

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

June 2023

The Miywasin Friendship Centre will be closed from June 7th and will reopen on June 19th. This closure is due to The Hills Are Alive event, thank you for understanding.



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



You're Invited!

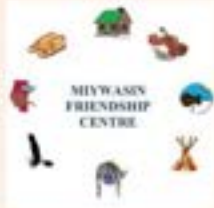
**Elders programs coming soon! Activities
TBA watch out for updates on our
Facebook page or call the centre with any
further questions.**

Dates will be June 22, 23, 29, & 30th.

Elder Abuse Workshop



In Collaboration with
Jeanette Devore



Elder Abuse is any action or inaction by a person in a position of trust that causes harm or distress to an older adult within the scope of emotional, financial, medication, physical, neglect or sexual abuse.

June 28, 2023

10am-12pm

Miywasin Kitchen

517 3rd Street SE

More information
contact our main line
at: 403-526-0756

AHS MEDICAL SUPPORT

HARM REDUCTION INTERVENTION TEAM

Friday, June 2 & 30 9:30-11:00am

Miywasin Kitchen

Audra – Peer Support Worker

Tammy – Nurse Practitioner

Addictions support/detox/treatment/harm reduction supplies
Naloxone training

Wound care, STBBI testing/treatment, temporary medical care,
prescriptions

Treatment planning and management

Referral to community psychiatrist

Peer support

Resource navigation

Outreach for Adults Only

Needing or in
search of Rental
Property?

I can help!



Brandi Wilcox
403-866-6189
Miywasin.brandi@gmail.com

Facebook Page

Brandi Miywasin

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 Reception at 403-526-0756 to register. Pick up at Miywasin - reception area, 517 3rd Street SE between 10:00am-12:00pm.

We are continuing other supports for seniors 65+ for rent supplements (max \$200/month for up to 2 years), punch cards for Leisure Centre/YMCA, transportation - taxi voucher, rental arrears, utility arrears, income tax filing, and support with filling in forms/applications. These supports are available through intake only, you must book an appointment with Carol Syrette, BSW, RSW Counselor at Miywasin 403-526-0756. Funds are limited, not all requests can be approved.

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 Reception at 403-526-0756 to register. Classes are free to Indigenous Seniors 65+.

Seniors Programs sponsored by Reaching Home programs funded by Government of Canada.



Reaching Home Supports still available for families, individuals, seniors

Rent relief & housing, traditional meat, utility arrears, transportation, counselling support, funding applications, and more.

Funds are limited, not all requests can be approved.

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

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

CULTURAL ADDICTIONS AND WELLNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	2 AHS OUTREACH MEDICAL SERVICES 9:30-11:00 AM	3
4	5 Drumming Circle 10:30-11:45am	6 Bannock and Tea 10:30-11:45am	7 Registration Day Hills are alive event no programs	8 Hills are alive event no programs	9 Hills are alive event no programs	10 Hills are alive event
11 Hills are alive event	12 No Programming Office Closed	13 No Programming Office Closed	14 No Programming Office Closed	15 No Programming Office Closed	16 No Programming Office Closed	17
18 HAPPY Father's DAY	19 Drumming Circle 10:30-11:45am	20 Bannock and Tea 10:30-11:45am	21 Warrior Mens Circle 4:30-6:30 pm	22 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	23 No Programming	24
25	26 Drumming Circle 10:30-11:45am	27 Bannock and Tea 10:30-11:45am	28 Warrior Mens Circle 4:30-6:30 pm	29 Wellbriety Medicine Wheel & 12 steps 1:30-3:30pm	30 AHS OUTREACH MEDICAL SERVICES 9:30-11:00 AM	

PLEASE CONTACT KEN TO REGISTER



JUNE 2023

Contact Us For More Information:

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

Rae-Ann Godfrey, Crisis Intervention
Cell: 403-952-9782
Email: Rae-ann@miywasincentre.net

All activities are FREE thank you to our funders.



Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ages 11-17 *Events are subject to change*			All events are FREE!!			
				1 No Programming	2 Day Of Friendship	3
4	5 No Programming	6 No Programming	7 No Programming	8 The Hills Are Alive	9 The Hills Are Alive	10 The Hills Are Alive
11 The Hills Are Alive	12 No Programming/ Office Closed	13 No Programming/ Office Closed	14 No Programming/ Office Closed	15 No Programming/ Office Closed	16 No Programming/ Office Closed	17
18	19 Medicine Wheel Program 4:30pm-6:00pm	20 No Programming	21 National Indigenous Peoples Day	22 Medicine Wheel Program 4:30pm-6:00pm	23 Family Swim 6:00pm-8:00pm	24
25	26 Medicine Wheel Program 4:30pm-6:00pm	27 Medicine Wheel Program 4:30pm-6:00pm	28 No Programming	29 Medicine Wheel Program 4:30pm-6:00pm	30 No Programming	

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

Registration is required
Please call or text to sign up for each individual program.

Contact: Carlee EaglePlume
Phone or text (403) 866-3366
or
Addison Dehart
Phone or text (403) 878-5548

Thank you to our funders and supporters:



JUNE 2023



The Hills Are Alive

Music and Dance Cultural Fest
June 8-11 2023
Learn to play a musical instrument, make a capote, dance a jig, weave a sash, and become immersed in Metis Culture!

There is a cost for this event



Caregiver Education Program

All programs require registration.

JUNE 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CULTURAL KIDS 2:30-3:30	2 NO PROGRAMMING	3
4	5 NO PROGRAMMING HILLS ARE ALIVE	6 NO PROGRAMMING HILLS ARE ALIVE	7 NO PROGRAMMING HILLS ARE ALIVE	8 NO PROGRAMMING HILLS ARE ALIVE	9 NO PROGRAMMING HILLS ARE ALIVE	10
11	12 OFFICE CLOSED NO PROGRAMMING	13 OFFICE CLOSED NO PROGRAMMING	14 OFFICE CLOSED NO PROGRAMMING	15 OFFICE CLOSED NO PROGRAMMING	16 OFFICE CLOSED NO PROGRAMMING	17
18	19 CULTURAL EXPLORERS 10:30-12:00PM	20 TRADITIONAL PARENTING 1-3PM	21 NO PROGRAMMING	22 CULTURAL KIDS 2:30-3:30	23 NO PROGRAMMING	24
25	26 CULTURAL EXPLORERS 10:30-12:00PM	27 TRADITIONAL PARENTING 1-3PM	28 NO PROGRAMMING	29 CULTURAL KIDS 2:30-3:30	30 NO PROGRAMMING	

CULTURAL KIDS-3-6YRS.
HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENT/CAREGIVER NEAR.
(PARENTS MUST STAY ON SITE)

CULTURAL EXPLORERS 0-3YRS.
HELP YOUR LITTLES EXPLORE CULTURE WITH THEIR PARENT/CAREGIVER BY THEIR SIDE LEARNING AND EXPLORING TOGETHER.

TRADITIONAL PARENTING AND CAREGIVING SKILLS-
HELPING PARENTS/CAREGIVERS CONNECT BACK TO THEIR ROOTS AND BRING TRADITION BACK INTO PARENTING/ CAREGIVING.

Miywasin Friendship Centre:

(403) 526-0756

Or text (403) 952-9605

All activities are FREE thanks to our funders.



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



"Miywasin Friendship Centre"



Did you know you could receive an email newsletter instead of by mail?



Sign up now for email edition by emailing us at
info@miywasincentre.net