

# Community Stewardship Program

## Medicine Wheel Garden



### Who we are

Toronto and Region Conservation Authority's (TRCA) Community Stewardship Program engages and works with community, school and corporate groups to restore the environment through hands-on stewardship activities including planting, invasive species removal, and litter clean-ups.

### Importance of this activity

The Medicine Wheel Garden (Gitigaan Mashkiki) is located at TRCA's Heart Lake Conservation Park. Under the guidance of our Indigenous partners at Four Colours Drum Circle you will participate in a welcome ceremony and assist with the maintenance through a variety of stewardship activities including:

- Removal of weeds and/or invasive species
- Maintaining planting beds and pollinators plots
- Planting new herbaceous and pollinator plants as needed
- Watering plants
- Maintaining garden paths and borders

### What the event day will look like

- Meet at the TRCA tent 20 minutes prior to the event
- Your group lead will be provided with a tobacco offering to be presented to the Four Colours Drum Circle prior to the start of the event
- Take Part in the welcome ceremony performed by the Four Colours Drum Circle
- TRCA staff will provide an activity overview, safety talk, and equipment demonstration
- All participants will be provided any relevant equipment to help maintain the Medicine Wheel Garden
- Take a group photo at the end of the event

### WHAT WILL BE PROVIDED

- Sunscreen
- Bug spray
- Work gloves
- Hand sanitizer
- Snacks
- Water Jug (*to refill water bottles*)
- Tools and equipment needed for the activity

### CHECKLIST OF WHAT YOU SHOULD BRING

- A hat (*recommended*)
- Long pants
- Closed toe shoes (*that you don't mind getting a little dirty*)
- Refillable water bottle

## Safety

To ensure everyone's safety, there are a couple of precautions to keep in mind while working with us:

- Treat everyone at the event with respect
- Follow the instructions given by the TRCA team
- Make sure to take water breaks as needed
- Wear your provided work gloves at all times
- Terrain can be variable, so always watch where you're walking
- Ask staff for help if you are unsure
- No pets allowed with the exception of service animals

***See you in the field!***

**To learn more about TRCA's Community Stewardship Program visit [trca.ca/csp](https://trca.ca/csp)**



A program of:



Toronto and Region  
**Conservation**  
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