



the Métis
Nation of
Ontario

October 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	5	6	7
8	9 Office Closed for 	10	11 Four Trees Men's Circle 6pm to 8pm	12	13	14
15	16	17	18	19	20 Mask Making Workshop 1pm to 3pm	21
22	23	24 Drumstick Making Workshop 1pm to 3pm	25 Four Trees Men's Circle 6pm to 8pm	26	27 Katarokwi Indigenous Day of Wellness @ KCHC 1pm to 7pm	28
29	30	31 				

- ∞ 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.



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Program Descriptions

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 Medicine Teachings to help empower others. Men do not need to be Indigenous to join, this is intended for the whole community.

Third Annual Katarokwi Indigenous Day of Wellness

This event includes traditional Indigenous foods, Sacred Fire, Foot Care, Reflexology, Seer, and Wellness Booths for all walks of life! Please bring your drum and feast bundle to the Kingston Community Health Centre at 263 Weller Avenue from 1pm to 7pm.

This event is in partnership with Kingston Interval House, Indigenous Diabetes Health Circle, South East Regional Cancer Program, Sexual Assault Centre Kingston, HIV/AIDS Regional Services, Ontario Native Women's Association, Kingston Community Health Centres, Tipi Moza, and Four Directions.

This event is free admission, for more information please contact cancercarese@kgh.kari.net or Sam Alkenbrack.

Mask Making Workshop

We will be making children's masks using kid friendly materials of the different animals of the Seven Grandfather Teachings. Children of all ages welcome!! Snacks and refreshments will be served. For more information please contact Joie Ouderkirk.

Drumstick 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 register with Clarice Gervais for this workshop.



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.