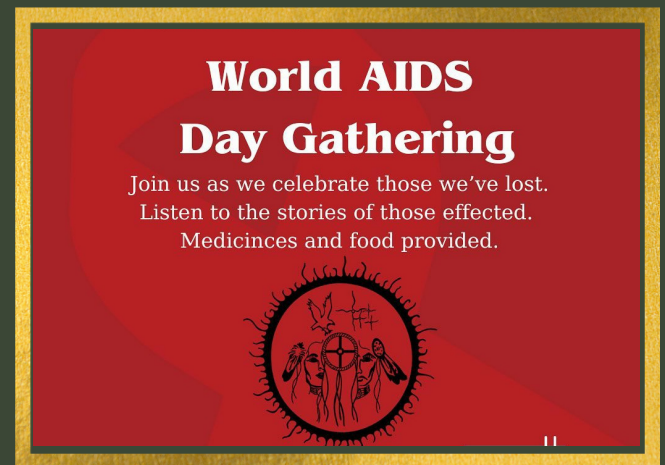


EVENTS AND PROGRAMS

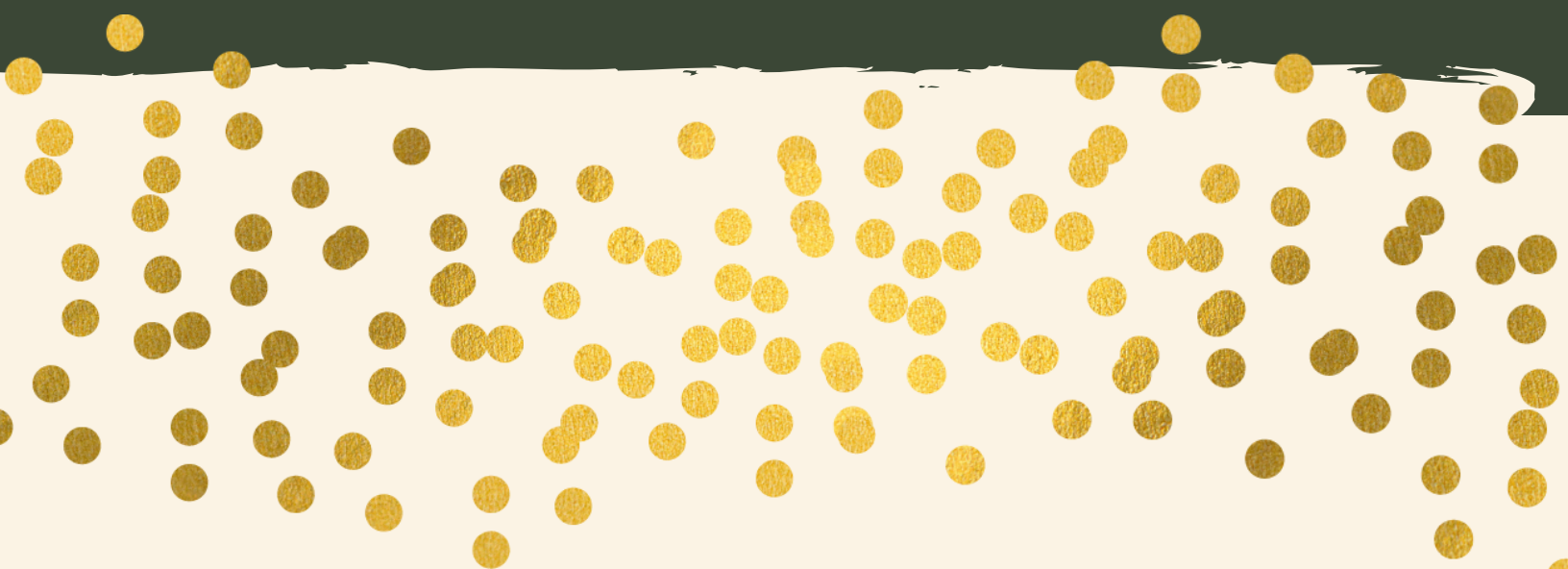


2-Spirited Caregiver Talking Circle
2126 Danforth Avenue E
Eligibility: Caregivers with children under 3 or expecting mothers
10 am- 12 pm Dec 13th and Dec 20th

World Aids Day Gathering
145 Front Street
11 am-3 pm
Friday Dec 1st
Register:
culturecoordinator@2spirits.org



SEE CALENDAR FOR MORE!
LAST PAGE





RED ROAD TO WELLNESS

The wisdom of our ancestors illuminates a path towards wellness: unraveling the mysteries of addiction.

The Red Road to Wellness group at 2-Spirits of the First Nations is a beacon of hope and healing, rooted in indigenous wisdom and guided by a trauma-informed, client-centered approach. Embracing the principles of harm reduction, this group provides a safe space for individuals navigating their sobriety journey. It celebrates diverse paths to healing and wellness, understanding that each person's journey is unique. As someone who found solace in this community, I cherish the inclusive approach that accepts and supports individuals in their struggles, recognizing that the road to well-being is a personal and sometimes winding journey.



Email volunteer@2spirits.org

to register for the online Zoom link

Walk-ins Welcome

at 2126 Danforth Avenue

STUDENTS AT 2-SPIRITS

Sarah



- Queer woman from Henvey Inlet First Nation.
- Placement student at 2-Spirits from George Brown.
- I love the diverse programs, Ojibiikaan garden and outreach.
- Middle-aged mom with a passion for harm reduction.
- 2-Spirits: Amazing skill-building, community connection.
- Grateful for the experience - Chi-miigwetch!

Haydn



- Euro-Indigenous with Mi'kmaq and Beothuk Ancestry
- Placement student from Seneca College
- Diverse experiences shape my rich cultural identity
- Immersed in Mi'kmaq teachings, and cultural reclamation
- Bridging worlds, guiding my families re-connection journey
- Equipped to advocate, empower and foster understanding
- Interested in light-work, fire keeping and natural medicines



WERE
HIRING!
JOIN OUR
GROWING
TEAM!

Overnight & Weekend Supervisor
Full-time | 35 hours per week
\$70,000 with Benefits

Supervisor for all programming and
harm reduction
Full-time | 35 hours a week
\$65,000 with Benefits

Submit resume and cover letter to
humanresources@2spirits.org

INDIGENOUS
CRAFT
MARKETS
OPEN
AROUND
TORONTO!

NCCT Indigenous Artisan Marketplace
Nov 24th-Dec 9th Fridays, Saturdays,
and Sundays
10am to 6pm

Mino Bimaadiziwin First Nations, Metis,
and Inuit Art Market
Wednesday to Sunday
11am to 6pm

Native Arts Society
Thursdays and Fridays
4pm to 7pm

WINTER SELFIE SCAVENGER HUNT

Take a selfie completing each task below and email the photos to officeassistant@2spirits.org! First submission wins a T-Shirt!

- Hugging a snowman
- Throwing a snowball
- Jumping in the air
- With something you eat
- With your eyes closed
- With something blue
- Making a funny face
- With a hot drink
- Wearing different socks
- With an Xmas decoration
- With something sparkly
- Wearing a jacket
- Lying on the ground
- Photobombing someone
- With 2 Friends
- Blowing out a candle
- With a plant or flower
- Wearing a hat
- With someone wearing red
- Someone ice skating





DOUGLAS FIR SHORTBREAD COOKIES RECIPE

INGREDIENTS

- 1 cup unsalted butter at room temperature.

Do not try to use cold butter.

- 1/2 cup fir sugar, the recipe is below
- 1 3/4 cups all purpose flour
- 1/4 cup cornstarch
- TO MAKE FIR SUGAR
- 1 cup granulated sugar
- 3-4 Tbsp fresh fir needles or pine, spruce, cedar

INSTRUCTIONS

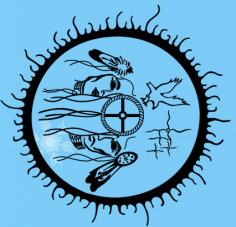
TO MAKE FIR SUGAR

Put the sugar and fir needles in a food processor and process until the needles are finely ground. Pulsing the machine helps to get the needles broken down. Note that you will measure out 1/2 cup for this recipe and then use more for sprinkling. You will have extra sugar leftover, which you can use in tea, oatmeal, etc.



DOUGLAS FIR SHORTBREAD COOKIES RECIPE

- Cream the butter and sugar (just 1/2 cup) together until completely blended.
- Whisk the flour and cornstarch together. Add to the butter mixture and beat. Scoop out the dough onto a lightly floured surface and bring it together. Pat into a flat disk. Wrap in plastic and refrigerate for 2-3 hours, or until firm.
- Preheat the oven to 350F
- Roll out the dough to about 1/4 inch thick, and cut out cookies around 2 inches. Place the cookies 2 inches apart on a parchment lined cookie sheet. Sprinkle the cookies with more fir sugar. Refrigerate the cookies right on the pan for 15 minutes before baking.
- Bake for about 10 minutes ~ the cookies will still be pale, and soft to the touch. They will firm up as they cool. Let cool on the pan for 5 minutes before transferring to a rack.
- Cookies last about a week, freeze for longer storage.



2-Spirited People of the 1st Nations

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Red Font = Online Black Font = 2126 Danforth Ave Blue Font = 145 Front St East Green Font = Off Site						
3 4		5	6	7	8	9
		Youth Talking Circle 7-8:30pm 2S Trans TSC 12:00 pm	Youth Drum Group 4-5:30pm	Red Road 7-9pm	World AIDS Day Gathering	Early ON Indigenous Language Program 10am
10	11	12	13	14	15	16
	Community Book Club 1pm	Youth Talking Circle 7-8:30pm 2S Trans TSC 12:00 pm	Youth Drum Group 4-5:30pm 2S Caregiver Talking Circle 10am	Red Road 7-9pm Town Hall Meeting 4-5pm Online: 5:30-7pm	Crafternoon 1pm-4pm	Winter Solstice Gathering
17	18	19	20	21	22	23
		Youth Talking Circle 7-8:30pm 2S Trans TSC 12:00 pm	Youth Drum Group 4-5:30pm 2S Caregiver Talking Circle 10am	Red Road 7-9pm	Crafternoon 1pm-4pm	Solstice Pick-up Day
24	25	26	27	28	29	30
	Lunch with Executive Director 2-4pm	Office closed				
31	Office opens Jan 2nd →					