

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

August 2020

Orange Shirt Day September 30, 2020



T-shirts & Hoodies will be available for sale in September at Miywasin Centre.

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Métis Nation Local 8: (403) 504-4060
Miywasin Friendship Centre (Medicine Hat): (403) 526-0756
Métis Urban Housing: (403) 504-4062
Miywasin Centre - 517 3rd Street SE, Medicine Hat, T1A 0H2



YOGA CLASSES



*Yoga classes are facilitated by qualified instructor - Pamela Goodine.
Class times are subject to change so please call ahead to register.*

YOGA FOR SENIORS 65+

A gentle yoga class, focusing on stretching, relaxation and improving balance!

Exercises will be done from a chair and standing, with support if needed.

You will not be required to lie on the floor, unless requested by the group for more advanced yoga program.

You must pre-register for these classes as Pandemic protocols are in place and class size is limited! We will provide hand sanitizing and masks.

Mondays, Thursdays and Fridays, 10:30 am – 11:30 am

Miywasin centre at 523 3rd Street SE

Space is limited to 4 per class; call Marina at 403-526-0756 to register.

This is a free class sponsored by Miywasin Friendship Centre!



Hot Meals on Cart Wheels Trail for Seniors 65+



Miywasin Friendship Centre will be making weekly hot meals FREE to Indigenous seniors 65+ for delivery within Medicine Hat or pick up. You must pre-register for this program. It is free to our Indigenous Seniors 65+. Please call Marina at 403-526-0756 to register. Those pre-registered will be able to pick up their meal package from 11:30 am – 12:30 pm on Fridays at Miywasin Centre, 523 3rd Street SE. Everyone must follow pandemic safety protocols – hand sanitizing, wearing gloves and wearing masks. If you need Personal Protective Equipment – masks, hand sanitizer and gloves, please let us know and we will prepare packages for delivery. For those requiring delivery service, meals will be delivered on Friday afternoons from 1:00 pm – 3:00 pm.



WELLNESS KITS

Your wellness is important to us, especially during this time. The MNA Youth Team is excited to provide Wellness Kits for Métis youth in Alberta!

Kits include:

Mental Health Resources, Colouring Pages, Puzzle, Traditional Medicine Plant Guide, Journal, Finger Weaving Kit & So Much More!

NOTE: MUST be an MNA citizen between the ages of 12-29. One kit per household.



To register for a Youth Wellness Kit, please go to the MNA website at www.albertametis.com and look under Programs and Services for the registration form.




Check out the many programs available to Metis Citizens through Metis Capital Housing:

- **Home Repair Program**
- **Rent Supplement Program**
- **Student Rent Supplement Program**
- **Down Payment Assistance Program**

Visit the website at <http://www.metishousing.ca>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3 Civic Holiday Office Closed	4 Embroidery Thread Keychains 2-4pm	5 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	6 Filling Our Tips "Love & Strength" 2-4pm	7 Teen Kitchen French Toast Sticks Zoom 2-4pm	8
9	10 Medicine Wheel Vision Boards Zoom 2-4pm	11 Canvas Painting Zoom 2-4pm	12 International Youth Day 2-6pm Kin Coulee Bandstand	13 Filling Our Tips Dreamcatcher Making in Kin Coulee 2-4pm	14 Teen Kitchen Quesadilla Zoom 2-4pm	15
16	17 Beading with Sarah Zoom 2-4pm	18 Beading with Sarah Zoom 2-4pm	19 Filling Our Tips Bannock Making Zoom 2-4pm	20 Filling Our Tips Sage Picking at Saratoga Park 2-4pm	21 No Programming	22
23	24 No Programming	25 No Programming	26 No Programming	27 Filling Our Tips "Hope and Ultimate Protection" 2-4pm	28 No Programming	29
30	31 Medicine Wheel Clay Pendants Zoom 2-4pm					

Miywasin Centre
517—3rd St. SE
Medicine Hat
Alberta



"Miywasin Youth Development Program"

Contact: Carol or Carlee
Phone: (403) 526-0756
Text: (403) 866-3366

Events are subject to change

If you would like to register for any of the Zoom Sessions please email Carol Syrette at carolsyrette@gmail.com

COVID-19 Pandemic Services

- ◆ Weekly Wellbeing Check in
- ◆ Counseling Via Phone or/zoom
- ◆ Access to traditional Medicines
- ◆ Drop off Face Masks, Gloves, and Hand Sanitizer

Thank you to our funders and supporters.



Cultural Addictions Counseling Parent/Caregiver Education Program **Aug 2020**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 CIVIC Holiday Office Closed	4 10-12pm Sharing Circle – for Sixties Scoop Survivors Kin Coulee Park	5 1-4 pm Mending Broken Hearts	6 1 pm-3 pm Beading with Brenda	7	8	9
10	10-12pm Sharing Circle- Open Group Kin Coulee Park	11 1-4 pm Mending Broken Hearts	12 2-4 pm Willow Dreamcatchers Making In Kin Coulee park	13	14	15
17	1-3 pm Bannock Making via Zoom Supplies included	18 1-4 pm Mending Broken Hearts	19 2-4 pm Sage Picking at Saratoga Park	20	21	22
24/31	10-12pm Sharing Circle – Open Group Kin Coulee	25 1-4 pm Mending Broken Hearts	26 1pm-3 pm Beading with Brenda	27	28	29
					30	

COVID-19 PANDEMIC SERVICES:

- Counseling by appointment only.
- Access to traditional medicines
- Deliver Face masks/Gloves

Want to keep connected with Miywasin find out what services we are offering monthly? Sign up for our very own "Riel Issues Newsletter" we can mail or add you to our email list.

Need help getting onto ZOOM our staff will help you get set up!

Need your 2019 Income Taxes done? Contact Marlene@ 403-526-0756.

All activities are FREE thank you to our funders.

MIYWASIN FRIENDSHIP CENTRE
517 - 3RD STREET SE
MEDICINE HAT, AB T1A 0H2



Contact: Chasity/Brenda
To register OR for more information
Office: (403) 526-0756
Cell: (587) 253-0105
Email: mchasitycaims@gmail.com
brendamerce64@gmail.com



On September 30th show your support

ORANGE SHIRT DAY

Communities across Canada and First Nations coast to coast will come together in the spirit of reconciliation and wear orange shirts in honour of Residential School survivors and hope for a better future.



Orange shirt Day t-shirt artwork designed by Timothy Foster, a Gitksan artist from the house of Niisto in the Lax Seel clan.



\$20.00



\$40.00

Youth XS, Youth S, Youth M, Youth L, Youth XL, S, M, L, XL, 2XL, 3XL, 4XL

Miywasin Friendship Centre will be selling these t-shirts and hoodies as a fundraiser and in honour of residential school survivors. To order please call Marina at 403-526-0756. They will be available in September while supplies last.



COVID-19 SUPPORT PROGRAMS
Available through Metis Nation
&
Miywasin Friendship Centre



COVID19 funding supports for Metis, First Nations and Inuit that need help with rental relief, utility bill arrears, phone bill arrears, prescription medications filled, staying connected with Internet/computer notebooks/phone, emergency housing, deer meat, \$200 Safeway grocery gift cards, transportation, counseling supports and filling out applications for COVID19 funding supports through Metis Nation of Alberta and Metis Capital Housing. There may be other needs that arise in your intake session that we can help with. Please don't hesitate to call. The Metis Nation and Miywasin Friendship Centre are here to help.

For the month of August, appointments are booked with qualified counselor, Chasity Cairns, BSW, RSW and are strictly confidential.

If you or someone you know needs assistance during this pandemic, please call Miywasin Friendship Centre at 403-526-0756 and book your appointment through Marina Greier at the reception desk.