

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

September 2022

Please note the change in date and location for our Annual General Meeting.

Métis Nation Local '8' Annual General Meeting is open to all MNA Lifetime card-carrying Métis citizens in our community. Please join us for the upcoming meeting and learn what is going on in our nation on **Tuesday, September 27, 2022, at 5:30 pm at Medicine Hat College.** Potluck to start at 5:30 and meeting to follow.

If you do not have your local membership, please come into the office at 517 3rd Street and see Sheila to sign up, the cost is \$3/year.



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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

INDIGENOUS SENIORS WEEKLY MEAL PROGRAM & SUPPORTS



Indigenous seniors 65+ to pick up or for delivery within Medicine Hat. You must pre-register for this free program. Please call Michelle at 403-526-0756 to register. Pick up at Miywasin - reception area, 517 3rd Street SE between 11:00am - 1:00pm.

We are continuing other supports for seniors 65+ for rent supplements (max \$200/month for up to a year), punch cards for Leisure Centre/YMCA, transportation - bus pass/taxi voucher, prescriptions, utility arrears, phone bill arrears, income tax filing, and support with filling in forms/applications. These supports are available through intake only, you must book an appointment with Marlene Cadotte, BSW, RSW Counselor at Miywasin 403-526-0756.

We will continue to maintain safety protocols - hand sanitizing, wearing gloves, wearing masks, and rapid tests kits. If you need Personal Protective Equipment: masks, hand sanitizer, gloves, and rapid test kits, please let us know and we will prepare packages for you to take with you or have delivered. Yoga classes with Pamela Goodine are by appointment only. Please call Michelle at 403-526-0756 to register. Classes are free to Indigenous Seniors 65+.

Seniors Programs sponsored by COVID Relief programs funded by Government of Canada.



COVID Supports still available for families, individuals, seniors

Rent relief & emergency housing,
traditional meat,
utility arrears, transportation/bus fare,
counselling supports COVID-19 funding applications, and more.

The Métis Nation and Miywasin Friendship Centre are here to help.

These supports are available through intake only, you must book an appointment with Marlene Cadotte, BSW, RSW Counselor at Miywasin 403-526-0756



MAKING CHANGE FOR
THE NEXT SEVEN GENERATIONS

Budgeting 101

In this FREE course, you will learn how to:
create a household budget
manage your income
pay down debt build savings find motivation

Next class: Friday, Sept 16th 1-3pm

In-person @ Miywasin kitchen

email: metismoneymoves@gmail.com

Created by



Hosted by




Miywasin Friendship Presents:

TRADITIONAL PARENTING & CAREGIVER SKILLS


In Person: Monday Afternoons 1:00 P.M-3:00 P.M
OR Via Zoom Wednesday Evenings 7:30 P.M-9:00 P.M

In this Free workshop, you will learn the impact Intergenerational Trauma has had on parenting, Traditional Stages of Development vs Child Stages of Development, Parenting styles and communicating with our children, the Five Forms of Discipline, Building Self-Esteem Within Ourselves and Our Children, Healthy Eating Habits, and Basic Budgeting Skills

To register please contact Brooke, @ 403-952-9605
OR Brooke.miywasin@gmail.com
Mail Delivery Fee of \$30.00 required for those who cannot pickup their kit in Medicine Hat



517 3RD STREET S.E MEDICINE HAT



WELLBRIETY

A 12-STEP PROGRAM FOR INDIGENOUS
WELLNESS IN SOBRIETY
(MEN AND WOMEN)

Join us Thursday's on the Red Road to Sobriety Starting
September 29, 2022.

1:30-3:30pm

Located in the Miywasin Centre Kitchen

Registration Required



Ken Turner
403-866-2717

Miywasin.kenturner@gmail.com



Rae-Ann Godfrey
403-952-9782

Miywasin.raeann@gmail.com

*Consists of 16 weekly meetings *Certificate of completion upon graduation.

ARE YOU FINDING IT HARD TO
GET A FAMILY DOCTOR? ARE
WAIT TIMES TOO LONG?

According to Alberta Health Statistics, you are not alone.

**Please join us in collaboration
with Alberta Health Services**

September 2 & 16

9:30-11:30 a.m

Located In the Miywasin Kitchen

Alberta Health Services Harm Reduction
Intervention Team is offering medical
assistance to those in need.

Walk in services include:

- Harm Reduction supplies
- Resource Navigation
- Naloxone Training
- STBBI testing
- Prescriptions
- Wound care



Contact Us

Ken Turner
403-866-2717

Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 No Programming	2 No Programming	3
4	5 Office Closed/ No Programming	6 No Programming	7 No Programming	8 Harry Potter Craft & Snack 4:30-6:30pm	9 Family Swimming 6:00-8:00pm	10
11	12 No Programming	13 Filling Our Tipis 4:30-6:30pm	14 No Programming	15 Filling Our Tipis 4:30-6:30pm	16 Scrunchie Sewing craft 4:00-6:00 Registration Required	17
18	19 Medicine Wheel Program 4:30-6:00pm	20 Filling Our Tipis 4:30-6:30pm	21 No Programming	22 Filling Our Tipis 4:30-6:30pm	23 No Programming	24
25	26 Medicine Wheel Program 4:30-6:00pm	27 Filling Our Tipis 4:30-6:30pm	28 No Programming	29 Filling Our Tipis 4:30-6:30pm	30 Reconciliation Event Details to follow	1

Ages 11-17

Events are subject to change

Miywasin Friendship Centre
517-3rd St. SE
Medicine Hat, Alberta
T1A 0H2

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

All events are **FREE**
Due to limited space in transportation and facility please call or text to register for each program

Thank you to our funders and supporters:



SEPTEMBER 2022

Filling Our Tipis
(September-October Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi Teachings
Please contact Carlee to register

New cohort will begin in September for ages 13-17
Please register before September 6th 2022



Cultural Wellness and Addictions Program September 2022

REGISTRATION REQUIRED PRIOR TO SOME OF THE SCHEDULED PROGRAMS.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 No programming	2 AHS outreach medical services 9:30am-11:30am	3
4	5 No Programming STAT holiday	6 Bannock & Tea 10:30-11:45 am	7 Warrior Ways Men's Circle 4:30pm-6:30pm	8 No Programming	9 No Programming	10
11	12 Drumming Circle 10:30am-11:45am	13 Bannock & Tea 10:30-11:45 am	14 Warrior Ways Men's Circle 4:30pm-6:30pm	15 No Programming	16 AHS outreach medical services 9:30am-11:30am Melt Money Moves Budgeting class 1-3pm	17
18	19 Drumming Circle 10:30am-11:45am	20 Bannock & Tea 10:30-11:45 am	21 Warrior Ways Men's Circle 4:30pm-6:30pm	22 No Programming	23 No Programming	24 *Repatriation of headdress Medicine Hat College-Pow Wow 3pm
25	26 Drumming Circle 10:30am-11:45am	27 Bannock & Tea 10:30-11:45 am	28 Warrior Ways Men's Circle 4:30pm-6:30pm	29 Medicine Wheel & 12 Steps (Co-ed) 1:30-3:30 (pm)	30 * National Truth and Reconciliation/Orange Shirt Day (TBA)	

* [Times to be announced]

MIYWASIN FRIENDSHIP CENTRE:
517 - 3RD STREET SE
S2A8 - 3RD STREET SE
MEDICINE HAT, ALBERTA



Contact us for more information:

Ken Turner, Addiction Counselor
Cultural Addiction Program
Cell: 403-866-2717
Email: miywasin.kenturner@gmail.com

Rae-Ann Godfrey, Crisis Support
Cell: 403-952-9782
Email: Miywasin.raeann@gmail.com

Davie James, Cultural Coordinator
Cell: 403-878-5548

All activities are **FREE** thank you to our funders.



CAREGIVER EDUCATION PROGRAM SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 No Programming	2 No Programming	3	4
5 STAT Closed	6 Tea & Bannock 10:30-11:45 A.M. Book Club 1:00-2:30 P.M.	7 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	8 No Programming	9 Family Swim 6-8 P.M.	10	11
12 Drum Circle 10:30-11:45 A.M. Traditional Parenting Skills 1-3 P.M.	13 Tea & Bannock 10:30-11:45 A.M. Book Club 1:00-2:30 P.M.	14 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	15 No Programming	16 No Programming	17	18
19 Drum Circle 10:30-11:45 A.M. Traditional Parenting Skills 1-3 P.M.	20 Tea & Bannock 10:30-11:45 A.M. Book Club 1:00-2:30 P.M.	21 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	22 No Programming	23 No Programming	24	25
26 Drum Circle 10:30-11:45 A.M. Traditional Parenting Skills 1-3 P.M.	27 Tea & Bannock 10:30-11:45 A.M. Book Club 1:00-2:30 P.M.	28 Traditional Parenting Skills 7:30-9:00 P.M. Via Zoom	29 No Programming	30 ReconciliACTION Event! More details to come!		



Book Club: From the Ashes by Jesse Thistle
Limited books available-Registration Closed

Contact us to register:

Brooke Simon
Caregiver Education Coordinator
Cell: 403-952-9605
Email: Brooke.miywasin@gmail.com

All activities are FREE thanks to our funders.



anfca
ALBERTA NATIVE FRIENDSHIP CENTRE ASSOCIATION

Alberta
GOVERNMENT OF ALBERTA
Resource Services

MH
Mental Health
Community Support



MIYWASIN FRIENDSHIP CENTRE
517 3RD STREET SE
526B 3RD STREET SE
Medicine Hat, ALBERTA



"Miywasin Friendship Centre"

Save the Date

SEPTEMBER 24, 2022 -
REPATRIATION
OF HEADDRESS & POWWOW

SEPTEMBER 30, 2022 -
NATIONAL TRUTH AND
RECONCILIATION DAY