



**Kalyn Kodiak, CIH**  
**Metis Herbalist**  
***Aapikayhk Sayncheur Flayshii***

Taanishi! My name is Kalyn, I am Metis from Southern Alberta (MNA Region 3). My family is descended from a lineage of healers, teachers and artists who have made their home in Blackfoot territory for 7 generations.

I am the proud great-great grand-daughter of Marie Rose Delorme Smith, a midwife, healer & matriarch who settled on the Jug Handle Ranch near Pincher Creek in the late 1800's. I have inherited many of Marie Rose's recipes and remedies from her first-hand narratives, and use them in my workshops.

There is so much to love about Metis culture! Teachings about our place in the web of life, and belief systems that center respect & gratitude are my favorite parts of being Metis. Metis arts, music & culture are a vibrant mix of many nations, adopted and recreated from a multitude of kinship connections.

You can find me on social media or at local events around Calgary, leading plantwalks & sharing teachings about our medicine:

Website: [www.KodiakHerbal.com](http://www.KodiakHerbal.com)

Facebook: [www.facebook.com/KodiakHerbal](https://www.facebook.com/KodiakHerbal)

Instagram: [www.instagram.com/kodiakherbal](https://www.instagram.com/kodiakherbal)

TikTok: [www.tiktok.com/@kalynkodiak](https://www.tiktok.com/@kalynkodiak)



Maarsi, ni nanaskomon,

Kalyn Kodiak  
Metis Herbalist, Aapikayhk  
Metis Nation of Alberta, Region 3 –  
Calgary, Alberta