



Neyâskweyâhk Acimowin ᓂᓴᓐᓴᓐ ᓴᓴᓐᓴᓐ

Ermineskin Newsletter March 18, 2026 Neyâskweyâhk Acimowin Niskipîsim Ayinânewosâp

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Three Local Youth Represent Their Communities in Elite U.S. Hockey

The community of Maskwacis has many reasons to celebrate as three talented young hockey players recently completed an incredible season competing at the elite level in the United States. Sydney Ward and Ethan Morin from Ermineskin Cree Nation, along with Bryan Bruno from Samson Cree Nation, spent the 2025–2026 hockey season playing with the New Jersey Titans U18 AAA Elite Hockey Team.

For these three athletes, the experience marked an important milestone in their hockey journeys. Competing at the AAA elite level means facing some of the top young players from across North America, in a fast-paced and highly competitive environment that pushes athletes to perform at their best both on and off the ice.

Their opportunity to play in New Jersey came after years of dedication, early mornings at the rink, and countless hours spent developing their skills. Just as important as their hard work has been the support of their families, coaches, teammates, and the Maskwacis community that helped them along the way.

Like many young players in Maskwacis, they fell in love with hockey close to home. Playing with friends, practicing in local arenas, and learning from community coaches who encouraged them to keep improving. One of the players reflected on those early days, saying, *“I was first inspired to pursue my hockey career seriously when my two older brothers were hockey players, and as I got older, my dad made me a hockey player. I realized it can take me beyond my home community as I started getting older and trying my best to improve myself to try to play at a higher level of hockey than in my hometown.” says Sydney Ward.*

Those early experiences helped shape their passion for the sport and eventually opened doors to opportunities far beyond their home communities. Playing a full season with an elite AAA program in the United States was a major step for-



Sydney Ward, Ethan Morin and Bryan Bruno

ward in their development as athletes.

Living and playing in another country also came with its challenges. Being away from family, adapting to a new environment, and adjusting to the speed and intensity of elite-level hockey required resilience and determination.

Bryan Bruno shares, *“One of the biggest adjustments was getting used to living away from home and being more independent. I had to take care of myself more and manage my time with school, hockey, and other responsibilities. The hockey was also very competitive, so I had to work harder and adjust to the faster pace and higher level of play. Even though it was difficult at times, it helped me grow as a person and as a hockey player. It taught me how to handle being away from home and stay focused on my goals. As an Indigenous athlete, my culture and community have had a big influence on the way I approach hockey and my goals. Growing up in Maskwacis, my community has always supported me and pushed me to work hard. Knowing where I come from motivates me to represent my community in a positive way every time I step on the ice.”*

Despite those challenges, the experience helped them grow both as hockey players and as young individuals learning to manage school, travel, and life away from home.

As Indigenous athletes from Maskwacis, Sydney Ward, Ethan Morin, and Bryan Bruno carried the pride of their Nations with them throughout the season. Representing their communities at such a high level was not something they took lightly. **“My culture and community motivate me to work hard and represent where I came from with pride,”** says Ethan.

For many young people in Maskwacis, hockey is more than just a game. It is a pathway to opportunity, discipline, and personal growth. Seeing local youth compete at an elite level sends a powerful message to younger players that their dreams are possible.



The road to this level of competition was not always easy. Along the way, the players faced challenges such as homesickness, balancing school responsibilities with demanding training schedules, and adjusting to life in a new environment. **Leaving home to play hockey came with a lot of challenges for me. One of the biggest was**

being away from my family and friends. Growing up in maskwacis, I was used to being around my community all the time, so moving away felt lonely at first. I missed family dinners, hanging out with my friends, and just being at home. There were also challenges balancing hockey and school because I graduated grade 12 this year from Wetaskiwin Composite High School with Sydney. I'm thankful Sydney and I had each other to support one another with our schooling because we had to do our final year of high school online, but we were enrolled in the same classes” explains Byran.

That support system has been a key part of their success. Parents, relatives, coaches, and mentors all played important roles in helping them reach this stage of their hockey journeys. Looking back on the season, one of the players shared that one of the proudest moments was simply knowing they were representing their community at a higher level of competition. **“The moments of my hockey career that made me feel the proudest are travelling around the provinces to play in hockey tournaments outside of my province, or even the country. I went to a hockey tryout in Las Vegas and travelled to the Yukon to play in a tournament for a weekend. Even playing with my friends meant the most.** Sydney says.

Their experiences are already inspiring younger athletes throughout Maskwacis who dream of following similar paths. When asked for advice for young Indigenous players hoping to

pursue high-level hockey opportunities, one of the athletes offered thoughtful and encouraging words. **“For young Indigenous hockey players dreaming of high-level competition, my advice is to believe in yourself and stay true to your roots. The odds may feel against you, especially when leaving home, but if hockey is your passion, work hard every day. Discipline is crucial. Put in the effort when no one is watching by hitting the gym and honing your skills. You’ll have tough days, but those challenges are part of the journey. Stay connected to your culture and community; it can provide strength and motivation. Your success inspires younger kids to chase their dreams too. Above all, don’t give up. There will be setbacks, but if you keep pushing forward and believing in yourself, you can achieve more than you ever imagined.”** Says Bryan.

Ehtan emphasized the importance of staying focused and confident despite negativity. **“Don’t listen to the hate or the envy. No matter where you go, there will always be people who try to bring you down. Just focus on your goals and keep playing hockey.”** he says. Sydney adds, **“Some advice I’d give to young indigenous players is don’t be afraid to go out and explore, and play on new teams. Even if it has to be out of your hometown, province, or even country. Playing against kids at a higher level than you can improve you in many ways, as it gets you used to playing against kids who may be much more improved.**

The accomplishments of Sydney Ward, Ethan Morin, and Bryan Bruno represent more than individual success. Their journeys are a source of pride for Maskwacis and the Four Nations, highlighting the talent, determination, and resilience within the community.

By completing a season with the New Jersey Titans U18 AAA Elite Hockey Team, these three young athletes have not only taken an important step in their own hockey careers but have also become role models for the next generation of players back home. Their story is a reminder that with dedication, strong community support, and belief in oneself, dreams that begin on the rinks of Maskwacis can lead to opportunities across North America and beyond.



Sydney Ward, Danny Howard (Coach), Geroge Haviland (Coach), Bryan Bruno and Ethan Morin

Article by: Kayla Cutarm

Photos Provided by: Barbara Dumigan-Jackson

Day Scholars Revitalization Society: Supporting Healing, Culture, and Community

The Day Scholars Revitalization Society (DSRS) is an Indigenous-led organization dedicated to supporting Indian Residential School **Day Scholar Survivors** and their **first-generation descendants**. Through funding, programs, and resources, the society works to promote healing, cultural revitalization, and community wellness for individuals and families affected by the residential school system. (drsociety.ca)

Who Are Day Scholars?

Day Scholars are Indigenous students who were required to attend Indian Residential Schools during the day but returned home at night. Although they did not live at the schools, many still experienced the harmful impacts of the residential school system, including attempts to erase Indigenous languages, cultures, and identities. (drsociety.ca)

What We Do

The Day Scholars Revitalization Society (DSRS) is an Indigenous led organization that provides grants to Indigenous Day Scholar Survivors — those who attended residential schools during the day and returned home at night — and their first-generation descendants to promote their wellbeing, and the revitalization and preservation of their Indigenous cultures, languages, heritages and knowledge through learning, healing and commemoration.

For many years, Day Scholars were not included in earlier residential school settlements. A class action launched in 2012 led to recognition and a settlement that created resources to support survivors and their families. As a result of this settlement, the Day Scholars Revitalization Society was established to help guide healing and revitalization initiatives moving forward. (drsociety.ca)

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Supporting Healing and Revitalization

Through the Day Scholars settlement, a **\$50 million Day Scholars Revitalization Fund** was created to support programs and initiatives for survivors and their descendants. These funds are intended to strengthen communities and support meaningful projects that promote:

- Healing and wellness

- Indigenous language revitalization
- Cultural programs and heritage activities
- Education and community learning
- Commemoration and honouring survivor stories

These initiatives help communities reconnect with culture, language, and traditions while supporting personal and collective healing. (drsociety.ca)

A Vision for the Future

The Day Scholars Revitalization Society envisions a future where the healing and revitalization of Indigenous languages, cultures, and heritage contribute to the wellness of individuals, families, communities, and Nations. The organization works with survivors and descendants to ensure that their voices, experiences, and traditions guide the path forward. (drsociety.ca)

Learn More or Apply

Survivors and first-generation descendants may be eligible for funding opportunities through the Day Scholars Revitalization Society. For more information about eligibility, available funding, and resources, visit the DSRS website: <https://www.drsociety.ca/>

If you or someone you know is a Day Scholar Survivor or descendant, these resources may help support healing, cultural revitalization, and community-led initiatives for future generations.

Day Scholars

This revitalization society is for "Day Scholars". Day Scholars are individuals who attended a Residential School during the day but did not sleep at the schools overnight. The lists of Residential Schools that had, or may have had, Day Scholars are listed in Schedule E in the Settlement Agreement.

Day School

This settlement is for individuals who attended one of the identified Federal Day School listed on the List of Federal Day Schools (Schedule K of the Settlement Agreement) and experienced harm.



Please check to see if your school is listed Under Schedule E. Click on "Am I eligible" to find out more on our website at www.drsociety.ca



RCMP Reminder: Criminal Record Check Process for Maskwacis Community

The Maskwacis RCMP would like to remind community members from the Four Nations about important information regarding criminal record checks at the local RCMP detachment.

Currently, front counter staff at the detachment are experiencing a very high volume of requests for criminal record checks. This level of demand has become difficult to sustain while continuing to provide other essential services to the community. To help manage this workload, the RCMP is asking employers and organizations to adjust when they request criminal record checks during the hiring process.

Moving forward, criminal record checks should **only be requested once an applicant has been short-listed or approved for hiring**. This means checks should take place during the final stage of the hiring process rather than being required as part of the initial job application.

Chief and Council, along with directors within the Nations, have already been notified of this change. The goal is to reduce unnecessary applications and ensure that detachment staff can continue providing timely service to the community.

Volunteer positions are not affected by this change. Criminal record checks for volunteer roles will continue to be processed as usual.

Criminal Record Check Application Information

When can I apply?

Criminal Record Check applications are accepted and processed on **Tuesday, Wednesday, and Thursday between 8:30 A.M. and 3:30 P.M.**

How long will it take?

Completed Criminal Record Checks will be **ready for**



pick-up in approximately two weeks.

What identification is required?

Applicants must bring **two valid pieces of identification** at the time of application.

- At least **one piece must be a government-issued photo ID.**
- **One piece must show a Maskwacis address.**

Both forms of ID must be presented when submitting the application. Applications **will not be processed without two valid forms of identification.**

Do I need a letter from an organization?

Yes. All Criminal Record Check requests require a **letter from the requesting organization.** The letter must explain:

- What type of check is required (**basic criminal record check or vulnerable sector check**), and
- The **purpose of the check** (for example, employment or volunteer work).

For more information about criminal record checks and vulnerable sector checks, please visit the RCMP website: <https://rcmp.ca/en/criminal-records/criminal-record-checks>

The Maskwacis RCMP appreciate the cooperation of the Four Nations and thank community members for helping ensure services remain efficient and accessible for everyone.

Senior Women’s Hockey Returns to Maskwacis

From March 6–8, 2026, the Treaty 6 Reign proudly hosted a Senior Women’s Hockey Tournament in Maskwacis—marking a powerful and historic moment for women’s hockey in our nation.



greater meaning to the tournament, as it became a celebration of the strength and resilience of Indigenous women in sport.

The event brought together athletes, families, leaders, and nation members to respect and honor our women. A heartfelt thank you goes out to all visiting teams, Elders and leadership, volunteers, and fans whose support made this tournament such a success.

Adding to the impact of the weekend, young players from the U13 Female Maskwacis Hawks were actively involved throughout the tournament. Assisting wherever they could—from helping with player awards to cleaning dressing rooms—they fully embraced the experience. As shared by coach Leighton Raine, the girls were “rink rats all weekend,” enjoying the opportunity to watch high-level hockey, connect with players, and spend time together. Their excitement and inspiration were evident, leaving them motivated and eager to continue their own journeys in the game.

This tournament was more than just a competition—it was a milestone moment, laying the foundation for the continued growth of women’s hockey in Maskwacis.

In conclusion, the Maskwacis Women’s Sr. Hockey Tournament marked a meaningful and long-awaited return of women’s hockey to Maskwacis. The event not only showcased a high level of skill, determination, and sportsmanship on the ice, but also created a powerful sense of community off it.

For many young female players, having the opportunity to watch, assist, and be part of the tournament was both inspiring and impactful. They witnessed firsthand what dedication to the game can achieve, sparking motivation and belief in their own hockey journeys. This tournament was more than just a competition—it was a celebration of growth, opportunity, and the bright future of female hockey in our nation.

Article/Photos by: Tara Cutarm



The tournament opened in a meaningful way, beginning with a warm welcome from Gale Raine. Holly Rattlesnake shared an opening prayer and song, followed by a powerful Drum Honor Song by James Larocque. Chiefs Joel Mykat and Wil-

ton Littlechild offered inspiring remarks, recognizing the importance of the event and celebrating the strength of women in sport and community. The ceremonial puck drop was performed by Veteran and former elite hockey player Henry Raine, setting the tone for a great weekend.

What started earlier this season as a small group of women simply wanting to get on the ice quickly grew into something much greater. That vision and determination led to the successful hosting of nine teams from across Alberta and Saskatchewan—right in the heart of Maskwacis.

The level of competition throughout the weekend was exceptional, showcasing the talent, passion, and resilience of women’s hockey.

Congratulations to the tournament winners:

1st Place – T6 Birds

2nd Place – Kikino

3rd Place – Tsuut’ina Warriors

The final day, March 8, recognized as International Women’s Day, added even



From Our Community to the World Stage: A Pool Player's Inspiring Journey

When athletes from small communities step onto the international stage, they carry more than just their gear; they embody the pride, hopes, and dreams of their hometowns. This was exemplified when a local player, Lawrence Campeau-Roasting, competed in the prestigious BCAPL World Pool Championship, held at the Westgate Las Vegas Resort & Casino.

The championship spanned ten days and attracted thousands of competitors from across the globe. It also showcased other significant events, including the Predator Pro Billiard Series and the USA Pool League Championship, establishing it as one of the largest gatherings in the world of billiards. Competing against hundreds of skilled players is no easy feat. Among approximately 3,200 participants, he battled his way into the Top 64, a remarkable achievement amid seasoned international competitors.

“Even though the competition was fierce, it was an incredible experience just to be able to compete at such a high level and face off against so many talented players from around the world,” he reflected.

For many athletes, entering such a high-stakes arena can be daunting. However, for him, it was a chance to grow, learn, and proudly represent his community. One of the most intriguing aspects of international competition is the variety of playing styles on display. Each country, region, and even individual approaches the game differently.

“When I go up against opponents from diverse backgrounds, I pay close attention to their playing style and adjust my strategy accordingly. Everyone has their own rhythm. Some players are fast, others are more deliberate, but the key is to stay focused, patient, and positive,” says Lawrence.

A true competitor shows flexibility. Instead of being scared by new styles, he welcomes them as opportunities to improve his own game. International tournaments often come with intense pressure, crowds, cameras, and the understanding that every shot counts. His method for managing these high-pressure moments is both simple and impactful.

“My strategy is to remain calm and focus on one shot at a time. Big tournaments can feel overwhelming, but by concentrating on my routine and trusting the skills I’ve honed, I can block out the distractions and maintain my composure.” This advice resonates not only in billiards but in tackling any life challenge: focus on the immediate step, trust your preparation, and stay grounded.



Lawrence Campeau, Lawrence “Jr” Konchinew, Kim Wong, Lawrence Campeau-Roasting, Marvin Shingoose & Joshua Orr

Competing on such a grand scale has shifted the way he views his future. **“This experience pushed me to keep honing my skills. Competing at an international level opened my eyes to the high standards, and it inspired me to practice more and pursue larger tournaments.”** Instead of being satisfied with a strong performance, he views it as the beginning of something greater.

For anyone who dreams of stepping into international competition for the first time, his message is straightforward: **“Stay confident and embrace the experience. It may feel overwhelming initially, but if you keep your focus and treat it like any other game, you’ll perform better and learn a great deal. And remember, take it one shot at a time.”**

For Lawrence, the most unforgettable part of the experience went beyond the competition; it was the chance to represent his roots. **“The highlight was meeting and competing with players from around the world and visiting places many only dream of. Being on the big screen and soaking up the tournament atmosphere was incredible. It challenged me, helped me grow as a competitor, and allowed me to show my community that anyone can achieve their dreams.”**

Stories like these remind communities everywhere that talent and determination can emerge from anywhere. With dedication, courage, and belief, even the grandest stages in the world are within reach.

Article by: Kayla Cutarm

Photo provided by: Lawrence Campeau-Roasting

ECN Pink Shirt Day - In The Workplace



March 12, 2026, ECN staff recently came together to recognize Pink Shirt Day, a meaningful initiative that highlights the importance of kindness, inclusion, and standing up against bullying in all environments—including the workplace.

Coordinated by Events Coordinator Elvin Wolfe and his assistant, the day brought staff together in a show of unity and awareness. Presenters Carla Listener and a guest speaker shared insights into the many external factors that can influence an individual's emotional and mental state. From daily stressors to basic needs such as proper nutrition, their message emphasized how unseen challenges can affect how people show up at work and interact with others.

A PowerPoint presentation delivered by Brayden Omeasoo Stein-

hauer further reinforced these themes, offering practical tools, resources, and recommended reading to help staff better understand, support, and respond to these challenges in a respectful and compassionate way.

Pink Shirt Day serves as an important reminder that creating a safe and supportive workplace requires ongoing effort from everyone. By encouraging empathy, awareness, and open dialogue, initiatives like this help build stronger teams, improve morale, and foster a culture where all individuals feel valued and respected.

To mark the occasion, participants were each gifted a pink sweater—symbolizing their shared commitment to kindness and to standing up against bullying in all its forms.

Article/Photo by: Tara Cutarm

Young Warriors- Year End Celebration

On Friday, March 13th, we celebrated the youth who have participated in the Young Warriors Program this year. These young leaders have chosen a path of wellness, culture, and a positive, gang-free future for our community. Today's celebration was filled with inspiring breakout sessions that highlighted cultural knowledge, including smudge-making, handgame playing, and a "Chief & Council" game and many more! The event also features keynote speaker Harlan Kingfisher, who's genuinely passionate about the upcoming movie "Smudge the Blades" and dedicated to inspiring young Indigenous people! Harlan says, ***"There are a lot of barriers put in place, not only racism when you try to leave, there's gang activity all across Canada in a lot of indigenous communities. And a lot of these youth need to understand that you don't have to go in that life, you don't have to follow what you see. There's so much education out there, and there are always people wanting you to do good and do great. When you graduate, there are so many opportunities for university and school. When I was younger, I didn't think about that, I just thought about being cool and trying my best to follow what my friends were doing, and now we're trying to open doors and make sure the youth know that there is that space."***

The Maskwacis Cree Tribal Council is honoured to recognize our Young Warriors at the Year-End Celebration. This



Earl Ermineskin Jr, Ross Swampy, Harlan Kingfisher, Charmaine Roasting, Tyrelle Yellowbird

special gathering acknowledges the strength, determination, and leadership our youth have shown as they grow in confidence, embrace their culture, and support one another.

Through programs like Young Warriors, Maskwacis Cree Tribal Council will continue their commitment to building safe, encouraging spaces where our youth feel supported, valued, and empowered by their Nation and community. Today we celebrate their journey, their achievements, and the bright future ahead.

Article/Photo by: Kayla Cutarm

JOB OPPORTUNITIES/COMMUNITY EVENTS

Alberta Government
 MASKWACIS EMPLOYMENT CENTER

SPRING JOB FAIR
 Thursday,
March 19, 2026
10 am to 3 pm
 HOWARD BUFFALO MEMORIAL CENTER
 MASKWACIS, ALBERTA

FREE REGISTRATION FOR VENDORS
 GET YOUR RESUME READY GET READY TO NETWORK
 DRESS TO IMPRESS
 FOR REGISTRATION OR SPONSORSHIP OPPORTUNITIES CONTACT
 LACEY YELLOWBIRD
 @ 780-585-4450 OR LACEY@MASKWACISEMPLOYMENT.CA

2026 TREATY & PROVINCIALS ECN PLAYERS FNDF SPONSORSHIP



DEADLINE TO APPLY: MARCH 20, 2026
 The deadline applies to both TREATY & PROVINCIALS.

- Must provide proof that the child previously played in the 2025/26 MINOR HOCKEY SEASON.
- Must provide R.A.M.P. Registration for both tournaments.
- Name must appear on the official roster for both tournaments.

 OFF-RESERVE MEMBERS, PLEASE CALL TO HAVE THE APPLICATION SENT VIA E-MAIL.

 (780) 585-3741 Ext.1088
 eugene@erminekskin.ca

 Erminekskin Cree Nation
WE ARE HIRING!
 March 17th 2026
 OPEN POSITIONS:

- ✓ **Temporary Receptionist with the Erminekskin Neyaskweyahk Employment Skills Training (NEST) department**
 CLOSING: March 26, 2026
 *Term April to October *
- ✓ **Project Manager Neyaskweyahk 4 Pillars Cree Language and Heritage with the Erminekskin Treaty Governance department**
 CLOSING: March 24, 2026
- ✓ **Custodian/Janitor with the Erminekskin Parks and Recreation Department**
 CLOSING: March 24, 2026



APPLY NOW
 Please submit applications, resume and criminal record check to:
 faith@erminekskin.ca

 Erminekskin Cree Nation presents

CELEBRATION ROUND DANCE
CELEBRATING FAMILY
 Môcikihtâwin Mihcetiw
 Friday MARCH 27TH, 2026
 Erminekskin Jr High School Gymnasium
 Maskwacis, Alberta
 MC'S Hal Eagletail Al Crawford STICKMAN Cody Crier POTATO DANCE COMPETITION
 FIRST 20 SINGERS PAID 2PM PIPE CEREMONY ROUND DANCE @ 4PM BAGGED LUNCH & GIVEAWAY
EVERYONE IS WELCOME!
DRUG & ALCOHOL FREE EVENT
Erminekskin Cree Nation, Chief and Council, Tribal Enterprises or any affiliated entities, Departments are not responsible for any DAMAGES, loss, theft, injury, forces of nature, vandalism or SHORT-FUNDED traveller expenses.


ERMINESKIN HEALTH & WELLNESS

ISKWEWAK WOMEN'S NIGHT



THURSDAY'S
 Ages: 18 + Up
 Time: 5:30 PM - 7:30 PM
 Location: Jim Rattlesnake Health & Wellness Classroom

**TO REGISTER CONTACT:
 (780)585-2000**



ERMINESKIN **DOG FOOD DISTRIBUTION**



**MARCH 26TH, 2026
 12 PM - 4:30 PM
 ERMINESKIN SECURITY COMPOUND**

DOG FOOD IS FOR REGISTERED DOGS ONLY

IN ORDER TO GET DOG FOOD YOU NEED TO APPLY BY 11:30 AM MARCH 26TH THE DAY OF THE DISTRIBUTION.

IF YOUR DOG IS REGISTERED YOU JUST NEED TO FILL OUT A FORM AT THE ECN SECURITY OFFICE

DOG FOOD DISTRIBUTION IS FOR ERMINESKIN BAND MEMBERS ONLY



(780) 585-2004



Baby Safety Class

Health Promotion Trailers
 March 20, 2026
 1pm-3pm

Topics:
 Safe Sleep
 Home Safety Injury Prevention
 Choking and Feeding Safety
 Illness prevention & Germ Safety
 Safe Bathing & Water Safety
 Poisoning & Medication Safety



Snacks are provided

Ermineskin Health & Wellness

Youth Program

Open to All Youth who want to come learn about emotional wellness

Program begins on March 10th, 2026

Drop-In Evening Program
 First (30) Accepted

**Tuesdays
 Ages 12-16
 5:00 pm – 6:30 pm**

To Register Contact (780)585-2000




PIGEON LAKE
DOG FOOD DISTRIBUTION



**MARCH 27TH, 2026
12 PM - 3:30 PM
LOCATION IS TO BE DETERMINED**

DOG FOOD IS FOR REGISTERED DOGS ONLY

IN ORDER TO GET DOG FOOD YOU NEED TO APPLY BY 11:30 AM MARCH 27TH THE DAY OF THE DISTRIBUTION.

IF YOUR DOG IS REGISTERED YOU JUST NEED TO FILL OUT A FORM AT THE ECN SECURITY OFFICE

DOG FOOD DISTRIBUTION IS FOR ERMINESKIN BAND MEMBERS ONLY



(780) 585-2004

ERMINESKIN HEALTH & WELLNESS

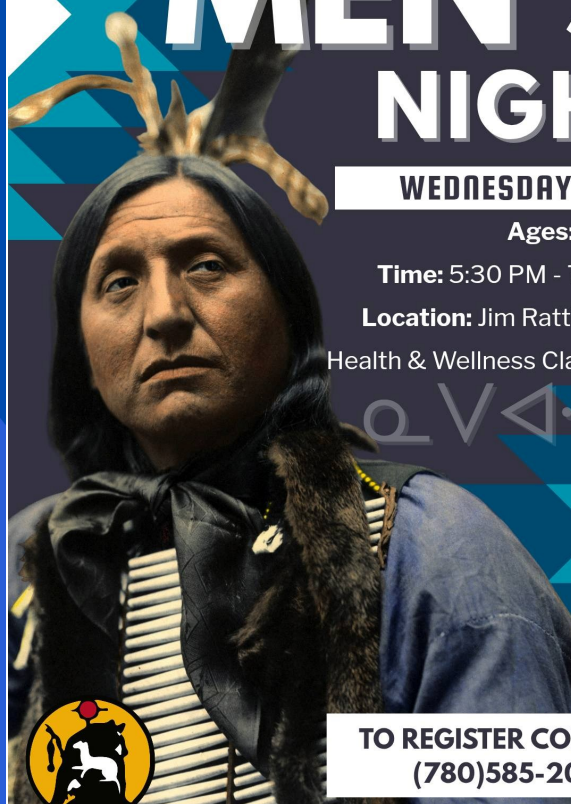
NAPEWAK
MEN'S NIGHT

WEDNESDAY'S

Ages: 18 + Up

Time: 5:30 PM - 7:30 PM

Location: Jim Rattlesnake Health & Wellness Classroom



**TO REGISTER CONTACT:
(780)585-2000**



NUTRITION Presentation
Cooking with Kokum
March 25, 2026
9:00 am - 12:00 pm
Health Promotion Trailer

Learn cooking skills



Maci wepinkek

Limited spots available
Preregistration required Ages 12-17 Youth

**Any questions, call 780-585-2266
Ext. 2442**

MASKWACIS WAHKOHTOWIN RESEARCH GROUP

MOMS SUPPORT AND HEALING CIRCLE

COMMUNITY KNOWLEDGE SHARING GATHERING

Door prizes and lunch provided

New date and location



The Maskwacis Wahkohtowin Research Group will share research ideas and key findings related to the Moms Support and Healing Circle.

- Raise awareness for women's support groups in the community
- Share and highlight key lessons learned
- Gather community feedback and ideas

Community Knowledge Sharing Gathering

Date: Tuesday March 24, 2026

Time: 10am-4pm

Location: Neyaskweyahk Okimaw Kamik (NOK) Building

Mini-lessons related to Cree culture, language and ceremony led by Moms Support and Healing Circle Elders

Support Uplift Empower Heal Connect

This Support and Healing Circle is a part of a research study, Hishuk-ish tsawak (everything is one, everything is connected): Restoring healthy family systems in Indigenous communities in collaboration with the Maskwacis Wahkohtowin Research Group, University of Alberta, and other partners.





Recreation + Kanawemahwasowin Kamik



SPRING **MAR 20-26** WEEK BREAK



TWO YOUTH PER FAMILY
INDIVIDUAL YOUTH **LIMITED TO TWO** SPRING BREAK TRIPS

23 MARCH **WEM WATER PARK**
11:00AM JIM RS BLDG. YOUTH AGES 10 - 17
8882 170 ST NW, EDMONTON, AB T5T 4J2

24 MARCH **RIVAL GELLYBALL**
10:30AM JIM RS BLDG. YOUTH AGES 7-17
4412 50 Ave, Red Deer, AB T4N 3Z6

25 MARCH **GALAXYLAND**
11:00AM JIM RS BLDG. YOUTH AGES 7-17
8882 170 ST NW, EDMONTON, AB T5T 4J2

26 MARCH **ACTIVATE**
11:30PM JIM RS BLDG. YOUTH AGES 10-17
1949 98 St NW, Edmonton, AB T6N 1L5

CONTACT:
(780) 585-3088

27 MARCH **CLIP 'N CLIMB**
11:30AM JIM RS BLDG. YOUTH AGES 7-17
9718 - 12 AVE SW, EDMONTON AB CANADA

28 MARCH **SPEEDERS**
11:00AM JIM RS BLDG. YOUTH AGES 14-17
12808 170 ST NW UNIT 16, EDMONTON, AB T5V 0A6