

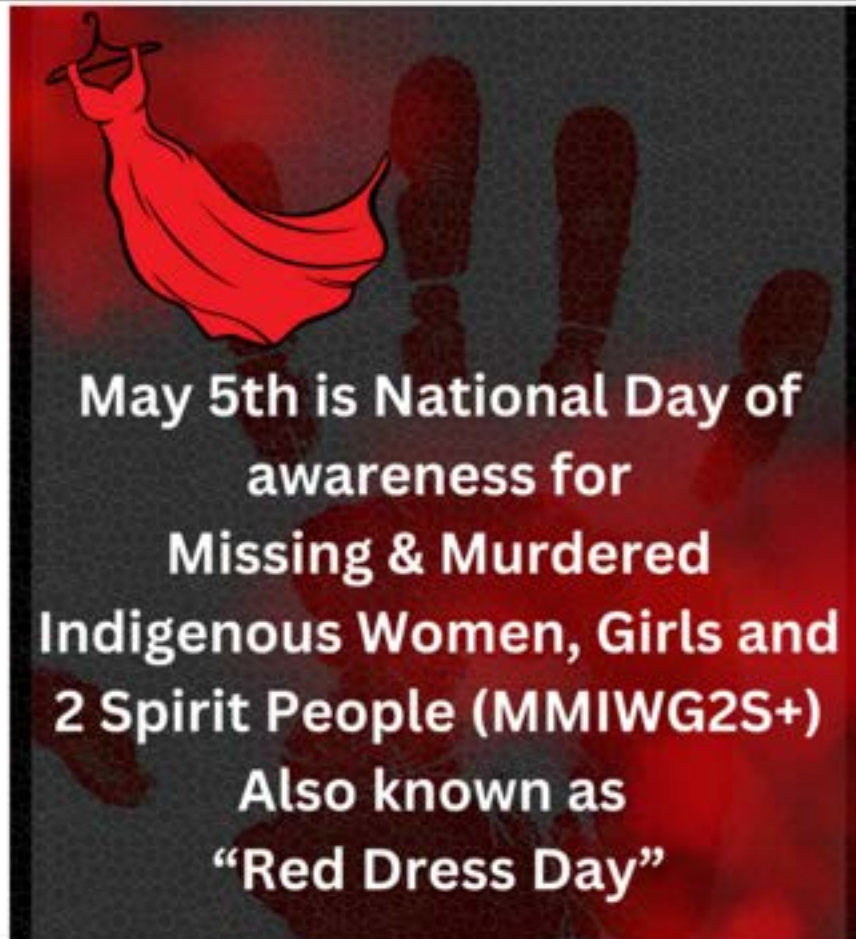
RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

May 2024



**May 5th is National Day of
awareness for
Missing & Murdered
Indigenous Women, Girls and
2 Spirit People (MMIWG2S+)
Also known as
“Red Dress 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

**SCHOOL WORK
STRESSING YOU
OUT? WE CAN HELP!**

**Miywasin Friendship Centre is
now offering Tutoring for
Indigenous youth Gr. 7-12**

**WHERE: MIYWASIN KITCHEN
WHEN: EVERY FRIDAY 5:30PM - 7:30PM
(UNLESS OTHERWISE POSTED)
Drop in basis - limited spots available
*LIGHT SNACK WILL BE PROVIDED***

**FOR MORE INFORMATION PLEASE
CALL/EMAIL:
CATHY 403-526-0756
OR
CATHY@MIYWASINCENTRE.NET**

***Miywasin Friendship Centre is not responsible for
lost/stolen items***

“I am a Kind Man”

was created...to end violence towards indigenous women”



WHAT IS “I AM A KIND MAN?”

The “I am a Kind Man” campaign was created for communities to engage indigenous men in raising awareness and understanding of violence against women, and in supporting men come together and to end violence. It is designed to offer men a safe space to begin to understand their roles and responsibilities in ending violence.

ACTIVITIES:

Smudging, language learning, drum teachings, healing circles, learning from Elders and Knowledge Keepers, medicine harvesting, and much more.

WHEN:

Wednesday evenings 5:00pm - 7:00pm during the months of April & May.

WHERE:

Miywasin Friendship Centre, 517 Third St SE, Medicine Hat AB T1A 0H2

WHO:

Indigenous & non indigenous men 18+; 2 spirited individuals welcome!



anfca

alberta native friendship centres association

Alberta



VoVo Productions

STORYHIVE
creativity connected by TELUS

FUTURE INDIGENOUS FILMMAKERS: EMPOWERED FILMMAKER MEDICINE HAT

The Empowered Filmmaker is an official FREE program to take individuals with no prior knowledge in filmmaking and shape them into self-sufficient, nimble and powerful media content creators.

TELL YOUR OWN STORY, MAKE YOUR OWN FILM!

MIYAVASIN FRIENDSHIP CENTRE



Monday to Friday
May 20 - 24, 2024
9:00am - 5:00pm



517 3rd St SE,
Medicine Hat, AB T1A 0H2

**CERTIFICATIONS
GIVEAWAYS & AWARDS
PROFESSIONAL GEAR INCLUDED**

**FUNDING OPPORTUNITIES
PROMOTION & DISTRIBUTION
ONGOING MENTORSHIP**

THIS PROGRAM IS LIMITED TO 25 PARTICIPANTS ONLY

**REGISTER NOW:
WWW.EMPOWEREDFILMMAKER.COM**

FOR MORE INFORMATION, CONTACT FARHAN UMEDALY:
(604)562-2119 OR EMPOWEREDFILMMAKER@GMAIL.COM



YOUTH RESUME WRITING WORKSHOP

Where: Saamis Employment & Training
919 Tractor Ave SE Medicine Hat, AB

When: May 13, 2024

Time: 6-8pm

Who: Youth Aged 14-18

**For more information
or to register:**

Cathy at 403-526-0756

or

Cathy@miywasincentre.net

Max. 10 Participants | Registration required



New Horizons for Seniors

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 BINGO 1:00-4:00PM	4
5	6	7	8	9	10 GAMES WE PLAY 1:00-4:30PM	11
12	13	14	15	16	17 ELDERS LUNCHEON AT THE MIYWASIN KITCHEN 12:00PM	18
19	20 OFFICE CLOSED VICTORIA DAY	21	22	23	24 GAMES WE PLAY 1:00-4:30PM	25
26	27	28	29	30	31 GAMES WE PLAY 1:00-4:30PM	

ELDERS LUNCH MENU:
FRIDAY, MAY 17, 2024 - DEEP DISH TACO SQUARES, CAESAR SALAD, MIXED BERRY TARTS & WHIPPING CRESAM

PLEASE KEEP A LOOK OUT ON OUR FACEBOOK PAGE FOR FUTURE WORKSHOPS!

MAY 2024

CONTACT US FOR MORE INFORMATION

MARLENE CADOTTE - SENIORS PROGRAM COORDINATOR

CELL: 403-952-8100

ALL ACTIVITIES ARE FREE THANK YOU TO OUR FUNDERS

DUE TO FUNDING THE GROCERY GIFT CARD PROGRAM WILL ONLY BE AVAILABLE TO THOSE 65+ EVERY TWO MONTHS. PLEASE BOOK AN INTAKE WITH SANDRA EBACH TO DETERMINE IF YOU ARE ELIGIBLE.



ANFA AND NEW HORIZONS FOR SENIORS NATIONAL INDIAN BROTHERHOOD - NIB TRUST AB CULTURE DAYS

Miywasin Youth Development Program

MAY 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

All events are FREE!!		Ages 11-17 *Events are subject to change*		2 Medicine Wheel Program 4:30pm-6:00pm		3 No Programming		4	
5 MMIW EVENT @ MHC 2:00PM-4:00PM	6 Medicine Wheel Program 4:30pm-6:00pm	7 No Programming	8 No Programming	9 No Programming	10 No Programming	11	12	13	14
12	13 Medicine Wheel Program 4:30pm-6:00pm	14 No Programming	15 Medicine Wheel Program 4:30pm-6:00pm	16 No Programming	17 No Programming	18	19	20	21
		Empowered Filmmaker Workshop 9:00am-5:00pm Monday-Friday							
26	27 No Programming	28 No Programming	29 No Programming	30 No Programming	23 No Programming	24	25	26	27

Empowered Filmmaker Workshop

Youth, Elders and community members to come together and learn about filmmaking. Participants will be trained in planning, filming, editing and other filmmaking opportunities. We are looking for 15-20 participants to come together for this program to create 5-8 films, each film will be roughly 5 minutes in length and showcased for the community at the end of the week. Topics are up to participants and a full hands on experience. At the end of the program all participants will be certified and entered to win film cameras.

Program is free and lunch provided
Registration is required

For more info contact Addison Dehart or Farhan Umedaly:
empoweredfilmmaker@gmail.com

Thank you to our funders and supporters:



Contact: Addison Dehart
Phone: (403) 526-0756
Text: (403) 878-5548
Registration is required

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


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



Cultural Connections And Wellness Program

May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Wariors Circle I am a Kind Man project. 5-7pm	2 No Program	3 No Program	4
5	6 Drumming Circle 10:30 - 11:45	7 Bannock & Tea 10:30- 11:45 am	8 Wariors Circle I am a Kind Man project. 5-7pm	9 No Program	10 No Program	11
12	13 Drumming Circle 10:30 - 11:45	14 Bannock & Tea 10:30- 11:45 am	15 Wariors Circle I am a Kind Man project. 5-7pm	16 No Program	17 AHS outreach medical service. 9:30- 11:30am	18
19	20 Victoria Day Slat Holiday Centre Closed	21 No Program	22 Wariors Circle I am a Kind Man project. 5-7pm	23 No Program	24 No Program	25
26	27 Drumming Circle 10:30 - 11:45	28 Bannock & Tea 10:30- 11:45 am	29 Wariors Circle I am a Kind Man project. 5-7pm	30 No Program	31 AHS outreach medical service. 9:30- 11:30am	

Contact us for more information:

Ken Turner
Cultural Connection Program
Cell: 403-866-2717
Email: ken@miywasincentre.net

All activities are FREE thank you to our funders.



Weaving Wicahitowin Calendar

MAY 2024

For more information or to register:
 Cathy Roulette
 Weaving Wicahitowin Coordinator
 403-526-0756
 or
 Cathy@miywasincentre.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Tutoring 5:30 7:30pm	4
5	6	7	8	9	10 Tutoring 5:30 7:30pm	11
12	13 Youth Resume Writing workshop 6-8pm *registration required	14	15	16 Ribbon Skirts 9am-4pm *registration Required	17	18
19	20	21	22	23	24 Tutoring 5:30 7:30pm	25
26	27	28	29	30	31 Tutoring 5:30 7:30pm	



Miywasin
Friendship
Centre



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 MHSO PLAYGROUP 1:00-2:30 PM ACTIVITY- BANNOCK OVER THE FIRE!! POLICE POINT PARK	2 TRADITIONAL PARENTING ACTIVITY: TRADITIONAL GAMES!	3 NO PROGRAMMING STAFF IN TRAINING	4
5	6 NO PROGRAMMING MIYWASIN EVENT	7 NO PROGRAMMING MIYWASIN EVENT	8 NO PROGRAMMING MIYWASIN EVENT	9 NO PROGRAMMING MIYWASIN EVENT	10 NO PROGRAMMING MIYWASIN EVENT	11	
12	13 READING CIRCLE @ LIBRARY CASTLE PRESENTATION IS REQUIRED CULTURAL KIDS 3:30-5:00 (ACTIVITY/BUC HOTELS)	14 MOTHER OF TRADITION 1-3PM (LESSON: YOU ARE WHAT YOU THINK)	15 BRIDGES SENSOBY PLAYGROUP 10-11:30 AM (REGISTRATION REQUIRED)	16 TRADITIONAL PARENTING 4-5:30PM (ACTIVITY: ZIGZAG/ TRADITIONAL DANCING)	17 NO PROGRAMMING	18	
19	20 NO PROGRAMMING MIYWASIN EVENT	21 NO PROGRAMMING MIYWASIN EVENT	22 NO PROGRAMMING MIYWASIN EVENT	23 NO PROGRAMMING MIYWASIN EVENT	24 NO PROGRAMMING MIYWASIN EVENT	25	
26	27 READING CIRCLE @ LIBRARY CASTLE PRESENTATION IS REQUIRED CULTURAL KIDS 3:30-5:00 (ACTIVITY/PANFUAL BINGKATCHEB)	28 MOTHER OF TRADITION 1-3PM (LESSON:EXPLORING TRADITIONAL KNOWLEDGE)	29 NO PROGRAMMING	30 NO PROGRAMMING	31 NO PROGRAMMING		



"Miwasin Friendship Centre"



MAY 2024



CULTURAL KIDS-3-6YRS.

HELPS CHILDREN EXPLORE CULTURE WHILE HAVING
THEIR PARENT/CAREGIVER WITH THEM
(PARENTS MUST STAY ON SITE)
AFTER SCHOOL TIME 3-5 PM!

FAMILY PROGRAMMING.

PROGRAMMING IS OPEN FOR ALL YOUTH, AND FAMILIES, TO
PARTICIPATE IN FREE FAMILY ACTIVITIES.

MOTHERS OF TRADITION-

HELPING PARENTS/CAREGIVERS CONNECT BACK TO THEIR
ROOTS AND BRING TRADITION BACK TO THEIR CHILDREN
REGISTRATION REQUIRED

TRADITIONAL PARENTING.

PARENTS/CAREGIVERS CONNECT BACK TO TRADITIONAL
TEACHINGS WHILE PASSING THE TRADITIONAL VALUES A
TEACHINGS TO THEIR KIDDOO.
REGISTRATION REQUIRED

READING CIRCLE @ MHPPL

COME ENJOY A COFFEE AND READ WITH YOUR LITTLES. ALL
INDIVIDUOUS CHILDREN'S BOOKS WITH TEACHINGS EACH
WEEK.

Miwasin Friendship Centre:

Call:(403) 526-0756

text:(403) 952-9605

Email- Shelby@miwasincentre.net

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

Miwasin Children's
Centre
435-3rd St. SE
Medicine Hat, Alberta
(Programming Address)