

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

February 2025



The Miywasin Friendship Centre will be closed February 17th for Family 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



Renewing the Spirit of Truth and Reconciliation

Join us for the **KAIROS Blanket Exercise**
Monday, February 10, 2025 | 9 AM-12 PM

The KAIROS Blanket Exercise is an experiential learning tool based on participatory education methodology that explores the historic and contemporary relationship between Indigenous and non-Indigenous peoples in the land we now know as Canada.

Who should attend:

Service Providers and those interested in promoting reconciliACTION in our community.

For a more impactful experience, **please bring your own blanket** that can be placed on the floor and stood upon.



Enquire/RSVP:
info@miywasincentre.net
or 403.526.0756.

Maximum 50 participants

Journey of Awakening

A guided workshop using Indigenous
teachings & traditions to learn new ways to
approach challenges & achieve goals

FACILITATED BY LANCE SCOUT

February 11th 2025

12:30 pm to 3:30 pm

at the Esplanade
Arts & Heritage
Centre

Open to all; limited spots
Call 403-526-0756 to register!

Balancing Your Medicine Wheel

Self-Care Through ReconsiliACTION

February 12th in Miywasin Kitchen

10:00 am to 3:00 pm

Join us for a come-and-go day of healing activities:

- Crafts
- Tabacco Ties
- Tours
- Talk to an Elder

Welcoming Drums
at 10:00 am

Miywasin Friendship Centre invites
you to:



Young Women & 2 Spirit Group

registration
required!
ages 11-17

Coming together to empower our
young women and 2 Spirit relatives
through culture and connection



Where: Miywasin Kitchen
(523 3rd street SE)

When: Every second Tuesday
4:30-6:00pm (subject to change)

Meal and limited
transportation
provided!

Please contact Addison at
403 878 5548 or at
addison@miywasincentre.net
to register



BOOK LAUNCH
**“FROM YORK FACTORY
TO MEDICINE HAT”**
BY SHARON HOGG

SIGNING AND Q&A.
FEBRUARY 28, 2025
FROM 7-9PM IN THE MIYWASIN KITCHEN.

LIGHT SNACKS AND REFRESHMENTS
PROVIDED.





3RD ANNUAL
ÓMAHKSÍPIITAA
BIG EAGLE
ROUND DANCE

MARCH 1, 2025
LOCATION: MEDICINE HAT COLLEGE (299 College Dr SE)
EMCEE: Tony Delaney
STICKMAN: David "Monster" Spotted Eagle

SCHEDULE:
11:00AM Pipe Ceremony (*Ómahksipiitaa*)
6:00PM Round Dance (*Gymnasium*)
10:00PM Midnight Lunch
10:30PM Giveaways

Owl Dance Contest | Ribbon Skirt Contest

INTERESTED IN SINGING?
The first 12 lead singers will receive an honorarium.

For more information, contact
Mekethia Fairbanks at
Mekethia@mnywasincentre.net or
Nicki Easty 403-504-3503 nasty@mhc.ab.ca





New Horizons for Seniors



FEBRUARY 2025

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | TECH WORKSHOP 10:00-12:00 BINGO 1:00-4:00PM | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | TECH WORKSHOP 10:00-12:00 GAMES WE PLAY 1:00-4:00PM | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | | TECH WORKSHOP 10:00-12:00 GAMES WE PLAY 1:00-4:00PM | |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| | | | | | ELDERS LUNCHEON MIYWASIN KITCHEN @ 12:00PM BOOK LAUNCH 7-9 | |

**Friday, February 28, 2025 - Ham, Scalloped Potatoes, Peas & Carrots,
Salad and Chocolate Mousse.**

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

Miywasin Youth Development Program

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|----------------|--|-------------------------|--------------------------------------|---------------------------|----------|
| Ages 11-17 *Events are subject to change* | | | All events are FREE!! | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| NO Programming | NO Programming | YW2S+ Group | NO Programming | Medicine Wheel Program 4:30pm-6:00pm | Family Swim 6:00pm-8:00pm | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| NO Programming | NO Programming | Miywasin Community Event See newsletter for more info and registration | NO Programming | NO Programming | NO Programming | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| NO Programming | NO Programming | YW2S+ Group | NO Programming | Medicine Wheel Program 4:30pm-6:00pm | NO Programming | |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| NO Programming | NO Programming | NO Programming | Gym Night 6:00pm-7:00pm | Medicine Wheel Program 4:30pm-6:00pm | NO Programming | |

Registration is required

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

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

Thank you to our funders and supporters:



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

FEBRUARY 2025



Tutoring Program

Every Wednesday from 6:00pm-8:00pm drop in tutoring for grades 7-12.
 Contact Cathy Roulette for more information (403) 580-9916

Gym Night

Please wear CLEAN-non marking running shoes.
 Please meet at St.Louis School at 6:00pm or contact for transportation in advance.



**Cultural Connections
And Wellness Program**

2025

FEBRUARY


Contact us for more information

Mekethia Fairbanks
Cultural Connections
Coordinator
Cell: (403) 878- 5069

Email: Mekethia@miywasincentre.net

Andrew Spotted Bull
Support Worker
I Am A Kind Man
Cell: (403) 866- 2717

Email: Andrew@miywasincentre.net

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-------------------------------|---|--------------------------|---------------------------------|-----------------|-----|
| | | | | | | 1 |
| 2 | 3 Drum Circle 10:30-11:45 | 4  4 | 5 Drum Circle 5-6:30 | 6 I Am A Kind Man 6:00-8:00 | 7 AHS Outreach | 8 |
| 9 | 10 Drum Circle 10:30-11:45 | 11  11 | 12 Drum Circle 5-6:30 | 13 I Am A Kind Man 6:00-8:00 | 14 | 15 |
| 16 | 17 Drum Circle 10:30-11:45 | 18  18 | 19 Drum Circle 5-6:30 | 20 I Am A Kind Man 6:00-8:00 | 21 AHS Outreach | 22 |
| 23 | 24 Drum Circle 10:30-11:45 | 25  25 | 26 Drum Circle 5-6:30 | 27 I Am A Kind Man 6:00-8:00 | 28 | |
| | | | | | | |

I Am A Kind Man

is a gender-based violence program that educates indigenous youth and men through the 7 grandfather teachings of Humility, Bravery, Honesty, Wisdom, Truth, Respect, and Love



All activities are FREE. Thank you to our funders



Weaving Wicthirowin For Learning

FEBRUARY 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|-----|-----------------------------------|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 Tutoring 6-8pm | 6 | 7 Family Swim 6-8pm | 8 |
| 9 | 10 Miywasin Event See Posters for details | 11 Miywasin Event See Posters for details | 12 Miywasin Event See Posters for details | 13 | 14 | 15 |
| 16 | 17 Family Day Miywasin Closed | 18 | 19 Tutoring 6-8pm | 20 | 21 Happy Valentines Day! | 22 |
| 23 | 24 | 25 | 26 Tutoring 6-8pm | 27 | 28 | |

Contact Information

Cathy Roulette
403-580-9916
OR
Cathy@miywasincentre.net



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.

FEBRUARY 2025

CULTURAL KIDS-3-6YRS.
HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENT/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE) AFTER SCHOOL TIME 3-6 PM!

CULTURAL EXPLORERS-6-8YRS.
HELPING INFANTS AND TODDLERS EXPLORE AND EXPERIENCE CULTURE THROUGH READING, CRAFTING AND CULTURAL ACTIVITIES WHILE HAVING THEIR PARENT/CAREGIVER WITH THEM (PARENTS MUST STAY ON SITE)

TRADITIONAL PARENTING.
PARENTS/CAREGIVERS CONNECT BACK TO TRADITIONAL TEACHINGS WHILE PASSING THE TRADITIONAL VALUES & TEACHINGS TO THEIR KIDDOOS. AFTERSCHOOL HOURS (4-5:30)

NURTURE PARENTING
LEARN HOW TO NURTURE YOURSELF AND YOUR CHILDREN. NURTURE PARENTING BRINGS FORWARD A SAFER SPACE TO LEARN AND SHARE ABOUT OUR PARENTING EXPERIENCES, WHILE HAVING OUR LITTLE HEAR.
CHILD CARE WILL BE PROVIDED PARENTS MUST STAY ON SITE.

READING CIRCLE
JOIN ME AT MHPL FOR READING CIRCLE ONCE A MONTH TO ENJOY INDIGENOUS BOOKS/LITERACY AND SONGS
REGISTRATION REQUIRED

SD 76 SENSORY GROUP
JOIN ME AND ELP WITH A SENSORY GROUP TO EXPAND AND EXPLORE CULTURE, LANGUAGE AND FINE MOTOR SKILLS
REGISTRATION REQUIRED

Shelbyc.

Call:(403) 526-0756
text:(403) 952-9605

Email- Shelby@miywasincentre.net

Miywasin Friendship Centre
Miywasin Children's Centre
517-3rd St SE
Medicine Hat, Alberta T1A 0H2
435-3rd St SE
Medicine Hat, Alberta T1A 0H2
(programming@miywasincentre.net)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|--|--------------------|----------|
| | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | SD 76 SENSORY GROUP SESSION 10:00-11:30 CHESTWOOD SCHOOL REGISTRATION REQUIRED | GRANDPARENTS GROUP 10:00-11:00 MIYWASIN SPACE CULTURAL KIDS 1:30-4:00 (ACTIVITY-COLOURED ICE ART) | BRIDGES SENSORY PLAYGROUP 10-11:30 AM (REGISTRATION REQUIRED) | NURTURE PARENTING 1-3PM (ACTIVITY-LEARN MESSAGE) TRADITIONAL PARENTING 4-5:30 PM (ACTIVITY-TRADITIONAL DANCES) | FAMILY PROGRAMMING | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | MIYWASIN COMMUNITY EVENT. | MIYWASIN COMMUNITY EVENT. | MIYWASIN COMMUNITY EVENT. | NURTURE PARENTING 1-3PM (ACTIVITY-LEARN MESSAGE) TRADITIONAL PARENTING 4-5:30 PM (ACTIVITY-TRADITIONAL DANCES) | NO PROGRAMMING | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | NO PROGRAMMING | CULTURAL KIDS 8:30-9:00 (ACTIVITY-WRAPPING HEARTS & CLASS SUNCATCHER ART) | CULTURAL EXPLORERS 10:30-11:30 (ACTIVITY-FROZEN HEARTS & THUMBPRINT STONES) | NURTURE PARENTING 1-3PM (ACTIVITY-LEARN MESSAGE) TRADITIONAL PARENTING 4-5:30 PM (ACTIVITY-TRADITIONAL DANCES) | NO PROGRAMMING | |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| | READING CIRCLE 10:00-11:30 MHPL CASTLE REGISTRATION REQUIRED | GRANDPARENTS GROUP 10:00-11:00 VENUS CENTRE CULTURAL KIDS 1:30-4:00 (ACTIVITY-BANDBOOK OVER THE FINE & FUN AND SKRUMBL) | NO PROGRAMMING | NURTURE PARENTING 1-3PM (ACTIVITY-LEARN MESSAGE) | NO PROGRAMMING | |



"Miywasin Friendship Centre"

