Stay In the Know & What's On the Go!

OCTOBER 2026
ISSUE 27

The Clear Waters Conversation

Check Out Our NEW Website
southwestregion.metisnation.org/

Welcome to the monthly newsletter from CWMC. Here you will find information regarding upcoming community events, council member bios, helpful Métis Nation of Ontario links, and so much more...

Community Connections...

POSTPONED

Community Tree Planting will be postponed until the spring. Stay tuned for details.



Kidz Korner

SUN.
Oct. 26, 2026
10am - 12pm

At the Office
435 York Blvd.
Hamilton, ON

Zoom Session Register:
https://zoom.us/meeting/register/HWDk-bQoRjSAWawXAsuPZQ#/registration
Sun., Oct. 25, 2026, 1:00–4:00PM
Food security workshop on canning and food preservation, facilitated by Diana Lidemark, a Métis citizen from Thunder Bay, ON. Participants will learn the basics, canning safety, equipment and tools, and reliable sources for canning information. These techniques can be adapted to other fruits, jams, jellies, and sauces.

Please let us know if you will be attending by emailing CWMCWomensrep@metisnation.org

Suddenly available, no problem Drop-ins are welcome!

NEXT PAGE >>

COUNCIL IN COMMUNITY

Southwest Region Powley Day Rendezvous and National Day For Truth & Reconciliation

























Mental Health Support Available

Mental health support is available for First Nations and Indian Residential School Survivors.
If you or someone you know needs mental health support, there are resources available.

Hope for Wellness Helpline
Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Chat online via **https://www.hopeforwellness.ca/** or call directly at **1-855-242-3310**. This service is available in English and French, and upon request in Cree, Ojibway, and Inuktitut.

The National Indian Residential Schools Crisis Line
The National Indian Residential Schools Crisis Line provides 24-hour crisis support to former students of Residential Schools. Call **1-866-925-4419** if you need to talk.

Additional Resources: National Crisis Hotlines

- MMIWG2S+ Crisis Line (toll-free): **1-844-413-6649**
- Indian Residential School Survivors Society 24-hour crisis line: **1 (800) 721-0066**
- Kids Help Phone: **1-800-668-6868** or text **686868**
- Suicide Crisis Helpline: Call or text **9-8-8**

Meet Our Team... Councillor

Rosalie Vivian Shepherd



Rosalie is a proud Métis citizen with ancestral roots in Saskatchewan, Red River Manitoba, connected to the Bellehumeur, Grant, and Fleury families. Rosalie carries a strong sense of identity shaped by both her heritage and lived experiences.
A founding member of the Credit River Métis and Métis Artist Collective, Rosalie is deeply connected to creativity, culture, and community. Her interests in art, nature, and music reflect her holistic approach to wellbeing and expression.
Rosalie identifies as a healer and comes from a long line of healers, a role she carries with care and intention in her life and community work. She is passionate about supporting community members, sharing knowledge, and helping others explore what it means to be Métis today. Additionally, she is especially committed to creating space for the next generation to learn, grow, and connect with their culture, just as she continues to.

Fun Fact

Rosalie brings valuable experience from her previous work in long-term care and in the Métis Healthy Babies Healthy Children program with the Métis Nation of Ontario

Helpful links & resources from the Métis Nation of Ontario

Community WellBeing

Healing Wellness

Education & Training

Housing Infrastructure

ONE MNO NAVIGATORS -
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

Facebook

Instagram

Our Website

Métis Nation of Ontario Education HB APP - shared events, moderated discussions, & official MNO resources.

Maarsii, Thanks for reading!

Link to Previous Newsletters