



MIKI'SIW Métis Messenger

February 2023

576 – England Ave., Courtenay, BC V9N 2N3 250-871-7353
comoxvalleymetisoffice@gmail.com

Local News & Events

Drop in crafting February 20, 2023 Caribou Tufting



This month Mara Kersey will teach Caribou tufting. We will supply materials for a simple project. Mara will have kits available for purchase. No registration required.

6:30 pm Monday February 20, 2023

Activity Room – 576 England Ave. Courtenay

March 4th 10:30am–3pm Make a Métis Bag

All supplies and lunch included.
10 spots available, first come first served.

Pre-register by March 1 at noon
by emailing
comoxvalleymetisoffice@gmail.com
or calling 250-871-7353.



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Local News & Events continued

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SAVE THE DATE – MARCH 18, 2023

Noon – 5pm

*Spring Celebration
Family Gathering at Air Force
Beach Pavilion*

There will be fun and games,
maybe a wiener roast if the
weather cooperates. More details
to come in March newsletter and
emails.



Drop in Crafting for March

March 20 at 6:30 pm

Mara Kersey will teach Fish Scale Art

We will supply materials for a simple project.

Mara will have kits available for purchase.

No registration required.

6:30 pm Monday March 20, 2023

Activity Room – 576 England Ave. Courtenay



HELPING WITH MENTAL HEALTH NEEDS IN THE COMOX VALLEY



MEET KELSEY TODD

Vancouver Island Regional Mental Health Navigator

What does Mental Health Navigation Look Like?

Mental health navigation completely depends on your mental health needs! Each individual experience with mental health is so uniquely different. There is no "one size fits all" pathway to wellness. My hope is to work with each individual to develop a care plan that connects them to resources best suited to the individual.

Details

Where? MIKI'SIW Métis Association Office
When? March 1, 2023
Time? 11am – 2pm
How? Drop in - no appointments necessary!

Questions?

Here are all the ways you can contact me:

- ktodd@mNBC.ca
- (778) 312 -0871

Reasons to Drop In!

- You have questions about your current mental health care
- You are looking to start your mental health and wellness journey but do not know where to begin
- Looking for mental health and/or harm reduction resources for yourself or a loved one
- Curious about mental health programs offered through MNBC's Ministry of Mental Health and Harm Reduction
- Just curious and want to know more about mental health navigation



MNBC Contacts:
1-800-940-1150



WEBSITE:
MNBC.CA



EMAIL
communications@
mNBC.ca



The Ministry of Education and Métis Family Connections Program are excited to announce the launch of the Baby Welcome Kit! This culturally rich gift extends a warm welcome to newborns and infants 0-6 months when they are enrolled in the Métis Family Connections Program or those babies who are born to a family with a sibling already enrolled in the program. For more information on this program, or to enroll your child please visit [Métis Family Connections - Early Years \(Birth to 8 Years\) | MNBC](#) or email metisearlyyears@mNBC.ca.



Wildlife Awareness and Safety Training



Are you interested in gaining more wildlife awareness? Want to improve your outdoor safety skills by learning more about bears, cougars, moose, elk, wolves, coyotes and more?

MNBC has partnered with WildSafeBC to offer a comprehensive online course on wildlife in BC. The course will provide students with the knowledge and understanding to make decisions that will reduce conflict with wildlife in BC.

Check out the testimonials below:

"it was very worthwhile to do and helpful in terms of learning some things about bears behavior as a long time berry harvester that 'I did not know I did not know"

"the contents about every species is valuable and important for we as Metis to be respectful to our animal relative"

If you register, you will have 4 weeks to access the course. The course takes about 2 to 3 hours to complete. Once completed you will receive a certificate of completion by WildSafeBC!

If you are interested in registering, please email sdhillon@mNBC.ca

