



**the Métis
Nation of
Ontario**

June 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
	The office will be closed on June 21 for National Aboriginal Day			1 PAL Night at The Boys and Girls Club 530pm to 8pm	2 Mocc Walking Group 1130am to 1230pm	3
4	5 Mocc Walking Group 12pm to 1pm	6	7	8	9 Mocc Walking Group 12pm to 1pm	10
11	12 Mocc Walking Group 12pm to 1pm	13	14	15	16 Mocc Walking Group 12pm to 1pm	 Summer Family Fun Day 11am to 2pm
18	19 Mocc Walking Group 12pm to 1pm	20		22	23 Healing Moccasins Workshop 12pm to 3pm	24
25	26 Mocc Walking Group 12pm to 1pm	27	28	29 Mocc Walking Group 12pm to 1pm	30	

- ∞ 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

Youth Night

Join us for PAL (Police Athletic League) in the gym at Boys and girls club which runs every Thursday 530-8 at the Frontenac Mall for youth ages 13 years old to 17 years old. In between games have the opportunity to learn cultural activities. To learn more about this weekly program, contact Sam Alkenbrack.

Healing Moccasins Workshop

Join us to create Métis Healing Moccasins that will empower and help regain or reaffirm your self-esteem, self-worth and see your beauty and strength from within. Everyone that join us will make their own pair of moccasins, that they can take home and wear. Light snacks and refreshments will be served. **Registration Required with Sam Alkenbrack or Joie Ouderkirk.**

Summer Family Fun Day

Come join us for a celebration of families at a fun filled day of activities and games. Lunch will be served as well as prizes for all the kids! Kingston Fire Department, Frontenac Paramedic Services, Better Beginnings, Four Directions, Canadian Mental Health Association, Tipi Moza will all be there with activities for the whole family!!

Mocc Walk and Walking Groups

Join this FREE walking challenge where we will hold walking groups during the months of May and June, as well as track your walking on the Mocc Walk calendars! Earn ballots with each walking group for a monthly prize! To learn more about Mocc Walk contact Sam Alkenbrack or Joie Ouderkirk.

National Aboriginal Day Celebration

Join us in a day of celebration there will be lots of performers, dancers, traditional food, craft vendors and activities for kids. This is a day to celebrate all Indigenous people in our community, the event will be on Ontario St in front of City hall. The event will be from 11am to 2pm.

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.

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.

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.

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.

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.