



the Métis
Nation of
Ontario

April 2017

629 Division Street, Kingston On 613-549-1674
Open 8:30am to 4:30pm, Monday to Friday



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Closed
2 Closed	3	4	5	6	7 Feast Bundle 11am to 1pm	8 Closed
9 Closed	10	11	12	13 PAL Night at The Boys and Girls Club 6pm to 8pm	14 Office Closed for Good Friday 	15 Closed
	17 Office Closed for Easter Monday 	18	19	20 PAL Night at The Boys and Girls Club 6pm to 8pm	21 Healthy Cooking Workshop Easter 12pm to 3pm	22 Closed
23 Closed	24	25	26	27 PAL Night at The Boys and Girls Club 6pm to 8pm	28	29 Closed
30 Closed	<ul style="list-style-type: none"> ∞ All programs are at the MNO Office , unless otherwise stated. ∞ All programming and client services are free and open to everyone ∞ All participant programming and client services are described on the other side. 					



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Program Descriptions	Staff Directory
<p>Healthy Cooking Workshop Come and enjoy our kitchen it is open to all individuals and families. It is an opportunity to learn new skills, recipes and enjoy a yummy healthy meal.</p>	<p>Sam Alkenbrack Community Wellness Coordinator Phone: 613-549-1674 ext. 311 Samanthaa@metisnation.org Inclusive services for 0 yrs to 99 yrs include: Crisis Intervention, Peer Counselling, Wellness Planning, Referrals and Advocacy.</p>
<p>Feast Bundle Join us for lunch and a Teaching on reducing your environmental impact. You will assemble a Feast Bundle / picnic kit with re-usable items. You take home your Feast Bundle to use during upcoming events.</p>	<p>Clarice Gervais Mental Health and Addictions Phone: 613-549-1674 ext. 302 Clariceg@metisnation.org Inclusive services for 0 yrs to 99 yrs include: Mental Wellness Goal Setting , Peer Counselling , Assisting in plan to overcome Mental Health challenges, Referrals and Advocacy.</p>
<p>Youth Night Join us for PAL (Police Athletic League) in the gym at Boys and girls club which runs every Thursday 6-8 at the Frontenac Mall. In between games have the opportunity to learn cultural activities.</p>	<p>Brittany Maracle Community Support Services Phone: 613-549-1674 ext. 304 Brittanyma@metisnation.org Inclusive services for elderly and chronically ill include: Safety Checks, Medical Transportation, Caregiver Supports, Referrals and Adovcacy.</p>
<p>Mocc Walk Registration for the Mocc Walk that starts May 1, 2017 is the last week of April 2017. Contact Sam Alkenbrack or Joie Ouderkirk to register. Prizes to be won for the families or persons that walk the most!!</p>	<p>Joie Ouderkirk Healthy Babies Healthy Children Phone: 613-549-1674 ext. 308 Joieo@metisnation.org Inclusive services for families with children Prenatal to 6 yrs include: Play Based Learning Activities, Parenting Skills, Home Visits, Referrals and Advocacy.</p>
	<p>Elaine Jeffery Métis Education and Training Phone: 613-549-1674 ext. 306 Elainej@metisnation.org Services for Métis People include: Funding Programs that range from Income Assisted Training Opportunities, Apprenticeship Supports, Student Bursaries and other initiatives.</p>