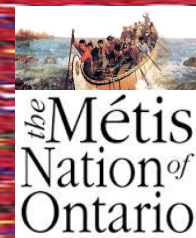


# September 2017

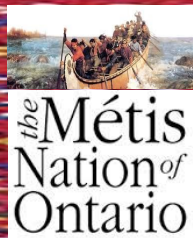
629 Division Street, Kingston On 613-549-1674

Open 8:30am to 4:30pm, Monday to Friday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Healthy Cooking Workshop 12pm-2 pm	2
3	4 Office Closed for 	5	6	7 Traditional Beading Workshop 11am-1pm	8	9
10	11	12	13 Four Trees Men's Circle 6pm-8pm	14 Traditional Beading Workshop 11am-1pm	15 Dream Catcher Workshop 1pm-3pm	16
17	18	19	20	21 Traditional Beading Workshop 11am-1pm	22	23
24	25	26	27 Mitt Making Workshop 12pm-3pm  Four Trees Men's Circle 6pm-8pm	28	29 Fall Harvest Celebration 11am-3pm	30
∞ Please note all MNO activities are scent-free. ∞ All programs are at the MNO Office , unless otherwise stated. ∞ All programming and client services are free and open to everyone.						

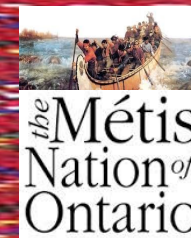




# September 2017

629 Division Street, Kingston On 613-549-1674

Open 8:30am to 4:30pm, Monday to Friday



## Program Descriptions

### 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 Chicken and zucchini in paprika and tomato sauce over rice, with a Kale salad with apples and hazelnuts. Everyone is welcome to come cook this fantastic meal then enjoy the fruits of your labour! For more information please contact Joie Ouderkirk.

### Traditional Beading Workshop

This will be a 3 week workshop learning how to do traditional beading. Participants will have a chance to bead their own designs and make it into a pin or apply these designs to mittens or clothing. Snacks and refreshments will be provided. Registration is required, as space is limited, **please contact Sam Alkenbrack to register.**

### Four Trees Men's Circle

This bi-weekly healing circle is a place for men to speak freely about men's issues. This circle will be facilitated by Tim Yearington, a Knowledge Keeper, who will be sharing traditional Algonkin Medicine Teachings to help empower others. Men do not need to be Indigenous to join, this is intended for the whole community.

### Dream Catcher Workshop

Join us for a fun and creative Dreamcatcher making workshop where we will take you on a journey to create your own personalized traditional dreamcatcher. All materials will be included, and there will be an array of different materials. Please feel free to bring materials and objects that have special meaning to you that you would like to incorporate into your dream catcher. Light refreshments will be served. Please contact Clarice Gervais for more information.

### Fall Harvest Celebration

Come and celebrate this beautiful season with the family!! This day will be filled with family activities, stories and a traditional meal. The event will be both inside and outside so please dress accordingly. Space is limited to **please register with Joie Ouderkirk or Sam Alkenbrack.**

### Mitt Making Workshop

Join us for the afternoon to create your very own pair of beautiful mitts from start to finish. You decide with or without beading and trim and then you choose the colour, thread design and bead design. We supply all the materials, just bring your vision! Snacks and refreshments will be provided. Registration is required, as space is limited, **please contact Sam Alkenbrack or Joie Ouderkirk 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 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.