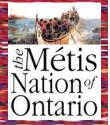
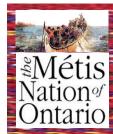


August 2017



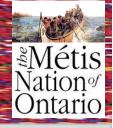


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Feather Teaching 1pm to 3pm Healthy Cooking Workshop 4pm to 6pm	5
6	7 Office Closed for Civic Holiday Medicine Walk @ 67 Notch Hill Rd 9am to 12pm	8	9	10	11 Children's Safety Workshop 1pm to 3pm	12 Tyendinaga Pow Wow Bus 9am to 430pm
13	14	15	16	17	Office Closed for Annual General Assembly	
Office Clos	ed for Annual Gene	ral Assembly	23	24	25	26
27	28	29	30	31		0
	 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. 					



August 2017

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



Program Descriptions

Feather Teaching

August 4 from 1pm-3pm

Guest facilitator Lisa Cadue will share Feather Teachings. Come hear the Teachings and learn to wrap feathers. To register please contact Clarice Gervais.

Healthy Cooking Workshop

Join us for a Community Kitchen that encourages healthy nutrition, with a focus on healthy seasonal foods and amazing taste! We will be cooking Roasted Garlic Spaghetti Squash Lasagna Boats and Citrus Kale Salad. Everyone is welcome to come cook this fantastic meal then enjoy the fruits of you labour! For more information please contact Joie Ouderkirk.

Medicine Walk

August 7, 2017 from 9am to noon

Guest facilitator Lisa Cadue will share her knowledge of local medicines during a Medicine Walk. Spend the morning of your civic holiday with a Medicine Teaching. The walk starts at 67 Notch Hill Road. For more information contact Clarice Gervais

Children's Safety Workshop

This fun filled workshop teaches children and their parents/caregivers vital personal safety skills. Children learn what to do if they're lost, and who to seek out if they need assistance, and skills for dealing with luring and bribes. For more information please contact Joie Ouderkirk.

Tyendinaga Pow Wow Bus

August 12, 2017 from 9am to 4:30

All aboard! Join us on a road trip to attend the Tyendinaga Pow Wow. Transportation is free. Please be sure to bring with you: money for admission and food, water, feast bundle, sunscreen and a hat. Families are welcome! Space is limited, so please contact Clarice Gervais to register.

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.