

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

August 2023



MEDICINE HAT

Ancestors Reburial Project



The Medicine Hat Ancestors Reburial Project Team

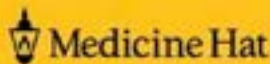
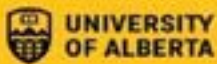
invites Indigenous Elders, Knowledge Keepers, and interested community members to join us.

Wednesday, August 2nd, 2023 | 11am - 3pm
Esplanade Arts & Heritage Centre | Studio Room
401 1 St SE | Medicine Hat, AB

11am | Artifacts repatriation with Siksika Nation
12pm | Traditional feast
1-3pm | Panel presentation and discussion:
"Welcoming our Ancestors home"

RSVP: jolynn@miywasincentre.net 403.502.0529

PROJECT PARTNERS AND SPONSORS



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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

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.

MÉTIS NATION OF ALBERTA

95TH ANNUAL GENERAL ASSEMBLY

We Made History!
Realizing the Dreams of Our Ancestors

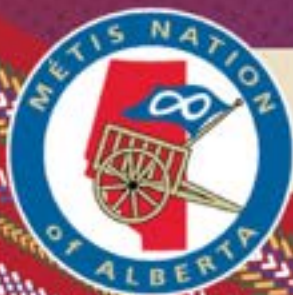


AUGUST 10-13, 2023




Métis Crossing
17339 Victoria Trail
Smoky Lake, AB T0A 3C0

Vendors, book your tradeshow table!

Learn more at albertametis.com/event/95th-annual-general-assembly/



Métis Nation of Alberta · Provincial Office
Delia Gray Building · 11738 Kingsway Avenue · Edmonton
780-455-2200 · 1-877-454-0684 · albertametis.com

 @abmetis   @albertametis



Stay Informed!
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newsletter:
[albertametis.com/
events](https://albertametis.com/events)

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



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

AUGUST 2023



FAMILY PROGRAMMING.

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

CULTURAL KIDS-3-6YRS.

HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THIER PARENT/CAREGIVER NEAR.
(PARENTS MUST STAY ON SITE)

CULTURAL EXPLORERS 0-3YRS.

HELP YOUR LITTLES EXPLORE CULTURE WITH THIER PARENT/CAREGIVER BY THIER SIDE LEARNING AND EXPLORING TOGETHER.

TRADITIONAL PARENTING AND CAREGIVING SKILLS-

HELPING PARENTS/CAREGIVERS CONNECT BACK TO THIER ROOTS AND BRING TRADITION BACK INTO PARENTING/ CAREGIVING.

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

Miywasin Youth Development Program

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



AUGUST 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

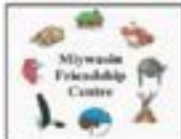
Programming open for all youth, families, siblings, aunts and friends to participate in free and fun summer activities.

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:



Cultural Additions And Wellness Program

August 2023

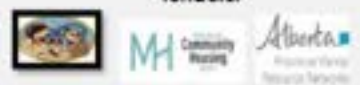
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bannock & Tea 10:30-11:45 am	2 No Program	3 Wellbriety Medicine Wheel & 12 Steps 1:30-3:30 (pm)	4	5
6	7 Drumming Circle 10:30am - 11:45	8 Bannock & Tea 10:30-11:45 am	9 Ojibwe Language Program 1-4pm MH College -Big Eagle Room	10 Wellbriety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

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, August 11 & 25th 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

CULTURAL LANGUAGE PROGRAMS

Ojibwe Anishinaabe Language Teachings

WEDNESDAY August 9th -1:00-4:00 PM
Facilitators: Mekethia Fairbanks & David

Location: Big Eagle Room
Medicine Hat College

CONTACT KEN TURNER (403) 866-2717 or
miywasin.kenturner@gmail.com
for more information or to register



★ BBQ ★

Celebration

FREE



You're invited!

SATURDAY AUGUST 19TH

VOLUNTEER
APPRECIATION BBQ

CAMP
MIYWASIN,
ELKWATER AB



FOR MORE INFO
CALL

403-526-0756