




the Métis
Nation of
Ontario

February 2018

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 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			
<p>∞ 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.</p>						





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Program Descriptions	Staff Directory
<p>Smoking Cessation Workshop Nicole Szumlanski from Public health will be bringing in tips and resources to help you quit smoking! Snack and refreshments will be provided. Please contact Sam Alkenbrack to register.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>
<p>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</p>	