



Metis Culture Experiences

Engaging Group Activities with an Indigenous Twist! Single sessions \$500, 3 same-day sessions for \$1100. Supplies always included. Indoor/Outdoor, Zoom & In-Person options are available for most experiences. Fees may apply for programs outside of Calgary area.

	<p>Metis Sash Weaving <i>Supplies Included</i></p>	<p>Finger-weaving or Loom-weaving Activity</p> <ul style="list-style-type: none"> 🕒 Host up to 15 people/session. Create a finger-woven bracelet or try out the loom while learning history & meaning of the Metis Sash.
	<p>Metis Plants Scavenger Hunt</p>	<p>Identify Plants with Historic Health & Food Uses</p> <ul style="list-style-type: none"> 🕒 Host up to 15 people in a local park for a clue-driven scavenger hunt featuring local edibles and themed prizes.
	<p>Metis Plant Culture</p>	<p>Metis Medicine, Food & Tools from Plants</p> <ul style="list-style-type: none"> 🕒 Visual presentation on Metis relationships with Plants, our Medicine and Life on the Prairies.
	<p>Metis Seasonal Traditions</p>	<p>A Year in the Life of the Metis - 1 of 4 Seasons</p> <ul style="list-style-type: none"> 🕒 Visual Presentation. 1 Season = 90 minutes, or quick overview of the whole Year in 2 hours.
	<p>Metis Storytelling</p>	<p>Metis History and Cultural Awareness</p> <ul style="list-style-type: none"> 🕒 Host up to 15 people/session. Circle story-telling From the words of Marie Rose, Metis Author & Historian from Red River/Pincher Creek.
	<p>Art of the Blend Tea Party</p>	<p>Sample Herbal Teas & Fancy Finger Foods</p> <ul style="list-style-type: none"> 🕒 \$55/person, min. 6 people, approx. 2 Hours. Fun & Tasty culture experience! <p><i>GF, DF, Vegan options available</i></p>
	<p>Metis Flower Beadwork <i>Supplies Included</i></p>	<p>Metis Flower Beadwork Activity</p> <ul style="list-style-type: none"> 🕒 Host up to 10 people/session. 2 Hours. Create a beaded Flower pin or hairband, with Supply kit to take home.