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.



INSIDE THIS ISSUE:

Seniors Weekly Program, COVID Supports	Page 2
Métis Money Moves, Mothers of Tradition	•
Wellbriety, Alberta Health Services	•
Youth Program Calendar, Cultural Addictions Calendar	9
Parenting Program Calendar, Safe the Date	•

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 preregister 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 much 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



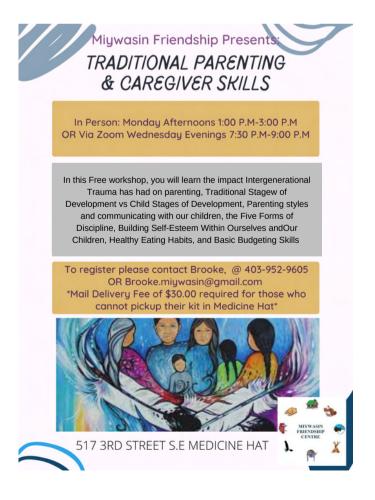
MAKING CHANGE FOR THE NEXT SEVEN GENERATIONS

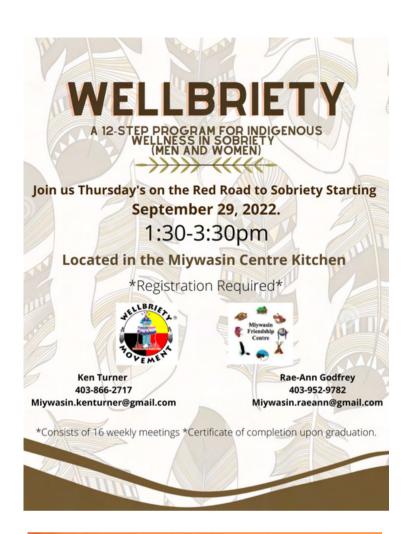
Budgeting 101

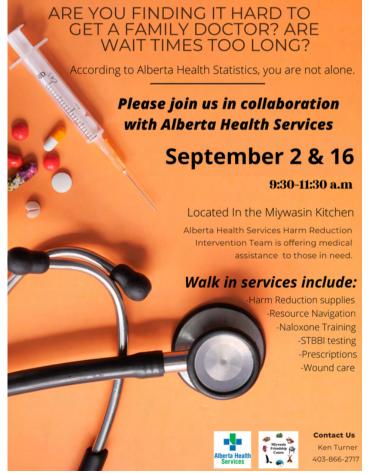
Next class: Friday, Sept 16th 1-3pm

In-person @ Miywasin kitchen email: metismoneymoves@gmail.com









Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				No Programming	No Programming	3
4	Office Closed/ No Programming	No Programming	7 No Programming	BHarry Potter Craft & Snack 4:30-6:30pm	9 Family Swimming 6:00-8:00pm	10
n	No Programming	Filling Our Tipis 4:30-6:30pm	No Programming	15 Filling Our Tipis 4:30-6:30pm	16 Scrunchie Sewing craft 4:00-6:00 Registration Required	17
8	Medicine Wheel Program 4:30-6:00pm	Filling Our Tipis 4:30-6:30pm	No Programming	Filling Our Tipis 4:30-6:30pm	No Programming	24
25	Medicine Wheel Program 4:30-6:00pm	Filling Our Tipis 4:30-6:30pm	No Programming	Filling Our Tipis 4:30-6:30pm	30 ReconciliACTION Event Details to follow	1



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

Ages 11-17 Events are subject to change

Miywasin Friendship Contact: Carlee EaglePlume 517-3rd St. SE Medicine Hat, Alberta T1A 0H2

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:

Aberta Resource Networks





Cultural Wellness and Addictions Program

September 2022

*REGISTRATION REQUIRED PRIOR TO SOME OF THE SCHEDULED PROGRAMS. *

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				No programming	AHS outreach medical services 9:30am-11:30am	3
4	No Programming STAT holiday	6 Bannock & Tea 10:30-11:45 am	Warrior Ways Men's Circle 4:30pm-6:30pm	No Programming	9 No Programming	10
11	Drumming Circle 10:30am-11:45am	13 Bannock & Tea 10:30-11:45 am	14 Warrior Ways Men's Circle 4:30pm-6:30pm	No Programming	AHS outreach medical services 9:30am-11:30am Mells Money Moves Budgeting class 1-3pm	17
18	19 Drumming Circle 10:30am-11:45am	20 Bannock & Tea 10:30-11:45 am	Warrior Ways Men's Circle 4:30pm-6:30pm	No Programming	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)	National Truth and Reconciliation/Orange Shirt Day (TBA)	

MIYWASIN FRIENDSHIP CENTRE:

517 - 310 STREET SE 5268 - 310 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









CAREGIVER EDUCATION PROGRAM SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			No Programming	2 No Programming	3	4
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	Family Swim 6-8	10	11
Drum Circle 10:30-11:45 A.M Traditional Parenting Skills 1-3 P.M	I3 Tea & Bannock 10:30-11:45 A.M Book Club 1:00-2:30 P.M	Traditional Parenting Skills 7:30-9:00 P.M Via Zoom	IS No Programming	16 No Programming	17	18
Parum 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
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	Traditional Parenting Skills 7:30-9:00 P.M Via Zoom	29 No Programming	ReconciliACTION Eventl 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.











Save the Pate

SEPTEMBER 24, 2022 -

REPATRIATION
OF HEADDRESS & POWWOW

SEPTEMBER 30, 2022 -NATIONAL TRUTH AND
RECONCILIATION DAY