

Métis Nation
of Ontario 



Early Learning & Child Care

Tiny Tribune



Spring
Edition



April 2026





Recognition

Written By: Jen McFarlane & Featured Staff

Kaitlynn Maurice

“I am most proud of being a mom to three amazing kids and using both my professional experience and lived parenting experience to advocate for children and support families in meaningful ways. When I am not working, you will often find me outdoors on Georgian Bay, boating, camping, enjoying nature, and unwinding by a fire under the stars.”



Kaitlynn Maurice is a Developmental Resource Consultant (DRC) and Registered Early Childhood Educator. As a Developmental Resource Consultant, Kaitlynn supports families by providing essential developmental and educational resources and connecting them to Early Learning and Child Care services and programs. Kaitlynn guides families through navigating childcare, kindergarten, and transitioning to grade one, while partnering with community organizations to support each child's unique needs. She also offers insight into different learning styles and helps

identify potential barriers to learning. Kaitlynn's favourite part of her role is building meaningful relationships with families and helping them feel supported and confident as they navigate their child's learning journey.

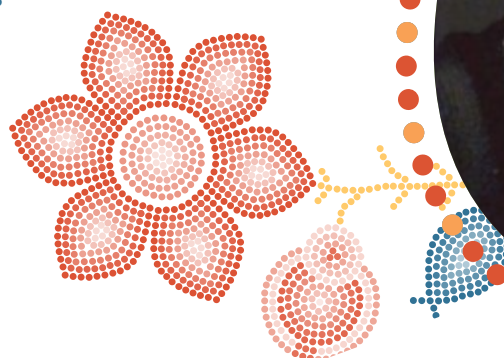
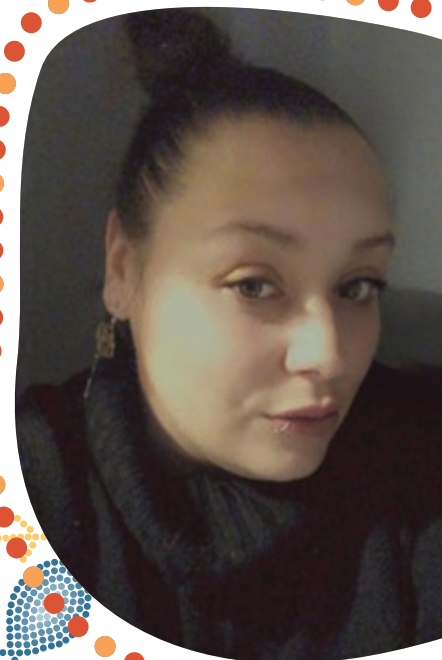
You can reach Kaitlynn by email at: KaitlynnM@metisnation.org.

Kelly Dube

“I am proud that I get to work for an organization that truly cares about its community. A fun fact about me is that I have three amazing dogs that always want cuddles and treats!”

Kelly is a Métis Child Care Agreement Subsidy Specialist. Kelly is responsible for supporting Métis families in accessing financial assistance to help with the costs of licensed and private child care spaces for their children ages 0-12. Kelly assesses eligibility, processes applications and invoices, and supports the Early Learning and Child Care Family Support Administrators with child care providers. She is most proud that she gets to work for an organization that truly cares about its community.

You can reach Kelly by email at: KellyD@metisnation.org.



Babysitter's Club



Program Information



Métis Nation of Ontario Babysitter's Club

Written by Jennifer McFarlane

Let's start by meeting one of our Babysitters' Club graduates: Cole P.

“My name is Cole P. I am 13. I like drawing, listening to music, and I really like cats and clowns! Horror movies are my favourite type of movie. My favourite part of babysitting was getting to know them and being able to show who I was without them judging me. I found them fun to hang out with, and they were actually really funny.

A fun fact about me is that I really enjoy learning about the body. A weird fact about the veins in your body: did you know they can wrap around the world 4 times?”

The Métis Nation of Ontario (MNO) Babysitters' Club is proud to continue training Métis youth in grades 7-10 virtually across Ontario. Participants receive foundational knowledge of delivering quality child care in a home-based setting. The program structure is primarily self-guided, with a few scheduled online sessions. Each youth begins by participating in modules designed to educate them about safety, mental health, and child development. Once completed, participants begin a formal online babysitters' course to further discuss First Aid and CPR. Participants who complete the program will receive a certificate and a Babysitters' Club kit with age-appropriate materials to support cultural activities when babysitting.

What Kyra M. enjoyed about the program:

“Hi! My name is Kyra M., and I am almost 13 years old! I really enjoy curling, and I love spending time with my family. I help by babysitting my younger siblings, and I like taking on the responsibility and being someone that others can rely on. The Babysitters' Club helped me feel more prepared and confident, especially when it comes to safety and knowing what to do in an emergency.

I liked that the course was interactive and easy to follow, and that the instructors were always there to help and explain things clearly. I feel more comfortable babysitting because of what I learned in this program! Thanks, Métis Nation of Ontario and The Babysitters' Club, for this opportunity!”

We will schedule sessions for the Spring and Fall of 2026. Keep an eye out for the postings!





Marty and Yeaston Grow a Garden: Mad Libs

Written By: Kayla Carrigan & Nicole Dube

A **noun** is a person, place or thing.

Marty and Yeaston are very excited for the Spring. This year, they plan to start

their own garden in the backyard. First, they need to plan the garden's layout. They use

_____ to create a plan. Then they start preparing the soil with
Noun

compost. The compost is _____ and _____.
Adjective **Colour**

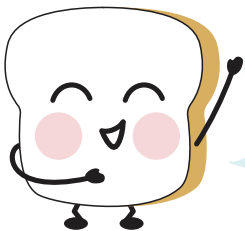
Next, they _____ to the store to buy supplies. They want to
Verb

plant _____ and _____ this year. Marty
Noun **Noun**

and Yeaston are excited to see how big _____ grows.
Noun

After a few weeks of watering, the _____ begin to _____.
Noun **Verb**

Soon the garden will be filled with _____.
Adjective **Noun**



A **verb** is an action word.

An **adjective** is a describing word.



Fine and Gross Motor Skills

What are motor skills?

Written by Sydney Hagedorn and Amanda Giroux, Métis Healthy Babies Healthy Children Program Coordinators, Community Wellbeing Branch

Motor skills are the various ways our bodies use our muscles to complete specific tasks. Activities like walking, picking up toys, and sitting up are all examples of motor skills in action.

Fine Motor Skills

Fine motor skills use our small muscles in our hands and wrists.

How can you help promote the development of these skills at home? Try:

- ☞ Opening and closing reusable Easter eggs
- ☞ Making an Easter wreath
- ☞ Sorting items around the house, such as extra pasta noodles or buttons
- ☞ Building with blocks
- ☞ Using playdough
- ☞ Placing stickers
- ☞ Help decorate a spring craft
- ☞ Planting seeds in small cups
- ☞ Scooping soil with a little tool
- ☞ Spraying plants with a water bottle
- ☞ Drawing a picture of your favourite things you did over March break

Gross Motor Skills

Gross motor skills involve our large muscles, such as legs, arms, and the core.

How can you help promote the development of these skills at home? Try:

- ☞ Obstacle course using household items
- ☞ Throwing or kicking a ball
- ☞ Dance party
- ☞ Riding a bike
- ☞ Stomping in the mud
- ☞ Go on a spring scavenger hunt
- ☞ "Easter Egg" balloon volleyball
- ☞ Stretching tall like a growing tree





















Activity Alert!

- ☞ Spring yoga (free videos available on YouTube!)
- ☞ Practice fine motor skills by practicing cutting! (See the next page for a fun spring matching game.)
- ☞ Make a spring-themed sensory bin for a rainy day. Think recycled paper, reusable eggs, animals, etc.! Get creative to use what you have. (See the next few pages for ideas!).
- ☞ At-home obstacle course! How many items can you find in your home to make one? Some everyday items that can be turned into an obstacle course include: pillows, broomsticks, hula hoops, balls, jump ropes, and cardboard (See the next few pages for ideas!).

What Comes Next? - Spring

Cut out the images at the bottom. Paste the image that comes next in each pattern.

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Sensory Bin Recipe Page

Sensory bins help build fine motor skills!

KITCHEN TEXTURES BIN

- DRY PASTA
 - OATS
 - SALT
 - FLOUR
- TRY ADDING:
- CARS
 - PLASTIC ANIMALS
 - SPOONS AND CUPS

BONUS: DRAW LETTERS IN THE FLOUR!

NATURAL TEXTURES BIN

- LEAVES
 - STICKS
 - ROCKS
 - SAND
 - DIRT
- TRY ADDING:
- PLASTIC ANIMALS
 - VEHICLES
 - PLASTIC TREES OR FLOWERS

BONUS: ADD IN A MAGNIFYING GLASS

CHEERIOS 'SAND' BIN

- BLENDED CHEERIOS
- TRY ADDING:
- SCOOPS
 - SANDTOYS
 - DINOSAURS

D-I-Y Obstacle Course Cheat Sheet

Climb/Crawl

- Chair
- Pillows
- Blankets
- Table
- Chairs
- Pool noodles



Jump/Hop

- Towels
- Paper plates
- Books
- Tape
- Cardboard Boxes



Toss/Aim

- Laundry Basket + Socks
- Stuffed animals
- Rolled up socks + plastic cups



Crawl/Push

- Large cardboard box tunnel
- Push a laundry basket
- Empty diaper box



Add simple challenges to the activities:



“hop like a bunny”

“spin 2 times”

“tip toe on the line slowly like a mouse”

“do 10 jumping jacks”



What's Goin' on in Special Projects!



ELCC Updates

One App

Written by Madison Frias, Special Projects Supervisor,
and Laura Dika-Holmes, Special Projects Program Developer

The Early Learning and Child Care (ELCC) One App is accepting applications.

Please use the following link:
oneapp.mnoelcc.org

Review our privacy policy before submitting your application: oneapp.mnoelcc.org/privacy-policy

The application closes **April 24, 2026, at 4:30 pm EDT**. Late or incomplete applications will not be considered.

The One App allows Métis families, eligible for direct benefits, with children 0-12 years to apply to four programs:

- Extra Curricular Program
- Back-to-school Backpacks
- Christmas Program
- Early Learning Kit



The application process has changed slightly this year. You will be required to create a new profile, complete your child(ren)'s profile, and then apply to the programs you are interested in.

If you have any questions, please email elccfamilysupports@metisnation.org.



Find Little Louis!
Squint, stare or blink, look close with your eyes. Find Louis Riel, his hiding spot's a surprise!

Kits

Our 2024/2025 Annual Learner Kit, "Back to the Land", invited families to connect over land-based learning.

We want to see how you've been using your Back to the Land kit over the past year! Send us feedback at elccevents@metisnation.org.

A fun extension activity is to take your animal figures outside (or bring snow inside) to create snow tracks. You could also turn it into a game of "guess the track", having one person make the tracks, and the other(s) guess which animal created the track. Don't have any snow? Try out this activity in mud, sand, dirt, or other textures!



What tracks have you noticed outside?

Stay tuned for our 2025/2026 Annual Learner Kit "Roots Across Time" shipping to approved OneApp applicants this Spring!

Did you know...

Our Métis Baby Bundle Kit is always open for registration! [Click here to learn more.](#)

Our Dolly Parton Imagination Library Early Learning Book Program is also always open for registration! [Click here to learn more.](#)

Check out:
metisnation.org/programs-and-services/education-training/early-learning-and-child-care/elcc-special-projects
for up-to-date information!

Calendar of Events



Written by Madison Frias, Special Projects Supervisor,
and Laura Dika-Holmes, Special Projects Program Developer

April 2

World Autism Awareness Day

[More Information](#)



April 22

Earth Day

[More Information](#)



April 24

One App closes at 4:30 pm EDT

[More Information](#)



May 5

Red Dress Day (National Day of Awareness for Missing and Murdered Indigenous Women and Girls)

[More Information](#)

May 10

Mother's Day



May 11

Moose Hide Campaign

[More Information](#)

June 2026 (all month)

National Indigenous History Month



[More Information](#)

Pride Month



June 21

Father's Day



National Indigenous Peoples Day



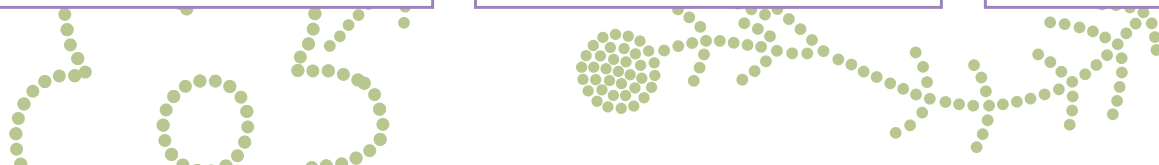
[More Information](#)

June 27

Canadian Multiculturalism Day



[More Information](#)





Three Sister Salad

Written by Rose Colacci-Fines, Developmental Resource Consultant Program

From the traditional teaching of the story of the Three Sisters Stew, the Indigenous planting technique in which corn, beans, and squash grow together to help keep soil healthy and pests away, comes this fresh new side dish.

Packed with healthy fibre, protein and carbohydrates, this salad is the perfect mix for lunch or as an accompaniment to dinner.

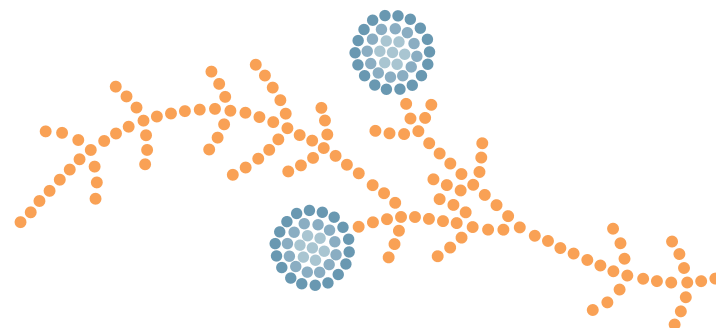
Ingredients

- ∞ 4 cups of cubed, peeled butternut squash (1 small squash)
- ∞ 19-ounce can of black beans, drained and rinsed
- ∞ 4 tablespoons olive oil (or oil of your choice)
- ∞ 2 cups of corn kernels (frozen, canned, fresh, or whatever you have on hand)
- ∞ ¼ cup of apple cider vinegar (you can substitute with red wine vinegar or balsamic vinegar if you prefer a sweet taste)
- ∞ 1 tablespoon of honey
- ∞ ¼ cup of chopped fresh parsley (you can use dried parsley, or change up the flavour with cilantro)
- ∞ ¼ teaspoon of salt
- ∞ ¼ teaspoon of freshly ground black pepper

Directions

1. In a large bowl, toss the squash with olive oil, and place it in a single layer on a parchment-covered cookie sheet. Bake at 400 degrees for 20-25 minutes, or until tender. Set aside to cool.
2. In a large bowl, whisk together oil, vinegar, honey, parsley, salt and pepper.
3. Toss the squash, corn and beans, mix well.

JKenyon. (2024, May 22). Three Sisters Salad. Canadian Food Focus. <https://canadianfoodfocus.org/recipes/three-sisters-salad/#recipe>



Developmental Services and Support Program



Program Updates

*Written by Leanna Neault, Developmental Resource Specialist and
Cassandra Campbell-Gilbert, Developmental Resource Consultant*

The Métis Nation of Ontario (MNO) recognises that the early years are critical to a child's development. Access to early intervention services supports children in achieving appropriate developmental milestones and improving educational outcomes.

The Developmental Services and Support Program is intended to support Métis children's needs and enhance access to evidence-informed clinical services and early intervention supports in their homes, child care, or school settings.

This includes but is not limited to:

- Assessments
- Speech and Language Therapy
- Occupational Therapy
- Autism Supports
- Parent Coaching
- Early Learning Resources

Families can apply to have their child's early intervention and developmental services fees covered by the MNO.

You can apply to our services through the following link starting **Wednesday, April 1, 2026**:

metisnation.org/programs-and-services/education-training/early-learning-and-child-care/elcc-developmental-resource-consultant/developmental-services-and-support-program

If you have questions about the program, please email us at DRCsupport@metisnation.org.



Early Learning Pedagogy



Written By: Sarah Spethmann, Special Projects Pedagogy Specialist,
Courtlynn White, Special Projects Program Developer

A Year of Belonging, Culture and Growth

Over the past year, Métis children and families gathered across Ontario through Early Learning and Child Care (ELCC) Family Camps, Camp AGA, and ELCC Virtual programming. Across these experiences, our team of educators collected 47 documented observations that captured children's play, relationships, and cultural learning in action.

What we witnessed was participation in action and in Métis ways of life, lived, expressed, and strengthened through community. Throughout the year, children demonstrated the four foundations of How Does Learning Happen, Ontario's pedagogical framework for early years programs: belonging, well-being, engagement, and expression.

Belonging was visible as children proudly shared family stories, chose bead and sash colours that reflected their identities at fall and winter camp, and invited peers into their play. Multigenerational participation allowed children to lean into trusted relationships while forming new friendships and connections.

Engagement came alive through hands-on exploration. Children built structures and habitats, experimented with bubble mixtures until they 'worked better', baked Bannock with Yeaston at virtual camp, explored nature trails, and designed their own games and rules. Their persistence, problem-solving, and joy reflected a deep curiosity rooted in community and culture.

Expression was heard in confident storytelling, song, dramatic play, and humour. Children connected museum exhibits to family histories at the Métis Heritage Centre Museum in Sault Ste. Marie shared cultural knowledge with pride and celebrated who they are as capable Métis citizens.

Well-being emerged through acts of empathy, collaboration, and independence. Children offered



help to peers, ensured one another's safety, and embraced new challenges with confidence. These moments showed that learning unfolds best within a relationship.

Across every event, children reminded us that they are Knowledge Holders. When environments are grounded in land, culture, and open-ended play, children thrive as learners and strong, connected members of their community.



To the families and guardians who shared stories, traditions, and time with us at all ELCC events this past year, thank you! Together we are nurturing confident identities, joyful learning and a vibrant Métis future rooted in belonging and relationship.

Why do we take pedagogical observations during ELCC events?

On the ELCC team, our educators and staff take part in a pedagogical process at every event. This process is designed to intentionally document, reflect on, and deepen our understanding of children's play and cultural learning so that we can meaningfully respond to their strengths, interests, and identities. When you attend an ELCC event and are asked to sign for observational data consent, you are helping ensure that what we **notice** during events is thoughtfully **named, nurtured**, and woven into future planning to strengthen Métis ways of being within our early learning experiences.

What is early learning pedagogy?

Early learning pedagogy is the thoughtful approach educators use to support children's growth through play, relationships, and meaningful experiences. It's about noticing what children are curious about, understanding how they learn best, and intentionally creating environments where they feel safe, capable, and excited to explore.

Ontario Ministry of Education. (2014). *How does learning happen? Ontario's pedagogy for the early years.* Queen's Printer for Ontario. <https://files.ontario.ca/edu-how-does-learning-happen-en-2021-03-23.pdf>

Coughlin, A. M., & Baird, L. (2021). *Creating a culture of reflective practice: The role of pedagogical leadership in early childhood programs.* Redleaf Press.

Curtis, D., & Carter, M. (2007). *Learning together with young children: A curriculum framework for reflective teachers.* Redleaf Press.

Garboden Murray, C. (2021). *Illuminating care: The pedagogy and practice of care in early childhood communities.* Exchange Press.



Grow Your Garden



Article written by: Krista Young, Navigator, Mental Health and Addictions Program, CWB & Samantha Lavigne, Navigator, Mental Health and Addictions Program, CWB

Activity: Emily Ford, Navigator, Mental Health and Addictions Program, CWB & Tabitha Stevens, Navigator, Mental Health and Addictions Program, CWB

The snow has melted, and the wind is warmer. The sun shines bright, and days grow longer.

Birds sing from the trees, and bunnies run freely. We say goodbye to winter and welcome the new season. Spring is when we plant seeds to make things grow. Daisies sprout fast, while peonies sprout slowly. Many plants bloom in the light of the sun. And, some like the shade until they are done. Some grow as bushes, and some grow as stalks. Some have large petals, and some grow near rocks. Each flower is different, in colour, size, and smell. Yet, all of them drink water from the same well. They need the sun and the moon to make their petals bloom. They sometimes need rain, and weeds pulled, too.

We are all like gardens; we grow differently. Your garden is special. It is a reflection of you. It will not look the same as your friends' or family's does. Let's plant a garden for wellness so that you can be happy and healthy, too!

Mind

Listen to the sounds around you while outside.

- What animals or bugs can you hear?
- What sounds do you hear when you walk?
- Can you hear the wind blow?
- Is there rain falling to the ground?
- Does water splash when you jump into a puddle?

Body

Connect your body to the Earth while outside.

- What scent does your nose smell?
- What does the grass feel like?
- Are sticks soft or scratchy?
- Is the ground wet or dry?
- Is the wind warm or is it cold?
- Are the flower petals smooth or bumpy?

Emotions

What feelings do you have when outside? Think about where in your body you feel these emotions.

- Do you feel happy?
- Do you feel sad?
- Do you feel mad?
- Do you feel calm?
- Do you feel silly?
- Do you feel scared?
- Do you feel excited?



Confidence and Self-Esteem

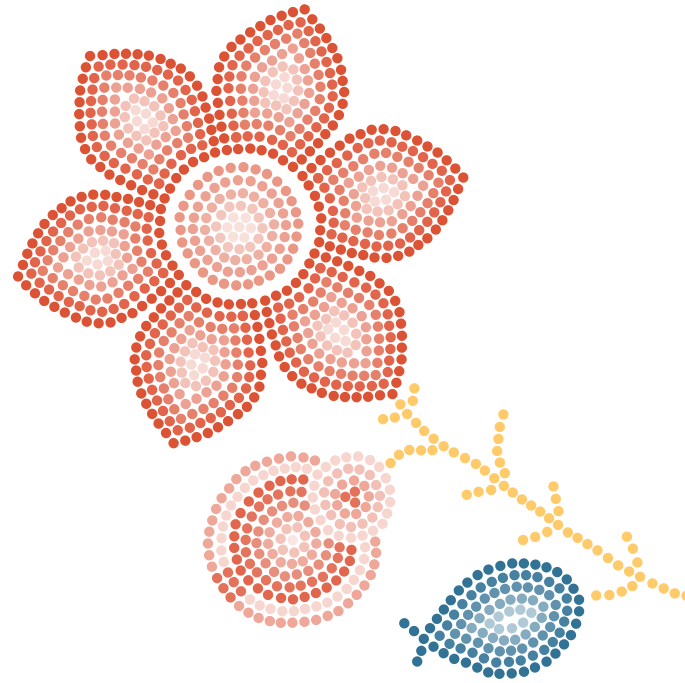


Written by Mental Health and Addictions Navigators Emily Ford, Tabitha Stevens, Krista Young, and Clinical Care Team Lead Brianna Zynomirski

Culture

How do you connect with Métis culture when outside?

- ☞ Do you plant your own garden?
- ☞ Do you forage or hunt for food?
- ☞ Do you go for walks in nature?
- ☞ Do you look at the stars?
- ☞ Do you pick up garbage lying on the ground?



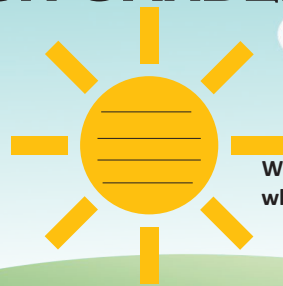
Activity:

HOW DOES YOUR GARDEN GROW?

What can you do to help you feel good?
Write it in the watering can!



Write the names of people who make you feel good in the sun.






Write your thoughts and feelings in the petals.



What helps a garden grow?
Water and sun!

Let's think of our mind as the garden in this activity. Let's help it grow.

Use the word box below to help you complete the activity. Write or cut and paste the words.

| | | |
|---|---|---|
|  |  |  |
| Parent | Journal | Happy |
| Teacher | Outdoor Play | Sad |
| Friend | Talking | Worried |
| Sibling | Drawing | Excited |
| Grandparent | Take a Walk | Nervous |

Created by: Tabitha Stevens, Samantha Lavigne, Emily Ford
Child & Youth Mental Health Navigators,
Community Wellbeing Branch

Healthy Children and Families Update



Program Information

Healthy Children and Families Update

Written by Holly Kinstler, Métis Healthy Babies Healthy Children Coordinator

To access the program's services or for more information, contact our One MNO Navigators at 1-800-263-4889 Ext. 7 or contactus@metisnation.org.

Meet the Healthy Children and Families Team Thursday, May 14, at 7:00 pm Eastern Standard Time (EST)

Join the Healthy Children and Families team to learn more about the Métis Healthy Babies Healthy Children (MHBHC) Program, the Canada Prenatal Nutrition Program, and the Community Action Program for Children. This session will highlight how each program supports families during pregnancy and throughout a child's early years. You will also find out who your closest coordinator is, how to access services, and what upcoming events, workshops, and family activities are happening near you. Whether you are expecting, parenting a young child, or supporting a family member, this is a chance to explore the supports available and ask questions in a welcoming space.

Register via Zoom: <https://zoom.us/meeting/register/0qsEKg7URhOix8CNLEvX4A>

Participant Based Activities (April - August 2026)

Participant-based activities focus on a group rather than on an individual. These activities are open to specific community groups

Virtual Province Wide

Webinar on Children's Sleep May 2026

Location: Virtual, and open to all regions!

Join Kyana, Certified Pediatric Sleep Consultant from Sleepy Bee, Sleep Consulting, and several Métis Healthy Babies Healthy Children (MHBHC) sites via Zoom to learn more about sleep! This presentation will cover safe sleep practices, including co-sleeping and healthy sleep habits. This webinar is virtual and open to all. If you are interested, please complete this quick form so we can contact you with registration details once the event date is confirmed: <https://www.surveymonkey.com/r/WVSJM9L>

Kids' Beading Event June 2026

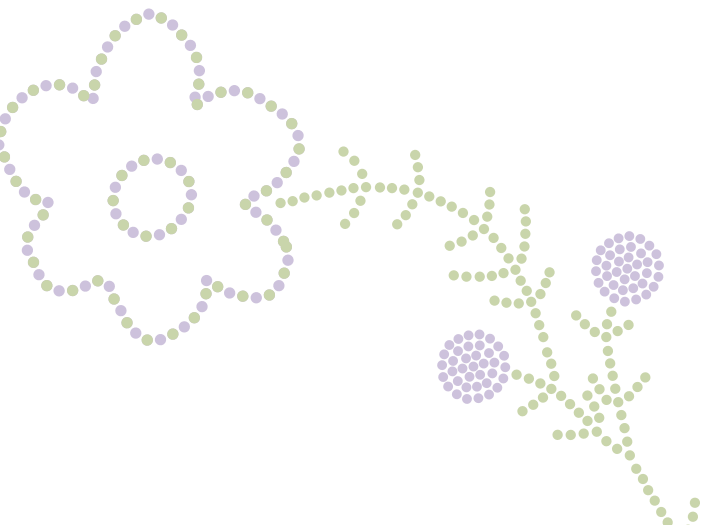
Location: Virtual and hybrid options available

Dale Xilon from the Métis Healthy Babies Healthy Children (MHBHC) Program team will be facilitating a fun and interactive kids' beading event in June with several MHBHC coordinators. All materials will be provided, and limited space is available. If you are interested, please complete this quick form so we can contact you with registration details once the event date is confirmed: <https://www.surveymonkey.com/r/WVSJM9L>

Anti-Bullying August 2026

Location: Virtual, and open to all regions!

Please join the Métis Healthy Babies Healthy



Healthy Children and Families Update



Program Information

Children Program and the Victim Services team for a collaborative event focused on anti-bullying for kids and parents. If you are interested, please complete this quick form so we can contact you with registration details once the event date is confirmed: <https://www.surveymonkey.com/r/WVSJM9L>

Vegetable Gardening for Beginners

April 2026

This multi-site hybrid collaboration with the Community Wellness (CW) Program will support Métis families with young children as they learn simple, beginner-friendly gardening skills. Participants receive seed kits and hands-on guidance to help them explore growing food and plants together at home. Please contact amandag@metisnation.org for more details.

Bancroft

Parent Learning Series Session One

Tentative Date: Wednesday, May 6, 2026,
from 6:00 pm - 8:00 pm EST

Location: Bancroft Métis Nation of Ontario Office

We are excited to invite parents and caregivers to participate in our Positive Parenting Learning Series: Building Knowledge and Skills with Confidence.

Parents and caregivers are invited to join our Positive Parent Learning series. This series helps build knowledge and confidence through professional guest speakers and group discussion. Each session offers a safe and welcoming space to learn about important parenting topics and connect with others. Each session includes an interactive self-care activity that encourages parents to pause, reflect, and take care of themselves, while also providing an opportunity for personal reflection. Registration is required; please contact tammyh@metisnation.org and stacies@metisnation.org for more details.

Maternal Wellbeing

Thursday, June 25, 2026,
from 10:00 am - 12:00 pm EST

Location: Bancroft Métis Nation of Ontario Office

The transition to motherhood is a powerful and life-changing journey. One that deserves care, connection, and support. Join us for a session focused on supporting mental, physical, and emotional health during the transition to motherhood. This interactive session provides a welcoming space to discuss the experience of becoming a mother and to connect with others. Participants will also learn about community supports and resources available to help reduce isolation and build strong support networks. Join us for an opportunity to learn, reflect, and feel supported in your motherhood journey. Registration is required; please contact tammyh@metisnation.org for more details.

Community Kitchen Skill Share

Friday, May 29, 2026, from 10:00 am - 12:00 EST

Location: Bancroft Métis Nation of Ontario Office

Join our welcoming Community Kitchen Skill Share program! Learn practical cooking tips, budget-friendly meal planning, and ways to make the most of your food resources. While we will not be cooking together in person, participants will receive a food resource kit to try at home.

Connect with others, gain helpful tips, and explore healthy, affordable meals in a friendly and supportive space. Registration is required; please contact tammyh@metisnation.org and stacies@metisnation.org for more details.

Whitby Area

Little Learners Storytime

May 2026

Location: Whitby and Brampton Métis Nation of Ontario Offices

You are invited to join us for a fun story time event. Our kit theme is bugs and movement. All kits

Healthy Children and Families Update



Program Information

will include an age-appropriate book. Contact sydneyha@metisnation.org (Whitby) or nicolep@metisnation.org (Brampton) to register today!

Beginners Sewing Group

May 2026

Location: Whitby Métis Nation of Ontario Office



You are invited to join Sydney at the Whitby Métis Nation of Ontario office for a beginner's 3-part sewing group. This group will focus on teaching sewing basics. Participants will learn how to sew on a machine and take home an item they made! Spots are extremely limited, and it is highly encouraged to email sydneyha@metisnation.org to register as soon as possible! In-person attendance is required for this workshop.

Nature Stamps: Sensory Walk

June 2026

Location: Whitby Métis Nation of Ontario Office



You are invited to join Sydney at the Whitby Métis Nation of Ontario office for an interactive and fun workshop. We will make our own playdough, take it on a walk to make 'nature stamps', and read a book. A light, child-friendly snack will be provided. Please email sydneyha@metisnation.org to register.

Renfrew

Early Years Development

August 2026 TBD

Location: Renfrew Métis Nation of Ontario Office (102-236 Stewart Street)

In this in-person collaboration with the Renfrew

County and District Public Health Unit, families will learn practical, easy-to-use tips they can bring home to support their child's growth throughout the early years. Participants will also receive a Looksee Checklist to help them track and understand developmental milestones. Please contact amandag@metisnation.org for more details.



Family Fun Day

July 2026

Location: Splash Valley Waterpark & Resort (15906 Hwy 17, Cobden)

An in-person event will be held at Splash Valley Waterpark & Resort. Family Fun Day will emphasize the significance of unplugging and participating in physical fitness and activities. This event is specifically designed for Métis families with school-aged children. Please contact amandag@metisnation.org for more details.

Indigenous Peoples Day

June 21, 2026

Location: Pembroke Waterfront Park

This in-person event will allow participants to gather and build a sense of belonging within the community. It will promote cultural relationships in the community and share cultural pride. This event is open to the community and will take place at the Pembroke Marina. Please contact amandag@metisnation.org for more details.

Toronto

Parent Self-Care 101

April 2026

Healthy Children and Families Update



Program Information

We invite all parents to join us in April for a parent self-care night. Parents can complete crafts, learn how to journal to reduce stress, enjoy light snacks, and meet local parents. The Métis

Healthy Babies Healthy Children Coordinator and Métis Family Wellbeing Coordinator will be there to guide you through a stress-relieving self-care night and to answer questions about our programs and services. Please contact majam@metisnation.org to register and for more information closer to the event.



Spring Storytime Circle May 2026

Please join us for an interactive story time featuring a story written by a Métis author. You will be able to complete a seasonal craft, have some light snacks with your little one, and connect with local families. Please contact majam@metisnation.org for more details about the event.

Family Picnic and Sports Day June 2026

Join us for a fun-filled Family Picnic & Sports Day featuring a baseball basics workshop session! Bring the whole family for a day of outdoor fun, friendly games, and community connection. Kids and parents will have the chance to learn the basics of baseball in a relaxed, beginner-friendly environment, no experience needed! Please contact majam@metisnation.org for more details.

Ready, Set, Snack! August 2026 (Virtual)

Join us for a back-to-school workshop designed to help parents prepare healthy, affordable, and delicious snacks their children will actually enjoy! Learn simple ideas, smart shopping tips, and easy prep strategies to fuel your child for a successful school year. Please contact majam@metisnation.org for more details.

Barrie

Mini Métis Playgroup
First Tuesday of the Month, from 10:00 am to 12:00 pm Eastern Standard Time (EST)
Location: Barrie Métis Nation of Ontario Office

You are invited to join us for a fun and welcoming playgroup in Barrie. Your little ones, ages 0-6, can enjoy sensory play, crafts, songs, and story time in a relaxed, inclusive space. While the kids play, Métis Healthy Babies Healthy Children Coordinators and Developmental Resource Consultants will be available to share tips, answer questions, and support your child's growth and development. Please contact Tonisham@metisnation.org for more details and to register!

Berry Picking
July 2026
Location: Barrie area

Join us for a delightful day of berry picking with family and friends! Spend time outdoors enjoying fresh air, sunshine, and the simple joy of gathering ripe, juicy berries



Healthy Children and Families Update



Program Information

straight from the vine. Please contact tonisham@metisnation.org for more details.

Gardening 101

April 2026

Location: Barrie Métis Nation of Ontario Office

Join our Métis Healthy Babies Healthy Children and Community Wellbeing Coordinators at the Barrie Métis Nation of Ontario office for a refreshing and hands-on gardening session where nature, learning, and community come together! Participants will learn basic gardening techniques, including planting, soil preparation, watering tips, and seasonal care. Please [contact tonisham@metisnation.org](mailto:contact_tonisham@metisnation.org) for more details and to register.

Kingston

Mini Métis Playgroup

First Wednesday of the Month, from 9:00 am to 11:00 am Eastern Standard Time (EST)

Location: Kingston Métis Nation of Ontario Office

You are invited to join us for a fun and welcoming playgroup in Kingston. Your little ones can enjoy sensory play, crafts, songs, and story time in a relaxed, inclusive space. While the kids play, Métis Healthy Babies Healthy Children Coordinators and Developmental Resource Consultants will be available to share tips, answer questions, and support your child's growth and development. Please contact TracyR@metisnation.org for more details.

Mental Health Make and Take

June 2026

Location: 263 Weller Avenue

Mothers with infants ages 0 to 6 months are warmly invited to join us for a relaxed and welcoming caregiver group. You can join the discussion while you enjoy crafts and snacks. The Métis Healthy Babies Healthy Children Coordinator and Community Partners will be there to answer questions, share tips, and offer support regarding your child's growth and development. Activities

include Dot Art, Affirmation Making and Hand and Foot Stamping. Registration is required, and childminding for older siblings is limited. Please contact Tracyr@metisnation.org for more details.

Community Kitchen

June 2026

Location: 263 Weller Avenue

You are invited to join us for cooking a delicious community meal. Increase your knowledge of cooking, meal preparation, and creating budget-friendly meals. Join us as we create community connections for caregivers in Kingston. Métis Healthy Babies Healthy Children Coordinator and Community Partners will be there to answer questions about child development and community support. Registration is required, and childminding is limited. Please contact Tracyr@metisnation.org for more details.



Midland

Mini Métis Playgroup

Third Thursday of the Month, from 9:30 am to 11:30 am Eastern Standard Time (EST)

Location: Midland Métis Nation of Ontario Office (845 King Street, Unit 10)

You are invited to join us for a fun and welcoming playgroup in Midland. Your little ones can enjoy sensory play, crafts, songs, and story time in a relaxed, inclusive space. While the kids play, Métis Healthy Babies Healthy Children Coordinators and Developmental Resource



Healthy Children and Families Update



Program Information

Consultants will be available to share tips, answer questions, and support your child's growth and development. Please contact LisaT@metisnation.org for more details.

Owen Sound

Play & Grow July 2026

Monthly play group for caregivers and children ages 0-6. A safe and supportive space for children to enjoy sensory play, play-based learning activities, and a variety of crafts and games. Caregivers will also have the chance to build community and learn about how they can support their children's development. Please contact Kaylea Oliver for more details: kayleao@metisnation.org.

Read with Me Storytime August 2026

Location: Owen Sound Public Library

A fun and interactive experience to support early literacy in children! Listen to a story, then enjoy a variety of reading-related activities, such as a build-your-own-book station! Caregivers will have the opportunity to learn how to support their children's love for reading and make learning a fun experience at home. Please contact Kaylea Oliver for more details: kayleao@metisnation.org.

Sault St. Marie

Lullabies and Little Hands Tuesday, April 14, 2026

Join a sharing circle while creating a personalized songbook for their baby, discussing the first day at home with the baby, and how to self-care/grooming/shower with the baby. Limited space, register by emailing melindav@metisnation.org.

Wrapped in Love Tuesday, May 19, 2026

Sharing circle while creating a personalized baby blanket, discussions about what to expect at the hospital, the end of pregnancy, and the first days with your baby. Limited space, register by emailing melindav@metisnation.org.



Little Moments, Big emotions Tuesday, June 16, 2026

Parents create a survival kit to support themselves and their child during big emotions, providing practical tools and offering strategies for communication, behaviour, and stress management. Limited space, register by emailing melindav@metisnation.org.

Ready, Set, Grow! Tuesday, August 18, 2026

Bringing big kids and little kids together to talk about school, reducing anxiety, and providing school supplies/daycare supplies. Limited space, register by emailing melindav@metisnation.org.

Thorold

Family Fun Day June 2026

Participants will strengthen their knowledge and connection to culture and community through various station activities and crafts for children and families. Contact Rebeccav@metisnation.org for more details.

Healthy Children and Families Update



Program Information

Fun in the Sun July 2026

Community Picnic in the Park. Discussions will take place on sun and water safety. A splash pad and fun on the playground are available for families. Sunscreen will be distributed to each family.

Limited spots - must register. Contact Rebeccav@metisnation.org for more details.

Walking Group July and August 2026 Location: Merritt Island

Participants will gather at Merritt Island to walk together, encouraging parent-to-parent connections for support. A refreshment will be provided at the end of the walk. Rebeccav@metisnation.org for more details.



Whitby Area Photos: Photos provided by participants with consent. Past PBAS run by Sydney, the MHBHC coordinator in Whitby. On the left are photos from the Cooking Through the Cold PBA, and on the right are photos from the Christmas Family Time PBA.

Renfrew Photos: Pictures taken by Amanda Giroux, MHBHC Coordinator (Renfrew from Fall Family Fun Day at Hugli's Blueberry Ranch! Region 6 (Pembroke) on October 25, 2025, on the right province-wide Virtual Paint Night, facilitated by Jessica Somers of Focal Point Artistry, on October 8, 2025.

Kingston Photos: Kingston 1, taken by Tracy Roddy (picture from the language circle, February 2026). Kingston 2 and 3 are PBA - Reading with focus (Jan 2026).

