

Taanishi Piihitikway!

Come Join Our
Michif Latonn (Fall) Programs
September to December 2023



Artwork used with Permission by Leah Dorian

MICHIF CHILDREN AGES 0-12

Michif Early Years Drop-In Program

When: Monday to Thursday 9:00 am to 11:30 am

What: Join us Monday to Thursday beginning Oct. 4th for play, exploration, Community building, circle time, food, and a whole lot of FUN with an emphasis on Michif culture and language!

Who: Metis, First Nation, Inuit children 0-5 with Caregiver

Where: "Lii Petit Wapososak Early Years Drop In Otipemisiwak Centre: 703 Tranquille Road

Lii Belle Maa Maa Group

When: Fridays, Oct. 13/27th, Nov. 10th and Dec. 8th from 10:00 am until 11:30 am

What: Gather to meet other parents for practical and emotional support, to learn about traditional parenting and self-care. Light lunch provided.

Where: Otipemisiwak Centre: 703 Tranquille Road.

*For more information call Leona and/or Deanie at 250-554-9486.

Bii Time "Life Giver" (Prenatal)

When: Fridays beginning Oct. 6th (bi-weekly Fridays) from 10:00 am until 12:00 noon.

What: Look, Listen, Touch, Feel, Taste. Join us to explore and play the Michif way with your BiiBii

Who: Expectant Mothers and babies who are not walking

*For more information call Mackenzie at 250-554-9486

Pchi aen noor (Little Bears) Program

When: Thursdays beginning Oct. 5th until Dec. 14th from 2:30 to 4:30 pm.

What: The Little Bears Program gives 5 and 6-year-olds the opportunity to move their bodies, play, and learn while being with other little cubs and learning about how our Metis children played on the land and indoors. Location TBA.

*For more information please contact Deanie at 250-554-9486.

Sacred Salmon

When: Mondays beginning Oct. 2 from 3:00 pm to 4:30 pm

What: This program is being offered to give our children an opportunity to explore and discuss topics around growing up in healthy Metis ways.

Who: Metis Children aged 6 to 9

*For more information please contact Lexa at 250-554-9486.

Rip Roaring Ravens (Ages 7 to 10)

When: Tuesdays beginning Oct. 10th until Dec. 19th from 2:45 to 4:30 pm

What: Join us to learn about Michif culture as we explore the beautiful Secwepemc Territory. Through traditional play, we will further develop our connections to culture, self, community, and others.

Who: Metis Children aged 7-10

*For more information please contact Donnelle at 250-299-4972.

Howling Wolves

When: Fridays beginning Oct. 6th until Dec. 19th from 2:45 to 4:30 pm

What: Join us for adventures on the Land within the community.

Who: Metis Children aged 10-12

*For more information please contact Donnelle at 250-299-4972.

Jigging (Ages 6-12)

When: Thursdays beginning on October 12, 2023 from 4:00-5:00 pm

Who: Age 6-12 (Registration Required, must commit to all weeks)

*For more information please contact Nicola at 250-554-9486.

MICHIF YOUTH AGES 13-16



Art Music Therapy

When: Thursdays beginning for 8 weeks Oct. 5th from 3:00 to 4:30 pm

Who: Metis Children aged 13-16

*For more information please contact Mackenzie at 250-554-9486.

Youth Buffalo Drop-In Ages 13 to 16

When: Wednesdays beginning on September 27th to December 20th from 2:00 to 5:00 pm.

What: Fun space to explore your creative and adventurous soul while indulging in culture and learning from Elders. Free meals and art.

Who: Metis Youth aged 13-16

*For more information call/text Danielle at 250-299-4970

MICHIF YOUTH AGES 16-27:

All Programs are located at Kikékyelc: 975 Singh St.

Mountain Biking with "bearheadbikesandboards"

When: Beginning on Mon. Oct. 6th, 6:00 pm until dark, until the weather turns.

What: An opportunity to go biking with Jay. For beginners to the experienced.

Discover new trails and have fun challenging Yourself.

It's a Dog's Day.

When: Tuesday, Oct. 3rd and Nov. 7th 2:00 to 4:30 pm at Kikekyelc

What: Come and hang out with one of Sharon's dogs for a couple of hours. Love and Snuggles.

Beading Earrings with Ayla

When: Tuesdays during Oct., Nov., and Dec. from 3:00 to 4:00 pm.

What: Come out and learn to make earrings, or make a pair, that you were already planning on making.

Mino-Pimatisiwan (The Good Life)

When: Thursdays Oct. 12/26th, Nov. 9/23 and Dec. 7/21 from 2:00 to 4:00 pm

What: A Wellness Program based upon Traditional Values and making Healthy Choices.

Gym

When: Monday from 10:00 to 12:00 noon DTBT Keep an eye out for starting dates and details. An expression of Interest, sign-up sheet.

What: Get familiar with the equipment and develop a fitness plan for Indigenous Youth ages 16-27 at Kikekyelc.

For more information regarding the above programs, please text/call Sharon S. at 250-318-5813 and/or leave a message at LMO at 250-554-9486.

Grief and Healing

When: Tuesdays in Oct. and Nov. from 5:30 to 7:30 pm

What: "Grief and Healing among the Flower Beadwork People", by Metis Artist, Justene Dion-Glowa. Storytelling and artistry play no small part in the lives of the Otipemisiwak. The series begins with Elder teachings and poetry, followed by a story of resilience and an opportunity to not only write their own poems but also experience the Elder's teachings by participating in a flower beading workshop.

Art with Chris Bose

When: Wednesdays in October and November from 2:00 to 4:00 pm.

What: Join renowned artist Chris Bose while he teaches different Art mediums from silk screen to painting.

Creative Arts Group

DTBD after Thanksgiving Weekend, based on availability and interest Andrea Brassard will informally share an array of activities like yoga, developing creative expression through theatre games, embodied play, and writing. Develop group activities based on the Youth's interests.

Fiddle Lessons

When: DTBD Keep an eye out for starting dates and details.

What: Fiddle lessons, If you are interested in future classes, join us at Kikékyelc.

For more information regarding the above programs, please text/call Sharon S. at 250-318-5813 and/or leave a message at LMO at 250-554-9486.

Michif Works

When: Tuesday, Sept. 26th to Nov. from 10:00 am to 2:00 pm at Kikékyelc

What: Employment Readiness Program to prepare for employment or education. Practicum Placements and Driver Training included.

For more information please text/call Mel Allard at 250-299-4979.

MICHIF YOUTH MENTAL HEALTH & FAMILY WELLNESS

Riding The Rapids - Dialectical Behaviour Therapy Group

When: Thursdays beginning Oct. 5th to Dec. 21, 2023, from 3:00 to 5:00 pm at Kikekyelc. Open registration for Indigenous Youth Ages 16-27 years.

What: Dialectical Behaviour Therapy (DBT) is an evidence-based therapy modality that teaches people how to cope with the stress in their lives by learning new skills and strategies that support healthier outcomes and an increased connection to have a life worth living. Although the core components of this group adhere to the necessary Western outline to ensure the validity of the therapeutic modality, culture has been woven throughout every aspect of this group making it culturally safe for the Metis community it supports. An Elder is connected with every session to provide in-the-moment Michif teachings and guidance.

Traditional Healing Workshop

When: Fall Series: Beginning October 26 from 9:00 am until 2:00 pm.

What: Seasonal out-on-the-land full-day group where youth learn traditional on-the-land teachings and healing techniques. For Youth connected to CYMH at LMO.

Location: Various locations throughout Kamloops.

Gathering Our Medicine Group - Healing and Strengthening Kinship Through Culture

When: For Fathers attending Father's Group; Fall Series beginning Oct. 4th to Nov. 22nd from 5:30 to 7:30 pm. DINNER PROVIDED. Location at LMO

What: "Gathering Our Medicine is a decolonial, indigenizing framework that supports those working towards Indigenous people's wellness. The framework guides and informs culturally distinct programming, services and approaches that align with the client's distinct place-based knowledge while revitalizing kinship relationships through developmentally informed and healing centered education." - Denise Findlay (creator of Gathering Our Medicine).

Register with Nicole Mercado at 778-694-8865 or nicole.mercado@gov.bc.ca

Askihk - Wakohtowin on the Land Series

When: Fall Series Thursdays of every month beginning October 19th (with the exception of December which is on the second Thursday 14th). The time is from 3:00 to 5:30 pm; located in various areas of Kamloops. For Parents/Kinship and their children of all ages to attend the group together (with the exception of November where it is specifically for parents/kinship and youth ages 16+).

What: Askihk is an Indigenous-led, land-based parent-child attachment group. The focus of this group is to restore and strengthen a child's attachment with their parent and/or kinship circle through guided on-the-land workshops in relationship with the land, elders, and each other. Land provides a sense of belonging to a shared place and creates a safe space for sharing and learning. The spiritual connection to the land is intrinsic to belonging within Indigenous cultures, as all people are children of Mother Earth. Together in this group, parents/kinship are provided opportunities for meaningful connections with their children and education that will last a lifetime - restoring and revitalizing inherent ways of knowing and being as Metis people. Learning about the land, including its uses and history, and protecting and caring for the land as a community facilitates community connectedness.

Sharing Our Gifts

When: Sept. 13/27th, Oct. 11/25th, Nov. 8/29th and Dec. 6 from 10:30 am until 12:00 pm

What: Caregiver Connection Group for Kinship and Community Caregivers

For more information contact Trisha at 250-554-9486.

MICHIF COMMUNITY PROGRAMS



Beading with Verma

When: On Wednesdays from 2:00 pm to 4:00 pm

What: Beading group with Community Elder Verma

Who: Michif individuals of all ages and skill levels are welcome! No registration is required.

Monthly Elder's Luncheons

When: Sept. 28th, Oct. 26th, Nov. 30, and Dec. TBA.

Join us for our monthly Elder Luncheons as we gather for fellowship and fun!

Contact us



Lii Michif Otipemisiwak
Family and Community
Services



LMO Office:
707 Tranquille Rd. Phone: (250)-554-9486

Kikékyelo Office:
975 Singh St. Phone (250)-312-5118

Facebook: Reception LMO
Website: lmofcs.ca

**To Report a Métis Child in Need
of Support or Safety:**

Monday thru Friday

8:30 am - 4:00 pm

LMO Main Office: 250-554-9486

OUTSIDE OF OFFICE HOURS

MCFD Centralized Screening:

1-800-663-9122