

MÉTIS NATION OF ONTARIO SUMMER YOUTH PROGRAM

MÉTIS CULTURAL WORKSHOPS

Request a workshop: www.surveymonkey.com/r/SYPWorkshop2026

The **MNO Summer Youth Program** provides free, scheduled in-person workshops in Atikokan, Thunder Bay, North Bay, Midland, Hamilton, and surrounding areas, giving people of all ages the opportunity to engage with Métis culture and history through facilitated activities such as music, dance, decorative arts and games. Workshops are available from **May 25 - August 19, 2026**.

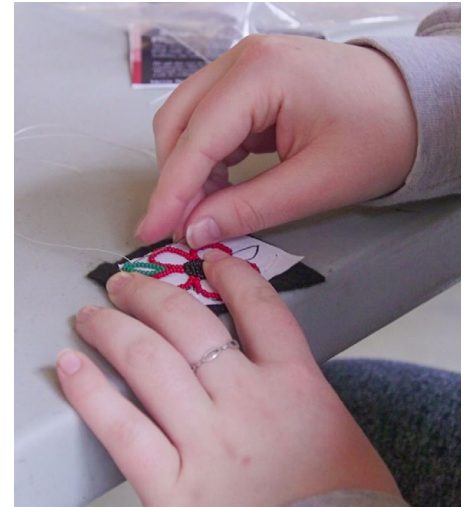
DOT ART

Dot Art is a contemporary art form inspired by Métis beadwork where beads are replaced by small dots of colourful paint. Dot Art was first used in the Métis context by artist Christi Belcourt. The Métis people are well known for their floral beadwork, which is used to decorate clothing, bags and other items. Paint can be replaced by markers.



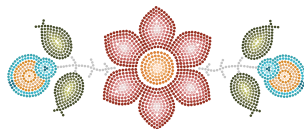
MÉTIS BEADING

Participants are instructed on how to bead a traditional Métis flower and receive background on Métis art forms. This workshop can take one to four hours depending on skill level and the size of the group. Recommended for participants aged 15+. Smaller groups are ideal for this workshop.



MUSIC & DANCE

This workshop teaches the history of Métis music and dance (fiddling and jigging), a favourite past time among the Métis people. Activities include traditional Métis Red River jigging, group dances and spoon accompaniment.



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MÉTIS EMBROIDERY

Participants will learn about the art of hand embroidery and beginner stitch skills to put to use in creating a personalized pattern to apply to an item of their choice.



FINGER WEAVING

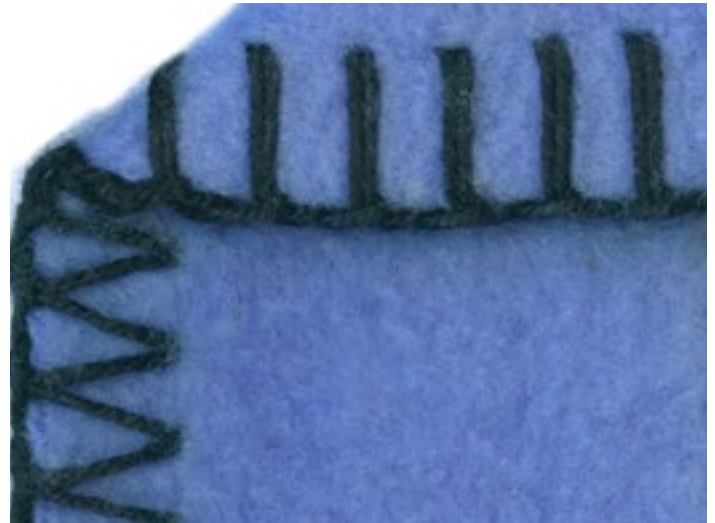
An interactive demonstration where participants learn how to weave a basic sash pattern. The workshop is accompanied by information on the history and significance of the Métis sash. Small groups are ideal for this workshop.



MÉTIS GAMES

Learn to make and play a variety of traditional and contemporary games that are great for children and adults alike! Some examples include:

1. Tug of war with sash (group or individual)
2. Balancing game (person-to-person, on a stump or with an item i.e., paddle, cup)
3. Bone and bead game handmade toy



BLANKET STITCHING

An virtual demonstration where participants learn how to do a blanket stitch. The workshop is accompanied by information on the history and significance of the Métis blanket stitch. Small groups are ideal for this workshop.