



Metis Family Services  
13639 108 Avenue Surrey BC, located  
in our Cultural Building  
Phone: 604 584-6621  
Website: [www.metisfamilyservices.com](http://www.metisfamilyservices.com)

### **METIS FAMILY SERVICES CIRCLE PROGRAMS**

#### **SEVEN SACRED TEACHING DRUM GROUP- MONDAY**

3:30pm-4:30pm ages 10 and under

4:30pm-5:30pm 10 and over

Each age group will

- Smudge
- Circle
- Drum and sing on the powwow drum and/or hand drums
- Sing with a rattle
- Start date January 16th 2012
- Contact Toni For more information

#### **Parenting Empowerment Support Circle—Monday Evenings**

This unique parenting circle will encourage the development of balance between the lives of those participating in the program. This is done in a support circle using the teaching of the medicine wheel . This support circle will encourage parents to develop self esteem, regain the respect we once treasured as part of our heritage, change the way we as parents deal with violence, drug and alcohol abuse and issues of the child abuse, develop the spiritual aspect of self, and learn both traditional and health parenting skills.

- **Time: 5:30pm-8:00pm (Monday evening)**
- Starts January 16th
- Bus tickets and light meal provided

#### **CRAFT AND BANNOCK CIRCLE-THURSDAY'S**

- Smudge
- Circle
- Create a craft in a supportive circle.
- Bannock and tea provided
- **11am-2pm**

Self and professional referrals accepted  
For more in formations and referrals to circle programs  
please contact Toni or Catherine @604-584-6621



