

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

July 2023



**The Miywasin
Friendship Centre will
be closed July 3rd for
Canada Day.**

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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

★ BBQ ★

Celebration

FREE



**VOLUNTEER
APPRECIATION BBQ**

**CAMP
MIYWASIN,
ELKWATER**



AB

SATURDAY JULY 8TH

**FOR MORE
INFO CALL**

You're invited!

403-526-0756

Cultural Explorers

0-3 yrs

Cultural explorers is a parent and me class: Helping parents/ caregivers the chance to let their littles explore indigenous culture & feel safe. Activities includes crafting, sharing circles, drumming circles and other cultural activities based on the land or with our physical movement in our bodies.

Dates:

July 7th- Bird Feeders & SunCatchers

July 14th - Dandelion play dough & Rock painting

July 28th- Yoga in the park & Scavenger hunt (Kin Coulee)

Aug 7-TBA

Aug 14th-Echo Dale farm & Park

Aug 21-Bubble Art & Windchimes @ Central Park

Aug 28th-Splash Park @ Central park

Time: 10:30-12:00PM

Location: Miywasin Family Centre
Small snack will be provided.

Registration is required.
Please call: 403-526-0756
Text: 403-952-9605
Email:
Shelby@miywasincentre.net



Cultural Kids

Program 3-6 Yrs

Cultural Kids is to help Children ages 3 to 6 years old to start exploring culture on their own and gaining some independence. However, still fostering a healthy attachment with parents being on site during the program.

Parents MUST Stay On Site During Programming

July 5th- Bird Feeders & Sun catchers @ Police point Park

July 12th-Dandelion Playdough & Rock Painting.

Aug 2nd- Yoga in the park (Riverside memorial Park)

Aug 9th- Dream catchers @ Central Park

Aug 16th- Bubble art & Windchimes

Aug 23rd- Dot Art

Aug 30th- Splash Park @ Central Park

TIME: 2:30 to 3:30

Small Snack Provided

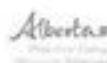
Registration

email- shelby@miywasincentre.net

Phone- (587)-554-6837

435 3rd St SE, Medicine Hat.

Next to 20/20 Vision



DUNMORE EQUESTRIAN Proudly Presents **2023 HERITAGE GATHER**

The HERITAGE GATHER 2023

JULY 14, 15, 16
DUNMORE, ALBERTA
HELD AT DUNMORE EQUESTRIAN CENTRE

BEER GARDENS & LIVE MUSIC FROM PHOENIX & MAHONEY!

ADMISSION

DAY PASSES

- Adult: \$20
- 10-15 Years: \$10
- 9 & Under: FREE
- Family: \$50

WEEKEND PASSES

- Adult: \$35
- 10-15 Years: \$15
- 9 & Under: FREE
- Family: \$75

EVENTS

- Dallas Arcand - 3x World Champion Hoop Dancer
- Big Hitch Demo
- Kids Sheep Riding
- James Hargrave Memorial Ranch Scramble
- Night Rodeo
- Joel Lybbert - Bison Act
- Tip's Cultural Craft Workshops & Artisan Sales

Follow us for Event Updates

Thank you to Our Sponsors

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.

Miywasin Youth Development Program



JULY 2023

Filling Our Tips

(July & August Cohort)

A project aimed at increasing youth resiliency through the Cree Tipi Teachings. Please contact Mekethia at (403) 878-5069

Family Program

Programming open for all youth, families, siblings, aunties and friends to participate in free and fun summer activities.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ages 11-17 *Events are subject to change*						1
2	3 Office Closed/ No Programming	4 No Programming	5 Medicine Wheel Program 1:00pm-3:00pm	6 Filling Our Tips TBA Family Program 11:00am-2:00pm	7 No Programming	8
9	10 No Programming	11 Camp Miywasin 9:00am-3:00pm	12 No Programming	13 Filling Our Tips TBA Family Program 11:00am-2:00pm	14 NAFC 33RD Youth Forum	15
16	17 No Programming	18 Camp Miywasin 9:00am-3:00pm	19 Medicine Wheel Program 1:00pm-3:00pm	20 Family Program 11:00am-2:00pm	21 Filling Our Tips TBA	22
23	24	25 Camp Miywasin 9:00am-3:00pm	26 No Programming	27 Filling Our Tips TBA Family Program TBA	28 No Programming	29
30	31					

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:



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.

JULY 2023



FAMILY PROGRAMMING.

PROGRAMMING IS OPEN FOR ALL YOUTH, FAMILIES, AUNTIES, UNCLAS AND FRIENDS TO PARTICIPATE IN FREE SUMMER ACTIVITIES.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						3
2	3 OFFICE CLOSED NO PROGRAMMING	4 TRADITIONAL PARENTING 1-3PM	5 CULTURAL KIDS 2:30-3:30	6 FAMILY PROGRAM 11-2PM	7 CULTURAL EXPLORERS 10:30-12:00PM	8
9	10 NO PROGRAMMING	11 TRADITIONAL PARENTING 1-3PM	12 BRIDGES SENSORY PLAYGROUP 10-11:30AM CULTURAL KIDS 2:30-3:30	13 FAMILY PROGRAM 11-2PM	14 CULTURAL EXPLORERS 10:30-12:00PM	15
16	17 NO PROGRAMMING	18 NO PROGRAMMING	19 NO PROGRAMMING	20 FAMILY PROGRAM 11-2PM	21 NO PROGRAMMING	22
23	24	25 NO PROGRAMMING	26 NO PROGRAMMING	27 FAMILY PROGRAM 11-2PM	28 CULTURAL EXPLORERS 10:30-12:00PM	29
30	31					

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



"Miywasin Friendship Centre"



Miywasin Friendship Centre:

Call:(403) 526-0756

text:(403) 952-9605

Email- Shelby@miywasincentre.net



Cultural Addictions And Wellness Program

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CANADA DAY
2	3 Miywasin Friendship Centre Closed - No programs	4 Bannock & Tea 10:30-11:45 am	5 No Program	6 Wellbriety Medicine Wheel & 12 Steps 1:30-3:30 (pm)	7 No Program	8
9	10 Drumming Circle 10:30am - 11:45	11 Bannock & Tea 10:30-11:45 am	12 Warrior Men's Circle 4:30pm-6:30pm	13 Wellbriety Medicine Wheel & 12 Steps 1:30-3:30 (pm)	14 AHS outreach medical services 9:30-11:30am	15
16	17 Drumming Circle TBD	18 Bannock & Tea TBD	19 No Program	20 Wellbriety Medicine Wheel & 12 Steps TBD	21 No Program	22
23	24 Drumming Circle 10:30am - 11:45	25 Bannock & Tea 10:30-11:45 am	26 Warrior Men's Circle 4:30pm-6:30pm	27 Wellbriety Medicine Wheel & 12 Steps 1:30-3:30 (pm)	28 AHS outreach medical services 9:30-11:30am	29
30	31 Drumming Circle 10:30am - 11:45					

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: rae-ann@miywasincentre.net

All activities are FREE thank you to our funders.



AHS
MEDICAL SUPPORT
HARM REDUCTION INTERVENTION TEAM

Friday, July 14 & 28th 9:30-11:00am
Miywasin Kitchen

Audra - Peer Support Worker
Tammy - Nurse Practitioner

Addictions support/detox/treatment/harm reduction supplies
Naloxone training
Wound care, STBB1 testing/treatment, temporary medical care, prescriptions
Treatment planning and management
Referral to community psychiatrist
Peer support
Resource navigation

Outreach for Adults Only

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