



# DRUM STICK MAKING WORKSHOP

Drumming is a way to nurture our spiritual health. Join us to learn to make a deer-skin drumstick for a hand drum. Any participant who would like to bring their drum to try out their drumstick is welcome. Traditional songs would also be welcome.

*Please note all MNO activities are scent-free.*

## Tuesday, October 24

### 1-3 pm

Métis Nation of Ontario  
629 Division Street  
Kingston

**Please register by October 20 by contacting:**  
**Clarice Gervais**  
MNO Mental Health and Addictions Coordinator  
613-549-1674 ext 302  
clariceg@metisnation.org



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