

SAMSON CREE NATION

NEWSLETTER



April 2026

ᐱᓃᓕᓂᓈᓂᓈᓂᓈᓂᓈ (Askíhkâw Kísikâw)
The Earth Thawing Moon Month

NIPISIHKOPAHK ACIMOWIN

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EMPLOYMENT OPPORTUNITIES



WE ARE HIRING!

JOIN OUR TEAM

OPEN POSITIONS CURRENTLY AVAILABLE

DIRECTOR OF PERSONNEL & HR
DEPARTMENT: Governance
Email: personnel.179@gmail.com

JOURNEYMAN PLUMBER
DEPARTMENT: RESIDENTIAL DEVELOPMENT
Email: personnel.179@gmail.com

HEALTH CARE AIDE - FT 1YR TEMP.
DEPARTMENT: SAMSON COMMUNITY WELLNESS
Email: personnel.179@gmail.com

CULTURAL CONNECTOR
DEPARTMENT: SAMSON COMMUNITY WELLNESS
Email: personnel.179@gmail.com

X4 HEAVY EQUIPMENT OPERATORS/ TRUCK DRIVER
DEPARTMENT: PUBLIC WORKS.
Email: personnel.179@gmail.com

NOTE: YOU HAVE UNTIL 4:00PM TO APPLY ON CLOSING DATES.

 **780-585-3793 EXT: 107**

TO APPLY EMAIL: PERSONNEL.179@GMAIL.COM



Join us for a night filled with fun and laughter.

SATURDAY: MARCH 7, 2026
HOWARD BUFFALO MEMORIAL CENTRE

Starting at 7 pm
Bring your drums, first 35 singers paid.
Giveaways, lunches, apple dance, and great company.

MC: Elmer Rattlesnake & Blue Lightning
Stickman: Nathan Rattlesnake

SECURITY WILL BE ON-SITE. NO DRUGS OR ALCOHOL ON THE PREMISES. OUT OF RESPECT FOR THE CEREMONY, MCSS-MCSS IS NOT RESPONSIBLE FOR ANY LOST, STOLEN OR DAMAGED PERSONAL PROPERTY.



MASKWACIS COUNSELLING & SUPPORT SERVICES
780.565.2208



Photos by: Rayden Buffalo

MCSS Round Dance - March 7th

MCSS Round Dance Brings Community Together

On March 7, 2026, the Howard Buffalo Memorial Centre was filled with the sound of drums, song, and laughter as Maskwacis Counselling & Support Services hosted their MCSS Round Dance.

Community members gathered in a strong show of unity, joining together in the round dance to celebrate culture, connection, and tradition. Singers and drummers brought powerful energy to the evening, while participants of all ages took part, creating a welcoming and uplifting atmosphere.

Highlights of the night included giveaways, shared food, and the always-enjoyed apple dance, adding to the sense of joy and togetherness. The first 35 singers were also recognized and supported.

Led by MC Elmer Rattlesnake alongside Blue Lightning, with Nathan Rattlesnake as Stickman, the evening carried on in a good way, grounded in respect and cultural values. The event remained alcohol- and drug-free, honouring the spirit of ceremony.

The MCSS Round Dance was a meaningful evening that brought the community together through culture, connection, and shared experience.





Photos by: Rayden Buffalo





Miyo Pimatisiwin – Wellness & Recovery Program

Open to all Samson Nation members, the Miyo Pimatisiwin Wellness & Recovery Program ran daily from March 2–31, 2026 at the Howard Buffalo Memorial Centre.

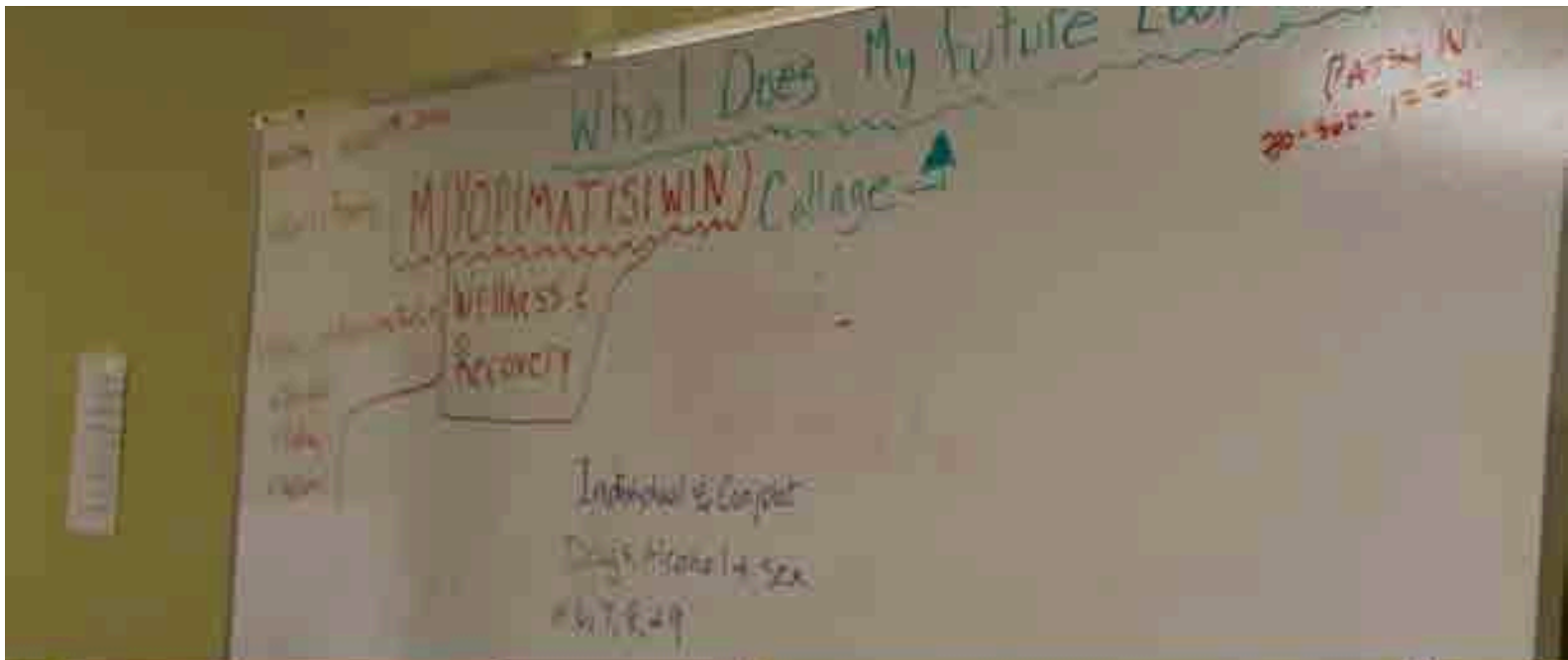
Offered through Samson Community Wellness/NNADAP, this culturally grounded program supports individuals on their healing journey through Cree values of balance, connection, and community. Miyo Pimatisiwin, meaning “living a good life,” encourages personal growth, strength, and overall well-being.

The program focuses on education and support, land-based teachings, rebuilding relationships, and culturally grounded healing practices.

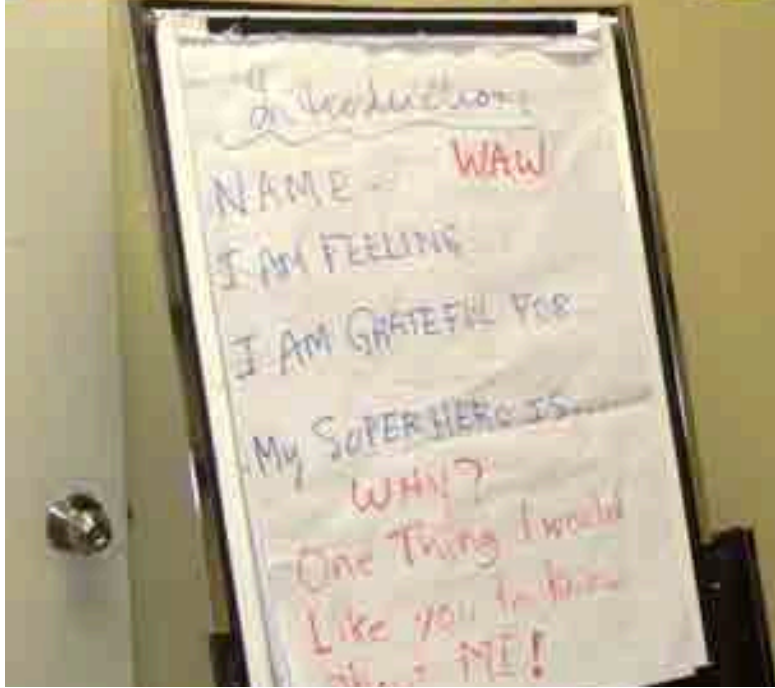
Community members seeking support are encouraged to reach out to the Samson NNADAP office at (780) 585-0799 for more information.



photos by: Rayden Buffalo



photos by: Rayden Buffalo



Photos by: Rayden Buffalo.



Youth Collective Pop Up - March 17th.

Community Connection Event

Community members are invited to come out and connect with several local programs supporting youth and families, including Samson Youth Collective, Samson Community Wellness, Samson Youth Sports Development, and the Maskwacis Young Warriors Program.

Representatives from each department will be on-site to share information about current and upcoming programs, services, and opportunities available within the community. This is a great opportunity to learn more about available supports, ask questions, and build connections with those working directly with our youth.

The event will also feature interactive activities, prize giveaways—including a chance to win a \$25 gift card—and free food for attendees.

All are welcome. We encourage you to bring your family and take part in this opportunity to stay informed, get involved, and strengthen community connections.





Photos by: Hayden Buffalo





photos by: Rayden Buffalo

Growth, Wellness, and Connection

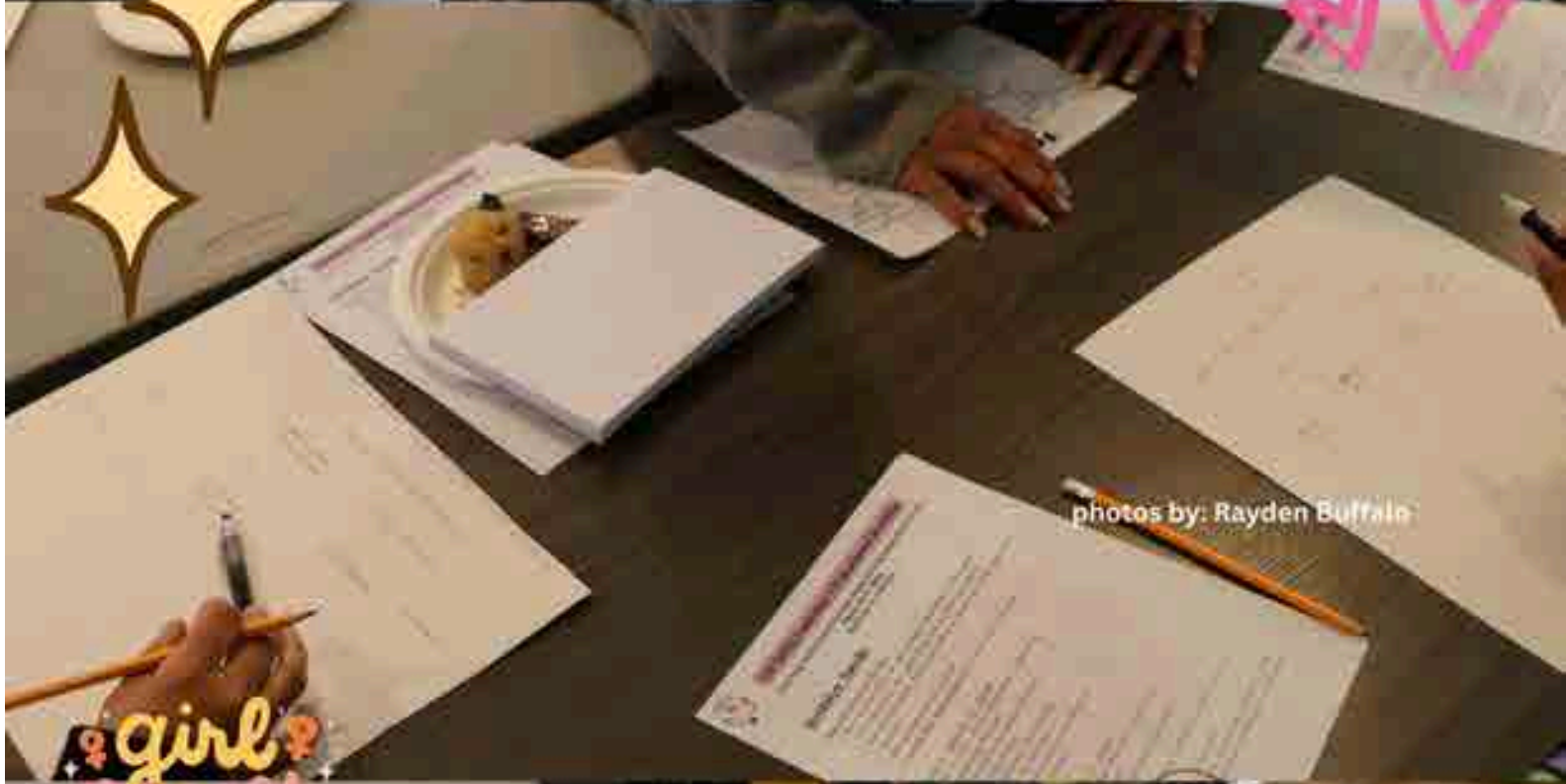
Community members gathered for a two-day Women's Workshop held at the Samson Head Start new building, creating a space focused on empowerment, self-care, and connection.

The workshop brought together participants to explore leadership, personal growth, and wellness in a supportive and culturally grounded environment.

Nikawiy Womens Workshop. Day One: ✨

Day one focused on building inner strength through an Inner Leader Workshop with an Elder, along with discussions on leadership and strengthening family connections. ✨ ✨





photos by: Rayden Buffalo





photos by: Rayden Buffalo





photos by: Rayden Buffalo





Maskwacis Employment Centre Hosts Successful Job Fair

On March 19th, 2026, the Maskwacis Employment Centre (MEC) welcomed community members to the HBMC for an engaging and informative Job Fair. The event brought together local employers, organizations, and job seekers in a vibrant space designed to connect talent with opportunity.

Attendees had the chance to explore a variety of career paths, learn about available positions, and engage directly with employers in a supportive and welcoming environment. MEC staff were on hand to provide guidance, resources, and tips for navigating the employment process, helping participants take meaningful steps toward their career goals.

The Job Fair not only highlighted the diversity of opportunities within the Maskwacis community and surrounding areas but also reinforced MEC's commitment to empowering residents through education, skills development, and meaningful employment connections.

For more information on upcoming events and employment programs, visit the Maskwacis Employment Centre.





photos by: Rayden Buffalo

SAMSON MANAGEMENT LTD.
First Nations Owned & Operated
Trusted Leaders in Property & Business Management
www.smcorp.com



MESC
lyinw Māmītonahickan
Nabiyim...

AN EDUCATION THAT PREPARES YOU FOR THE FUTURE... IN A CULTURALLY SUPPORTIVE CREE ENVIRONMENT

Our Goal
Establish the Cree language as the central focus of our educational programs, research and innovation.

Our Vision



HELPING YOU TO CREATE YOUR FUTURE WHILE HONORING THE TRADITIONS OF OUR PAST

Education Based in Cree Culture, Traditions, Thought and Philosophy

- Cree Language
- Cree History
- Cree Values
- Cree Spirituality



CLASS 1 OR 2 LICENSE REQUIRED
TRAINING AVAILABLE IF NEEDED
CONTACT MESC TRANSPORTATION
780-585-3333



WICHITASOVI



**INDIGENOUS PATIENT NAVIGATOR
FOR YOUNG ADULTS**

WICHITASOVI COMMUNITY LEADERSHIP
COUNCIL

Are you?



photos by: Rayden Buffalo







SAMSON CREE NATION LEADERSHIP IN TREATY SUITS

Our Samson Cree Nation leadership proudly wore their Treaty Suits, symbolizing our enduring commitment to Treaty 6 and our community values. 📷 Photo by Curtis Cameron.

A special shout-out to Izaiah Swampy-Omeasoo and Ryan Lightning, who were unable to join us for this photo.

#samsoncree #treaty6 #treatysuits #proud #cree #kinanâskomitin



photos by: Rayden Buffalo



DEADLY DADS ROUND DANCE

On March 27th, 2026, the Deadly Dads Round Dance brought community, culture, and connection together at the HBMC, hosted in partnership with the Indigenous Caregiver Collective, the University of Alberta, and other supporters.

The event featured heartfelt drumming and dancing, with Blue "Kistew Maskwa" Lightning and Elmer Rattlesnake serving as emcees, and Nathan Rattlesnake as stickman, guiding the rhythm and flow of the ceremony. Families and community members came together to celebrate fatherhood, mentorship, and the important role of men in strengthening community ties.

For more information on Deadly Dads programs and upcoming events, contact deadlydadsmaskwacis@gmail.com.





photos by: Rayden Buffalo





photos by: Ashley Lightning

SCN ELDERS SELF-CARE DAY

Today, the Elders Department hosted a Self-Care Day for our SCN Elders. They were treated to haircuts, foot care, and a delicious lunch, creating a relaxing and welcoming space for everyone.

During the day, the Communications team also provided a presentation on online safety, focusing on fake profiles and online scams—helping keep our Elders informed and aware.

Due to a last-minute change of location to the HBMC Music Room, lighting was limited, but we appreciate everyone's understanding and flexibility.

All those in attendance received an incentive for participating.

A great day of care, connection, and support for our Elders.





TRADITIONAL PARENTING CLASS WELCOMES COMMUNITY

The Indigenous Family Services (IFS) recently hosted a Traditional Parenting Class, welcoming community members eager to explore parenting through a cultural lens. The program began with 12 participants and concluded with 11, each bringing an open mind and heart to learning new perspectives on family, connection, and traditional practices.

Over the course of two days, participants explored a wide range of topics including:

- Circle checks and sharing circles
- Pregnancy, bonding, and attachment
- Placenta and belly button teachings
- Wakes and funerals

The important roles of fathers in family and community

While two days are never long enough to fully explore these teachings, the sessions offered a meaningful opportunity to engage with traditions that strengthen family ties and community connections.

A special thank you to the IFS team for their support behind the scenes, our caterer for providing nourishing homemade meals, and our leadership for encouraging programs like this that honor our cultural teachings.

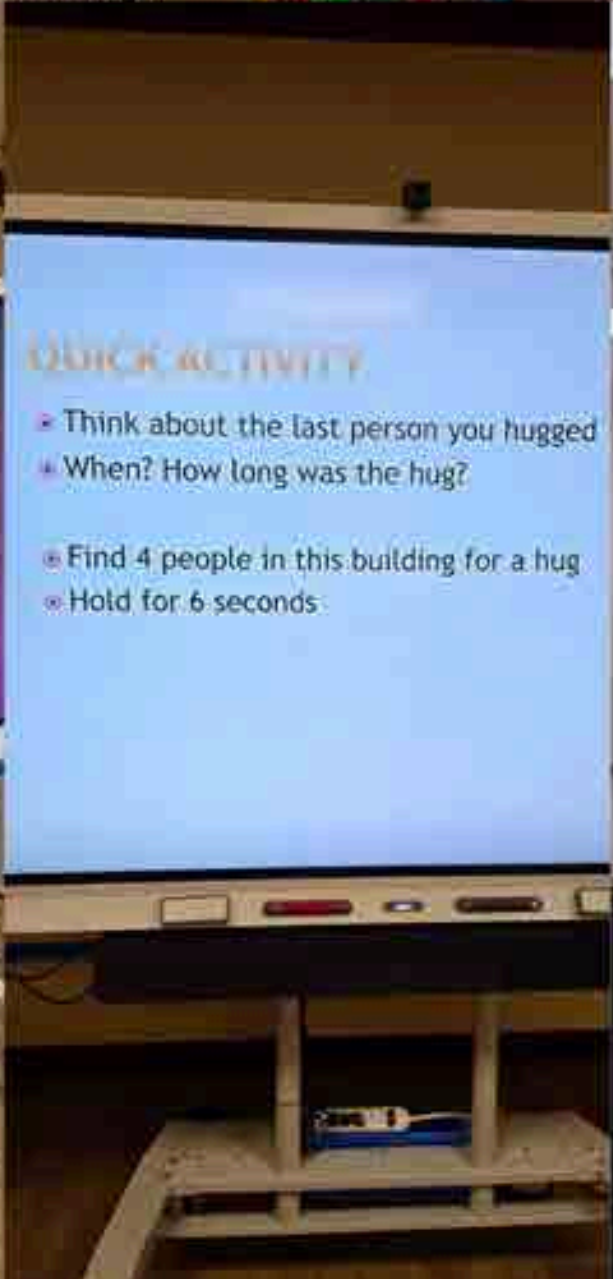
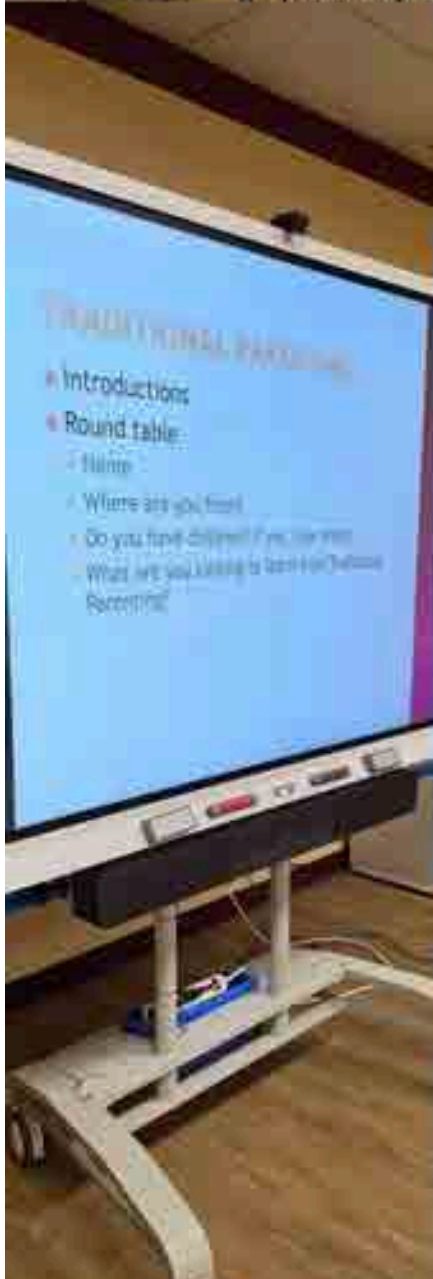
Ninaskomon ❤️ Kitatameyhin.

photos by: Jordan Eagle





photos by: Jordan Eagle





photos by: Rayden Buffalo

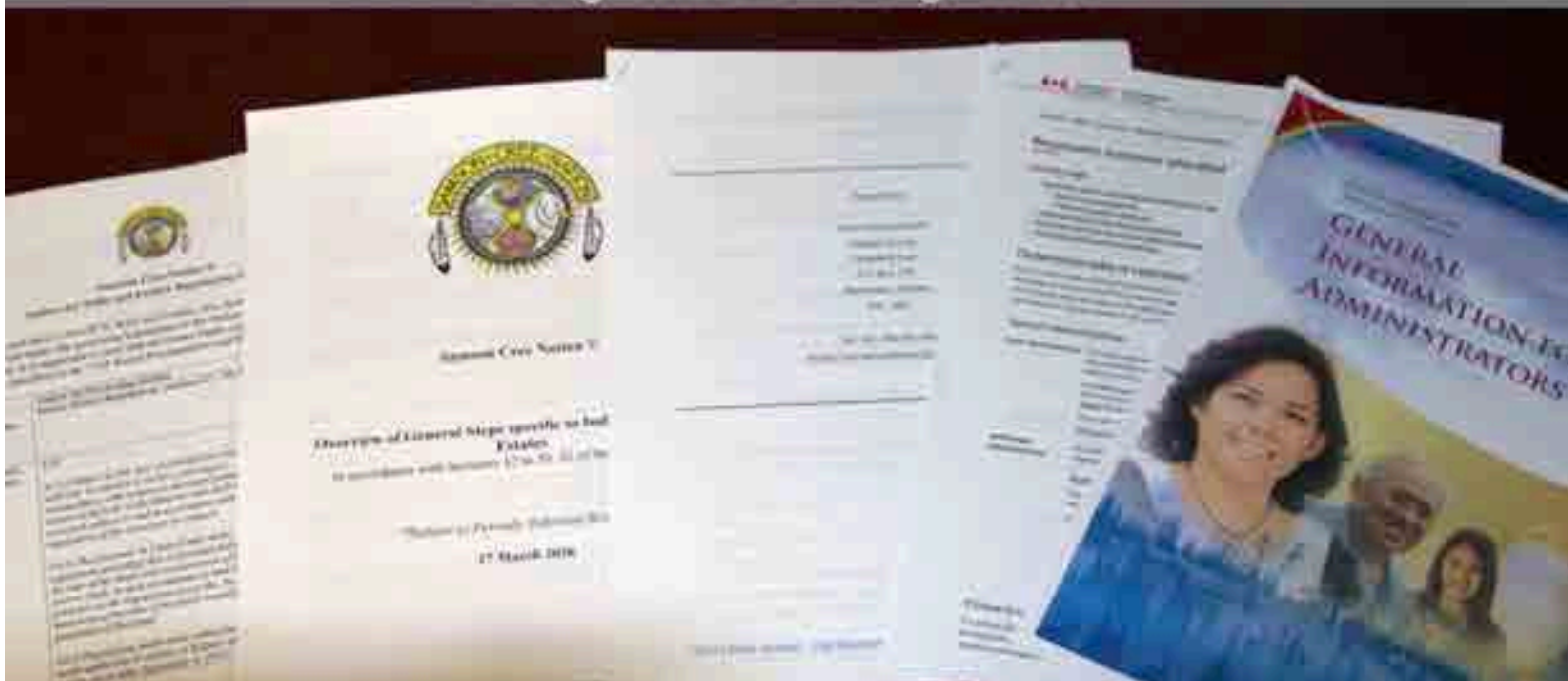
Information Session on Wills & Estates Supports Community Awareness

On March 19, 2026, community members gathered at the Samson Recreation Bingo Hall for an Information Session hosted by the Treaty Protectorate and Enforcement.

The session focused on providing important information regarding wills and estates under the Indian Act, helping attendees better understand the processes and responsibilities involved. Participants had the opportunity to learn about key steps in planning and managing estates, as well as the roles of individuals representing loved ones who have passed.

The session created a space for learning, questions, and open discussion, allowing community members to gain clarity on a topic that can often feel complex and overwhelming. By sharing this knowledge, the initiative aimed to empower individuals and families to make informed decisions for the future.

Overall, the Information Session served as a valuable opportunity to increase awareness and understanding while supporting the well-being of the community through education and guidance.





SAMSON BANNOCK COMPETITION

Tradition lives in every bite, celebrating the Indigenous bannock makers.



1st: The Golden Bannock
2nd: The Silver Slice
3rd: The Bronze Bite

APRIL 21ST, 2026
HBMC
11 AM - 2 PM

Who will take home the bannock crown?

For More Info Call NYI at (780)-585-3634

OSKI AYISIYINIW PIMATISIWIN PROGRAM

APRIL 7TH - MAY 28TH, 2026

- Strengthen mental health coping skills
- Build real-life independence skills
- Increase confidence, routine and stability
- Reduce isolation and risky behaviors
- Support transitions to work, school or training



8-Week Young Adult Day Program
Ages: 16-24 years old

Location:
Lunch and Transportation Provided

For more information call (780)-585-3634
Register online at sowprograms.com

Bannock Competition Event Rules

1. Homemade Only

- All bannock must be prepared at home by the participant.

2. Fresh Preparation

- Bannock should be made the same day as the event to ensure freshness.

3. Sample Portions

- Participants must bring enough bannock for judging and small tasting samples for guests.

4. Traditional & Creative

- Both traditional and modern bannock styles are encouraged.

5. One Entry Per Person

- Each participant may submit one bannock entry.

6. Label Your Dish

- Please include your name and, if you wish, a short description or story behind your bannock.

7. Arrival Time

- Entries must be submitted before judging time begins (12pm)

8. Respectful Sharing

- This event celebrates Indigenous culture, community, and respect. Please honour that spirit.

9. Judging Criteria

- Bannock will be judged on:
 - Taste
 - Texture
 - Appearance
 - Overall presentation

10. All Are Welcome

- Open to all ages and skill levels

Elder's Information Session

location : Nipsihkopahk Hall, 5 Mile

Date: April 7th, 2026

Time: 9am to 1pm

Subject matter: [Alberta Utilities Commission for ATCO Yellowhead Mainline Project - AUC Hearing prep](#)

Breakfast will be served

hosted by Consultation



for further information please contact

[Consultation at](#)

(780) 585 3793

scntlulead@samsoncree.com

TCenergyliason@samsoncree.com

SUPER MARIO 2

Sensory Movie Day
SUNDAY APRIL 5TH 2026

WETASKIWIN CINEMA

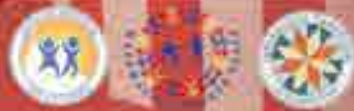
11:00 AM-1:30 PM



We will have flexible seating, adjusted lighting, cover, volume and a sensory space.



FREE
POPCORN &
DRINK



OPEN TO MASKWAGIB FAMILIES WITH NEURODIVERGENT CHILDREN

- AUTISM
- ADHD
- DOWN SYNDROME
- FASD
- DEVELOPMENTAL DIFFERENCES

For questions or to pre-register please email Tierney1@ualberta.ca

Employment Readiness Session



April 13-24th 2026

10 AM to 3 PM daily

Maskwagib Employment Center Classroom

Deadline to apply: April 9th 2026
12 pm

Program Highlights:

Career Development:

- Resumes
- Cover Letter Writing

Personal Development:

- Public Speaking
- Team building

Professional Development:

- Job seeking
- Safety ticket training

Requirements:

- Minimum 18 years of age
- Currently unemployed or underemployed
- Sporadic or no work history
- Need assistance finding employment
- Must be motivated to work
- Must have own working email
- Must commit to entirety of program
- Must have own transportation

How to Apply:

Send request by email to karla@maskwagibemployment.ca
Apply In Office
(780) 585-4450

Ground Breaking
Ceremony



April 27th 2026
Pipe ceremony 10am
News interviews and photos up 10:30am

For more information contact
Dakota Swampy 780-585-3793 ext 230

Behind the Samson Cree Nation Band Office, old MCC Location



WILDLAND FIREFIGHTERS FITNESS TEST

APRIL 8, 2026 • MASKWA PARK • 10:00 AM – 4:00 PM

THE CHALLENGE

**2 MILE WALK IN UNDER 30 MINUTES
WEARING A 25 LB WEIGHTED VEST**



- WATER PROVIDED
- DRESS FOR THE WEATHER
- WEAR PROPER FOOTWEAR

FAMILY & FRIENDS WELCOME TO WATCH!



Kick it to the Curb Maskwacis Event Rules

1. Purpose of the Event

This event is intended to support individuals and families in need by redistributing gently used household items and clothing at no cost.

2. General Guidelines

- All items are **FREE**
- Items are available on a **first-come, first-served** basis
- No holding or reserving items
- Be respectful to volunteers and other community members

3. Item Limit

- Limit of 4 bags/boxes per household
- Large items, limited to one per household
- Organizers reserve the right to adjust limits, if needed

4. Condition of Items

- Items are given "as is," Must be Good used and working condition items
- Clean and stain free
- Environmental pest control materials only for health and safety reasons (Bedbugs, Cockroaches, etc.)
- Organizers are not responsible for item condition after pick-up
- Please check items carefully before leaving

5. Safety Rules

- No running or pushing
- Children must be supervised at all times
- Volunteer may assist with large items, but participants are responsible for loading their own vehicles

KICK IT TO THE CURB MASKWACIS

Donate carefully used items
and gently used clothing

Thursday
April 16th, 2026

10am - 3pm

Outside of the
HBMCC



[DONATE NOW](#)



For more information call NYI at (780)-585-3634

Kick it to the Curb Maskwacis Event Rules

6. NO Reselling Policy

- Items are meant for personal and family use
- Reselling items from this event is discouraged

7. Clean-up and Be respectful

- Do NOT open packages unnecessarily
- Place unwanted items back neatly
- Help keep the area clean
- Respect the venue and surrounding property

8. Prohibited Items

The following items will NOT be distributed:

- Broken or unsafe items
- Hazardous Materials
- Expired goods
- Weapons

9. Substance-Free Event

- No alcohol, drugs or disruptive behaviour
- Anyone under the influence may be asked to leave

Health & Wellness in Pigeon Lake

Mending Broken Hearts

with

Marilyn & Conan Yellowbird

April 13 & 14, 2026

Mameo Community Hall

10:00 AM - 2:00 PM

Transportation Available**

Special Performance by DON BURNSTICK

5pm-7pm (open to everyone to attend)

For more info call Nicole @ (780)360-6712

AN EVENING WITH



DON BURNSTICK

TUESDAY, APRIL 14
DOORS OPEN AT 5 PM

ADULTS ONLY

Pathways to Healthy
Lifestyles Program

YOU CAN HELP THIS CLINIC SEASON



Each clinic is built within the host community, where teams come together to provide spay and neuter surgeries, tattoos, vaccinations, and parasite treatment to **hundreds** of animals.

These one weekend clinics aim to address the animal overpopulation and improve their health which has a **direct** impact on the overall community health and safety.

Our spay and neuter clinics are delivered in partnership with First Nations communities across Alberta.

Sign up in Better Impact for first look at upcoming opportunities!

cataskforce.org/volunteer

On-site Spay Neuter Clinic Dates

MAR 26 - 29 Taber Cat Clinic	JUL 24 - 26 Cold Lake First Nations
APR 24 - 26 Saddle Lake Cree Nation	SEP 18 - 20 Location TBA
MAY 22 - 24 Frog Lake First Nation	OCT 23 - 25 Siksika Nation
JUN 19 - 21 Maskwacis Communities	

Join the team **TASK FORCE**

Clinics are designated for community members only.

THANK YOU!

helping people helping animals



2026 SPAY NEUTER CLINICS:

These on-site clinics are designated for community members only.

- March 26 - 29 Taber Cat Clinic
- April 24 - 26 Saddle Lake Cree Nation
- May 22 - 24 Frog Lake First Nation
- June 19 - 21 Maskwacis Communities
- July 24 - 26 Cold Lake First Nations
- September 18 - 20 TBA
- October 23 - 25 Siksika Nation

APPLY TO VOLUNTEER



SAMSON
FOODBANK/FRIENDSHIP
CENTER

Volunteers Needed



Samson Foodbank is looking for SCN Staff/Departments to volunteer their time to help out at our soup kitchen

WEDNESDAYS

9:00am - 2:00pm

Tasks may include food preparation, serving meals, setting up, & cleaning.

Departments can book a Wednesday with Carrie at:

780-585-3902



WETASKIWIN MULTICULTURAL HERITAGE FESTIVAL

DIVERSE CULTURES, ONE COMMUNITY - CELEBRATING OUR SHARED STORY!

Dive into delicious eats, discover amazing cultures, and sit back for a show you won't forget!

11th 20th & 21st JUNE 2024

50th AVE WETASKIWIN

11AM - 7PM (FR & SUN)
10AM - 7PM (SAT)

Wetaskiwin, Samson Cree Nation, Alberta

www.wetaskiwin.com



Advertising Rate Sheet

25 pages to advertise

Phone: (780) - 585 - 4295

Cell: (780) - 305 - 4029

Email: carrie@samsoncree.com

Website: Live Website: www.samsoncree.com

All advertising bookings will be reviewed for Message

Daily Rate - \$25.00 / 18 spots (+2 Free spots) \$2.50 per spot

Weekly Rate - \$175.00 / 90 spots (+4 Free spots) \$2.00 per spot

Monthly Rate - \$500.00 / 360 spots (+16 Free spots) \$1.50 per spot

Yearly Rate - \$4475.00 / 1800 spots (+84 Free spots) \$2.77 spot

1. Booking yearly in your SCN system, you could have a combination of different ads daily and never worry about a recurring bill. Space and location: If you want an exact time slot, please let us know of your earliest availability.
2. MEIC ads only: Prices negotiable for advertising.
3. SCN eNews drive, text, social, print/promo sales, meeting rates: All subject to a flat rate fee of \$10.00.
4. On reserve campaign costs during election are to be negotiated by the Station Manager. Non-reserve member advertising will be subjected to a fee of \$200.
5. Fine announcements: (30 sec spot for 30 days) for notice members only: community, employment/training, and cultural events.
6. "Live" interviews from non-station members will be subjected to a flat rate fee of \$100. Prices negotiable for notice members only.
7. L.O.L. (Live on Location) notice rates: \$400 for 4 hours + set up (Flat Rate) and \$100 per hour of interview negotiated.
8. Upon signing of service agreement, the client acknowledges and agrees that all fees paid are non-refundable and are subject to reimbursement under any circumstances. Please make payment to: Samson Cree Nation c/o Herb Kiefer Box 100 Wetaskiwin, Alberta T0C0H6.

UPDATE

CTA BUILDING CLOSURE EXTENSION

Samson Cree Nation CTA Building will continue to remain closed until May 1, 2026.

This extension is necessary due to additional upgrades required to meet current building code standards, as well as ongoing abatement work. These requirements were unforeseen during the initial planning stages. We sincerely appreciate your understanding, patience, and cooperation during this time. Further updates will be provided as they become available.

During this time, all SCN Departments will continue working remotely or from other available SCN Buildings.

For further information or inquiries, please contact:
Governance or Emergency Mgmt Office
780-585-3793 ext 101 or 202

www.samsoncree.com



HEALTH Promotion

What is Health Promotion?

Our team focuses on providing beneficial health information on various health issues that affect the community. Education helps bring awareness and our programs provide prevention strategies to help us be a healthier version of ourselves.

Importance of Awareness

Being aware of different health issues will help us in early detection. By knowing different signs and symptoms we can speak to our doctors or health practitioners and see what we need to do next.

For more information or to book us for a presentation please reach out to "Maskwacis Health Promotion" on facebook or by phone @ 780-585-2266

We are located at the ATCO trailers west of MHS. Follow signs to Health Promotion



Understanding HEALTH



SUPPORTING STRONG BODIES & MINDS

• Online information

Follow our social media pages: "Maskwacis Health Services" "Maskwacis Health Promotion" to see health information posters and presentations that we share

• Come see us!

Register or drop in for our in person events hosted at our building and around the community

• We can come to you!

If you would like us to host a presentation in your community, at your workplace or at an event, give us a call



Alcoholics Anonymous SUPPORT GROUP SESSIONS EVERY THURSDAY 12:00PM TO 1:00PM @ WHITE HOUSE ACROSS WILLOWVIEW

For more information please contact
Samson NNADAP @ (780) 585-0799

The Importance Your Feet!

Benefits of a Pedicure

- Improves Circulation
- Softens & Smooths Skin
- Prevents Ingrown Nails
- Relaxation & Stress Relief

Foot Health Warning Signs:

- Fungal Infections
- Cracked Heels
- Swelling & Pain
- Discoloration

Protect Against Foot Fungus:

- Keep Feet Clean & Dry
- Wear Breathable Shoes
- Use Antifungal Powder or Spray

Healthy Feet, Happy Life!
MHS Health Promotions

THIS WEEK'S ITWĒWINA

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Ayiki pisim-April

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Emiyoskamik-it is springtime

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Miyoskamin-spring

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Kinanaskomtin

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Okawimaw aski emaci tikisot-Mother Earth is thawing out

MCC welcomes you
to the challenge!!

**STUDENT
T-SHIRT
DESIGN
CONTEST**

We are hosting a t-shirt
design contest for our
next merchandise.
Deadline April 22,
10:00 am.

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Winner to be announced
at the MCC Open House
April 23, 2026

 patmorin@mccedu.ca

 780-585-3925



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ayîki-pîsim

Frog Moon

Draw date: April 23 | **THURSDAY** | 2026

50/50 RAFFLE

Tickets \$10 Fundraiser



**STAND WITH
FIRST NATIONS**

DEFEND THE TREATIES

First Nations are suing Alberta to stop a separation
referendum that would violate sacred Treaty rights
protected by the Constitution. Three court cases are
fighting to ensure that no province can legislate away
the promises made to Indigenous peoples.

**Let Alberta Know
You Won't Back Down**

Wednesday, April 8 at Noon

Provincial Courthouse

1A Sir Winston Churchill Square NW, Edmonton

standwithfirstnations.ca





Congratulations to the **2026 NNADAP Miyo Pimatisiwin** Wellness and Recovery Graduates on this incredible achievement.





Supporting
Community Wellbeing

Women's Support Group

Every Thursday 10:00am to 12:00pm @ Samson NNADAP (White House across Willowview Bldg.)

Contact Samson NNADAP (780) 585-0799 for more info.



First Nations Child and Family Services and Jordan's Principle Settlement

Information Session

Claims Helpers are available to help you complete your Claim for compensation.

Join Claims Helpers for a free information session to learn about the Settlement, eligibility and how to submit a Claim for compensation.

Date: April 7th, 2026

Time: 10am -3:00pm

Location: Samson Bingo Hall

The Claims Helpers will also be available to provide free private support with completing Claim Forms.

Details: If you have any questions or would like support please feel free to join us. One submission per Claimant, please bring ID.

To learn more about the Settlement, visit www.FNChildClaims.ca.

Contact the Administrator at 1-833-852-0755 for information or to be connected with a Claims Helper.



GROUP PRENATAL CLASS

Early Pregnancy Group class

Up to 22 weeks of pregnancy
Topics include: how to have a healthy pregnancy, nutrition, prenatal care and more!

Next class dates:

April 23, 2026

5-7 pm OR

May 25th 5-7 pm

Atsawwac Health Services Transportation building (Blue Building)

To register: email [prenatal@mymhs.ca](mailto: prenatal@mymhs.ca) or call 780-585-2266 and ask for Nurse Anneli or Maggie

Later Pregnancy Group Class

For women after 22 weeks in their pregnancy.

Topics include: stages of labor and coping with labor, medical interventions, informed decision making, caring for a newborn and more!

Completion of this class may provide eligibility for a car seat, but needs to be completed before 34 weeks of pregnancy.

Next class dates:

March 30, 2026

5-8 pm OR

May 4, 2026

5-8 pm

Atsawwac Health Services Transportation building (Blue Building)



First Nations Child and Family Services and Jordan's Principle Settlement

Information Session

Claims Helpers are available to help you complete your Claim for compensation.

Join Claims Helpers for a free information session to learn about the Settlement, eligibility and how to submit a Claim for compensation.

Date: April 28th, 2026

Time: 10:00am-3:00pm

Location: Samson Bingo Hall

The Claims Helpers will also be available to provide free private support with completing Claim Forms.

Details: If you have any questions or would like support please feel free to join us. One submission per Claimant, please bring ID.

To learn more about the Settlement, visit www.FNChildClaims.ca.

Contact the Administrator at 1-833-852-0755 for information or to be connected with a Claims Helper.



Understanding self-injury

Self-injury is a way of coping that some people may use when they're experiencing overwhelming or difficult emotions. Swipe to learn about why some people may do it, ways to cope and how to get support when you're ready.

What is self-injury?

Self-injury is when someone hurts themselves on purpose, without the intention of ending their life.

Why do people self-injure?

Some folks may self-injure to cope with intense emotions, give voice to emotional pain, or as distraction by transforming it into physical pain. While it may provide temporary relief, the difficult emotions can return. And even without the intent to end their life, self-injury can also carry serious risks.

What are some ways to cope or get support?

The urge to self-injure can be strong, especially if it's provided relief before. While it can be hard to stop, there are other things you can try to replace self-injury that may help to feel a similar sense of relief, like:

- Moving your body (in any way you can)
- Yelling into a pillow
- Ripping a piece of paper
- Doing an activity you enjoy
- Lying down or resting in a place that feels safe to you
- Reaching out to someone you trust

You're not alone

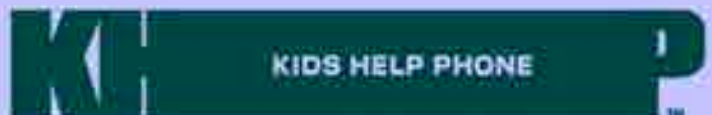
If you're navigating self-injury, or worried about someone else, support is available. Kids Help Phone is here 24/7.

Call 1-800-668-6868

Youth can text 686868

Adults can text 741741

Message online at [KidsHelpPhone.ca](https://www.kidshelpphone.ca)



VISION

Nipisihkopahk is sovereign and prosperous;
empowered by healthy and knowledgeable
Iyiniwahk.

MISSION

Samson Cree Nation is a sovereign nation
that is dedicated to improving a quality of
life for all our people by maximizing our
human resources and by respecting our
Cree language and traditions of our people.

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