



March Calendar 2025

Métis Nation of Ontario Community Wellness Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3.	4. OUT OF OFFICE	5. Expressive Arts Group 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St	6.	7. OUT OF OFFICE
10. OFF	11. OFF	12. Expressive Arts Group 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St	13.	14. Flix Friday 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St
17.	18. Sharing Circle 1:00pm – 2:00pm Norwest Community Health Centre 525 Simpson St	19. Expressive Arts Group 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St	20.	21. Flix Friday 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St
24.	25. Sharing Circle 1:00pm – 2:00pm Norwest Community Health Centre 525 Simpson St	26. Expressive Arts Group 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St	27.	28. Flix Friday 1:30pm – 3:00pm NorWest Community Health Centre 525 Simpson St
31.				

ALL PROGRAMS are FREE to Registered Participants.

If you are interested in attending, please contact:

TJ Hamilton – Community Wellness Coordinator

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Email: thomash@metisnation.org



