

grand wellness centre brantford

Grand Wellness Centre Brantford: Your Gateway to Holistic Wellbeing

Are you searching for a sanctuary of relaxation and rejuvenation in Brantford? Tired of the daily grind and craving a space dedicated to your physical and mental wellbeing? Look no further than the Grand Wellness Centre Brantford. This comprehensive guide dives deep into what makes this centre a premier destination for holistic health and wellness, exploring its services, amenities, and the overall experience awaiting you. We'll uncover why it's the perfect choice for anyone seeking to prioritize their self-care in the heart of Brantford.

Unwinding at the Grand Wellness Centre Brantford: A Haven of Tranquility

The Grand Wellness Centre Brantford isn't just another spa; it's a meticulously crafted haven designed to nurture your mind, body, and spirit. From the moment you step inside, you'll be enveloped in an atmosphere of calm and serenity. The centre boasts a sophisticated design, combining modern aesthetics with a touch of natural elegance. This carefully curated environment is intentionally created to promote relaxation and help you disconnect from the stresses of daily life. Forget the outside world; this is your time to reconnect with yourself.

A Diverse Range of Services: Catering to Your Unique Needs

The Grand Wellness Centre Brantford offers a diverse and comprehensive range of services tailored to meet individual needs. Whether you're seeking deep relaxation, targeted therapies, or a comprehensive wellness program, they have something for you. Let's explore some of their key offerings:

1. Rejuvenating Spa Treatments:

Indulge in a luxurious selection of spa treatments designed to revitalize and refresh. Think soothing massages (Swedish, deep tissue, hot stone – you name it!), revitalizing facials customized to your skin type, and luxurious body wraps that leave you feeling incredibly pampered and refreshed. They use high-quality, natural products, ensuring a truly luxurious experience.

2. Therapeutic Massage Therapies:

Beyond relaxation, the centre offers specialized therapeutic massage therapies to address specific health concerns. Whether you're dealing with muscle tension, chronic pain, or injury recovery, their experienced massage therapists utilize advanced techniques to alleviate discomfort and promote healing. These therapies can be incredibly beneficial for athletes, individuals with mobility issues, or anyone seeking pain relief and improved physical function.

3. Holistic Wellness Programs:

The Grand Wellness Centre Brantford goes beyond individual treatments. They also offer comprehensive wellness programs designed to help you achieve long-term health and wellbeing. These programs might incorporate a combination of massage, facials, nutritional guidance, fitness consultations, or other modalities, creating a personalized pathway to optimal health. These programs are designed to be flexible and adaptable to individual needs and goals.

4. Fitness and Wellness Classes:

Stay active and energized with their range of fitness and wellness classes. From invigorating yoga and Pilates sessions to calming meditation workshops, you'll find options to suit every fitness level and preference. These classes provide a wonderful opportunity to connect with others while nurturing your physical and mental wellbeing.

Unparalleled Amenities: Enhancing Your Wellness Journey

The Grand Wellness Centre Brantford doesn't stop at exceptional services. They've thoughtfully created an environment that elevates the entire experience. Consider these luxurious amenities:

Relaxation Lounge: A tranquil space to unwind before or after your treatment, complete with comfortable seating, calming music, and refreshing beverages.

State-of-the-Art Facilities: The centre boasts modern, impeccably clean facilities, ensuring a comfortable and hygienic experience.

Experienced and Qualified Staff: The team at the Grand Wellness Centre is comprised of highly trained and experienced professionals dedicated to providing exceptional service and personalized care.

Convenient Location: Located in the heart of Brantford, the centre offers easy access for residents and visitors alike.

Booking Your Grand Wellness Experience: A Step Towards Self-Care

Ready to embark on your wellness journey at the Grand Wellness Centre Brantford? Booking your

appointment is simple and straightforward. You can typically book online through their website, or contact them directly via phone to discuss your needs and schedule a consultation. They're committed to providing a personalized experience, ensuring that your time at the centre is tailored to your specific requirements.

Conclusion

The Grand Wellness Centre Brantford offers a comprehensive approach to wellbeing, providing a sanctuary for relaxation, rejuvenation, and holistic health. With its diverse range of services, luxurious amenities, and experienced staff, it stands as a premier destination for those seeking to prioritize their self-care in the heart of Brantford. Take the time to invest in yourself; your mind and body will thank you.

FAQs

1. What payment methods does the Grand Wellness Centre Brantford accept? They typically accept major credit cards, debit cards, and possibly cash (best to check their website or call for the most up-to-date information).
1. Do they offer gift certificates? Yes, gift certificates are usually available for purchase, making it an ideal gift for birthdays, anniversaries, or other special occasions.
1. What are the cancellation policies? It's essential to review their cancellation policy on their website or inquire directly when booking. Most establishments have a timeframe for cancellations to avoid charges.
1. Is there parking available? The Grand Wellness Centre Brantford likely offers on-site parking or parking options nearby. Again, check their website or call for confirmation.
1. What age restrictions, if any, are there for certain services? Some services may have age restrictions (e.g., certain spa treatments for minors). Contact the centre directly to inquire about any age-related restrictions before booking.

grand wellness centre brantford: Hòt'a! Enough! Wayne K. Spear, Georges Erasmus, 2024-11-12 The political life of Dene leader Georges Erasmus — a radical Native rights crusader widely regarded as one of the most important Indigenous leaders of the past fifty years. For decades, Georges Erasmus led the fight for Indigenous rights. From the Berger Inquiry to the Canadian constitutional talks to the Oka Crisis, Georges was a significant figure in Canada's political landscape. In the 1990s, he led the Royal Commission on Aboriginal Peoples and afterward was chair and president of the Aboriginal Healing Foundation, around the time that Canada's residential school system became an ongoing frontpage story. Georges's five-decade battle for Indigenous rights took him around the world and saw him sitting across the table from prime ministers and premiers. In the 1980s, when Georges was the National Chief of the Assembly of First Nations, he was referred to as the "Thirteenth Premier." This book tells the personal story of his life as a leading Indigenous figure, taking the reader inside some of Canada's biggest crises and challenges.

grand wellness centre brantford: Canadian Almanac & Directory, 202 Grey House Canada, 2019-12 The Canadian Almanac & Directory is the most complete source of Canadian information available - cultural, professional and financial institutions, legislative, governmental, judicial and educational organizations. Canada's authoritative sourcebook for almost 160 years, the Canadian Almanac & Directory gives you access to almost 100,000 names and addresses of contacts throughout the network of Canadian institutions.

grand wellness centre brantford: Reconceiving Midwifery Ivy Lynn Bourgeault, Cecilia Benoit, Robbie Davis-Floyd, 2004-04-28 The authors - social scientists and midwifery practitioners - reflect on regional differences in the emerging profession, providing a systematic account of its historical, local, and international roots, its evolving regulatory status, and the degree to which it has been integrated into several mainstream provincial health care systems. They also examine the nature of midwifery training, accessibility, and effectiveness across diverse ethnic and socio-economic groups, highlighting the key issues facing the profession before, during, and in the immediate post-integration era in each province.

grand wellness centre brantford: Associations Canada , 2007

grand wellness centre brantford: Alternative Health Care , 1997

grand wellness centre brantford: Over the Boards Hayley Wickenheiser, 2021-10-12 NATIONAL BESTSELLER "Hayley Wickenheiser is an incredible human being . . . this is what a billion hours of hard work looks like." —Ryan Reynolds The greatest women's hockey player of all time, Hayley Wickenheiser shares the lessons that won her four Olympic gold medals, and hard-earned wisdom distilled from moments when she fell short. There is no one in the world like Hayley Wickenheiser. 13 World Championship appearances. 6 Olympic Games. Hockey Hall of Famer. All while raising a child, earning multiple university degrees, and not benefiting from the financial stability male professional athletes have. She gave the game everything she had—now, Hayley shares what the game gave her. From motherhood to pro leagues to her new career in medicine, Hayley shares the hard-won lessons she learned on and off the ice that helped her not only have a record-breaking hockey career but craft a life filled with joy, growth, and challenges. In her own words, Hayley shares how she rose from the backyard pond and changing in boiler rooms (because girls' dressing rooms didn't exist) to Olympic MVP (twice). How becoming a parent made her a better athlete. How she learned to thrive under monumental pressure. But she doesn't stop at revealing the pillars to her tremendous success—Hayley delves into her immense failures and how she grew from them. Like Kobe Bryant, Tom Brady, and Abby Wambach before her, Hayley shares her wisdom through personal stories of triumph, relentlessness, and more than a couple confrontations. Told with humour, compassion, and steadfast optimism, Hayley's practical advice, coaching, and invaluable perspective inspires readers to never accept "that's not the way we do

things” or “that hasn’t been done before” as limitations. An empowering and pragmatic guide, Hayley encourages readers to not follow in her footsteps, but to carve their own ice.

grand wellness centre brantford: Sharing the Land, Sharing a Future Katherine Graham, David Newhouse, 2021-06-11 Sharing the Land, Sharing a Future looks to both the past and the future as it examines the foundational work of the Royal Commission on Aboriginal Peoples (RCAP) and the legacy of its 1996 report. It assesses the Commission’s influence on subsequent milestones in Indigenous-Canada relations and considers our prospects for a constructive future. RCAP’s five-year examination of the relationships of First Nations, Metis, and Inuit peoples to Canada and to non-Indigenous Canadians resulted in a new vision for Canada and provided 440 specific recommendations, many of which informed the subsequent work of the Truth and Reconciliation Commission of Canada (TRC). Considered too radical and difficult to implement, RCAP’s recommendations were largely ignored, but the TRC reiterates that longstanding inequalities and imbalances in Canada’s relationship with Indigenous peoples remain and quite literally calls us to action. With reflections on RCAP’s legacy by its co-chairs, leaders of national Indigenous organizations and the Minister of Crown-Indigenous Relations, and leading academics and activists, this collection refocuses our attention on the groundbreaking work already performed by RCAP. Organized thematically, it explores avenues by which we may establish a new relationship, build healthy and powerful communities, engage citizens, and move to action.

grand wellness centre brantford: The Water Walker Joanne Robertson, 2021-05-18 The story of a determined Ojibwe Grandmother (Nokomis) Josephine-ba Mandamin and her great love for Nibi (water). Nokomis walks to raise awareness of our need to protect Nibi for future generations, and for all life on the planet. She, along with other women, men, and youth, have walked around all the Great Lakes from the four salt waters, or oceans, to Lake Superior. The walks are full of challenges, and by her example Josephine-ba invites us all to take up our responsibility to protect our water, the giver of life, and to protect our planet for all generations.

grand wellness centre brantford: The Body Talk System John E Veltheim, 1999-09-19 What do you get when you combine the wisdom of advanced yoga, the energy dynamics of acupuncture, the clinical findings of applied kinesiology, and Western medical expertise?

grand wellness centre brantford: Decolonizing Trauma Work Renee Linklater, 2020-07-10T00:00:00Z In Decolonizing Trauma Work, Renee Linklater explores healing and wellness in Indigenous communities on Turtle Island. Drawing on a decolonizing approach, which puts the “soul wound” of colonialism at the centre, Linklater engages ten Indigenous health care practitioners in a dialogue regarding Indigenous notions of wellness and wholistic health, critiques of psychiatry and psychiatric diagnoses, and Indigenous approaches to helping people through trauma, depression and experiences of parallel and multiple realities. Through stories and strategies that are grounded in Indigenous worldviews and embedded with cultural knowledge, Linklater offers purposeful and practical methods to help individuals and communities that have experienced trauma. Decolonizing Trauma Work, one of the first books of its kind, is a resource for education and training programs, health care practitioners, healing centres, clinical services and policy initiatives.

grand wellness centre brantford: Métis Chris Andersen, 2014-04-21 Ask any Canadian what Métis means, and they will likely say mixed race. Canadians consider Métis mixed in ways that other Indigenous people are not, and the census and courts have premised their recognition of Métis status on this race-based understanding. Andersen argues that Canada got it wrong. From its roots deep in the colonial past, the idea of Métis as mixed has slowly pervaded the Canadian consciousness until it settled in the realm of common sense. In the process, Métis has become a racial category rather than the identity of an Indigenous people with a shared sense of history and culture.

grand wellness centre brantford: Final Report of the Truth and Reconciliation Commission of Canada, Volume One: Summary Truth and Reconciliation Commission of Canada, 2015-07-22 This is the Final Report of Canada's Truth and Reconciliation Commission and its six-year investigation of the residential school system for Aboriginal youth and the legacy of these

schools. This report, the summary volume, includes the history of residential schools, the legacy of that school system, and the full text of the Commission's 94 recommendations for action to address that legacy. This report lays bare a part of Canada's history that until recently was little-known to most non-Aboriginal Canadians. The Commission discusses the logic of the colonization of Canada's territories, and why and how policy and practice developed to end the existence of distinct societies of Aboriginal peoples. Using brief excerpts from the powerful testimony heard from Survivors, this report documents the residential school system which forced children into institutions where they were forbidden to speak their language, required to discard their clothing in favour of institutional wear, given inadequate food, housed in inferior and fire-prone buildings, required to work when they should have been studying, and subjected to emotional, psychological and often physical abuse. In this setting, cruel punishments were all too common, as was sexual abuse. More than 30,000 Survivors have been compensated financially by the Government of Canada for their experiences in residential schools, but the legacy of this experience is ongoing today. This report explains the links to high rates of Aboriginal children being taken from their families, abuse of drugs and alcohol, and high rates of suicide. The report documents the drastic decline in the presence of Aboriginal languages, even as Survivors and others work to maintain their distinctive cultures, traditions, and governance. The report offers 94 calls to action on the part of governments, churches, public institutions and non-Aboriginal Canadians as a path to meaningful reconciliation of Canada today with Aboriginal citizens. Even though the historical experience of residential schools constituted an act of cultural genocide by Canadian government authorities, the United Nation's declaration of the rights of aboriginal peoples and the specific recommendations of the Commission offer a path to move from apology for these events to true reconciliation that can be embraced by all Canadians.

grand wellness centre brantford: *A Metaphoric Mind* Joseph E. Couture, 2013 Dr. Joe challenges the reader to examine both Aboriginal and non-Aboriginal approaches to the world and demonstrates the differences between Indigenous knowledge and Western thought.--Ed Buller.

grand wellness centre brantford: *Seven Sisters* Frederick Matthew Wiseman, 2018-04

grand wellness centre brantford: Strengthening Mental Health Through Effective Career Development Dave E Redekopp, Michael Huston, 2020-01-27 This book makes the case that career development practice is a mental health intervention, and provides skills and strategies to support career development practitioners in their work. It explores how practitioners do more than help people navigate career paths, they change people's lives in ways that improve mental health and overall well-being.

grand wellness centre brantford: *A History of Public Health* George Rosen, 2015-04 For seasoned professionals as well as students, A History of Public Health is visionary and essential reading.

grand wellness centre brantford: Engaging and Empowering Aboriginal Youth Claire V. Crooks, Darren Thomas, Debbie Chiodo, 2009 This toolkit presents a wide range of guidelines, strategies, templates and case studies for those who work with Aboriginal youth.--Page 4 of cover.

grand wellness centre brantford: *Strong Helpers' Teachings, Third Edition* Cyndy Baskin, 2022-09-02 The thoroughly updated third edition of Strong Helpers' Teachings skillfully illustrates the importance of Indigenous knowledges in the human services. Making space for the voices of many Indigenous and non-Indigenous scholars, practitioners, and service users, Cyndy Baskin's text models possible pathways toward relationship building and allyship. With practical examples and case studies, Baskin places Indigenous perspectives at the centre of the social work disciplines and covers topics such as spirituality, research, justice, and healing. Robust updates include new chapters on decolonization and reconciliation, as well as expanded content on holistic healing implementation, skill building, land-based practice, and child welfare. With concise theoretical content, illustrative practical applications, rich pedagogical features, and a focus on centering Indigenous worldviews, knowledge, and helping practices, this text is foundational for educators, practitioners, and students of human services, social work, child and youth care, and more.

FEATURES: - Centres Indigenous knowledge for social work practice - Supplements practical

applications with case studies, encouraging critical reflection and discussion - Each chapter includes an introduction and conclusion to outline objectives and summarize the chapter's content

grand wellness centre brantford: The Sasquatch at Home Eden Robinson, 2012-07-15 The award-winning Indigenous author of *Monkey Beach* shares tales from her family, her life, and her culture. In March 2010 the Canadian Literature Centre hosted award-winning novelist and storyteller Eden Robinson at the 4th annual Henry Kreisel Lecture. Robinson shared an intimate look into the intricacies of family, culture, and place through her talk, "The Sasquatch at Home." Robinson's disarming honesty and wry irony shine through her depictions of her and her mother's trip to Graceland, the Potlatch where she and her sister received their Indian names, how her parents first met in Bella Bella (Waglisla, British Columbia) and a wilderness outing where she and her father try to get a look at b'gwus, the Sasquatch. Readers of memoir; Indigenous literatures, histories and cultures; and fans of Robinson's delightful, poignant, sometimes quirky tales will love *The Sasquatch at Home*. "[Robinson] strikes sweetly at the commonality of people rather than narrowing in on cultural differences. The entire book is fast, colloquial, and engaging; concise enough to be read in one sitting, yet retaining the weightiness of a larger work. Its brevity makes it an ideal re-read and the second reading proves just as entertaining. The funny parts remain funny, the rendering of landscapes evocative and intimate, and the general themes stay relevant. Through rich and often comic dialogue and her painterly descriptions of the northwest landscape, Eden Robinson presents a glimpse into her community with the delicious, whispered quality of a well-told, yet well-protected, family story." —Cara-Lyn Morgan, *The Malahat Review*, Winter 2011 "Offers the reader a taste of her skill as a storyteller. The book is a tiny gem. . . . This brilliant little jewel, under fifty pages, offers readers a quick, but intense opportunity to experience the work of a rising Canadian writer. Like her novel, *Monkey Beach*, the accessibility of *The Sasquatch at Home* suggests its appropriateness for use in undergraduate courses. Above all, it is an essential acquisition for anyone with an interest in Pacific Northwest or Native Canadian studies, but it is also a find for those who just like a good story." —Amy J. Ransom, *American Review of Canadian Studies*

grand wellness centre brantford: Publishers' International ISBN Directory Maria Caridia, 2000

grand wellness centre brantford: Canadian Almanac & Directory, 1849

grand wellness centre brantford: Under-Served Akshaya Neil Arya, Thomas Piggott, 2018-09-18 In this edited collection, academics, health care professionals, and policy-makers examine the historical, political, and social factors that influence the health and health care of Indigenous, inner-city, and migrant populations in Canada. This crucial text broadens traditional determinants of health—social, economic, environmental, and behavioural elements—to include factors like family and community, government policies, mental health and addiction, disease, homelessness and housing, racism, youth, and LGBTQ that heavily influence these under-served populations. With contributions from leading scholars including Dennis Raphael, this book addresses the need for systemic change both in and outside of the Canadian health care system and will engage students in health studies, nursing, and social work in crucial topics like health promotion, social inequality, and community health.

grand wellness centre brantford: Stacking the Deck Bruce Curtis, Harry Smaller, D. W. Livingstone, 1992-01-01 Introduction Chapter One So Many People: Ways of Seeing Class Differences in Schooling Chapter Two The Origins of Educational Inequality in Ontario Chapter Three Streaming in the Elementary School Chapter Four Streaming in the Secondary School Chapter Five Unstacking the Deck: A New Deal for Our Schools Abstract Bibliography

grand wellness centre brantford: Moving Aboriginal Health Forward Yvonne Boyer, 2019-01-31 There is a clear connection between the health of individuals and the legal regime under which they live, particularly Aboriginal peoples. From the early ban on traditional practices to the constitutional division of powers (including who is responsible for off-reserve Indians under the Constitution), this is an historical examination of Canadian legal regimes and the impact they have had on the health of Aboriginal peoples. With an emphasis on the social determinants of health,

Boyer outlines how commitments made regarding Aboriginal rights through treaties and Supreme Court of Canada rulings can be used to advance the health of Aboriginal peoples.

grand wellness centre brantford: *The Book Trade in Canada* , 2005

grand wellness centre brantford: **Men, Masculinity, and the Indian Act** Martin J. Cannon, 2019-09-15 Canada's Indian Act is infamously sexist. Through many iterations of the legislation a woman's status rights flowed from her husband, and even once it was amended to reinstate rights lost through marriage or widowhood, First Nations women could not necessarily pass status on to their descendants. That injustice has rightly been subject to much scrutiny, but what has it meant for First Nations men? Martin J. Cannon challenges the decades-long assumption of case law and politics that the act has affected Indigenous people as either "women" or "Indians" - but not both. He argues that sexism and racialization within the law must instead be understood as interlocking forms of discrimination that have also undercut the identities of Indigenous men through their female forebears. By restorying historically patriarchal legislation and Indigenous masculinity, *Men, Masculinity, and the Indian Act* makes a significant contribution to a transformative discussion of Indigenous nationhood, citizenship, and reconciliation.

grand wellness centre brantford: **Toward Peace, Harmony, and Well-Being: Policing in Indigenous Communities** The Expert Panel on Policing in Indigenous Communities, 2019-04-04 *Toward Peace, Harmony, and Well-Being: Policing in Indigenous Communities* builds on the CCA's 2014 policing report, *Policing Canada in the 21st Century: New Policing for New Challenges* by incorporating the latest research findings and related information available on policing in Indigenous communities. The findings emphasize the diverse considerations that inform Indigenous policing. The approaches to policing considered in this report have broader implications related to well-being in Indigenous communities, and the ways in which Indigenous and non-Indigenous communities can form relationships based on mutual respect. The report aims to provide Indigenous community leaders, policy-makers, and service providers with the foundation to build effective and appropriate models for the future of policing in Indigenous communities.

grand wellness centre brantford: **Claiming Anishinaabe** Lynn Gehl, 2017 One woman's personal journey of moving deeper into Indigenous knowledge and working to resist the racist and sexist legacy of the Indian Act.

grand wellness centre brantford: **Who Owns Whom** , 1999

grand wellness centre brantford: *Indigenous Toronto* Denise Bolduc, Mnawaate Gordon-Corbiere, Rebeka Tabobondung, Brian Wright-McLeod, 2021-04-27 WINNER OF THE HERITAGE TORONTO 2022 BOOK AWARD Rich and diverse narratives of Indigenous Toronto, past and present Beneath many major North American cities rests a deep foundation of Indigenous history that has been colonized, paved over, and, too often, silenced. Few of its current inhabitants know that Toronto has seen twelve thousand years of uninterrupted Indigenous presence and nationhood in this region, along with a vibrant culture and history that thrives to this day. With contributions by Indigenous Elders, scholars, journalists, artists, and historians, this unique anthology explores the poles of cultural continuity and settler colonialism that have come to define Toronto as a significant cultural hub and intersection that was also known as a Meeting Place long before European settlers arrived. This book is a reflection of endurance and a helpful corrective to settler fantasies. It tells a more balanced account of our communities, then and now. It offers the space for us to reclaim our ancestors' language and legacy, rewriting ourselves back into a landscape from which non Indigenous historians have worked hard to erase us. But we are there in the skyline and throughout the GTA, along the coast and in all directions. -- from the introduction by Hayden King

grand wellness centre brantford: *The Unplugging* Yvette Nolan, 2014 In this tale of survival, two women are exiled from their post-apocalyptic village because they have passed their child-bearing years.

grand wellness centre brantford: *Genealogy Tip of the Day* Michael John Neill, 2019-11-26 *Genealogy* how-to research tips, ideas, and suggestions with a concentration on research in the

United States.

grand wellness centre brantford: *Reclaiming Power and Place* National Inquiry into Missing and Murdered Indigenous Women and Girls, 2019

grand wellness centre brantford: *I Have Lived Four Lives* Wilfred Buck, 2021-08-15
Commencing by explaining how the word Ininew? refers to the phrase ?mixing of four,? Wilfred Buck embarks upon a series of dazzling stories: ?herein is the story of how I lived and how I died and how I lived again along with the dreams I have dreamed and the visions I have seen.? In this unique collection of writings Buck, an Ininew Dream Keeper (Pawami niki titi cikiw), illustrates, four separate stages of personal experience. The stories in *I Have Lived Four Lives?* are designed as aids to the discovery and healing for Indigenous youth, and encompass a range of hilarious and vivid recollections that revolve around visions and dreams, and that ultimately trace Buck?s path to becoming a teacher in Indigenous cosmology and astronomy.

grand wellness centre brantford: *Bead by Bead* Yvonne Boyer, Larry Chartrand, 2021-05-15
Bead by Bead examines the parameters that current Indigenous legal doctrines place around Métis rights discourse and moves beyond a one-size-fits-all approach. Contributors to this volume address the historical denial of Métis concerns with respect to land, resources, and governance. Tackling such themes as the invisibility of Métis women in court decisions, identity politics, and racist legal principles, they uncover the troubling issues that plague Métis aspirations for a just future. By revealing the diversity of Métis identities and lived reality, this critical analysis opens new pathways to respectful, inclusive Métis-Canadian constitutional relationships.

grand wellness centre brantford: *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change* Pauline Boss, 2021-12-14
How do we begin to cope with loss that cannot be resolved? The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. In this book, pioneering therapist Pauline Boss identifies these vague feelings of distress as caused by ambiguous loss, losses that remain unclear and hard to pin down, and thus have no closure. Collectively the world is grieving as the pandemic continues to change our everyday lives. With a loss of trust in the world as a safe place, a loss of certainty about health care, education, employment, lingering anxieties plague many of us, even as parts of the world are opening back up again. Yet after so much loss, our search must be for a sense of meaning, and not something as elusive and impossible as closure. This book provides many strategies for coping: encouraging us to increase our tolerance of ambiguity and acknowledging our resilience as we express a normal grief, and still look to the future with hope and possibility.

grand wellness centre brantford: *Stern's Performing Arts Directory*, 1999

grand wellness centre brantford: *Our Rainbow* Little Bee Books, 2019-05-07
In this beautiful, bold board book, children will learn about the colors of the iconic pride flag! Red, orange, yellow, green, blue, purple, black, and brown . . . These are the colors of our rainbow flag. Do you know what they stand for? Every young child is enchanted by the beautiful colors of the rainbow. Now, *Our Rainbow* can teach toddlers all about the meaning of each color of the pride flag. Told in simple, engaging text and paired with bright illustrations, this board book teaches the youngest of readers all about the colors of this rainbow and the simple acts of kindness that can brighten up our world! This book is published in partnership with GLAAD to accelerate LGBTQ inclusivity and acceptance.

grand wellness centre brantford: *Peace in Duress* Janet Marie Rogers, 2014
Radical environmental poetics from one of Canada's most exciting spoken-word artists.

grand wellness centre brantford: *Musculoskeletal MRI E-Book* Nancy M. Major, Mark W. Anderson, 2019-10-04
Ideal for residents, practicing radiologists, and fellows alike, this updated reference offers easy-to-understand guidance on how to approach musculoskeletal MRI and recognize abnormalities. Concise, to-the-point text covers MRI for the entire musculoskeletal system, presented in a highly templated format. Thoroughly revised and enhanced with full-color artwork throughout, this resource provides just the information you need to perform and interpret quality musculoskeletal MRI. - Includes the latest protocols, practical advice, tips, and pearls for diagnosing conditions impacting the temporomandibular joint, shoulder, elbow, wrist/hand, spine, hips and

pelvis, knee, and foot and ankle. - Follows a quick-reference format throughout, beginning with basic technical information on how to obtain a quality examination, followed by a discussion of the normal appearance and the abnormal appearance for each small unit that composes a joint. - Depicts both normal and abnormal anatomy, as well as disease progression, through more than 600 detailed, high-quality images, most of which are new to this edition. - Features key information boxes throughout for a quick review of pertinent material.

Additional Resources

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