Interim COVID-19 Support Plan

Since the beginning of the current Corona Virus (COVID-19) pandemic, we have been listening to Métis Albertans, identifying their most immediate needs, and working hard to create various supports to help them through this unprecedented time.

These supports are now ready.

Programs for **ALL Métis Albertans** include:

(Click on the programs below to be directed to posters for more information)

- **Citizens, Families, and Seniors Direct Support Plan**
- **Child Wellness Benefit Program**
- **Emergency Rent Supplement Program**
- **Benevolent Fund Top-Up**

Watch the announcement from President Audrey Poitras and Vice President Dan Cardinal, as well as updates from Health Director Reagan Bartel.

Watch the Announcement

Interim COVID-19 Support Plan

Immediate supports for *ALL* Métis in Alberta

CITIZENS, FAMILIES, AND SENIORS DIRECT SUPPORT PLAN

$200,000 to each MNA regional office allowing each region the flexibility to allocate funds where Métis citizens, families, and seniors identify they need support.

Region 1: 780-623-3039
Region 2: 780-826-7483
Region 3: 403-569-8800
Region 4: 780-944-9288
Region 5: 780-849-4654
Region 6: 780-624-4219

CHILD WELLNESS BENEFIT PROGRAM

$500/child aged 0–12 years old, up to a maximum of $2500 per household. To help families affected by the recent school and daycare closures pay for childcare, home schooling supplies, child wellness and more!

For details visit albertametis.com or call 780-455-2200

EMERGENCY RENT SUPPLEMENT PROGRAM

Métis Capital Housing Corporation

Rental relief payments of $1000/month for 3 months. This program is for people struggling to pay their rent, and will be administered until funds are no longer available and will be on a first come, first served basis.

Call 1-877-458-8684, email emergencysupport@metishousing.ca or visit metishousing.ca

BENEVOLENT FUND TOP-UP

Increased to $500 per applicant. The MNA's existing Benevolent Fund is being increased for families who have lost a relative to COVID-19 and require support for funeral expenses, can apply through the existing fund.

For details please email crathjen@metis.org

This preliminary support plan is based on needs already identified by Métis Albertans and will be responsive and adaptive as those needs evolve.

Métis Nation of Alberta · Provincial Office
Delia Gray Building · 11738 Kingsway Avenue · Edmonton
780-455-2200 · 1-800-252-7553 · albertametis.com
@abmetis @albertametis

Your Métis Government Working For You!

We're here to answer your questions and help direct you to the right program or service, so please feel free to reach out to us at:

1-800-252-7553 or emergencysupport@metis.org

Canada's COVID-19 Economic Response Plan

The Government of Canada is taking action to help Canadians affected by the COVID-19 pandemic by offering various supports for individuals, families, seniors, people facing unemployment, who are sick, unable to work, and more.

Some of these supports include:

- Increasing the Canada Child Benefit
- The new Canada Emergency Response Benefit (CERB)
- A new Indigenous Community Support Fund

Please click the button below to read more about the help available.

Canada Supports

Mental Health Supports

We have been receiving a number of inquiries for mental health supports for people having a difficult time.

Below is a list of **mental health supports** for you to access during this time.

General

- **Health Link 811** or Mental Health Helpline: 1-877-303-2642
- **Provincial 211** provides referrals for community, and social services
- **Kids Help Phone**: 1-800-668-6868

Indigenous Focused

Hope for Wellness Helpline (available in Cree, Ojibway, Inuktitut): 1-855-242-3310

COVID-19 Updates and Resources

Please click on the buttons below to access various information, updates, and resources.

MNA Website | **Alberta Gov. Website** | **AHS Website**

Parenting in a Pandemic

Things to do!

This is a time to consider our kids.

Their mental, spiritual, and physical wellbeing is so important during this time of unrest.

We encourage everyone to take some time to:

- Read a book with your kids
- Go for a family walk
- Make a craft with **NASA STEM**
- Listen to an **audio book**
- Visit a museum via **Google Virtual Tours**
- Print off our **Children's Booklet** and have some fun learning about Métis culture!

More for the Family

Stay Healthy!

Healthy Together

Alberta Health Services has created a guide to family and home life during COVID-19 where they will post daily stories through the week on how families can be healthy, safe, and active.

Click the button below to join in!

Healthy Together

COVID - 19 Symptoms

Symptoms include:

- Dry Cough
- Fever
- Tiredness
- Difficulty breathing

Does this sound like you?

Alberta Health Services has an online survey to help you assess your situation.

Click the button below to find out.

Take the Test

What Our Community Can Do

Stay Safe!

- Practice physical distancing
- Stay home
- Wash your hands
- Cover your cough
- Limit your visits

Help Prevent the Spread

Print Our Posters and Put 'Em Up!

Prevent the Spread | **Wash Your Hands** | **Cover Your Cough**

Your Input is Needed!

Have experience with Alberta Children's Services?

Before this global pandemic took over, our Children & Family Services Department was hosting gatherings for citizens to share their experiences with Alberta Children's Services.

We still need this information.

It is vital so we can make change.

Please take some time to help guide us for a better future.

Take the Survey

Get Cooking

Bannock

There is nothing like the smell of bannock baking in the oven or cooking over the fire.

We love bannock and jam, bannock and beans, bannock and bison. We just love bannock!

Click the button below to start making some today!

Make Bannock

Finger Weaving Lessons

A How-To for You!

Have you watched our Region One Youth Coordinator Emily's finger-weaving tutorial on YouTube yet?

We'll keep adding neat videos to the youth **YouTube channel**, so make sure you subscribe!

Finger Weave Here!

Hey Youth!

Have you checked out our social channels yet? There's no better time than now to connect with other Métis youth who are experiencing the same things - like staying home!

Follow us by clicking on a social platform below!

- **Facebook**
- **Instagram**
- **TikTok**
- **YouTube**

Contest Alert!

Did you know we have a T-shirt art contest on?! Sketch, paint, or draw your favourite thing about Métis culture! If you win, we'll feature it on an MNA t-shirt! Good luck. 😊

Questions? Need contest details? Email **youth@metis.org** today!

Book Club Alert!

Region 6 Youth Coordinator is hosting an online book club and you're invited to join in!

We'll be reading *From the Ashes* by Métis author Jesse Thistle.

Email Erin at **emingay@metis.org** for ways to get the book and to get reading! 📚

Time Capsule Activity!

This is going around on **Facebook by Long Creations** and we just love it! Print off and have fun filling out the booklet. Make sure to put it somewhere safe for years to come. 🚀

Time Capsule Activity

Please Stay Connected

Find Connection in Community

How are you coping with staying home?

This can be a very lonely time for some.

Have you reached out to your family?

How about any seniors in your community?

Everyone could use a little extra love right now, so please make sure you are connecting.

Connect with us!

Use **#QUARANTINEDNOTCANCELLED**

to share what you're up to.

We are resilient. We are a community. We are Métis.

CONNECTION . BELONGING . CULTURE .

MNA Provincial Office Contact

Toll Free:1-800-252-7553 | 780-455-2200
mna@metis.org