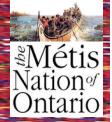
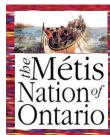


February 2018

629 Division Street, Kingston On 613-549-1674
Open 8:30am to 4:30pm, Monday to Friday

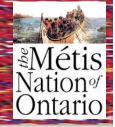


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---------|---|---|--|----------|
| | | | | 1 Smoking Cessation 10:30am -12pm | 2 Knowledge sharing 11am -1pm | 3 |
| 4 | 5 | 6 | 7 Four Trees Men's Circle 6pm-8pm | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 Budgeting and Financial Literacy 1 pm -3pm | 16 Mitten Making Workshop 1pm-3pm | 17 |
| 18 | 19 Closed for Family day | 20 | 21 Four Trees Men's Circle 6pm-8pm | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 Porcupine Earring Workshop 11am-1pm | | | |
| | 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

Smoking Cessation Workshop

Nicole Szumlanski from Public health will be bringing in tips and resources to help you guit smoking! Snack and refreshments will be provided.

Please contact Sam Alkenbrack to register.

Knowledge Sharing Workshop

Come on out and learn to make bone bead bracelets fun for you and the kids on the PA Day! Lunch will be provided!

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

Budgeting and Financial Literacy Workshop

Guest speaker Melissa Parsons from Resolve Credit Counselling will provide information and tips on effective budgeting.

To register please contact Clarice Gervais or Samantha Alkenbrack.

Mitt Making Workshop

Winter is still going strong! Come learn how to make a pair of cozy mittens on February 16th from 1pm to 3pm.

To register please contact Clarice Gervais.

Porcupine Earring Workshop

Join us for a morning of earring making with guest presenter Lisa Taylor.

Snack and refreshments will be provided.

To register please contact Sam Alkenbrack

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 Adovcacy.

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.