

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

September 2025



Upcoming Office Closures:
September 22 12:00-4:30pm
September 23rd
September 30th in lieu of
Truth and Reconciliation

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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

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

**MIYWASIN FRIENDSHIP
CENTRE**



@ 6:00-8:30 PM



Nurturing parenting

12-week parenting journey that blends traditional Indigenous teachings with practical skills – where parents learn, and children (ages 0–6) thrive in their own nurturing program.



Nurturing Parenting – Through an Indigenous Lens

Join us for a 12-week journey that weaves together parenting skills, cultural teachings, and community connection.

This program invites parents to learn new ways of nurturing their children through an Indigenous perspective, honouring traditional knowledge, values, and stories.

Parents are encouraged to bring their children (ages 0–6) to participate in their own age-appropriate program, where they will be supported in nurturing their own childhood through play, culture, and care.

Together, families will grow stronger, deepen their bonds, and celebrate the teachings that guide us in raising healthy, happy children

Start day: September 10th, 2025

Wednesday

1:00- 3:00PM

Registration is required

Snack will be provided as well as onsite childcare.

Parents must stay on site at all times.

Facilitator

Shelby Clarke

Call/Text: (403)-952-9605

Email:

Shelby@miywasincentre.net



Miywasin Friendship Centre

DEMONSTRATION POW WOW

Free community event
All are welcome!

Bring a
lawn chair!



September 20th 2025

Saamis Tepee

(32 Eagle Birth Rd SW)

GRAND ENTRY 1:00 PM

Contact 403-526-0756 for more info

AlbertaCultureDays[®]

Discover • Experience • Celebrate



Alberta Culture Days
Discover • Experience • Celebrate

Kitchen

Métis
Party

Join us at Police Point Park on
September 21, 2025 from 1pm - 3pm
for an afternoon of Métis Music &
Dance. We will also have Bannock
over the fire and tea!

For more information, please call
Miywasin Friendship Centre
at 403-526-0756

Music by Brianna Lizotte



MH Interpretive Program

Managed by The Grasslands Naturalists⁵

403-529-6225 mhip@natureline.info

FREE!

Daisy Chain Bracelet Workshop



with guidance from Sophie Colehouse



Wednesday, Sept 24th

10:00 am to 3:30 pm

**Limited spaces;
registration is required.
Please call 403-526-0756
to reserve your spot.**

Did you know you could receive an
email newsletter instead of by mail?



Sign up now for email edition by emailing
us at

info@miywasincentre.net

"I'M
STRUGGLING
WITH MY
SCHOOLWORK"

TUTORING PROGRAM

WHO: STUDENTS IN GRADES 7-12
WHEN: WEDNESDAYS 6-8PM
PLACE: MIYWASIN KITCHEN
523 3RD ST SE

LIGHT SNACKS PROVIDED

NO REGISTRATION REQUIRED
WALK IN

MIYWASIN FRIENDSHIP CENTRE

LITERATURE CLUB
EVERY MONDAY!

LIGHT
HEALTHY
SNACK
PROVIDED

Contact us now to secure your
child's spot!

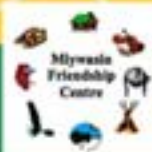
LIMITED SPOTS AVAILABLE

Cathy Roulette

403-580-9916 (CALL OR
TEXT)

A "book tasting" where
students get to explore a
variety of literature
Increasing students
interest and ability to read
Offering rich discussions
about literature to open
students to new ideas
about their world

GRADES
3-6





New Horizons for Seniors

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOUR DAY OFFICE CLOSED	2	3	4	5 BINGO 1:00-4:00PM	6
7	8	9	10	11	12 ELDERS LUNCHEON 12:00 @MIYWASIN KITCHEN	13
14	15	16	17	18	19 GAMES WE PLAY 1:00-4:00PM	20 AB CULTURAL DAYS
21 AB CULTURAL DAYS	22 OFFICE CLOSED FROM 12:00-4:00PM	23 OFFICE CLOSED	24	25	26 GAMES WE PLAY 1:00-4:00PM	27
28	29	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION			28 GAMES WE PLAY 1:00-4:00PM	

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.



Friday, September 12 - Quiche, Tossed Salad and Chocolate Mousse

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

COMMUNITY CONNECTIONS CALENDAR

September 2025

Four Directions Team

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1. LABOUR DAY CLOSED FOR THE LONG WEEKEND	2. 	3	4	5	6
7	8. WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	9	10	11. SOCIAL CLUB 5:30-7:30	12	13
14	15. WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	16	17	18	19	20
21	22. WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	23. CLOSED	24	25. SOCIAL CLUB 5:30-7:30	26	27
28	29. WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	30. CLOSED	1	2	3	4

Contacts

Holly Gould
Holly@miywasincentre.net

Sandra Ebach
Sandra@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.

Funded in part by



REACHING HOME



Weaving Wicahitowin For Learning

SEPTEMBER 2025

For more information:
Cathy Roulette
403-580-9916 (call/text)
or
cathy@miywasincentre.net



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labour Day Office Closed	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Literature Club Gr. 3-6 See Poster for Details	16	17 Tutoring Gr. 7-12 See Poster for Details	18	19	20 Alberta Culture Days See Poster for Details
21 Alberta Culture Days See Poster for Details	22 Literature Club Gr. 3-6 OFFICE CLOSED 12-4:30	23 OFFICE CLOSED	24 -Daisy Chain Workshop 10-2 -Tutoring Gr. 7-12 6pm-8pm	25	26	27
28	29	30 National Day for Truth and Reconciliation OFFICE CLOSED				



Caregiver Education Program

All programs require registration.

All activities are FREE thanks to our funders.



SEPTEMBER 2025



CULTURAL KIDS 2-8YRS.

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

NURTURE PARENTING.

OUR NURTURING PARENTING PROGRAM WEAVES TOGETHER TRADITIONAL, INDIGENOUS TEACHINGS AND MODERN PARENTING STRATEGIES TO SUPPORT STRONG, HEALTHY FAMILIES. PARENTS LEARN IN A CULTURALLY SAFE SPACE THROUGH SHARING CIRCLES, STORYTELLING, AND HANDS-ON ACTIVITIES THAT HONOUR THE SEVEN GRANDFATHER TEACHINGS, RESPECT FOR THE LAND, AND INTERGENERATIONAL WISDOM. WHILE PARENTS ARE LEARNING, CHILDREN ENJOY THEIR OWN CONNECTED PROGRAM FILLED WITH PLAY, CULTURE, SONGS, AND CRAFTS, INSURING THE WHOLE FAMILY GROWS AND LEARNS TOGETHER.
(PARENTS MUST STAY ON SITE)

TRADITIONAL PARENTING.

FAMILY PROGRAM WHERE PARENTS AND CHILDREN LEARN TOGETHER, BLENDING TRADITIONAL, KNOWLEDGE AND TEACHINGS WITH AN INDIGENOUS PERSPECTIVE TO STRENGTHEN FAMILY BONDS, CULTURE, AND CONNECTION.
AFTERSCHOOL HOURS (4-5:30)
(PARENTS MUST STAY ON SITE)

PARTNERSHIPS.

SMALL, SENSORY GROUP AIDS 0-4 GRANDPARENTING GROUP SUPPORT GROUP FOR GRANDPARENTS RAISING THEIR GRANDCHILDREN AND NURTURING HEALTHY RELATIONSHIPS WITH THEIR ADULT CHILDREN. SHIP, AS WELL AS GOING
REGISTRATION REQUIRED
(PARENTS MUST STAY ON SITE)

LUNAR BOOTS.

THE CREATION OF A MOON CEREMONY CIRCLE IS A SACRED SPACE WHERE WOMEN AND LASTING 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 OFFER FOR ALL CHILDREN, YOUTH, PARENTS/CAREGIVERS, AUNTIES AND UNCLAS. HAVE SOME FUN AND ENGAGE IN SOME FREE, SAFE FAMILY FUN TOGETHER.
Shelby.

Call(403) 526-0756

text(403) 952-9605

Email: Shelby@miywasincentre.net

"Miywasin Friendship Centre"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NO PROGRAMMING	2 GRANDPARENTS GROUP 10:00-12:00 see grandpa page for	3 NO PROGRAMMING	4 NO PROGRAMMING	5 LUNAR BOOTS 4:00-5:30pm registration required	6
7	8 NO PROGRAMMING	9 CULTURAL KIDS 1:30-2:30	10 NURTURE PARENTING instructions in response to needs 1:00-3:00PM	11 NO PROGRAMMING	12 NO PROGRAMMING	13
14	15 NO PROGRAMMING	16 GRANDPARENTS GROUP 10:00-12:00 see grandpa page for CULTURAL KIDS 3:30-5:00	17 NURTURE PARENTING 1:00-3:00PM	18 SMALL SENSORY PLAYGROUP 10:00-11:30 PM registration required	19 NO PROGRAMMING	20
21	22 ANCESTOR REBUBAL EVENT, OFFICE CLOSED	23 ANCESTOR REBUBAL EVENT, OFFICE CLOSED	24	25 ANCESTOR REBUBAL PROJECT EVENTS	26 ANCESTOR REBUBAL PROJECT EVENTS	27
28	29 READING CIRCLE 10:00-11:00	30 OFFICE CLOSED				



Miywasin Children's Centre
435-3rd St. SE
Medicine Hat, Alberta
(Programs/Activities)

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

Miywasin Youth Development Program

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed/ No Programming	2 No Programming	3 No Programming	4 Medicine Wheel Program 4:30pm-6:00pm	5 No Programming	6
7	8 No Programming	9 Medicine Wheel Program 4:30pm-6:00pm	10 No Programming	11 Medicine Wheel Program 4:30pm-6:00pm	12 No Programming	13
14	15 No Programming	16 Medicine Wheel Program 4:30pm-6:00pm	17 No Programming	18 No Programming	19 No Programming	20 Demo Pow Wow 1:00pm-3:00pm
21 Metis Kitchen Party 1:00pm-3:00pm	22 No Programming	23 No Programming	24 No Programming	25 No Programming	26 No Programming	27
28	29 No Programming	30 National Day for Truth and Reconciliation				
Ages 11-17 All events are FREE!! *Events are subject to change*						



Alberta Culture Days

Discover • Experience • Celebrate

Join us for two culture filled days this month!

Saturday September 20 2025 from 1:00-3:00pm
for Pow Wow Dancers, Market and Culture-

Location: Saamis Tipi

Sunday September 21 2025 from 1:00-3:00pm
for Metis Fiddle Music, Metis Jigging and
Bannock over the fire.~

Location: Police Point Park

Both event are free and open to the public, bring
a lawn chair and dancing shoes.



Contact: Joanne Jones
Phone or text (403) 878-5548

or

Thank you to our
Addison Dehart
Phone or text (403) 866-3375 funders and
supporters:

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.



Provincial Family
Resource Networks



Cultural Connections Programming

Mekethia Fairbanks

Cultural Connections Coordinator

Email: mekethia@mywosincentre.net

Phone: 403-878-5069

Andrew Spotted Bull

I Am a Kind Man Facilitator

Email: andrew@mywosincentre.net

Phone: 403-866-2717

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Drum Circle: 10:30am - 12:00pm

2

Bannock & Tea - 10:00pm - 2:00pm

3

Drum Circle - 5:00pm - 6:30pm

4

5

6

7

Drum Circle: 10:30am - 12:00pm

9

Bannock & Tea - 10:00pm - 2:00pm

10

Drum Circle - 5:00pm - 6:30pm

11

12

13

14

Drum Circle: 10:30am - 12:00pm

15

Bannock & Tea - 10:00pm - 2:00pm
I Am a Kind Man - 6:30pm - 8:00pm
Men

17

Drum Circle - 5:00pm - 6:30pm

18

19

I Am a Kind Man - 5:00pm - 7:00pm
Co-Ed

20

21

Drum Circle: 10:30am - 12:00pm

22

No Programming!

24

Drum Circle - 5:00pm - 6:30pm

25

26

I Am a Kind Man - 5:00pm - 7:00pm
Co-Ed

27

28

Drum Circle: 10:30am - 12:00pm

29

No Programming!
Truth & Reconciliation Day

30



1/10/20