

Wellness through Connection:

# Catching Dreams

Join the Métis Nation of Ontario and the Canadian Mental Health Association Kenora Branch to create your very own Dreamcatcher!

Dreamcatchers are part of Métis culture and Chippewa tradition. Dreamcatchers catch bad dreams and let good dreams settle into the dreamers being.

Come and create your own. Enjoy light refreshments and snacks while connecting to other community members for this creative workshop.

Thursday, September 14, 2017  
5:00 to 7:00 p.m.  
Métis Nation of Ontario office at  
4-621 Lakeview Drive (Harbourview Village)

Contact: [lhastings@cmhak.on.ca](mailto:lhastings@cmhak.on.ca) or  
call 1-807-468-1838 x223 for details.



Canadian Mental  
Health Association  
Kenora  
*Mental health for all*

Métis Nation  
of Ontario 