



Date: Saturday, Sept 12, 2026

Time: 2:00 - 5:00 pm

Location: Riverside United Church, 3191 Riverside Dr

Age: Intergenerational - suggested minimum age is kids about ten years old, accompanied by their parent/guardian

Price: \$10 per person

Purchase your ticket here: <https://www.eventbrite.com/.../forest-teachings-workshop...>

Note: if the price of \$10 is a barrier to attendance at the workshop, just send us an email at schoolofnl@gmail.com and we can work something out!

WORKSHOP DETAILS

This three-hour workshop is broken down into two parts:

1. Film Screening

For the first hour, we will watch Albert's film, "Forest Light, Forest Wisdom", together, in community. Through the film, Albert will walk us through the forest and share powerful Algonquin teachings, wisdom and stories. The film is about 30 minutes long. We will then leave room for participants to discuss the film, inviting them to share their thoughts and feelings about it.

2. Art Workshop

The film screening will be followed by an art workshop where participants will be invited to create art that is inspired by what they learned, helping them integrate the teachings into

their heart and mind. Each workshop will have a different art modality, for example: collage, water colour, sculpting, or mixed media.

WORKSHOP OBJECTIVES

Guiding Principle: To share the teachings of Elder Albert Dumont through a filmed Forest Walk and accompanying art workshops, fostering connection, warmth, wisdom, and healing to all who engage with it.

These workshops have two main goals. The first one is to provide a space for healing and spiritual growth. Through the film, Albert will share Forest Teachings that cover such topics as humanity, peace, wellness, purpose and understanding who we each are as human beings. He will share ancestral teachings on living an honourable life in relationship with the natural and spiritual worlds. These teachings provide nourishment for the mind, body and spirit.

The other main goal is to educate the people of Ottawa, and others visiting Ottawa, during its 200th Anniversary, about who the Algonquins are. We will do this by taking this film, filled with Algonquin teachings, out into the community to connect with people in a heart-led way, ensuring participants learn more about who the Algonquins are - whose land we are living, working and playing on. Through this learning, we will help to increase understanding, love, connection and friendship - which is all anti-racism and anti-oppression work.