



the Métis
Nation of
Ontario

November 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 <i>Four Trees Men's Circle 6pm to 8pm</i>	9	10	11  REMEMBRANCE DAY
12	13 Office Closed for 	14	15	16 <i>Louis Riel Day Celebration Office open 11am to 2pm for celebration</i>	17	18
19	20	21	22 <i>Four Trees Men's Circle 6pm to 8pm</i>	23	24 <i>Service Provider Wellness Day 1230pm to 430pm</i>	25
26	27	28	29	30		
Office Closed for Training						

- ∞ 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

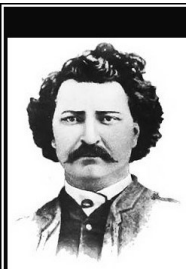
This bi-weekly healing circle is a place for men to speak freely about men's issues. This circle will be facilitated by Tim Yearington, a Knowledge Keeper, who will be sharing traditional Medicine Teachings to help empower others. Men do not need to be Indigenous to join, this is intended for the whole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

Louis Riel Day

November 16 is a significant day for the Métis Nation, join us as we commemorate and honour Louis Riel who defended the rights of the Métis people. We will celebrate his legacy with traditional Métis activities such as finger weaving and beading, and will serve a traditional meal, complete with Venison Roast, Wild Rice and Cheese Casserole, and a Maple Syrup Butter Tart for dessert.

Service Provider Wellness Day

As Service Providers we spend much of our time taking care of others, so please take time out of your schedule to come and pamper yourself! We will be having massage offered by Trillium College, Therapeutic Touch by Kate Brant, Yoga offered by Moksha Yoga, and then to end the day you can choose from a Four Sacred Medicines Teaching Workshop, or a Make-Up For Your Best Face Workshop. This workshop is exclusively for the Service Providers and Community Agencies in the Kingston Area, and registration is required. To register for this workshop please contact Brittany Maracle.



My people will sleep for one hundred years, but when they awake, it will be the artists who give them their spirit back.

(Louis Riel)

izquotes.com

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 Ouder Kirk

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.