

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

October 2020



**Saamis Tepee lit up in Red
to honour missing & murdered
Indigenous Women, Children
& Men**

October 1 - 7, 2020

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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

Meewashun Michif Language Camp



October 15 - 18, 2020

WE ARE FULL, but are taking names on the waitlist, priority for families and youth.

To register, please call Marina at 403-526-0756.

This program is sponsored by the Government of Canada Indigenous Languages and Cultures Program - Indigenous Languages Component.



Wally Garrioch playing his guitar and singing songs at the Orange Shirt Day Ceremonies in Honour of Residential School Survivors in Kin Coulee Park on Wednesday evening, September 30, 2020)



We have received a limited number of Metis Nation of Alberta - Back to School Backpacks (Kindergarten & Grade 1) in the Miywasin Centre office.

If you are a Lifetime member of the Metis Nation and would like a backpack for your child, please call Marina at 403-526-0756 to register and pick up.



Cultural Addictions Counseling Parent/Caregiver Education Program

Oct 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 SISTERS IN SPIRIT TBA
1-3 pm Traditional Parenting Skills "Child Stages of Development"	10-12pm Sharing Circle Miywasin Kitchen	No Programming	1 pm-3 pm Craft Circle Miywasin Kitchen	1-3 pm Mending Broken Hearts		
CLOSED 	10-12pm Sharing Circle Miywasin Kitchen	1-4 pm Mending Broken Hearts	1 pm-3 pm Craft Circle Miywasin Kitchen	No Programming		
1-3 pm Traditional Parenting Skills "Traditional Stages of Development"	10-12pm Sharing Circle Miywasin Kitchen	1-4 pm Mending Broken Hearts	1 pm-3 pm Craft Circle Miywasin Kitchen	No Programming		
1-3 pm Traditional Parenting Skills "Communicating with our children"	10-12pm Sharing Circle Miywasin Kitchen	1-4 pm Mending Broken Hearts	1 pm-3 pm Craft Circle Miywasin Kitchen	No Programming		



Counseling with Chasity by appointment only.

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.

All activities are FREE thank you to our funders.

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



Contact: Chasity/Brenda/Gina
To register OR for more information
Office: (403) 526-0756
Cell: (587) 253-0105
Email: mchasitycains@gmail.com
brendamercer64@gmail.com



MIYWASIN Youth Development Program October 2020 **ALL EVENTS ARE FREE**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**Events are subject to change**					
4 Sisters in Spirit TBA	5 Medicine Wheel 4:30-6:00pm Max 6 Youth	6 Filling Our Tips 4:30-6:00pm Full	7 Medicine Bags 4:30-6:00pm Max 6 Youth	8 Filling Our Tips 4:30-6:00pm Full	9 No Programming	10
11	12 Thanksgiving Office Closed	13 Filling Our Tips 4:30-6:00pm Full	14 Mittens Part 1 4:30-6:00pm Max 6 Youth	15 Filling Our Tips 4:30-6:00pm Full	16 No Programming	17
18	19 Medicine Wheel 4:30-6:00pm Max 6 Youth	20 Filling Our Tips 4:30-6:00pm Full	21 Mittens Part 2 4:30-6:00pm Max 6 Youth	22 Filling Our Tips 4:30-6:30pm Full	23 No Programming	24
25	26 Medicine Wheel 4:30-6:00pm Max 6 Youth	27 Hocus Pocus Movie 4:30-6:30pm Max 6 youth	28 Halloween Sign Painting 4:30-6:00pm	29 Pumpkin Carving 4:30-6:30pm Max 6 youth	30 No Programming	31 

COVID-19 Pandemic Services

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

Thank you to our funders and supporters



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





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.

Monday and Friday, 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.



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 12:00 pm – 1:00 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 – 2:00 pm.

Veiner Centre Memberships

Are you a senior 50+, Indigenous and would like to get socially active with other seniors in our community? We are now offering to pay your membership fee to the Veiner Centre. Please call Marina at 403-526-0756 to register.



\$20.00



\$40.00

Miywasin Friendship Centre still has Orange Day t-shirts and hoodies for sale. Please call Marina at 403-526-0756 for sizes available.



In Recognition of Orange Shirt Day and Survivors of the Residential School System, activities and ceremonies were held throughout the day on September 30, 2020.



Naming Ceremonies and Face Painting were held at Miywasin Centre during the day, in the evening at Kin Coulee Park band shell, the public came out to honour the survivors of the residential school system wearing their orange t-shirts and hoodies. Honour songs, prayers and survivor testimonials were shared. Constable Brent Secondiak brought heartfelt greetings on behalf of the Medicine Hat Police Services and acknowledged the issues Indigenous people have with the police and that they can do better. He hoped that the positive relationship they have with Miywasin would help in educating and achieving that goal within our community. At the end of the evening Brenda Mercer, our Caregiver Coordinator gifted him with a hand drum.





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/ChromeBook/cell phone, emergency housing, bison meat, \$200 Safeway grocery gift cards, transportation/bus fares, 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.

Appointments may be booked with qualified counselor, Marlene Cadotte, 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.