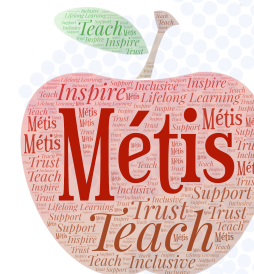


# Mental Health Week - 1st Week in May



## Métis Significance

The Canadian Mental Health Association's CMHA Mental Health Week is an annual national event that takes place during the first week of May. It encourages people from all walks of life to learn, talk, reflect, and engage with others on all issues relating to mental health.

The Métis Nation of Ontario's (MNO) Healing and Wellness branch facilitates and coordinates programs, services, and activities to address the holistic needs of Métis people in Ontario at the provincial, regional, and local levels. To us, holistic Indigenous health encompasses the physical, mental, emotional, spiritual, and cultural aspects of one's life. Through an understanding of self, a vision of wellness, and a balanced body, mind, and spirit, the MNO promotes a vision of health and wellness through the healing continuum.

### Recommended Resources for Elementary Schools

Title	Author	Grade	Where to buy
Brave like the Buffalo	Allan, M Fischer-McNab J	K-6	<a href="#">Indigo</a>
The Dancing Trees	Kelly, M	3-6	<a href="#">Indigo</a>
Magnificent Magnetic Me	Solomon, N	1-6	<a href="#">Indigenous Reflections</a>
Birdsong See Michif and French translation list	Flett, J	K-4	<a href="#">Indigo</a>
When we are Kind	Smith, M	K-3	<a href="#">Indigo</a>

Title	Author	Grade	Where to buy
We Need Everyone	Redhead Champagne, M	K-3	<a href="#">Good Minds</a>
Métis and Dandelions	Dorion, L	K-6	<a href="#">Good Minds</a>
The Giving Tree	Dorion, L	K-6	<a href="#">Good Minds</a>
Sometimes I Feel Like an Oak	Daniel, D	K-6	<a href="#">Indigo</a>
Little by Little: You Can Change the World	Ballantyne, S	4-7	<a href="#">Good Minds</a>

### Recommended Resources for Secondary Schools

Title	Author	Grade/Subject	Where to buy
An Anthology of Monsters	Dimaline, C		<a href="#">Good Minds</a>

### Recommended Websites or Videos for Research and Information

	Appropriate For
Who are the Métis? - Metis Nation of Ontario <a href="#">Who are the Metis?</a>	Teacher / Secondary
Métis Nation of Ontario - <a href="#">Webinars</a>	Teacher
Métis Nation of Ontario Crisis Line - <a href="#">Addictions and Services</a> .	Teacher/Students
Métis Nation of Ontario - <a href="#">K-12 Education Initiatives</a>	Teacher/Students

<a href="#">ELCC Development Resource Program</a>	
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**Additional Resources**

- Michif and French Translations for Bird Song