

SAMSON CREE NATION



Saint Patricks Day

03 MARCH 2026

NIPISIHKOPAHK ACIMOWIN

The header features a light blue and green background with a floral and butterfly theme. On the left, a monarch butterfly is shown in flight. On the right, a blue butterfly is perched on a pink flower. A central floral wreath with pink blossoms and green leaves spans across the top. The title 'Table of Contents' is written in a large, elegant, dark green cursive font.

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The footer is a vibrant illustration of a garden. It features a variety of flowers including white daisies, pink tulips, yellow daisies, and pink cherry blossoms. A red ladybug is on a green leaf on the left, and a bumblebee is on a yellow flower on the right. The background is a soft, light green and yellow wash.

EMPLOYMENT OPPORTUNITIES



WE ARE HIRING!

JOIN OUR TEAM

OPEN POSITIONS CURRENTLY AVAILABLE

PROJECT COORDINATOR – 1 YEAR TERM
DEPARTMENT: RESIDENTIAL DEVELOPMENT
Email: personnel.179@gmail.com

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

HOUSING INSPECTOR
DEPARTMENT: RESIDENTIAL DEVELOPMENT
Email: personnel.179@gmail.com

HOUSING INSPECTOR/ JOURNEYMAN CARPENTER
DEPARTMENT: RESIDENTIAL DEVELOPMENT
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




Hello

IT'S TAX SEASON.

 **Samson Tax Clinic –
Free Filing Support
Available!**

The Samson Tax Clinic is open to everyone and committed to supporting our community during tax season. If you are a low-income individual or family, you may qualify for **FREE tax filing services** through the Community Volunteer Income Tax Program (CVITP) registered with the Canada Revenue Agency.

 9:30 AM – 3:00 PM

 Samson Willowview (Teepee Room)

To avoid delays, please remember to bring your T4s, T4As, and T5007s.

 **Tax Filing Deadline: April 30, 2026**

If you cannot make the clinic, don't worry! You can still contact these ladies at their office by appointment.



Credit: Ashley Lightning





Pink Shirt Day - FEB 25th

Today, our staff proudly wore pink in recognition of Pink Shirt Day – a day dedicated to taking a stand against bullying and promoting kindness, inclusion, and respect within our community.

Pink Shirt Day began as a grassroots movement to oppose bullying in all its forms and serves as an important reminder that each of us plays a role in creating safe, welcoming, and supportive environments for all. Thank you to everyone who participated and continues to lead by example by promoting kindness, acceptance, and compassion for one another.













FEBRUARY 12, 2026

BLACKFOOT CONFEDERACY AND SAMSON CREE NATION CO HOST IELCC TREATY FIRST NATIONS EXCHANGE

Treaty First Nations Indigenous Early Learning and Child Care Information Exchange

Mohkinstsis (Calgary, AB) — The Blackfoot Confederacy Tribal Council, in partnership with Samson Cree Nation Head Start, co-hosted a two-day Indigenous Early Learning and Child Care (IELCC) Treaty First Nations Information Exchange on February 9–10, 2026, at the Deerfoot Inn and Casino.

Nearly 200 participants from Treaty 6, Treaty 8, the Blackfoot Confederacy, G4 Stoney Nakoda Tsuut'ina Tribal Council, Treaty 3, and Amskapi Piikani gathered to receive updates and engage in dialogue on IELCC priorities, funding pathways, governance considerations, and community-driven approaches. The exchange affirmed Treaty First Nations' authority over their own early learning programs and services.

Discussions highlighted shared challenges such as aging facilities, overcrowding, and communication gaps, while identifying priorities including new builds and renovations, sensory spaces, accessible playgrounds, transportation supports, and full immersion language programming.

Participants also shared successes underway across Nations, including staff certification, program expansion, cultural and language integration, and the use of Jordan's Principle to address funding gaps.

Reflections acknowledged the broader history of child apprehension and residential schools, reinforcing IELCC as a protective and strengthening force within communities.

FEB, 12th 2026

Treaty First Nations Indigenous Early Learning and Child Care Information Exchange

Federal representatives from Employment and Social Development Canada and Indigenous Services Canada provided Informational updates. The gathering did not involve funding decisions or policy changes and reaffirmed that Treaty First Nations retain full governance over their IELCC programs. The Information Exchange strengthened collaboration across Nations and reaffirmed a shared commitment to children, families, and community wellbeing. Each Nation will now review the information shared and determine its own next steps.

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Traditional Parenting Class with Integrated Family Services

Today, Integrated Family Services (IFS) hosted a meaningful Traditional Parenting Class centered on the importance of cultural teachings in pregnancy, motherhood, parenting, and moss bag teachings. The session emphasized the sacred responsibility of raising our children in a good way while carrying forward our traditions, values, and cultural knowledge.

Credit: Ashley Lightning



Participants received important reminders about the role parents play in strengthening family bonds and preserving cultural identity for future generations.

IFS offers Traditional Parenting Classes open to all SCN parents.

Lunch is provided, and participants receive an incentive for attending.

For more information or to register for the next class, please contact IFS at 780-585-2254.

Grandmothers created moss bags that looked like the womb... for choice containment, safety, health, and nurturing. Teaching baby discipline and to develop their bodies strong and straight.

...is wrapped in moss bag... to a cradle board and... ped against a tree while... picks berries, hide... ng... etc.

Baby's soft spot

Signifies connection to the Great Spirit.

Closes around 3 years of age.

Note: there is a pin point in all of us which is there for the spirit to come and go.

Spirit of Nipiy


Ceremonies

1. Closing of Totem
2. Salutations - one with two feet
3. Apologies - Peace
4. One - Belly Button
5. 17 year ceremony - Feast

Wâspison

Moss Bag Teachings

Teaching Compassion through the use of the wâspison.



4 Gifts of Iskwewak

Spirit of Nipiy - Vision

Spirit of Wâspison - Peace and

Spirit of Instomawasowin -

Spirit of Wêwêpison -



Spirit of Nipiy

Aywasowin means baby is surrounded by water and developing for 9 months.

Our grandmothers had a set of laws for the women to follow.

Every culture has their own customs to follow.





Family Day Celebration Brings Community Together

This February, families across Samson Cree Nation came together to celebrate Family Day with an afternoon filled with fun, food, and entertainment.

The event welcomed children, parents, grandparents, and extended family members to gather in the spirit of togetherness. Laughter filled the space as families participated in games, activities, and enjoyed live entertainment that brought smiles to all ages. From little ones enjoying hands-on activities to Elders visiting and sharing stories, the celebration reflected the strength and closeness of our community.

Family Day is more than a holiday – it is a reminder of the importance of kinship, connection, and spending meaningful time with one another. Events like this create opportunities for families to slow down, share a meal, and build memories that strengthen bonds across generations.

Guests enjoyed a shared meal, reinforcing the tradition that food brings people together. The positive energy throughout the day was a true reflection of the values that guide Samson Cree Nation: unity, respect, and care for one another.

Thank you to all staff, volunteers, and community members who helped make the Family Day celebration a success. Most importantly, thank you to the families who came out to celebrate – your presence is what makes these gatherings so special.





YOU ARE INVITED TO

WIDOWS & WIDOWERS Dinner

THURSDAY | 5 MAR 2026 | 5 - 9 PM

NEYASKWEYAKK OKIMAW KAMIK (NOX BLDG)

A NIGHT TO HONOR LOVE, SHARE CONNECTION, AND FIND COMFORT IN THE COMMUNITY

RSVP FOR YOU AND ONE GUEST BY FEB 23TH 780-585-2268

FOR ELM MEMBERS AND RESIDENTS

PATHWAYS TO HEALTHY LIFESTYLES PROGRAM

VEGGIE Planting Workshop



Ermineskin Elders Center

lunch and materials will be provided

MAR 6, 2026

From 10am - 2pm




WINTER FUN @ THE LAKE

- Ice Skating
- Snow Shoeing
- Wiener Roast
- Hot Chocolate

Join us for an evening of fun outdoor winter activities. Please bring your own skates if you have them!

5-7PM MARCH 5, 2026

Meet @ Pigeon Lake Library @ 5pm



PROJECT WRAP UP WORKSHOP

MONTANA BAND OFFICE GYM
MARCH 5, 2026 FROM 10AM - 2PM

JOIN US TO FINISH A WOOD BURNING PROJECT OR A MOSS BAG FROM DECEMBER/JANUARY CLASSES




PATHWAYS TO HEALTHY LIFESTYLES PROGRAM



**MCSS: NNADAP
WELLNESS &
RECOVERY**

KWAYASK PIMATCHISOWIN

JOIN US FOR AN EVENT THAT
FOCUSSES SOBRIETY USING
THE KNOWLEDGE OF ELDERS
AND CREE VALUES. COME
FOR A SWEATER, DOOR
PRIZES DAILY, AND THE MAIN
DRAW FOR THE FINAL DAY.

BREAKFAST AND LUNCH
PROVIDED

FEATURED ELDERS:

- DARRY LOUIS
- JOHN CRIER
- SARAH POTTS

FEATURED ENTERTAINERS:

- CHRIS GOWEN, MAGICIAN
- DONNY McDONALD, COMEDIAN

10-12 MARCH 2026

9 AM - 3 PM | WAYSIDE WETASKIWIN

QUESTION & REGISTRATION: 780.585.2268

MORE INFORMATION AT MCSS@MYMHS.CA TEXT 780.335.5268



Maskwacis Counselling & Support
Services

IN- PERSON CREE CLASS

Open to the Erns and Sam
community members, including
those who reside on the land

**6 PM TO 8 PM MONDAYS &
THURSDAYS**

**MAR 2 & 5
MAR 16 & 19
MAR 23 & 26**

**LOCATED IN THE YSW TIPI
ROOM**

We will learn to
speak and
understand the
Cree language.
Come for story
telling, dinner and
an enjoyable time.

Questions please call: 780.585.2268

Doors open at 6:45
Dinner provided



WELLBRIETY SESSIONS

Red Deer Recovery Community

Sundays (10:30am)
Mondays (7:30pm)
27227 Township Road 391
(Highway 2A, North of Red Deer, right hand side of the
highway)
587-797-4290

Red Deer Regional Hospital

Thursdays (1:30pm to 2:30pm)
3942 50th Ave
Cultural Room located on the 3rd Floor: R3352
Contact is Dean 403-596-9299

John Howard Society

Wednesdays (7:00pm to 8:30pm)
Fridays (12:00pm to 1:00pm)
4916 50 Street, Red Deer
403-343-1770

Wellbriety Online Meetings

Tuesday & Thursday (6:00pm)
Join the meeting: www.InTheRooms.com
Create a free profile or download the app.

These inclusive meetings welcome anyone in recovery.

Times and locations may change. Please contact
each organization directly for details. For general
Wellbriety information in Alberta, contact Hans:
hans@safeharbourcommunity.org
403-506-0730



NOTICE

— CTA BUILDING CLOSURE —

Please be advised that the CTA Building will be
temporarily closed due to scheduled repairs to the
HVAC system and main water line. During this time, the
CTA Building will be inaccessible to staff and the public.



TEMPORARY CLOSURE DATES:

FEBRUARY 20 - MARCH 20, 2026

During this time, all SCN Departments are working
remotely or from other available SCN Buildings. Once a
list of these locations are received, we will inform the
community.

For further information or inquiries, please contact:

Governance Office
780-585-3793 ext 101

www.samsoncree.com

MCSS: MENTAL HEALTH PRESENTS

Breaking the Silence: Normalizing conversations about moving from Victim to the Hero with Elders

Keynote speaker: Dr. Parker will join us for his presentation on Trauma and why our brains react to PTSD.

Trapped by the High by Dr. Timothy W. Parker, Ph.D., is a powerful and timely contribution to the conversation on addiction, trauma, and recovery. Dr. Parker thoughtfully explores the psychological, emotional, and physiological grip of substance use, offering readers both insight and hope. With compassion and clinical expertise, he sheds light on the underlying pain that often fuels addiction while providing practical understanding for individuals, families, and professionals alike. This book is an important resource for communities seeking deeper awareness, healing, and meaningful pathways toward recovery.

DATE: MARCH 18, 2026
LOCATION: WAYSIDE INN, WETASKIWIN, AB
TIME: 9 AM - 3 PM
BREAKFAST AND LUNCH INCLUDED

780.585.2268

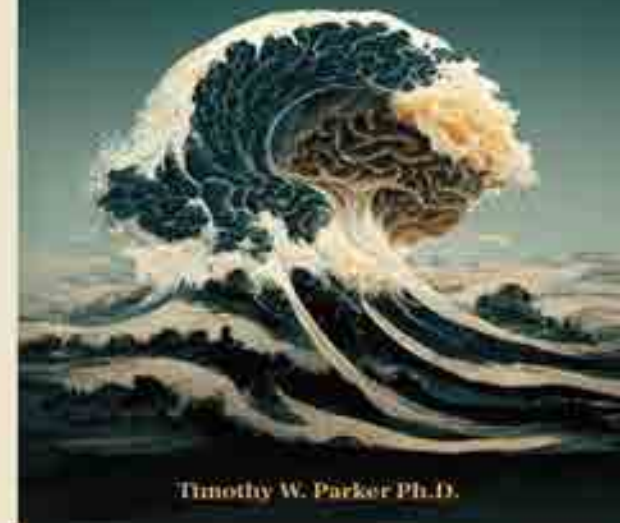
FACEBOOK: MASKWACIS COUNSELLING &
SUPPORT SERVICES

TRAPPED BY THE HIGH CAN BE
PURCHASED FOR \$25 AT THE EVENT
WITH CASH OR E-TRANSFER:
TWPARKER@ALBERTA.CA

Join us for a workshop focused on moving from survival to strength. Together, we will explore how life experiences shape our responses and learn practical tools to restore balance, confidence, and well-being. This is a welcoming space to reflect, connect, and strengthen resilience alongside community members.

Trapped by the High

What Addiction is and How it Changes the Brain



Timothy W. Parker Ph.D.

MCSS ROUND DANCE

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. MHS-MCSS
IS NOT RESPONSIBLE FOR ANY LOST,
STOLEN OR DAMAGED PERSONAL
PROPERTY.

MASKWACIS COUNSELLING & SUPPORT SERVICES
780.585.2268





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

Maskwacis Wellness Follows Research Group

MOMS SUPPORT AND HEALING CIRCLE

COMMUNITY KNOWLEDGE SHARING GATHERING

Door prizes and lunch provided

The Maskwacis Wellness Follows Research Group will be hosting a Mom's Support and Healing Circle related to the Mom's Support and Healing Circle.

• Free food/beverage/snacks support provided for community

• Free admission to all women

• All women are welcome to attend

• All women are welcome to attend

Community Knowledge Sharing Gathering

Date: Monday, March 18, 2026

Time: 10am-4pm

Location: Howard Buffalo Memorial Center (HBMC)

Mini-lessons related to Cree culture, language and ceremony lead by the Mom's Support and Healing Circle Elders.

Support Uplift Empower Heal Connect

Free support and Healing Circle is a part of a research study, research and research (everything is covered), building healthy survey systems in Indigenous communities in collaboration with the Maskwacis Aboriginal Research Group, University of Alberta, and other partners.



Sainsbury Community Wellness

Miyopimâtsiwin Wellness & Recovery

Culturally grounded recovery program rooted in Cree values of wellness, balance & community

Open to SCN members or those that within SCN Boundaries

Educate & Support

Landbase Teachings

Rebuilding Relationships

Limited space: First 20 participants

March 2nd to March 31st, 2026

10:00am to 3:00pm daily

HBMC Classroom

Contact Us!

Yvonne Nepoose-Rich
Tamara Buffalo
(780) 585-0799

Our Website

www.scwprograms.com

TOGETHER RECOVERY

THE MATRIX MODEL



SAMSON CREE NATION MEMBERS

HOCKEY FUNDING FOR NATIVES & TREATIES

Calling All Samson Cree Nation Athletes & Bench Staff!

Do you have a Samson Cree Nation athlete (U7-U21) attending the Alberta Native Hockey or Alberta Treaty Hockey Tournaments this year? We have funding available to support our athletes and bench staff!

What You Need to Do:

Fill out the registration forms below to apply for funding.
Deadline to Register is: March 13, 2026

Tournament Dates:

Native Provincials - April 3-5, 2026 Treaty Hockey April 10-12, 2026



Native Provincials



Treaty Hockey



Bench Staff

For more information:

Email communitywellness.nwsd@gmail.com



Basketball CAMP

MARCH 24TH-26TH, 2026

10am - 3:30pm
(All Session)

Maskwacis Cree or High School

Age 11+ Co-ed

SCAN to register!



Spring BREAK

- *Free Camp
 - *Food & Water is Provide
 - *Wear Proper Gym Shoes
 - *Transportation not provided
- Contact: Klevlin Cutknife
Email: Beahillsball@gmail.com
- In Collaboration with: Community Wellness



BEAR HILLS CUBS

EARLY YEARS & FAMILY DEVELOPMENT BASKETBALL SESSIONS

Each session is designed to develop coordination skills, hand-eye coordination, and an understanding of teamwork, all while learning a love for the game. Parents/Guardians assist in guiding their children through various drills and activities, creating a supportive and encouraging environment.



30 Kids Jersey (Limited Spots) Please Register Online!

EVERY SATURDAY (6 Weeks)

March 7th, 14th & 28th, 2026

April 4th, 11th & 18th, 2026

Co-ed Program:

Ages: 3-4 yrs. old (15 MAX) (noon-12:30pm) 30 mins.

Ages: 5-6 yrs. old (15 MAX) (12:45pm - 1:45pm) 1 hour.

Nipissinkopahk Elementary School (Samson Cree) Maskwacis, AB
Visit our website: SCWPROGRAMS.COM or SCAN the QR code!

TREATY SIX REIGN FUNDRAISER

SENIOR WOMEN'S HOCKEY TOURNAMENT

ENTRY FEE \$1000.00
10 TEAMS
OPEN TOURNAMENT

1ST PLACE \$3000
2ND PLACE \$2000
3RD PLACE \$1000

BEST FORWARD
BEST DEFENCE
BEST GOALIE



MARCH 6TH-8TH, 2026

MASKWACIS, ALBERTA
ERMINEKIN ARENA

CONTACT
RAELENE SADDLEBACK 7803605772 RAELAROCQUE@MCCEDU.CA
CAYLE RAINE 7803353555 SKETTS70@GMAIL.COM



SAMSON HEAD START - FNCFS PREVENTION PROGRAMS



CULTIVATING THE LEADER WITHIN FOR THE GENERATIONS TO COME

MARCH 10-11TH, 2026

NIKÂWIY

LEADERSHIP & EMPOWERMENT WORKSHOP

FOR SAMSON CREE NATION MOTHER'S WITH CHILDREN AGES 0-6 YEARS OLD.
INCENTIVE PROVIDED BUT MUST ATTEND BOTH DAYS.
REGISTRATION CAN BE FOUND ON OUR WEBSITE

TWO-DAY WORKSHOP @ SAMSON HEAD START *NEW* BUILDINGS

DAY ONE (1)

- INNER LEADER WORKSHOP W/ELDER
- THE LEADER & FAMILY CONNECTION

DAY TWO (2)

- INNER BEAUTY/OUTER SELF-CARE
- COMMUNITY IMPACT

For more information please contact Christa at 780-585-2230 or christa@samsonheadstart.com
visit our website: www.samsonheadstart.com



Samson
Community Wellness

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.

Samson
Community Wellness



Healing

Through The Arts:

A CREATIVE WELLNESS PROGRAM FOR
YOUTH AGES 12-24

WHEN

Every Thursday
Feb 12th - April 2nd, 26
4:00pm-6:00pm
NYI Building

- Beading
- Sewing
- Parfleche
- Dance
- Painting
- Drumming



TRANSPORTATION
AVAILABLE

REGISTER ONLINE AT WWW.SCWPROGRAMS.COM
FOR MORE INFORMATION CALL SCW 780-585-3634

Samson
Community Wellness

WALKING WITH THE LAND

LAND-BASED TEACHINGS

To empower Indigenous youth
by reconnecting them with their
cultural roots, language and
traditional knowledge

- Ceremonial Connection
- Tipi Teachings
- Sweats
- Songs and Drumming



Every Wednesday
February 11th - April 1st, 2026
Location: NYI Building
Transportation Available

For more information call SCW (780)-585-3634
OR
Register online at scwprograms.com



Samson
Community Wellness

ROOTS & WINGS

CULTURAL AND LAND-BASED TEACHINGS FOR GIRLS

- Connection to Self
- Creativity Expression
- Cultural Knowledge
- Storytelling
- Mindfulness & Emotional Wellbeing



Every Tuesday
February 10th - March 31st, 2026
4:00 PM - 6:00 PM
NYI Building (White House)



REGISTER ONLINE AT SCWPROGRAMS.COM
OR CALL (780)-585-3634

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

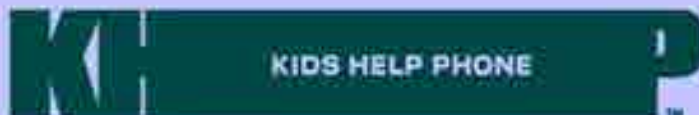
If you're navigating self-injury, or worried about someone else, support is available. Kids Help Phone is here 24/7.

Call 1-800-668-6868

Youth can text 686868

Adults can text 741741

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



Pigeon Lake Health & Wellness

MARCH

σ~PVr Niskipisim



IMPORTANT INFORMATION

- Workshops are Pigeon Lake Residents ONLY
- All workshops provide refreshments & lunch
- **MARCH 26 Addictions Workshop:**
WALMART gift cards will be given to participants

Transportation can be arranged to and from workshops upon request, please contact the Maskwacis Cree Tribal Council Facebook page for arrangements

**For More Information Contact Nicole
780-360-6712**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Veggie Planting @ PIGEON LAKE LIBRARY 11AM-2PM	6	7
8	9	10	11	12 Ribbon Skirt Making @ MAMEO COMMUNITY HALL 11AM-2PM	13	14
15	16	17 HAPPY • ST. PATRICKS • DAY	18	19	20 Community Feast @ MAMEO COMMUNITY HALL 3PM	21
22	23	24	25	26 Addictions Workshop @ PIGEON LAKE LIBRARY 11AM-2PM	27	28
29	30	31				



MARCH 2026

σ~PVr Niskipisim

onl'ipos

	Mon	Tue	Wed	Thu	Fri	SCHEDULE
1	2	3	4	5	6	
7 	8	9	10	11	12 YEAR END CELEBRATION	13
14 	15	16 HAPPY • ST. PATRICKS • DAY	17	18	19	20
21 Feeling LUCKY	22	23	24	25	26	27
28	29	30	31			31
<p>*Transportation can be arranged to and from workshops upon request, please contact the Maskwacis Cree Tribal Council Facebook page for arrangements*</p>						

Monday
Kisipatnahk School
3:30PM-5:30PM

Tuesday
Samson High School
4PM-6PM

Wednesday
Pigeon Lake Library
4PM-6PM

Thursday
Montana School
4PM-6PM

Friday
Ermineskin JR SR High
4PM-6PM



NNADAP

Noreen and Leo will host AA meetings at the Pigeon Lake Health Centre at noon.

MARCH 13, @12PM

AA meetings are a way to understand the struggles of addiction and having peer support with relapse prevention or jumping on the sober wagon.

MARCH 27, @ 12PM

MENTAL HEALTH COUNSELLING



Lorne Green has his Master's of Social Work and will be providing one-to-one counselling in Pigeon Lake Health Centre.

Please call the office to make an appointment.

On-site Service

MARCH 5, 10 AM - 3 PM

MARCH 12, 10 AM - 3PM

MARCH 19, 10 AM - 3 PM

HC25@MWHHS.CA

To make an appointment please call 780.585.2266



EQUINE THERAPY

Facilitation by Pat Buffalo
March
18 - 19, 2026

Starting at 9:00 AM
Pat Buffalo's residence on 5 mile
10 am - 3pm
Lunch will be provided.
Cotransportation can be provided upon request.



March 2026

Mon	Tue	Wed	Thu	Fri	Sat
2	3 Shout @ 11pm	4	5 Cree 6-8pm	6	7
Cree 6-8pm	AA @ MCSS 7-8pm	AA ZOOM 12 PM	Widow & Widowers Gala @ NOK 5-9 PM		Round Dance @ WRMG
9	10 AA @ MCSS 7-8pm	11 Women's Group 6-8 pm	12	13	14
	Wellness & Recovery @ Wayside 8 am-3 pm				
16	17	18 Breaking the Silence @ Wayside 8 am-3 pm	19	20	21
Cree 6-8pm	AA @ MCSS 7-8pm	Spunkiness Therapy 10 am-3 pm	Cree 6-8pm		
23	24	25 Women's Group 6-8 pm	26 Women's sweat 6-8 pm	27	28
Cree 6-8pm	AA @ MCSS 7-8pm	AA ZOOM 12pm	Cree 6-8pm		
30	31 AA @ MCSS 7-8pm				

Call: 780.585.2266
to register and ask questions

Please call to register and if need transportation please provide the location if Medical Transportation cannot provide.

AA & GA meeting Online & Telephone

Website: Zoom

Phone: 1.899.703.8445

MTg ID: 830 4645 6187#

Passcode: 676112#

MARCH

2026

Like us on Facebook
Integrated Family Services



Office Hours

8:00 am - 4:00 pm

CLOSED THRU LUNCH

12:00 pm - 1:00 pm



Contact Info

780-585-2254

Fax

780-585-2234

Monday	Tuesday	Wednesday	Thursday	Friday
02 Tax Clinic 9:30 - 3:00 Wilmaville	03 Tax Clinic 9:30 - 3:00 Wilmaville	04 All 5:00 - 7:00	05 Life Skills - Goal Setting 10:00 - 3:00	06
09 IFS Staff Away for the day	10 Men's Group 10:00 - 3:00	11 All 5:00 - 7:00 Men's Group 10:00 - 3:00	12 Coupon Day - Prenatal, Postpartum & IFS Clients	13
16	17	18 All 5:00 - 7:00 Traditional Parenting 10:00 - 3:00	19 Traditional Parenting 10:00 - 3:00	20
23	24	25 All 5:00 - 7:00	26 Autism Support Group 10:00	27
30	31			

March 2026

MCTC Health & Wellness in Pigeon Lake

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5 VEGGIE PLANTING @PIGEON LAKE PUBLIC LIBRARY 11AM - 2PM	6	7	8
9	10		12 Ribbon Skit Workshop with Sorzila Bruno@Mameo Community Hall 1pm - 4pm	13	14	15
16	17	18	19	20 Community Feast@Mameo Community Hall 2pm	21	22
23	24	25	26 Additions Workshop@ Pigeon Lake Public Library 11am-2pm Walmart Gift cards issues	27	28	29
30	31					



For more info call Nicole@(780)360-6712
Transportation Now Available! Free Lunch!
Calendar for 4 Nation Pigeon Lake Residents only **

Pathways to Healthy Lifestyles Program

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Samson Moose Mental Health Veggie Planting 10am-2pm	4 Pigeon Lake Winter Activity Evening at the Lake 5pm-7pm	5 Montana Band Office Gym Project Wrap Up 10am-2pm	6 Ermiuski Bannock Centre Veggie Planting 10am-2pm	7
8	9 Louis Bull Education Center Veggie Planting 10am-2pm	10 Samson Moose Mental Health Somatic Deep Stretch & Relaxation Yoga 5pm - 7pm	11 Ermiuski Bannock Centre Project Wrap Up 10am-2pm	12 Maskwacis Bannock Fest @ Telus World of Science 3pm-8pm	13	14
15	16 Louis Bull Education Center Beading Class & Story Telling 10am-2pm	17 Samson Moose Mental Health Beading Class & Story Telling 10am-2pm	18 Pigeon Lake Pigeon Lake Library Beading Class & Story Telling 12pm-4pm	19 Ermiuski Bannock Centre Somatic Deep Stretch & Relaxation Yoga 2pm - 4pm	20	21
22	23 Montana Band Office Gym Baby Star Blanket Making - Day 1 9am-3pm	24 Montana Band Office Gym Baby Star Blanket Making - Day 2 9am-3pm	25 Montana Band Office Gym Baby Star Blanket Making - Day 3 9am-3pm	26 Montana Band Office Gym Cooking Class Homemade Pizzas 10am-2pm	27	28
29	30 Louis Bull Education Center Moss Bag Making w/ Traditional Teachings 10am-2pm	31 Maskwacis All Women's Sweat 11am-2pm				

Registration req,
please email
jalene@mctc.ca

GOOSE MOON March Niskipîsim ᑎᑦᑭᑭᑦᑭᑦ 2026

For more information on
programs, fees, etc. visit us
please contact us at
www.niskipisim.com



MONDAY PEYAK KISIKAW	TUESDAY NISO KISIKAW	WEDNESDAY NISTO KISIKAW	THURSDAY NEWO KISIKAW	FRIDAY NHYAWAO BIKAW
2 Mikimikimish starts March 2 Closing until March 31 TAX CLINIC 9:30am to 3:00pm @ Willowview	3	4 N4 Niskipîsim ELDERS Information Session @ Bigha Hall 10am to 3pm	5 Life Skills - Gear Setting 10:00am - 3:00pm	6
9 Men's Group 10:00am - 3:00pm	10 Men's Group 10:00am - 3:00pm WiseW Leadership & Empowerment Workshop @ Samson HeadStart	11 Men's Group 10:00am - 3:00pm	12 Coupon Day	13
16	17 HAPPY ST. PATRICK'S DAY	18 Traditional Parenting 10:00am - 3:00pm	19 Traditional Parenting 10:00am - 3:00pm Maskwacis Employment Center Spring Job Fair 10:00am to 3:00pm @ HEMC	20
23	24	25	26 Autism Support Group @ HEMC	27
30	31	Income Issuance @Willowview 9:30am-3:30pm APRIL 1 & 2		

Samson Youth & Sports:

- Basketball every Monday & Wednesday 6-8:30pm
- Volleyball every Tuesday & Thursday 6-8:30pm
- Powwow Dance Program every Wednesday 5pm - 8pm
- Movie Nights every Wednesday 5pm - 8pm
- Boxing Program Every Monday & Wednesday
- Arts & Crafts Tuesdays & Thursdays 4pm - 5:30pm

Samson Youth Initiatives:

- Roots and Wings (Every TUESDAY) 4pm to 6pm
- Walking with the Land (Every WEDNESDAY) 4pm to 6pm
- Healing through the Arts (Every THURSDAY) 4pm to 6pm

Integrated Family Services:

- ASI Sessions from 5pm to 7pm every Wednesday @ HPS Department (48BMC)
- COUPON DAY - PRENATAL, BREASTFEEDING, MPP CLIENTS March 12, 2026

Samson NNADAP:

- AA Mtgs every Thursday 12pm to 1pm @ NNADAP/Outreach Building across Willowview
- Women's Support Group EVERY Thursday 10am to 12pm
- Men's Support Group EVERY Thursday 1:30pm to 3pm

Samson Food Bank Soup Kitchen (Every Wednesday)
Bread Days every Tuesday & Thursday

Samson HeadStart:
After-school Care Tuesdays & Thursdays 1:00pm to 3:00pm

Color Legend:

- *** 1-30 Day *** HPTD
- *** 31-60 Day *** HPTD
- *** 61-90 Day *** HPTD
- *** 91-120 Day *** HPTD
- *** 121-150 Day *** HPTD
- *** 151-180 Day *** HPTD
- *** 181-210 Day *** HPTD
- *** 211-240 Day *** HPTD
- *** 241-270 Day *** HPTD
- *** 271-300 Day *** HPTD
- *** 301-330 Day *** HPTD
- *** 331-360 Day *** HPTD
- *** 361-390 Day *** HPTD
- *** 391-420 Day *** HPTD
- *** 421-450 Day *** HPTD
- *** 451-480 Day *** HPTD
- *** 481-510 Day *** HPTD
- *** 511-540 Day *** HPTD
- *** 541-570 Day *** HPTD
- *** 571-600 Day *** HPTD
- *** 601-630 Day *** HPTD
- *** 631-660 Day *** HPTD
- *** 661-690 Day *** HPTD
- *** 691-720 Day *** HPTD
- *** 721-750 Day *** HPTD
- *** 751-780 Day *** HPTD
- *** 781-810 Day *** HPTD
- *** 811-840 Day *** HPTD
- *** 841-870 Day *** HPTD
- *** 871-900 Day *** HPTD
- *** 901-930 Day *** HPTD
- *** 931-960 Day *** HPTD
- *** 961-990 Day *** HPTD
- *** 991-1020 Day *** HPTD
- *** 1021-1050 Day *** HPTD
- *** 1051-1080 Day *** HPTD
- *** 1081-1110 Day *** HPTD
- *** 1111-1140 Day *** HPTD
- *** 1141-1170 Day *** HPTD
- *** 1171-1200 Day *** HPTD

VISION

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

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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Acimowin for publication.

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