

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

July 2025



Office Closure Tuesday July 1st 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



VOLUNTEER BBQ



**WHEN: WEDNESDAY
JULY 23RD
FROM 10:00AM-3:00PM**

**WHERE: CAMP
MIYWASIN
IN ELKWATER**



LUNAR ROOTS



MOON CEREMONY CIRCLE FOR WOMEN AND LGBTQS2+

Join us in fostering culture and
community while harnessing the
power of lunar cycles

PLEASE CONTACT TO REGISTER
SHELBY: 403-952-9605



517 3RD STREET SE

MEDICINE HAT @ 6:00-8:30 PM





New Horizons for Seniors

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

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

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



JULY 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.

Miywasin Youth Development Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ages 11-17 *Events are subject to change*		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	All events are FREE!!	

Registration is required

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

Miywasin Friendship

Centre

517-3rd St. SE

Medicine Hat,

Alberta

T1A 0H2

Contact: Joanne Jones

Text or Call: (403) 878-5548

Or

Addison Dehart

Phone or text: (403) 878-5548

JULY 2025



Family Programming

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

Camp Miywasin

Located in Elkwater, Camp Miywasin is perfect for land based teachings and summer fun.

Due to limited space please sign up prior

Thank you to our funders and supporters:

Alberta Provincial Family Resource Netwc



COMMUNITY CONNECTIONS CALENDAR

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	CLOSED	2	3	4 AHS-RECOVERY ALBERTA 10:30-11:30	5
6	7 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	8	9	10 Housing Help Drop-In 9:30-11:30 am Social Club 5:30-7:30	11	12
13	14 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	15 CRA & SERVICE CANADA 1:00-4:00	16	17 Housing Help Drop-In 9:30-11:30 am	18 AHS-RECOVERY ALBERTA 10:30-11:30	19
20	21 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	22	23 FINDING OUR VOICES 1:00-3:00	24 Housing Help Drop-In 9:30-11:30 am Social Club 5:30-7:30	25	26
27	28 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	29	30	31 Housing Help Drop-In 9:30-11:30 am		2

Holly Gould
Holly@miywasincentre.net

Sandra Ebach
Sandra@miywasincentre.net

Terah Clarke
Terah@miywasincentre.net

Cobey Roberts
Cobey@miywasincentre.net

Mekethia Fairbanks
Mekethia@miywasincentre.net

Amberly Dell
Amberly@miywasincentre.net

Offering compassionate support in housing, recovery counselling, community connection, and a path to wellness for all.

FOUR DIRECTIONS TEAM



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HAPPY CANADA DAY OFFICE CLOSED	2 FAMILY PROGRAM 1:00-3:00 PM SPEAK BY ANTHONY AND GERALD FAMILY	3 NO PROGRAMMING	4 NO PROGRAMMING	5
6 NO PROGRAMMING	7 NO PROGRAMMING	8 CULTURAL KIDS 1:30-3:30 ACTIVITY MATERIALS, PAPER, MARKERS AND ADDITIONAL PENCILS @ PAPER PROVIDED	9 FAMILY PROGRAM 1:00-3:00 PM SPEAK BY GAIL PERRY FAMILY	10 BRIDGES SENIARY PLAY GROUP 10:00-11:30 PM PRESENTATION REQUIRED!! LUNAR ROOTS 4:00-8:30 PM REGISTRATION REQUIRED	11 NO PROGRAMMING	12
13 NO PROGRAMMING	14 NO PROGRAMMING	15 CULTURAL KIDS 1:30-3:30 ACTIVITY MATERIALS & PAPER PROVIDED	16 FAMILY PROGRAM 1:00-3:00 PM PRESENTATION REQUIRED!! FAMILY	17 CULTURAL EXPLORERS 10:00-11:30 ACTIVITY MATERIALS PROVIDED	18 NO PROGRAMMING	19
20 NO PROGRAMMING	21 NO PROGRAMMING	22 GRANDPARENTS GROUP 10:00-11:30 PAPER, MARKERS, ADDITIONAL PENCILS @ PAPER PROVIDED	23 FAMILY PROGRAM 1:00-3:00 PM SPEAK BY GAIL PERRY FAMILY	24 CULTURAL EXPLORERS 10:00-11:30 ACTIVITY MATERIALS PROVIDED	25 NO PROGRAMMING	26
27 NO PROGRAMMING	28 NO PROGRAMMING	29 CULTURAL KIDS 1:30-3:30 ACTIVITY MATERIALS & PAPER PROVIDED	30 FAMILY PROGRAM 1:00-3:00 PM SPEAK BY GAIL PERRY FAMILY	31 CULTURAL EXPLORERS 10:00-11:30 ACTIVITY MATERIALS PROVIDED		



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

Miywasin Children's
Centre
435-3rd St. SE
Medicine Hat, Alberta
T1A 0H2



CULTURAL KIDS-3-6YRS.

HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR
PARENTS/CAREGIVERS WITH THEM
(PARENTS MUST STAY ON SITE)
AFTER SCHOOL TIME 3-4:30 PM

CULTURAL EXPLORERS -0-3 YRS.

HELPING INFANTS AND TODDLERS EXPLORE AND EXPERIENCE CULTURE
THROUGH READING, CRAFTING AND CULTURAL ACTIVITIES WHILE
HAVING THEIR PARENTS/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)

PARTNERSHIPS

BRIDGES SENIARY GROUP AGES 0-9, GRANDPARENTING GROUP
SUPPORT GROUP FOR GRANDPARENTS RAISING THEIR GRANDCHILDREN
AND HAVING HEALTHY RELATIONSHIPS WITH THEIR ADULT CHILDREN.
REGISTRATION REQUIRED

LUNAR ROOTS

THE CREATION OF A MOON CEREMONY CIRCLE IS A SACRED SPACE
WHERE WOMEN AND LGBTQ2+ FROM THE COMMUNITY CAN GATHER TO
ALIGN WITH THE ENERGY OF THE MOON, SET INTENTIONS, AND FOSTER
DEEPER CONNECTIONS WITHIN OURSELVES, OUR COMMUNITY AND OUR
CULTURE. WOMEN 18+ PLEASE NO CHILDREN FOR THIS GROUP

FAMILY PROGRAMMING.

PROGRAMMING IS OPEN FOR ALL CHILDREN, YOUTH,
PARENTS/CAREGIVERS, AUNTIES AND UNCLLES, HAVE SOME FUN AND
ENGAGE IN SOME FREE, SAFE FAMILY FUN TOGETHER.

Shelby
Call(403) 526-0756
text(403) 952-9605
Email: Shelby@mlywasincentre.net

"Miywasin Friendship Centre"

Weaving Wicihitowin For Learning

JULY 2025

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Canada Day! Office Closed	2 Family Programming Central Park 1-3pm	3	4	5
6	7	8	9 Family Programming Echo Dale 1-3pm	10	11	12
13	14	15	16 Family Programming Police Point Park Medicine Walk 1-3pm	17	18	19
20	21	22	23 Family Programming Volunteer BBQ Camp Miywasin	24	25	26
27	28	29	30 Family Programming Redcliff Pool 1-3pm	31		

**For more information
please contact:**

Cathy Roulette
403-580-9916 (Call or Text)
or
cathy@miywasincentre.net



MIYWASIN FRIENDSHIP CENTRE

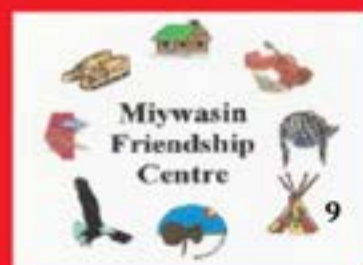


Wellbriety Meetings

Mondays, 6:00 p.m. - 8:00 p.m.

Join us for our weekly Wellbriety 12 step meeting. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, The Cycle of Life and the Four Laws of Change.

For more information, please contact
Sandra or Cobey at 403-526-0756



Three bingo cards (red, green, blue) and several bingo balls (green with 22, blue with 26, red with 14, purple with 30) are shown at the top left. Gold coins are scattered across the top. The background is dark with stars.

Miywasin Friendship Centre SOCIAL CLUB

Come out to our new Social Club, an
evening of fun, food and BINGO!

THURSDAY JULY 10 & 24
5:30PM - 7:30PM

517 3RD STREET SE
403-526-0756

A cluster of bingo balls with numbers 6, 8, 3, 24, and 7 is shown on the left side of the bottom section.

B I N G O
GREAT PRIZES, GREAT PEOPLE!

FOR MORE INFORMATION, CONTACT COBEY @ 403-866-6109
OR COBEY@MIYWASINCENTRE.NET

