

JANUARY
2026
ISSUE 19

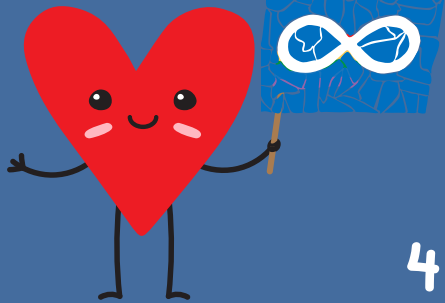
THE CLEAR WATERS CONVERSATION



STAY IN THE KNOW & WHAT'S ON THE GO

**** UPCOMING COMMUNITY EVENTS AT OUR NEW OFFICE ****

KIDZ KONNECT



Join Us for community
connection, stories,
& heart art!

Ages 0-10

Light snacks available

Wednesday
February 11th,
4:30 - 6:30 pm



435 YORK BLVD,
HAMILTON ON,
L8R 3K3



YOUTH FRIENDSHIP NIGHT / ANTI-BULLYING WORKSHOP

Thursday, February 12th

5-6 pm

Ages 11 - 17



This interactive workshop will help youth learn how to recognize, respond to, and prevent bullying while creating a safe and supportive peer environment. Together, we'll explore what healthy friendships look like—respect, honesty, inclusion, and setting boundaries.

Contact: Crystal Tufford
Métis Family Wellbeing
Coordinator
E: CrystalT@metisnation.org
C: 416- 550-7858

Programs, Services, & Helpful Links

Métis Nation
of Ontario



COMMUNITY WELLBEING



HEALING & WELLNESS



EDUCATION & TRAINING



HOUSING & INFRASTRUCTURE

HEALTH & WELLNESS OPPORTUNITY
TUESDAY, FEBRUARY 24, 2026
4:00 – 5:00 PM



During this session, the Métis Family Wellbeing Coordinator will introduce Chair Yoga as a gentle and effective way to support wellbeing, along with a discussion on the social, mental, physical, and emotional aspects of self-care.

RSVP BY FEBRUARY 20TH
E:CRYSTALT@METISNATION.ORG

Snacks will be provided
& Prizes to be won!



**YOUTH LIFE SKILLS COOKING
WORKSHOP**

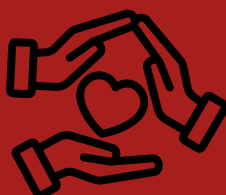
FEBRUARY 19TH
ZOOM LINK TO FOLLOW

REGISTER BY FEB. 13TH

Participants will learn foundational cooking techniques, including kitchen safety, cooking terminology, knife skills, baking basics, and how to confidently follow and adapt recipes.

**ONE MNO NAVAGATORS -
A ONE-STOP PERSONAL GUIDE
TO MNO SUPPORTS & SERVICES**

Please reach out to One MNO at:
1-800-263-4889 Ext. 7 or
email us at:
ContactUs@metisnation.org



STAY CONNECTED



Facebook & Instagram
[@ClearWatersMetis
Council!](https://www.facebook.com/ClearWatersMetisCouncil/)



[Métis Nation of Ontario EducaTion](#)
[HB APP](#) - shares events,
moderated discussions, &
official MNO resources.

