

March 2017 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Traditional Medicine Workshop 1-3pm	4
6	7 Emotional Management 1-3pm	8	9	10 Healing Blanket 1-3pm Story telling & Family Game Night 4-7pm	11
13	14	15	16 Family Movie Day! Inside Out 1-3pm	17	18
20	21	22	23	24	25
27	28	29	30	31	



∞ All programs are at the MNO office, unless otherwise stated

∞ All programming is free and open to everyone

∞ Program descriptions on other side



Staff Directory

Sam Alkenbrack
Community Wellness Coordinator

 613-549-1674 X311
 SamanthaA@metisnation.org



- ◆ Crisis intervention
- ◆ Peer counselling
- ◆ Wellness planning
- ◆ Referrals and Advocacy

Brittany Maracle
Community Support Services

 613-549-1674 X304
 BrittanyMa@metisnation.org



- ◆ Safety Checks
- ◆ Medical Transportation
- ◆ Caregiver Supports
- ◆ Referrals and Advocacy

Clarice Gervais
Mental Health & Addictions

 613-549-1674 X302
 ClariceG@metisnation.org

- ◆ Referrals and Advocacy
- ◆ Mental Wellness Goal Setting
- ◆ Peer Counselling
- ◆ Assisting in plans to overcome mental health challenges

Joie Ouderkirk
Métis Healthy Babies Healthy Children

 613-549-1674 X308
 JoieO@metisnation.org

- ◆ Play Based Learning Activities
- ◆ Parenting Skills
- ◆ Referrals and Advocacy
- ◆ Home Visits



Kingston Métis Nation of Ontario

Program Descriptions

Traditional Medicine Teaching

This workshop is part of a series designed to bring Métis Children and Seniors together focusing on knowledge sharing via various outlets. This week will look at the sacred medicines. This workshop is open to everyone

Healing Blanket Workshop

Join us in making tie blankets infused with healing and affirmation! Light refreshments and goodies will be provided. This workshop is open to all women at no charge. Space is limited. To register please call Clarice at 613-549-1674 ext. 302 or email clariceg@metisnation.org.

Story telling and Family Game Night

This workshop is part of a series designed to bring Métis Children and Seniors together focusing on knowledge sharing via various outlets. This week will look at traditional story telling, Metis Bingo as well as other fun games for the whole family!

Family Movie Day!

To end March Break we will be having an event for the whole family. Come out and enjoy the movie *Inside Out* while enjoying snacks and refreshments! Space is limited so please register asap!

To register please call Sam at 613-549-1674 x311

Emotional Management

A 1 day program delivered in a 'kitchen-table model' that investigates the cause of anger, the consequences of anger, the development of positive communication skills, strategies of coping with stress, anger management techniques and how to make changes. Guest Facilitator: Judy Burrill, Executive Director of the Canadian Mental Health Association. Space is limited. To register please call Clarice at 613-549-1674 ext. 302 or email clariceg@metisnation.org.