

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

April 2024

**Join us April 23rd in
the Miywasin
kitchen for a Metis
registration session
from 3pm-8pm.**

INSIDE THIS ISSUE:

Tutoring Poster.....	Page 2
I am a kind man poster.....	Page 3
Empowered Film Maker Poster.....	Page 4
New Horizons for Seniors Calendar.....	Page 5
Caregiver Education Program Calendar.....	Page 6
Youth Development Program Calendar.....	Page 7
Cultural Program Calendar.....	Page 8
Cultural Connections & Wellness Program Calendar.....	Page 9

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!

MIYWASIN 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**

**FUNDING OPPORTUNITIES
PROMOTION & DISTRIBUTION**

PROFESSIONAL GEAR INCLUDED

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



New Horizons for Seniors



APRIL 2024

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

ELDERS LUNCH MENU:

FRIDAY, APRIL 19TH, 2024 - TOMATO SAUSAGE POLENTA, COLESLAW, & PINEAPPLE SLICE

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

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



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.



APRIL 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!

CULTURAL EXPLORERS 0-2YRS.
HELP YOUR LITTLES EXPLORE CULTURE WITH THEIR PARENT/CAREGIVER BY THEIR SIDE LEARNING AND EXPLORING TOGETHER.
REGISTRATION REQUIRED
(PARENTS MUST STAY ON SITE)

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 & TEACHINGS TO THEIR KIDDOS.
REGISTRATION REQUIRED
FAMILY PROGRAMMING.
PROGRAMMING IS OPEN FOR ALL YOUTH, FAMILIES, TO PARTICIPATE IN FREE FAMILY ACTIVITIES.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 EASTER MONDAY	2 NO PROGRAMMING STAFF TRAINING	3 CULTURAL KIDS 1-5 (ACTIVITY: NATURAL, MAKE COLLAGE, NATURAL, CLAY MARIQUITE, TALKING STICKS)	4 CULTURAL EXPLORERS 10:30-12:00 (ACTIVITY: NATURAL PAINTING & NATURAL PAINT BRUSHES)	5 NO PROGRAMMING	6
7	8 NO PROGRAMMING STAFF TRAINING	9 NO PROGRAMMING STAFF TRAINING	10 NO PROGRAMMING STAFF TRAINING	11 NO PROGRAMMING STAFF TRAINING	12 FAMILY SWIM BIG MARBLE CO CENTRE 6-8PM	13
14	15 NO PROGRAMMING	16 MOTHER OF TRADITION 1-3PM (LESSON: HEALTHY CAREGIVERS)	17 SENCE SENSORY PLAYGROUP 10-11:30 AM (ACTIVITY: NATURAL DRUMS & RATTLES @ SAMMIS TEEPEE)	18 NO PROGRAMMING	19 CULTURAL EXPLORERS 10:30-11:30AM (ACTIVITY: TALK DRUM PROBABLES NATURAL & INVASIVE PROBABLES)	20
21	22 CULTURAL KIDS 3-5PM (ACTIVITY: EARTH DAY PARTY @ POLICE POINT PARK)	23 MOTHER OF TRADITION 1-3 PM (LESSON: FIRST TEACHERS)	24 TRADITIONAL PARENTING 4-5:30PM (ACTIVITY: NATURE JOURNALS & GARDENING)	25 NO PROGRAMMING	26 CULTURAL EXPLORERS: SENSORY BUS 1PM (REGISTRATION IS REQUIRED)	27
28	29 SEASONIC CIRCUIT MEDICINE WALK @POLICE LIBRARY CULTURAL KIDS (ACTIVITY: MARIQUITE NEW GAME MARIQUITE PAPER, CLAY, LINE, CLAYBOWLS)	30 MOTHER OF TRADITION 1-3PM (LESSON: BALANCE YOUR OWN MEDICINE WHEEL)				



"Miywasin Friendship Centre"

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

Miywasin Children's Centre
435-3rd St. SE
Medicine Hat, Alberta
(Programs@miywasin.org)

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
	1 No Programming/ Office Closed	2 Filling Our Tips 4:30pm-6:30pm	3 Medicine Wheel Program 4:30pm-6:00pm	4 Filling Our Tips 4:30pm-6:30pm	5 No Programming	6
7	8 No Programming/ Staff in Training	9 No Programming/ Staff in Training	10 No Programming/ Staff in Training	11 No Programming	12 Family Swim 6:00pm-8:00pm	13
14	15 Medicine Wheel Program 4:30pm-6:00pm	16 Filling Our Tips 4:30pm-6:30pm	17 Medicine Wheel Program 4:30pm-6:00pm	18 Filling Our Tips 4:30pm-6:30pm	19 No Programming	20
21	22 Medicine Wheel Program 4:30pm-6:00pm	23 Filling Our Tips 4:30pm-6:30pm	24 Gym Night 6:30pm-7:30pm	25 Filling Our Tips 4:30pm-6:30pm	26 No Programming	27
28	29 Medicine Wheel Program 4:30pm-6:00pm	30 Filling Our Tips 4:30pm-6:30pm	Ages 11-17 *Events are subject to change*			All events are FREE!!



APRIL 2024

**Filling Our Tips
(March and April Cohort)**

A project aimed at increasing youth resiliency through the Cree Tipi Teachings

Please contact Mekethia to register or for more information at (403) 878-5069

Gym Night

Please wear CLEAN-non marking running shoes.

Meet at St.Louis School at 6:25pm



Thank you to our funders and supporters:

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.
Contact: Addison Dehart
Phone or text (403) 878-5548





April 2024 Cultural Program

For more information please contact:
Weaving
Wichitowin
Coordinator
Cathy Roulette
403-526-0756




Thank you to our sponsors
ANFCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
	9 Red dress craft 1-3pm Drop in - limited space	10	11	12 Tutoring Gr 7-12 5:30 - 7:30	13 Ribbon skirts 10-4 *Registration required*	14
15	16	17	18 Beading 4-6pm *Registration required*	19 Tutoring Gr 7-12 5:30 - 7:30	20	21
22	23	24 Red dress craft 4-6pm Drop in - limited space	25	26 Tutoring Gr 7-12 5:30 - 7:30	27	28
29	30					



Cultural Connections And Wellness Program

April 2024

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

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.

