

*Teaching  
Lodge:  
Meeting Room Rental*  
Corporate Rates

*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](mailto:officemanager@idhc.life) or 1-888-514-1370

## TRADITIONAL SERVICES

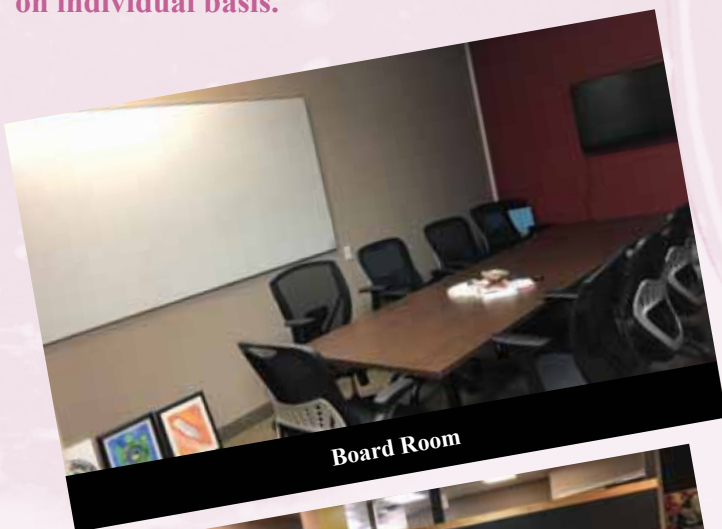
Traditional openings and prayers are available  
(Upon Request)

- 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) \$50.00 Per Hour
- Small Conference Room Rental  
(Two to 10 people) \$40.00 Per Hour

## PRESENTER SYSTEMS

- SVGA Data/Video Projector  
(Small Group <30 people) \$175.00
- XGA Data/Video Projector  
(Large Group >30 people) \$295.00
- Laptop Computer (Multimedia PC  
with Presentation Software) \$150.00
- Wireless Remote Mouse with  
Laser Pointer \$40.00

## AUDIO ACCESSORIES

- Computer Audio Patch-to-House Sound  
(For VCR, DVD, CD, MP3 or PC Audio) \$35.00
- Audio Mixer, Four-Channel \$45.00
- Loudspeaker, Powered and with Stand \$75.00
  - Wireless Lapel, Handheld or Headset  
Microphone \$95.00
  - Additional Wired Microphone with  
Table or Floor Stand \$27.00

## MEETING ACCESSORIES

- Signage Easel
  - First Easel Complimentary \$10.00
- Flipchart and Markers  
(First Flipchart Complimentary) \$25.00
- Whiteboard (3' x 4') with Stand \$30.00

## TECHNICAL SUPPORT

- As-Needed, to Assist or Troubleshoot
  - With ProAV Equipment \$25.00
  - With Client's Equipment \$45.00
- Continuous, to Set-up, Operate and Dismantle
  - Monday-Friday, 7am-6pm \$45.00 Per Hour
  - Evenings and Weekends \$60.00 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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**Phone: 1-888-514-1370 Fax: 1-866-352-0485**

**[www.IDHC.life](http://www.IDHC.life)**