



the Métis
Nation of
Ontario

July 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
2 Closed	3 Closed for Canada Day	4	5	6	7 Traditional Community Kitchen 12pm-2pm	1/8 
9 Closed	10	11 Child and Youth Lacrosse Day	12 Self Defense Workshop @ KAS 12pm-330pm	13 Ontario Aboriginal Housing Services Community Meeting 4pm-6pm	14	15 Closed
16 Closed	17	18	19	20	21 Spirit Art Making 1pm-3pm	22 Closed
23 Closed	24	25	26	27	28 Medicine Bag Making 1pm-3pm	29 Closed
30 Closed	31					
<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

Traditional Community Kitchen

Join us for a traditional Métis feast Community Kitchen. Relive your good memories and re-create those old traditions of sharing good food, stories and laughter.

Self Defence Workshop

Open to all women in the community, this workshop is for women who are looking to gain self-defence skills, build self-confidence, and feel empowerment should they ever need to protect themselves. Cheryl Hayden, who is a RCMP Métis Liaison, will be the instructor for this amazing workshop that is being held at Katarokwi Aboriginal School. If you would like to register, please contact Sam Alkenbrack or Joie Ouderkirk.

Ontario Aboriginal Housing Services Community Meeting

Do you dream of owning your home? Do you qualify for a mortgage, but you just can't save the down payment? Do you already own a home, but it's in need of repair? Do you identify as a First Nation, Métis or Inuit person? The come attend the Come and Go Information Session to learn about the Assisted Home Ownership Program or the Home Repair Program. For more details please contact Brittany Maracle.

Child and Youth Lacrosse Day

In partnership with Right to Play, this day the kids are invited to come out and learn new skills and master old traditions. Times and location to be determined. Please contact Sam Alkenbrack for details.

Spirit Art

Join us for spirit painting where we will be painting paddles or canvases. Bring out your spirit and make beautiful art with us! Snack and refreshments will be provided.

Medicine Bag Making

Explore and learn how to craft your own beautiful leather medicine bag. This workshop is a hands-on event where each participant will create a basic medicine bag. Snacks and refreshments will be provided. To register please contact Joie Ouderkirk.

Staff Directory

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.