



Honoring Our Heritage and History: Celebrating Grandparents and Ancestry September 5th - 7th, 2025



Join us for a heartfelt gathering that celebrates the wisdom, tenacity, and love passed down through generations.

Through art, storytelling, music, and shared reflection, we will reconnect with our roots, honor the legacy of our elders, and create new memories together.

This is a space for healing, celebration, and cultural remembrance, open to all who wish to honor where they come from and who they come from.



Pre-Register to save your spot

902-471-3307

inheritedhub@gmail.com

Friday, Sept 5th at the Freemason's Hall 165 Coronation Ave, B3N 2N2

6:00 - 8:00 pm Art Activity



Led by artist, educator, community leader, and designer of the African Nova Scotian Flag Wendie Wilson. This is more than an art session, it's a space for healing, cultural remembrance, and joyful connection. Through libation, music, and creative reflection, we honor where we come from and who we come from. All ages are welcome to join in this celebration of heritage, healing, and hope.

8:30pm - Close Music Bingo



In partnership with BLM: In This Together and DJ RS Smooth. This fun twist on bingo brings people of all ages together through music and good vibes. Hosted by RS Smooth, each round features songs by Black artists, with music facts and stories shared in between—turning the game into a mini musical journey.

Saturday, Sept 6th at Beechville Baptist Church Hall, 1135 St. Marg Bay Rd, B3T 1A7 10am-3pm

10:15 - 11:00 am Drumming



Join us for a meaningful drumming session led by educator, Kenneth Fells. The drum has long been a way to share stories, express emotions, and bring people together. In this session, we'll explore how drumming connects us to our ancestors and helps us celebrate our heritage.

Everyone is welcome—whether you've played drums before or are just interested in learning. You can participate in whatever way feels right for you, whether that's listening, joining in, or simply being present.

11:45 - 12:45am Intergenerational Panel



This panel brings together voices from different generations to share personal stories of resilience, memory, and healing. Panelists will reflect on how their lived experiences (shaped by family, community, and culture) have influenced their paths toward wellness and self-understanding.

11:15 - 12:00 pm Mental Wellness



Explore the importance of mental wellness and understand the impact of trauma, especially within the Black community. Facilitator Dr. Lisa Dennis (occupational therapist) will guide us through a thoughtful conversation about how trauma affects our minds, bodies, and relationships. Together, we'll learn ways to promote healing, build resilience, and support one another in our wellness journeys.

1:30 - 2:30pm Soul Line Dancing



Learn about the history of soul line dance and healing. Join the True North Steppaz to learn the newest soul line dances while celebrating Black joy and using joy as resistance.

Sunday, Sept 7th at Beechville Baptist Church Hall, 1135 St. Marg Bay Rd, B3T 1A7

11:00am Church Service



Join us as we gather in faith and fellowship to honor the importance of generational faithfulness. This service will lift up the prayers, songs, and stories that have carried our people through time. Featuring a choir, reflections, and testimonials. We will celebrate the spiritual roots planted by our elders, roots that continue to nourish and guide us today.

1:00 - 3:00pm Closing Meal and Activity



As we close our time together, we invite you to gather for a shared meal and a heartfelt moment of reflection. Bring a photo or keepsake of a grandparent or ancestor to place on our Photo & Memory Table, a space to honor the lives and legacies that shaped us. Like a community "show and tell," this is a chance to share stories, celebrate loved ones, and connect through memory.

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