

# THE MEMORIAL MEMO

*THE TORCH HELD HIGH*



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## **PRINCIPAL'S MESSAGE**

Dear Marauder Parents,

Q4 and spring are both solidly underway now. I would suggest that Q4 is doing a little better than our springtime weather. Our outdoor sports teams have started and are braving the elements though!

As your kids have been in school for several years now, I'm sure you've figured out that teachers are planners. This is the first quarter that we have had with no Covid restrictions in place or on the horizon in two years (touch wood!), so we have put some things into place. You will be happy to know that your kids are starting to have a "real" high school experience!

On the learning side of things, the late policy has been going well. It's been heartwarming to see that your kids care about their education and are trying hard to meet the raised expectations that were presented to them. They are anticipating the bell and scurrying to where they need to be. As always, there are a few stragglers but overall things are going much better and teachers are able to start their lessons on time for a better learning experience.

On the fun side of things, last week, Torch Week, was a blast! There was so much laughter and such a positive buzz around the school. You never go wrong feeding teenagers and the pancake breakfast was a big hit on Tuesday. At lunch times in the common area we had a Rubix cube competition, balloon stomp competition, and root beer pong. The kids just let loose, there was music playing and commotion all over. It was great!

There's more to come! Take care.

Ms. Jensen



## APRIL HAPPENINGS

- 01 - Anime Movie Night
- 04 - English Diploma - Part A
- 04 - G & G Executive Meeting - 6:30
- 04 - Badminton - St. Francis Xavier & Archbishop Jordan at MCHS
- 05 - Social Diploma - Part A
- 06 - English Diploma - Part B
- 06 - PFN SPRINGO BINGO - 6:00 (Tentative)
- 07 - Social Diploma - Part B
- 08 - Q3 Last Day of Classes
- 08 - Math Diploma - AM
- 08 - Biology Diploma - PM
- 11 - Music - Cantado Festival, Edmonton
- 11-13 - Q3 School Based Exams
- 11 - Chem & Science Diploma
- 12 - Physics Diploma
- 14 - Q3 High School Turnaround Day - No Classes
- 14 - Spring Music Concert - Horizon Stage
- 15 - Good Friday
- 18 - Easter Monday
- 19 - Q4 First Day of Classes
- 25 - School Council - 7:00
- 26 - Rotary Pancake Breakfast
- 27 - Energy Education Field Trip - NAIT & Edm Convention Centre
- 28 - Drama Field Trip - Drama Festival - Westlock
- 28 - Cosmetology Field Trip - MC College

### MCHS GRADE ADMINISTRATORS

**GRADE 10 - MS. JEWELL**

**GRADE 11 - MR. COGHILL**

**GRADE 12 - MS. FISK**

## MAY KEY DATES

- 02 - G&G Executive Meeting - 6:30
- 04 - Hats On For Mental Health
- 05-07 Field Trip - Business Case Competition - Saskatchewan
- 06 - Anime Movie Night 4-9pm
- 08 - Mother's Day
- 11 - Initial Grad List Posted
- 12 - Q4 Parent Teacher Interviews - 5:00-6:30
- 19 - Rotary Bikeathon
- 20 - PD Day - No Classes
- 23 - Victoria Day
- 26 - PSD Eagle Feather & Metis Sash Teachings 6:00 at Memorial Library
- 27 - LAWS field trip - Horsemanship
- 30 - School Council - 7:00
- 30-1 - P.E. Camping Trip
- 31 - Final Grad List Posted
- 31 - LAWS field trip - Unified Sports

### **BELL SCHEDULE**

#### **Mondays:**

**Block 1 8:30 - 11:25 am**

**Lunch 11:25 - 12:25 pm**

**Block 2 12:25 - 3:20 pm**

#### **Tuesdays-Fridays:**

**Block 1 8:30 - 11:03 am**

**Lunch 11:03 - 12:03 pm**

**Block 2 12:03 - 2:35 pm**

**Torch Time 2:40 - 3:20 pm**





The LAWS class made paper mache eggs for Easter



## PowerSchool

This is our parents' primary way to check in on their child's marks/assignments, update contact information, and pay fees.

Sign into your account [here](#). Please contact Mrs. Campbell at the office if you need assistance accessing your account.

### Reporting an Absence?

Please email [mchs.absence@psd.ca](mailto:mchs.absence@psd.ca) or call 780-963-2255 and dial 1 anytime to leave a message. Please leave your child's full name, grade, and details of the absence.

### School Fees Are Due

Please note that school fees are not visible on the PowerSchool App. Access to all information is only available through the [website](#).

Please log in to your [parent PowerSchool account](#) or come into the school to pay your high school fees. If you have any questions, please contact Ms. Miller at the Finance Office.

## Reaching Your Child At School

Cell phones can be a distraction and a disruption to classroom learning. Our teachers and your kids have worked hard together to come up with routines so that cellphones are not disrupting class. Here are some things for parents to know about communicating with their kids while they are at school.

During class time, your child has most likely turned off the phone and put it in a pouch on the classroom wall. They may not be able to respond immediately.

You can contact your child during their designated lunch hour:

**Mondays: 11:25 - 12:25**

**Tues-Fri: 11:03 - 12:03**

We appreciate your support in reaching your child directly to minimize disruption to classroom instruction. Of course, we are happy to assist in an emergency.

# *The Memorial Composite High School Choir proudly presents "Belonging."*



The Memorial Composite High School Choir proudly presents "Belonging." We commissioned this piece from Canadian composer, Marie-Claire Saindon, based on a poem by Albertan poet, Paul Grindlay. It has been an honour to premiere this work; to bring life to new art, and to amplify the spirit of connection we all need.



"Belonging"



## **Memorial Composite High School's Belonging Statement**

**At Memorial, each of us contributes to inclusion in our own individual ways. We recognize that we are still learning and continuing to grow. By examining ourselves and our biases, we can start conversations and strive to be better. We are willing to challenge our ways of thinking and open ourselves to different ideas. Our staff, students, and school community are committed to being respectful and listening to the concerns of others. This includes being kind, helping each other, and reaching out when needed. To be an equitable school means we must support each person in a way that best suits their unique needs. Together we will continue to create a safe, caring, and inclusive school community. Creating a culture of equity continues to be important work and is not easy; however, MCHS is resilient and committed to growing and rising to the challenge.**

**Together we will ensure the Torch is Held High.**



# MEMORIAL COMPOSITE HIGH SCHOOL

## SCHOOL COUNCIL

Next School Council Meeting:  
Monday, May 30, 2022 - 7:00 pm

[Join with Google Meet](#)

For more information visit our  
[website](#)

## GREEN & GOLD

Next Green & Gold Athletics Meeting:

Monday, May 2 - 6:30 pm

[Join with Google Meet](#)

Monday, June 6 - 6:30 pm

[Join with Google Meet](#)

[G&G Website](#)

Bingo volunteer times available:

<https://greenandgold.ivolunteer.com/>



Q4 Parent-Teacher Interviews will be held by phone on Thursday, May 12 from 5-6:30 pm Book your appointment on our [website](#) starting May 4.



# MEMORIAL COMPOSITE HIGH SCHOOL

## For Families of Grade 9 Students and Students New to MCHS: First Time High School Parents Video

### [First Time Parent Information Video](#)

MCHS has produced an informational video which provides an opportunity for parents/guardians who have a child entering high school for the first time to have clarification on what the high school transition and course selection process will look like.

Although we won't have the traditional in-person parent meeting, we hope that the information shared will help first time MCHS parents to become familiar with making the move to MCHS, including registration and course selections. As well this will allow parents to be able to put a face to the names of school administration and counsellors.

*If you were not able to attend the virtual open house, you can still find all of the programming videos on the MCHS MCHS website in the [Our Programs](#) dropdown menu.*

*More information on registration can be found on the [PSD website](#) in the [Registration Quick Link](#).*



Parkland School Division offers Summer School for current and incoming high school students at [Connections For Learning](#). Students over age 18 are also welcome to register, and select courses are open to students who have completed Grade 7 and/or 8.



**Face-to-face diploma prep review sessions** in January and June for English 30-1, Social Studies 30-1, Biology 30, Chemistry 30, Physics 30, Math 30-1, Math 30-2, and Science 30

**DIPLOMAX GUARANTEE** - When you register for an In-Class session with DIPLOMAX - we FULLY SUPPORT your exam prep review.

- As you automatically receive a copy of the Instructor's Class Notes package with your completed In-Class registration we do not provide refunds. However, DIPLOMAX is COMMITTED to help you complete your chosen exam prep.
- Therefore, if ANY In-person review session is cancelled for ANY reason, DIPLOMAX will provide you with a quality, substitute exam prep package, at no additional charge.
- You will AUTOMATICALLY receive ALL MATERIALS in that subject's ULTIMATE package (13-hour On-line VIDEO Review, Instructor's Class Notes, iPrep STUDY Notes, and MAX Results).
- By choosing DIPLOMAX you are guaranteed exceptional review support.

#### June 2022 Schedule – Edmonton and Area

SESSION ONE		
English 30-1 OR	Saturday, June 4	9:00 am-5:00 pm
Social Studies 30-1	Sunday, June 5	9:00 am-5:00 pm
SESSION TWO		
Math 30-1 OR Math 30-2	Saturday, June 11	9:00 am-5:00 pm
	Sunday, June 12	9:00 am-5:00 pm
SESSION THREE		
Biology 30 OR	Saturday, June 18	9:00 am-5:00 pm
Chemistry 30	Sunday, June 19	9:00 am-5:00 pm
SESSION FOUR		
Physics 30 OR	Saturday, June 25	9:00 am-5:00 pm
Science 30	Sunday, June 26	9:00 am-5:00 pm

### REGISTER AT [diplomax.ca](http://diplomax.ca)

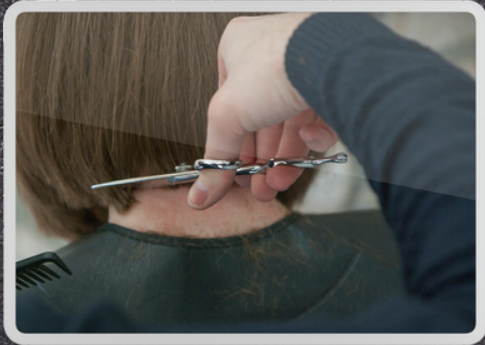
Classes are based in the Edmonton Clinic Health Academy (ECHA) on the U of A Edmonton campus (87 Ave & 114 Street)

Check out the [Campus Map](#) and [Facility Photos](#) for location

Parking is available at the adjacent Jubilee Car Park Convenient LRT terminal location



# MEMORIAL COMPOSITE HIGH SCHOOL



Cosmetology 30 students are booking clients in the afternoon for cuts and colors.

Solid Color \$25.00

Highlights \$30.00

Highlights and Color \$40.00

Haircut \$5.00

Treatment \$5.00

email [jessica.gardner@psd.ca](mailto:jessica.gardner@psd.ca) to book an appointment.

OPEN M-F  
AT LUNCH



## Have you set up your MyPass Account Yet?

myPass is the self-service website for the education documentation of Alberta students. It is very important that all students set up their myPass account while in high school, but it is particularly important for Grade 12 students. This is the only way that Grade 12 students will find out their diploma exams marks.

Go to <https://mypass.alberta.ca> and "Sign in With an Education Account". Students require their Alberta Student Number (which can be found on PowerSchool) and a personal email address. Do not use your psdblogs account because it will be deactivated when you graduate. Please stop by Student Services if you have questions or require assistance.

Parents - please check out our NEW [Student Services Google Site](#). You will find information on counsellors, scholarships, tutoring & more!



[MCHS Student Services](#)





# Graduation



## Graduation Ceremony

Date: **Saturday, June 25 at 2pm** (Doors open at **1:15pm** for guests and grads; grads should arrive no later than **1:30pm** and proceed directly to the staging area in **Hall C**)

Location: **Edmonton Convention Centre**

Please note:

- This is not a Cap and Gown Ceremony. Graduates will proceed across the stage in their chosen Ceremony attire and be presented with a school-awarded certificate, diploma cover and souvenir cap & tassel.
- Grad 2022 will follow any existing Alberta Health Services protocols at the time of the event.
- General seating will be used at this event - there are no assigned seats.

## Ticket Sales

Grad 2022 Tickets will be made available for purchase in two rounds of online ticket sales:

- Round 1: **June 1 @ 9am to June 12 @ Midnight** (limit of 8 tickets per graduate)
- Round 2: **June 13 @ Noon to June 19 @ Midnight** (no limit on ticket purchases)

Tickets are **\$32 each**, and [InviteRight](#) charges a service fee of **4.9% + \$2.78 per ticket**.

Please note:

- Everyone, except for the Graduates themselves, must purchase a ticket to attend the event.
- Children two years of age and under may attend for free; however, due to the limited number of seats available, children attending for free will not have access to an individual seat (i.e. they may sit on their parents' laps). Parents who wish to ensure their young children have their own seats may purchase tickets for them.
- All ticket sales are final - no refunds.

## Graduation List - Posted in the Grad display case at MCHS

May 11 - Preliminary list

May 31 - Final Grad list

The final determination for participation in the Graduation Ceremony will be based on marks as of May 30, 2022. Parents will be notified by Ms. Fisk if their child is in jeopardy of not participating in the Ceremony.

## Jostens Ring Days

Jostens will set up a Graduation Keepsake display in Common Area for students to view merchandise, and a representative will be on hand to assist graduates with an order or to answer any questions.

April 21 & 22 from 10:30 am - 1:30 pm

Please check the [MCHS website \(under Student Tab\)](#) to keep up with the most current Graduation information.



# Graduation



## Letter sent to Parents/Guardians of the Class of 2023

**MEMORIAL COMPOSITE HIGH SCHOOL**  
LEARNING · CARING · RESPECT



April 8, 2022

Greetings, Parents and Guardians of the Grads of 2023.

We understand that conversations regarding Graduation 2023 are starting to happen. Normally, we wouldn't be reaching out to you until September, 2022; however, there have been a few concerns which we would like to address now.

This year, we have informed our current Grade 12 families, via email and our newsletters, that our Graduation Celebration will no longer include a dinner and dance. Over the past number of years, all three of our high schools have noticed a decline in the number of Graduates who choose to attend the dinner and dance portion of the event when compared to the growing numbers who attend the ceremony only. Increasing costs associated with these tickets and Grad, in general, have contributed to a two-tiered Graduation.

This is, of course, concerning for our schools as we always strive to provide equitable and inclusive opportunities, learning or otherwise, for ALL our students. Graduation can be no different. All three of the area high schools are committed to hosting Graduation Ceremonies which are accessible to ALL of our high school Graduates during the given school year. The Graduation Ceremonies for the Class of 2023 will be no different.

One of the other complexities we have been grappling with is the liability that our schools and divisions have been assuming with the event. We have been sponsoring an event where there is alcohol served and there are minors present. This has also been placing teachers directly in violation of their professional expectations.

For those families who are eager to continue with a large-scale dinner and dance Graduation experience, SPACHS, MCHS and SGCHS's Administrations are open to supporting each school having a Parent Committee who would organize the event, provided each school's individual Parent Committee offers access to ALL the respective school's Graduates. The support provided would be limited to sharing relevant vendor and business contact information, budgets and sending out initial communication to Grads and their families. If these committees were to proceed, our involvement would be such that we would not be assuming any of the potential liability. This, in and of itself, will limit our degree of involvement.

We look forward to working with you as we support your student's Graduation Ceremony next year. For the remainder of this year, our attention will be directed to the Grads of 2022 and their families.

Sincerely,

Terry Lynn Guimond  
SPACHS Principal  
[tguimond@ecsr.ca](mailto:tguimond@ecsr.ca)

Carolyn Jensen  
MCHS Principal  
[carolyn.jensen@psd.ca](mailto:carolyn.jensen@psd.ca)

Cheryl Otto  
SGCHS Principal  
[cheryl.otto@psd.ca](mailto:cheryl.otto@psd.ca)

# WHAT'S HAPPENING AT MCHS

For all First Nations, Metis and Inuit Graduates of 2022: An invitation to an Evening of Teachings in preparation for the Indigenous Cultural Celebration for all First Nation, Metis and Inuit graduates. Please stay tuned for more information and check your email for details"

Class of 2022

YOU ARE INVITED TO

## An Evening of Teachings

MEMORIAL COMPOSITE HIGH SCHOOL LIBRARY

THURSDAY | MAY 26, 2022 | 5:00-7:00 PM

PLEASE JOIN US FOR AN EVENING OF  
TEACHINGS FROM ELDERS ABOUT THE  
EAGLE FEATHER AND METIS SASH

CONTACT: LEANNE TRAVERSE-  
LEANNE.TRAVERSE@PSD.CA  
780-903-4630  
CHARITY ALOOK-  
CHARITY.ALOOK@PSD.CA





**MAY  
19**



**The Memorial Composite High School Rotary Interact students will be hosting a Bike-A-Thon on Thursday, May 19th, 2022. The event is organized to provide Memorial students, staff, and others from the community, including the Stony Plain Rotary Club and dignitaries from the Town of Stony Plain, with the opportunity to participate in an all-day event that will provide awareness and raise funds for various International or Local Projects.**

**This year the Interact students from Memorial Composite High School have chosen to partner with the Alberta Cancer Foundation. Many people have been impacted by cancer in one way or another and our leadership students are providing an avenue for the school and community to support cancer research, as well as, enhance earlier detection and improve cancer treatment methods.**

**If there are any families, businesses, companies, etc. that would like to sponsor the Bike-A-Thon, we are looking for any support we can get. Support for the Bike-A-Thon could include monetary donations, prizes for participants, or treats for all participants (i.e. stickers, pens, coupons, sunglasses, bottled water, juice boxes, granola bars, etc.).**

**We would like to include all donor company/organization names and the associated logos on our social media, in our newsletter, and in the gym on posters and in pamphlets on the day of the bike-a-thon.**

**Please contact Brittany McGonigal ([brittany.mcgonigal@psd.ca](mailto:brittany.mcgonigal@psd.ca)) and/or Christina Thomas ([christina.thomas@psd.ca](mailto:christina.thomas@psd.ca)) if you are interested in sponsoring the Bike-A-Thon or if you have any questions!**

**Let's fight cancer together Memorial!!!"**



**MCHS BIKE-A-THON**







# MENTAL HEALTH WEEK MAY 2-8, 2022



During the week of May 2, MCHS will be promoting Mental Health Awareness Week through a variety of activities to support students gain awareness, resources, and support in order to better understand mental health, take care of themselves and help others.

Monday-Friday - Jack Talk from <https://jack.org/Home> where "trained and certified youth speakers use the power of personal stories and mental health education to inspire, engage, educate, and equip young people to look out for themselves and their peers." <https://youtu.be/uOqEeBGoVTs>  
If you have any questions or concerns please contact Ms. Cox in Student Services, [meghan.cox@psd.ca](mailto:meghan.cox@psd.ca)

Wednesday May 4 - Hats on for Mental Health - Wear your hat to show your support for Mental Health Awareness.

Thursday May 5 - National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Gender Diverse People. Wear Red to support and bring awareness to this important day.

## TORCH TIME

### IMPORTANT REMINDERS:

- Monday Torch Time is integrated into class time and therefore, Mondays will run on a full day bell schedule with dismissal continuing to be at 3:20 pm. This changes lunch time on Mondays to 11:25 am - 12:25 pm.
- Tuesdays to Fridays will continue to have Torch Time scheduled from 2:40 - 3:20 pm and lunch will run from 11:03 am - 12:03 pm.
- Students and the school are still accountable for the whereabouts of students until the end of the full school day. All students need to be signed up for a Torch Session every Tuesday to Friday through PowerSchool.
- Parents and teachers can also sign up a student for a Torch Session. Students cannot unenroll from those sessions. There is a video below explaining to parents how they can sign their child up for a session.
- If a student is in good standing (meeting the expectations of their teachers, parents, and themselves) and have all of their assignments submitted to a passing level, they may use that time for a personal interest Torch Session (Open Gym, Fitness Training, etc.) or sign up to be Off Campus With Parent Approval. Students are also encouraged to sign up for academic sessions if they wish to improve their marks.

[Video - How to sign up for Torch Time using a phone](#)

[Video - How to sign up for Torch Time on PowerSchool Website](#)



# MCHS HIGHLIGHTS

## Rotary Interact Club

Thank you to all of the volunteers and everyone who supported the pancake breakfast this year. The school raised \$1091 for the Canadian Red Cross in support of the humanitarian effort in Ukraine.





# MCHS HIGHLIGHTS

## MCHS Choir Spring Concert

It was an awesome performance! As always Mrs Holton and the #memorialcomp choir outdid themselves. It was great to have the Magic Voices from Ecole Meridian Heights and even some alumni join in! #hopefloats

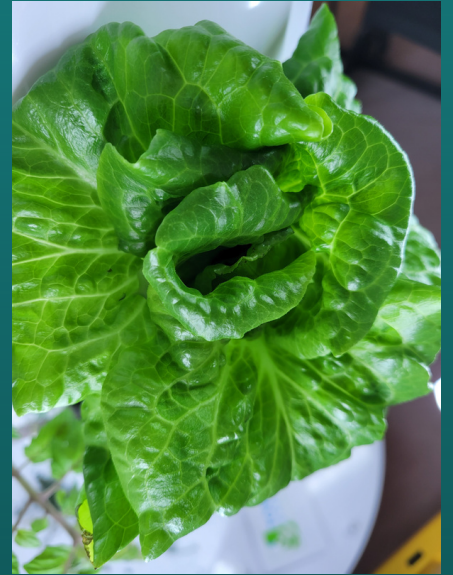




# MCHS HIGHLIGHTS



KAE classes are beginning to enjoy fresh produce from the Tower Gardens they helped set up and maintain. "To plant a garden is to believe in tomorrow" - Audrey Hepburn.



The KAE class helped write lovely appreciation notes and then personally delivered these flowers to the office staff for Administrative Professionals' Day!







# ATHLETICS Marauders



Track and Field start their meets right away in the second week of May.



Both men's and women's soccer start their league games next week.



Women's rugby has started and have a few tournaments lined up in May.



Slo pitch team is new this year and there seems to be a lot of interest and their league starts the first week in May.



Badminton championships just wrapped last night with our school team finishing 4th overall in our division.

## MCHS FOODS

Foods 10 helped with the pancake breakfast and even ground their own whole wheat for them!

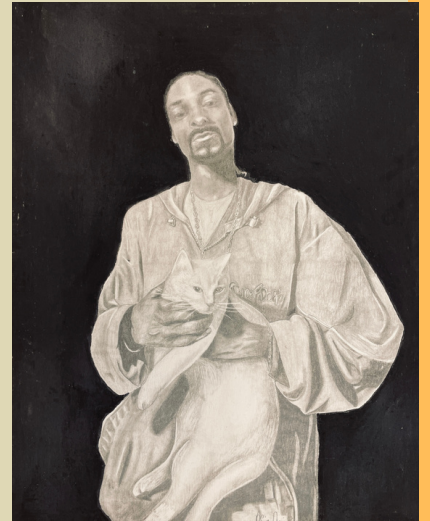


This baked potato looks like art!



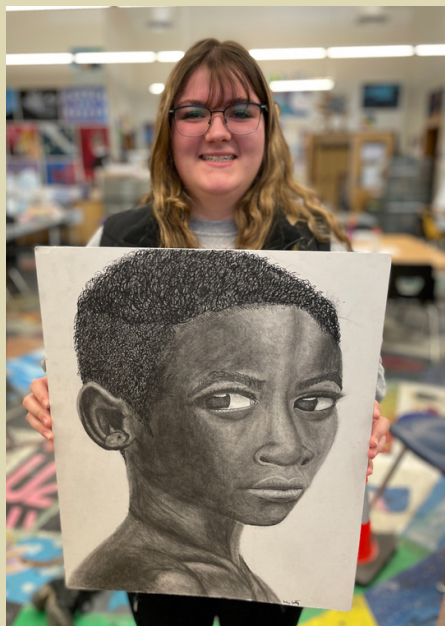


# MCHS ART





# MCHS ART





# MEMORIAL BUSINESS



In Entrepreneurship, students get to start their first business. As a result, they get to hear from several guest speakers who are entrepreneurs. They will also get to travel on a field trip to visit local entrepreneurs and a business incubator. On April 25, the students were lucky enough to have Colin Christensen speak to them about "Innovation" and how to generate ideas for a business. He spoke for about an hour. On May 9, we have a graduate of MCHS coming to speak to the class. Brendan Willey will be speaking about his experience and businesses. He started by taking Entrepreneurship at MCHS and has taken his experience and developed it further. Now he has several startups "on the go". On Friday, May 13, the students will learn about a great opportunity. Amanda Durand and Sue Clynes will be coming for an in-person visit to explain the YETI program. YETI stands for Young Entrepreneurs Training Initiative. High school students are eligible to receive \$500 to start a business and then operate it. The program runs through the summer and the kids get to learn from experts in the field to help them develop their business ideas.

Like in Entrepreneurship, Legal Studies exposes students to a variety of guest speakers, field trips, and a mock trial. On April 28, a lawyer is coming in to speak to the class about Landlord and Tenancy in Alberta. As the quarter progresses, the students will also hear from a crown prosecutor, an RCMP homicide detective, our School Resource officer, a fish and wildlife officer, and a travel agent. They will also travel to the Court of Queen's Bench in Edmonton.

A special thanks to the sponsors who generously support the Business Competition Club: Birdsell Grant LLP, Hawkings Tinney LLP, and Kevin Mullane Wealth Management.



**Birdsell Grant LLP**  
Barristers and Solicitors

**Hawkings Tinney LLP**  
Chartered Professional Accountants





Have you  
checked your  
PowerSchool  
account  
today?

# **Parkland School Division Resources**

Click here to download the latest ***Stronger Together***  
**Newsletter** from Parkland School Division



**Latest Issue: Co-Parenting**



In partnership with Alberta Parenting for the Future, Parkland School Division is proud to present another FREE information session for local families:

## **Strong Families**

**Registration is free! Register HERE**



In our upcoming Strong Families session, Brittany Durant of Catholic Social Services will provide a space for individuals to have an open discussion about Fetal Alcohol Spectrum Disorder (FASD), with the goal of debunking myths, challenging stigma, increasing awareness and demonstrating how we can support healthy pregnancies and prevent FASD. This session will also provide strategies for supporting those with FASD and resources for those living with FASD.

**Date: Wednesday, May 4, 2022**

**Time: 6:30-8:30pm**

**Location: Online Zoom Webinar / Discussion Group**

**Presenter: Brittany Durant, Bachelor of Child and Youth Care, Catholic Social Services**

## **PSD News**

## **PSD Covid-19 Information**



# Community Resources

[Stony Plain Public Library](#)

[Stony Plain Youth Centre](#)

[The Town of Stony Plain Community & Social Development Programs](#) including:

- Webinars
- Neighbourhood Connect
- Grief Support
- Support Groups (Living with Loss to Suicide, BILY - Because I Love You, Caring Friends Bereavement Group)

[AHS Caregiver Information for the Edmonton Zone](#) - contains the [Caregiver Education Team Newsletter](#)

[The Green Book](#) - community resource directory for the City of Spruce Grove, Town of Stony Plain and Parkland County

[Alberta Health Services](#) -all the information you need regarding Covid-19 and can also help you:

- Find a doctor
- Find programs and services
- Find information and news about a range of health topics
- Stay informed about what is happening in your community

Don't forget that the 811 Health Link can provide you with health advice from a registered nurse 24/7. Remember, in a medical emergency, always call 911 or visit the nearest emergency department.



# Indigenous Community Resources



## 12 Hours of Free Counselling!

Life comes with many difficult situations and feelings that can be hard to navigate. Talking it out with someone can help.

Through our partnership with Alberta Blue Cross and Homewood Health, we have established the **MNA Wellness Program**.

This service can help with mental health struggles you may be experiencing. All Citizens registered with the MNA have access to 12 hours of free, culturally sensitive, and confidential counselling with a professional.

Sessions are available 24/7 by phone call, video call, or instant messaging and will provide short-term support in key areas of life such as:

- Improving your personal well-being
- Managing relationships and family
- Addressing workplace challenges
- Taking financial and legal control in your life
- And more

To access this program, call **1-877-729-0261**. Remember when you log into **Homeweb** or call the phone number to be sure to say you are with the Métis Nation of Alberta.



Check out the [Metis Nation of Alberta Website](#)



**The Indigenous Sport Council of Alberta (ISCA)** is a non-profit provincial multi-sport organization representing all First Nations, Métis, Inuit and non-Status First Nations peoples in Alberta. The ISCA prides itself in promoting sport, physical activity, recreation and leadership opportunities built on the foundation of culture and traditions of Indigenous peoples in Alberta.

Sign up for the ISCA Newsletter [here](#)