

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

August 2025

Office Closures: August 4th for civic holiday & August 21st for the volunteer bbq



INSIDE THIS ISSUE:

Volunteer BBQ Poster.....	Page 2
Back To School Poster.....	Page 3
Lunar Roots Program Poster.....	Page 4
Seniors Program Calendar.....	Page 5
Youth Development Program Calendar.....	Page 6
Community Connections Program Calendar.....	Page 7
Caregiver Education Program Calendar.....	Page 8
Weaving Wicahitowin Program Calendar.....	Page 9
Cultural Connections Program Calendar.....	Page 10
Social Club Poster.....	Page 11
Casino Poster.....	Page 12

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: THURSDAY
AUGUST 21ST
FROM 10:00AM-3:00PM**

**WHERE: CAMP
MIYWASIN
IN ELKWATER**





Miywasin Friendship

Presents:

BACK TO SCHOOL

Free hair cuts!
Door Prizes!
Clothing Giveaway!

Local businesses
and Agencies will be
on-site with info
for families!

Gear-up for Local Indigenous
Families!

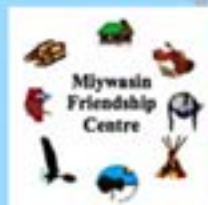
Light Snacks
Provided

August 13, 2025
10:00am - 1:00pm

Registration is
Required
at 403-526-0756

In the Miywasin Kitchen

Sorry no walk-ins!



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 CAMP

ELKWATER @ 6:00-8:30 PM





New Horizons for Seniors

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BINGO 1:00-4:00PM	2
3	4	5	6 RCMP MUSICAL RIDES	7	8 GAMES WE PLAY 1:00-4:00PM	9
10	11	12	13	14	15 GAMES WE PLAY 1:00-4:00PM	16
17	18	19	20	21 VOLUNTEER BBQ	22 NO PROGRAMMING	23
24	25	26	27	28	29 GAMES WE PLAY 1:00-4:00PM	30
	31					

AUGUST 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

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!!				
3	4	5	6	7	8	9
	Office Closed/ No Programming	No Programming	Family Program 1:00pm-3:00pm	Camp Miywasin 9:00am-3:00pm	No Programming	
10	11	12	13	14	15	16
	No Programming	Camp Miywasin 9:00am-3:00pm	Back to School 10:00am-1:00pm	No Programming	No Programming	
17	18	19	20	21	22	23
	No Programming	Camp Miywasin 9:00am-3:00pm	Family Program 1:00pm-3:00pm	Volunteer BBQ @ Camp	No Programming	
24	25	26	27	28	29	30
	No Programming	Camp Miywasin 9:00am-3:00pm	Family Program 1:00pm-3:00pm	No Programming	No Programming	
31						

Registration is required

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

Contact: Joanne Jones

Miywasin Friendship

Centre

517-3rd St. SE

Medicine Hat, Alberta

T1A 0H2

Text or Call: (403) 878-5548

Or

Addison Dehart

Phone or text: (403) 878-5548

AUGUST 2025



Back to school

Gear- up for local Indigenous Families

Hair cuts, clothing giveaway, local businesses and agencies on site with info for families

***Registration Required ***

Thank you to our

fundes and supporters:



COMMUNITY CONNECTIONS CALENDAR

August 2025

Four Directions Team

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Contacts
27	28	29	30	31	1	2	Holly Gould Holly@miywasincentre.net
3	4 CIVIC HOLIDAY CLOSED FOR THE LONG WEEKEND	5	6	7 SOCIAL CLUB 5:30-7:30	8	9	Sandra Ebach Sandra@miywasincentre.net
10	11 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	12	13	14	15	16	Cobey Roberts Cobey@miywasincentre.net
17	18 FINDING OUR VOICES 1:00 - 3:00 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	19	20	21 SOCIAL CLUB 5:30-7:30	22	23	Mekethia Fairbanks Mekethia@miywasincentre.net
24	25 WELLBRIETY/ SUPPORT GROUP 6:00 - 8:00 PM	26	27	28	29	30	Amberly Dell Amberly@miywasincentre.net
31	1	2	3	4	5	6	Offering compassionate support in housing, recovery counselling, community connection, and a path to wellness for all.

Funded in part by



**REACHING
HOME**



Caregiver Education Program



AUGUST 2025



All activities are FREE thanks to our funders.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NO PROGRAMMING	2
3	4 OFFICE CLOSED AUGUST LONG	5 CULTURAL KIDS 11:00-2:30 (activities, games, crafts and traditional arts)	6 FAMILY PROGRAM 1:00-3:00 PM TBD	7 CULTURAL EXPLOREERS 10:00-11:30 (activities, traditional craft arts)	8 NO PROGRAMMING	9
10	11 CULTURAL KIDS 12:00-2:00 (traditional games & activities, art and food display)	12 NO PROGRAMMING	13 BACK TO SCHOOL EVENT 10-3PM (REGISTRATION IS REQUIRED)	14 BRIDGES SENIOR PARENTS 10:00-11:30 PM (REGISTRATION REQUIRED)	15 NO PROGRAMMING	16
17	18 NO PROGRAMMING	19 GRANDPARENTS CLUB 10:00-11:30 AM (bring your own lunch)	20 FAMILY PROGRAM 1:00-3:00 PM TBD	21 TRADITIONAL PARENTING VOLUNTEERS REQ 12:00-4:00 PM (REGISTRATION REQUIRED)	22 LUNAR ROOTS 10:00-12:00 PM REGISTRATION REQUIRED ICAMP WITHWASIN & STEEPED IN STORIES TOUR	23
24	25 NO PROGRAMMING	26 CULTURAL KIDS 11:00-2:30 (activities, games, crafts)	27 FAMILY PROGRAM 1:00-3:00 PM TBD	28 CULTURAL EXPLOREERS 10:00-11:30 (activities, traditional craft arts)	29 NO PROGRAMMING	30
31						



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

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

CULTURAL KIDS-3-6YRS.
HELPS CHILDREN EXPLORE CULTURE WHILE HAVING THEIR PARENTS/CAREGIVER WITH THEM
(PARENTS MUST STAY ON SITE)
AFTER SCHOOL TIME 3-4:30 PM

CULTURAL EXPLOREERS -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, SENSORY GROUP AGES 0-6, 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 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"

Weaving Wicahitowin For Learning

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6 Family Programming 1-3pm Ross Glen Waterpark	7	8	9	10
11	12	13 Back to School Event 10am - 1pm *See poster for details*	14	15	16	17
18	19	20 Family Programming 12-4pm Grotto Farms *Registration Required*	21	22	23	24
25	26	27	28	29	30	31

For more information please

contact:

Cathy Roulette
403-580-9916

or

cathy@miywasincentre.net



AUGUST 2025



Cultural Connections

August 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 Civic Holiday	5 Tee & Barrock 1:00 - 3:30 I Am A Kind Man 6:30 - 8:00	6 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:30 - 8:00	7	8	9	10
11 Drum Circle 10:30 - 12:00	12 Tee & Barrock 1:00 - 3:30 I Am A Kind Man 6:30 - 8:00	13 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:30 - 8:00	14	15	16	17
18 Drum Circle 10:30 - 12:00	19 Tee & Barrock 1:00 - 3:30 I Am A Kind Man 6:30 - 8:00	20 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:30 - 8:00	21	22	23	24
25 Drum Circle 10:30 - 12:00	26 Tee & Barrock 1:00 - 3:30 I Am A Kind Man 6:30 - 8:00	27 Drum Circle 5:00 - 6:30 I Am A Kind Man 6:30 - 8:00	28	29	30	31

Contact

Program Information

Mekethia Fairbanks,

Cultural Connections Coordinator

Email: mekethia@niywasincentre.net

Phone: 403-878-5069

Andrew Spotted Bull,

I Am A Kind Man Coordinator

Email: andrew@niywasincentre.net

Phone: 403-866-2717



Alberta

Provincial Family
Resource Networks

MM Community
Housing

Find us on
Facebook





Miywasin Friendship Centre SOCIAL CLUB

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

THURSDAY AUGUST 7 & 21
5:30PM - 7:30PM

517 3RD STREET SE
403-526-0756



B I N G O
GREAT PRIZES, GREAT PEOPLE!

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





CASINO

**VOLUNTEER CALL OUT FOR
AUGUST 23 & 24 FOR MIYWASIN
SEPTEMBER 6 & 7 FOR METIS TRADING
COMPANY**

**PLEASE CALL
403-526-0756**