






August 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Happy Long Weekend	4	5 Zoom Coffee House @ 1:30 	6	7 Video Story Time Songs, Rhymes, Stories, Activities	8
9	10 Video Story Time Songs, Rhymes, Stories, Activities	11	12 Zoom Coffee House @ 1:30 	13	14 Video Story Time Songs, Rhymes, Stories, Activities	15
16	17 Video Story Time Songs, Rhymes, Stories, Activities	18	19 Zoom Coffee House @ 1:30 	20	21 Video Story Time Songs, Rhymes, Stories, Activities	22
23	24 Video Story Time Songs, Rhymes, Stories, Activities	25	26 Zoom Coffee House @ 1:30 	27	28 Video Story Time Songs, Rhymes, Stories, Activities	29
30	31 Video Story Time Songs, Rhymes, Stories, Activities					



National
Aboriginal
Diabetes
Association

Please click on the link to check out a new resource that offers recipes and information on traditional foods

http://nada.ca/wp-content/uploads/2020/06/NIDA_TRADITIONAL_FOODS_GUIDE.pdf

The National Indigenous Diabetes Association (NIDA) is extremely happy to share the online English PDF version of our resource booklet entitled "Gifts from our Relations", which consists of commonly consumed traditional foods (plants/animals) that are Indigenous to our lands.

Through this resource, NIDA honours 18 foods that are important to Indigenous Peoples throughout Turtle Island. Though our diets have changed significantly, the benefits of eating original foods remain the same. They are highly nutritious, which keeps us strong and healthy, and the hunting, fishing, trapping, and gathering of original food keeps us physically active and spiritually grounded. These are all parts of living a healthy life.



The Métis Nation of Ontario has created several COVID-19 Emergency Financial Support Programs to provide supplemental emergency financial supports for citizen's and their families. These emergency supports are in place to help bridge the transition to the Federal Government's Canada Emergency Response Benefit (CERB). APPLY NOW:

<https://covid.metisnation.org>

NEW COVID-19 SPECIAL NEEDS SUPPORT PROGRAM

The Métis Nation of Ontario (MNO) has put in place several COVID-19 Emergency Financial Support Programs to assist MNO Citizens and families affected by the pandemic. To this roster the MNO has added a Special Needs Support Program.

Through the Special Needs Support Program MNO Citizens with children aged 0-21 years with special needs can receive a one-time benefit of \$500 per child up to a maximum of \$2,000 per family to provide assistance during this time of physical distancing. This benefit is limited to one per household Below is the link for more information and other financial assistance programs

<http://www.metisnation.org/news-media/news/covid-19-support-programs/>

Métis Nation
of Ontario