



the Métis
Nation of
Ontario

August 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	2	3	4 <i>Feather Teaching 1pm to 3pm</i> <i>Healthy Cooking Workshop 4pm to 6pm</i>	5
6	7 <i>Office Closed for Civic Holiday</i> <i>Medicine Walk @ 67 Notch Hill Rd 9am to 12pm</i>	8	9	10	11 <i>Children's Safety Workshop 1pm to 3pm</i>	12 <i>Tyendinaga Pow Wow Bus 9am to 4:30pm</i>
13	14	15	16	17	Office Closed for Annual General Assembly	
Office Closed for Annual General Assembly			23	24	25	26
27	28	29	30	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

Staff Directory

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 your 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, sun-screen and a hat. Families are welcome! Space is limited, so please contact Clarice Gervais to register.

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 Advocacy.

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.