

# Mikisew Cree First Nation Health Wellness



## May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Positive Mental Health Messaging Online 5 days of Kindness (ADCS and FCCHS)	2 Healing Fort Chip (IRS) Positive Mental Health Messaging Online 5 Days of Kindness (ADCS and FCCHS)	3 Healing Fort Chip (IRS) Positive Mental Health Messaging Online 5 Days of Kindness (ADCS and FCCHS)	4 Soup and Bannock (Nunee and Paspew) Positive Mental Health Messaging Online 5 Days of Kindness (ADCS and FCCHS)	5 MMIWG-awareness walk <b>Members Engagement (evening)</b> 5 Days of Kindness (ADCS and FCCHS)	6
7	8	9 Family Drive or Walk by Potted Plants and Family Ice-cream Sundaes 5-8pm	10 Elders Card Making with Rita 1pm-3pm Community Card Making with Rita 6pm-8pm Cookies and Bubby-ADCS and FFCHS Staff	11	12 Hand out Mother's Day flowers with Nunee and Paspew 12-3pm	13 <b>Comedy Night (MGOC)</b>
14	15 Lunch N Learn- Postponed to June	16 <b>Wellness bags – postponed to later date</b>	17 Fruit Trays and Orange Juice/sprite- ADCS and FCCHS Staff Family Cookie Baking Night Mamawi Hall 6-8pm	18 Family BINGO Night @ Mamawi Hall 6-8pm	19	20
21	22 Victoria Day	23 Wellness Week FFCHS 12-4pm	24 Wellness Week FFCHS 12-4 pm Danishes and Coffee and Tea- ADCS and FCCHS	25 Wellness Week FCCHS 12-4pm	26	27
28	29	30	31 Vegetable/Dip and Fruit Water			

LEGEND:



Green is Wellness related



Blue is Elders



Pink is Collaboration related



Red Wellness & Youth