## **April at The Métis Nation of Ontario**

629 Division Street, Kingston ON



**April 1** there will be an *Easter Egg Hunt* with prizes for children under 6 years old. Snacks and refreshments available, and a huge Easter bunny too!!

**April 10, 17, 24** we are having the *Healthy Cooking Workshop* at The Métis Nation of Ontario. We will be cooking traditional and/ or healthy but delicious meals that you get to eat after cooking, as well as take home! On April 24 there will be a prize given away to one of the lucky participants who has attended the most cooking workshops!! Childcare and transportation will be available. For more information contact Michelle Kehoe at 613.549.1674 X303.

**April 7 and 21** there are dinners here at The Métis Nation of Ontario for families. April 7<sup>th</sup> will be the *Sucker Moon Dinner* and April 21 will be the *Earth day dinner*. Childcare and transportation will be available for those who attend. For more information contact Joie Ouderkirk at 613.549.1674 X308.

**April 22** The Métis Nation of Ontario will be hosting another of our *Healing Blanket Workshops*. This workshop is to empower women and bring all women together. This workshop is from 5 p.m. to 7 p.m. Food and refreshments will be provided. Childcare and transportation is also available. For more information contact Clarice Gervias at 613.549.1674 X302.

**April 28** we will be hosting a *Vision Board Making Workshop* from 1:30 p.m. to 3:30 p.m. We will show you the idea behind this is that when you surround yourself with images of who you want to become, what you want to have, where you want to live, etc, your life changes to match those images and those desires. Snacks and refreshments will be provided, as well childcare and transportation is available. For more information contact Elizabeth Peterson at 613.549.1674 X305.