

Teaching Lodge: Meeting Room Rental

Not For Profit Price List

Menu of Services



Education and meeting space offers unique holistic learning environment to private businesses or community organizations.

Featuring state-of-the-art presentation system and conference room for rent, hourly or daily.

Funding supports IDHC programs in communities across Ontario.

To view or book facility contact officemanager@idhc.life or 1-888-514-1370

TRADITIONAL SERVICES

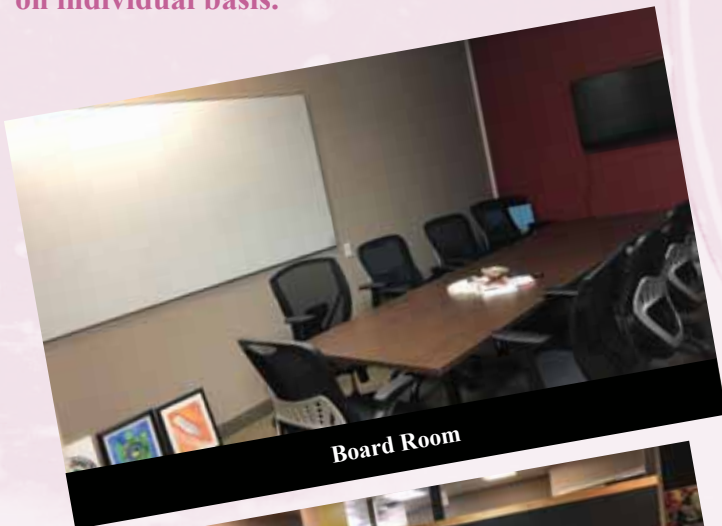
Traditional openings and prayers are available
(Upon Request)

- Big Drum group openings or closings
- Craft workshops: Moccasin Making, Herb Growing, Medicine Walks, and more!
- Elder presence at meetings: Male, Female or Both Male and Female
- Elder teachings on customized topics
- Hand or Water Drum Openings or Closings
- Historical and traditional teachings
- Smudging
- Traditional Dancers

NON-TRADITIONAL SERVICES

- Diabetes Presentation, from Indigenous and/or Western Medicine Perspective
- Certified Yoga Instructor-led, Yoga Workshop or Yoga Presentation
- Fitness Break
- Holistic Health and Wellness presentation
- Pow Wow Dance Instruction
- Reflexology
- Traditional Game

Honorariums for these services determined on individual basis.



ROOM PRICING

- Main Room Rental
(10 to 50 People) \$125.00 Per Day
- Small Conference Room Rental
(Two to 10 people) \$20.00 Per Hour

PRESENTER SYSTEMS

- SVGA Data/Video Projector
(Small Group <30 people)
- XGA Data/Video Projector
(Large Group >30 people)
- Laptop Computer (Multimedia PC with Presentation Software)
- Wireless Remote Mouse with Laser Pointer

AUDIO ACCESSORIES

- Computer Audio Patch-to-House Sound
(For VCR, DVD, CD, MP3 or PC Audio)
- Audio Mixer, Four-Channel
- Loudspeaker, Powered and with Stand
 - Wireless Lapel, Handheld or Headset Microphone
 - Additional Wired Microphone with Table or Floor Stand

MEETING ACCESSORIES

- Signage Easel
 - First Easel Complimentary
- Flipchart and Markers
(First Flipchart Complimentary) \$10.00
- Whiteboard (3' x 4') with Stand

TECHNICAL SUPPORT

- As-Needed, to Assist or Troubleshoot
 - With ProAV Equipment
 - With Client's Equipment
- Continuous, to Set-up, Operate and Dismantle
 - Monday-Friday, 7am-6pm
 - Evenings and Weekends
- Set Up, Clean Up & Tech Support \$20.00 Per Hour

All Prices Subject to HST

FOOD PRICING

IDHC's Healthy Nutrition Policy ensures a healthy and delicious menu

BREAKFAST OPTIONS

"Working" Breakfast Options \$15.00 Per Person

Option One

- Assorted Cheese Cubes
- Plain Greek Yogurt with Maple Syrup
- Trail Mix – unsalted sunflower seeds, pumpkin seeds, whole almonds, dried cranberries
- Seasonal Fruit Selection

Option Two

- Hard-Boiled Eggs with Dip (Mayonnaise- Green Onion)
- Assorted Muffins – Gluten Free and Naturally Sweetened
- Banana Chocolate Chip
- Blueberry Oat
- Pumpkin Raisin
- Corn, Jalapeno & Cheddar
- Seasonal Fruit Selection

"Traditional" Breakfast

Upgrade Options \$20.00 Per Person
(Select One)

- Three Sisters Hash – Corn, Beans and Squash
- Wild Rice Hash – Squash, Dried Cranberries, Green Onions, Pumpkin Seeds

LUNCH OPTIONS

"Working" Lunch Options \$25.00 per person

Entrée Options (Select One)

- Butternut Squash and Apple Soup, garnished with Crispy Bacon, Pumpkin Seeds, and Sour Cream
- Mixed Bean, garnished with Cheddar Cheese
- Beef or Turkey Chili, garnished with Cheddar Cheese, and Sour Cream
- Chicken and Vegetable Stew, garnished with Fresh Herbs
- Beef and Vegetable Shepherd's Pie, topped with Mashed Sweet Potatoes
- Assorted Whole Wheat Wraps: Chicken & Bacon Club, Chicken Salad, Salmon Salad, Egg Salad, Tuna Salad, Veggies & Hummus – Choose up to 3
- Cobb Salad with Chicken, Bacon, Cheese, Avocado, Tomato & Cucumber with Yogurt & Herb Dressing

Salad Options (Select One)

- Assorted Vegetable Tray with Yogurt Dip and Hummus
- Romaine Salad with Apples, Cranberries & Maple Pecans with Maple Shallot Dressing
- Mixed Greens with Balsamic Vinaigrette
- Wild Rice Salad with Cranberries, Hazelnuts and Orange Dressing

"Traditional" Lunch Options \$30.00 per person
(includes Romaine Salad)

Soup Options (Select One)

- Three Sisters' Soup
- Traditional Corn Soup

Main Course Options (Select One)

- Braised Venison with Sweet Potatoes & Dried Berries
- Salmon Fillets with Maple Glaze
- Wild Rice Pancakes, with Blueberry Sauce

Working Lunch & "Traditional" Dessert Options (Select One)

- Cheesecake Jars with Fresh Berries
- Naturally Sweetened Chocolate Avocado Pudding with Berries or Hazelnuts
- Gluten Free, Naturally Sweetened Carrot Cake with Maple Cream Cheese Frosting
- Sunflower & Cranberry Cookies

Beverage Options (Select One)

Infused Water, Coffee & Tea Included

- Cedar Maple Tea
- Strawberry Juice





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www.IDHC.life