







North American Indigenous Games Photos by Nigel Gloade



Magic Mountain Photos by Nigel Gloade



BIG CHEF, LITTLE CHEF

JOIN US FOR FAMILY
CHEF DAY!

CAREGIVERS AND
CHILDREN (0-12) ARE
INVITED TO MAKE SOME
DELICIOUS RECIPES!



RECIPE: YOGURT PARTFAITS

MILLBROOK SENIORS CENTRE

AUGUST 5TH, 2023

10:00-12:00PM

**REGISTRATION REQUIRED BY JULY 28TH,
LIMITED SPOTS**

CONTACT TILINA

(782) 370-1580

TBARKHOUSEASPREY@MILLBROOKHEALTH.CA



Maternal-Child Health:

MOSS BAG MAKING

WORKSHOP WITH SUNSHINE
PAUL-MARTIN

AUGUST 3RD, 2023

10:00-4:00PM

MILLBROOK SENIORS CENTRE

REGISTRATION REQUIRED

LUNCH PROVIDED - STATE ALL ALLERGIES

UPON REGISTRATION

(782) 370-1580 or tbarkhouseasprey@millbrookhealth.ca



0-4 Playgroup

Theme: Art Exploration
August 31st, 10:00-11:00am
Seniors Centre

First ten families will receive a toddler-friendly art kit





MATERNAL-CHILD HEALTH

August

Moss Bag Making

August 3rd, 10:00-4:00pm

Lunch provided - REGISTRATION REQUIRED

Seniors Centre

Big Chef, Little Chef:

Yogurt Parfaits

August 5th, 10:00-12:00pm

REGISTRATION REQUIRED

Seniors Centre

0-4 Playgroup

Theme: Littles and Literacy

August 11th, 10:00-11:00am

Seniors Centre

0-4 Playgroup

Theme: Arts Exploration

August 31st, 10:00-11:00am

Seniors Centre

**Questions? Contact
Tilina**

(782) 370-1580 or

tbarkhouseasprey@mill

brookhealth.ca

MILLBROOK MENTAL
WELLNESS

SACRED FIRE

AUGUST 10TH, 17TH & 31ST
8:30-11:00PM

SACRED FIRE PIT
BESIDE THE MILLBROOK
SENIORS CENTRE

IF YOU NEED TO TALK, COME, AND JOIN
ME. EVERYONE WELCOME!



CONTACT: TAMMY BERNARD
MENTAL WELLNESS AND CRISIS COORDINATOR



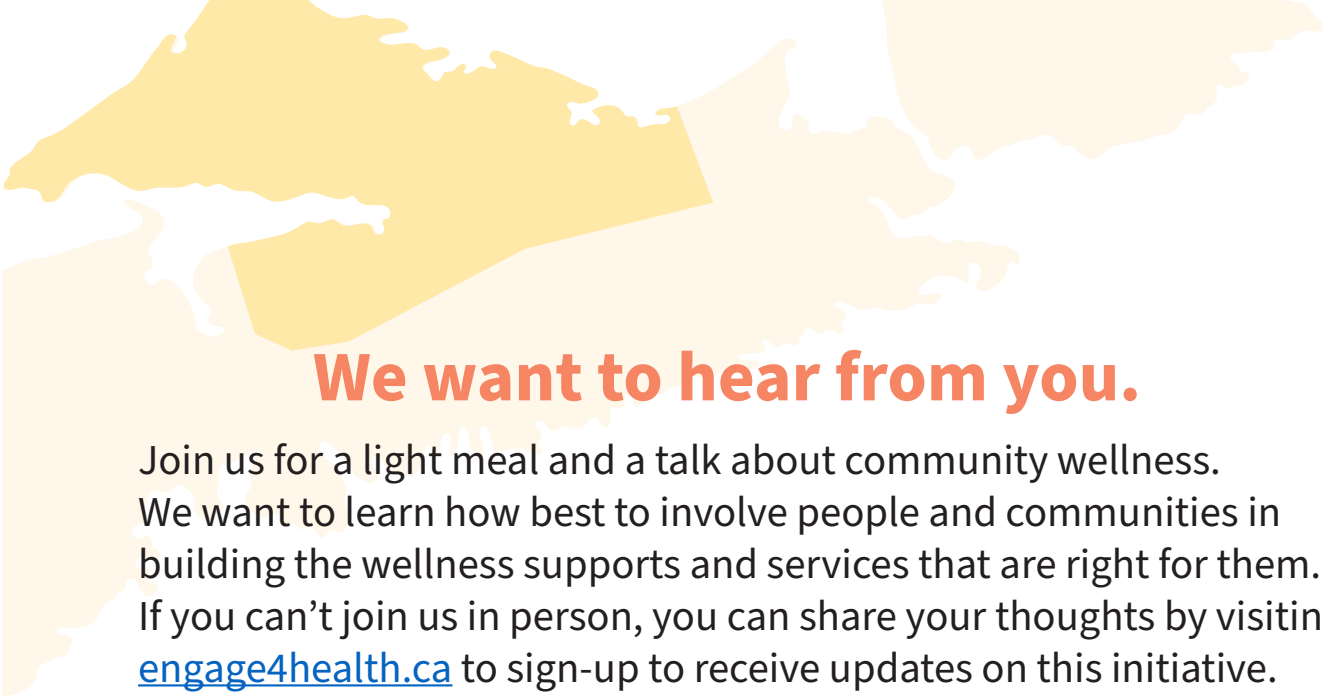
FSC Harvesting Contest

Report your catch
& be entered to win!

**Contact:
Cathy Irving**

Phone: 902-305-1977
Office: 902-334-5003
cathy.irving@cmmns.com





We want to hear from you.

Join us for a light meal and a talk about community wellness. We want to learn how best to involve people and communities in building the wellness supports and services that are right for them. If you can't join us in person, you can share your thoughts by visiting engage4health.ca to sign-up to receive updates on this initiative.



Millbrook Community Hall

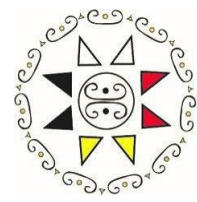
72 Church Rd., Millbrook First Nation

Tuesday, August 8

4:30 - 6:30 p.m.



Door prizes to be won. Light refreshments and snacks will be served. Call (902)893-5820 if you need transportation support to attend.



In partnership with Millbrook Health Centre

Corrina Milliea 902-899-5689

Tammy Bernard 782-370-1542



For more information, visit novascotia.ca/community-support/

Visit engage4health.ca to sign-up to receive updates on this initiative.



Millbrook Health Centre Mental Wellness Team

Mental Wellness Crisis Coordinator
Tammy Bernard



Adult Mental Health & Addictions Counsellor
David Rider
Monday & Wednesdays



Community Social Worker
Corrina Milliea



Child & Youth Clinician
Ruth Mitchell
Monday & Tuesdays



Substance Use Prevention Counsellor
Ingrid Sheppard



Mental Health Clinician
Szonja Vamos
Wednesday & Thursdays



Addiction worker
Peter Gloade



Adult Mental Health & Addictions Clinician
Michelle Sullivan



MILLBROOK HEALTH CENTRE

Contact us at: 902-897-9199 or toll free at (1-800-693-3112)

Regular Hours
Monday - Friday 9:00am - 4:30pm

Summer Hours
Monday - Thursday 8:30am - 4:30pm
Friday 9:00am - 12:00pm

AFTER HOUR CONTACT NUMBERS:

Crisis Response Service at 902-896-2606
at Colchester East Hants Health Centre
(1-800-460-2110 ext. 42606) 8:30am - 4:30pm

Provincial Mental Health Crisis Line:
1-888-429-8167

Eskasoni Crisis Line 1-855-379-2099 or on
Facebook Eskasoni Crisis Worker

Millbrook RCMP 902-893-6819

NS Mental Health & Addictions Central Intake
1-844-855-6688

NS Help Line Call 221

NS Mental Health Crisis Line 1-888-429-8167

Kids Help Line 1-800-668-6868

Etlipisimkek Counselling & Consulting Services
- Michelle LeBrun - Clinician Therapist
etlipisimkekcounselling@gmail.com 902-759-2839

NOCTURNE

Nocturne is an independent, free, contemporary art festival in Kijipuktuk/Halifax. The festival brings art and energy to the streets, showcasing and celebrating the visual arts scene in Mi'kma'ki/Nova Scotia.

Participate in Millbrook First Nation's first Nocturne Art installation!

Future Fragments

Future Fragments is a community star quilt installation that is meant to empower Millbrook members to express their hopes for the future through mixed media art, including drawing, printmaking, quilting, and sculpture, culminating in the creation of a patchwork quilt and plywood structures.



1. Dreaming + Drawing

We will work with local indigenous and non indigenous artists to create drawings on star quilt patches that represent our ideas and dreams for the future of Millbrook.



2. Carving + Printmaking

Learn the basics of woodcut printmaking. Using the drawings from session 1, we will laser cut and carve our designs into wood then use a relief printing press to print them on our star quilt patches.



3. Sewing + Building

We will cut, arrange and sew the pieces of printed fabric to create our community quilt design. We will also use the woodblocks from our prints to create sculptures.



Community Dreaming + Drawing Workshops

All workshops are 4:30- 7:30pm and include:

Dreaming + Drawing

Participants will work with local indigenous and non indigenous artists to create drawings on star quilt patches that represent their ideas and dreams for the future.

Community Dinner

After the drawing session join us for dinner and a discussion about the Millbrook Community Plan and what's next!

Millbrook - August 15th

@ the Millbrook Heritage and Cultural Centre

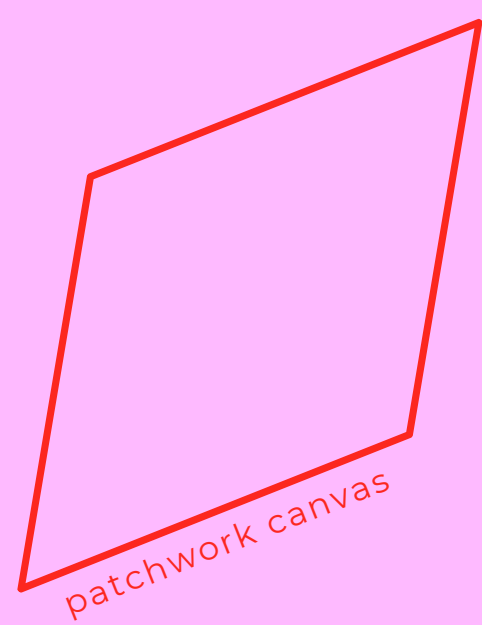
Cole Harbour - August 29th

@ the A- Frame, 665 Caldwell Rd.

Sheet Harbour/Beaver Dam August 30th

@ the Sheet Harbour Legion

drawing
printmaking
quilting
sculpture



OSO
planning
+ design

Millbrook Community Plan

Future Fragments stemmed from the Millbrook Community Plan, which is currently under development. The planning team, OSO planning + design, was inspired to create a new way for community members to discuss and build their vision for the future together.

FUTURE FRAGMENTS

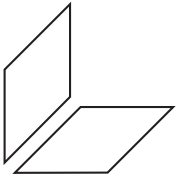
DRAWING + DREAMING SHEET!

Name _____ Email _____

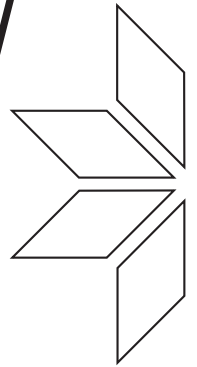
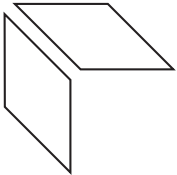


What are your dreams for the future of your community?

Draw them in here with a black pen or marker!



Your drawing will become a piece of artwork that represents the whole community!



Future Fragments is a participatory installation that is meant to empower Millbrook community members to express their dreams for the future through mixed media art, including drawing, printmaking, quilting, and sculpture. The project will be displayed at the **Nocturne Art Festival!**

drop your patch at the band office or email it to jen@osoplan.com!

For more info scan the QR Code



OSO
planning
+ design

Aug 2023 – Millbrook Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hours: Monday-Thurs (8:30-4:30pm) Fri 8:30-1200pm Closed for lunch 12-1</p>	<p>1 Drs. Blois/Barton 9-2 Tanas, NP Ruth</p>	<p>2 Dr. Blois 9-2 Tanas, NP David</p>	<p>3 Drs. Blois/Barton 9-2 Tanas, NP Michelle Szonja</p>	<p>4 Dr. Blois 9-12 Tanas, NP</p>	<p>5</p>	
<p>6</p>	<p>7 Closed Civic Holiday</p>	<p>8 Drs. Blois/Barton 9-2 Ruth</p>	<p>9 Dr. Blois 9-2 David Nick, JP -9-4</p>	<p>10 Drs. Blois/Barton 9-2 2 Dr. MacNeil Michelle Szonja Nick, JP -9-4</p>	<p>11 Dr. Blois 9-12</p>	<p>12</p>
<p>13</p>	<p>14 Dr. Blois 4-8 Dr. Bauld 9-4 Ruth 1030-8 Nick, JP -9-4</p>	<p>15 Drs. Blois/Barton 9-2 Tanas, NP Ruth Nick, JP- 9-4 CRYO Day</p>	<p>16 Dr. Blois 9-2 Dr. Bauld 130-8 Dr. Fraser 9-3 Tanas, NP David Nick, JP -9-4</p>	<p>17 Drs. Blois/Barton 9-2 2 Tanas, NP Michelle Szonja Nick, JP -9-4</p>	<p>18 Dr. Blois 9-12</p>	<p>19</p>
<p>20</p>	<p>21 Partially open only from 11-2; Summer Games</p>	<p>Partially open only from 11-2; Summer Games</p>	<p>Partially open only from 11-2; Summer Games</p>	<p>Partially open only from 11-2; Summer Games</p>	<p>Partially open only from 11-2; Summer Games</p>	<p>26</p>
<p>27</p>	<p>28 Dr. Blois 4-8 Tanas, NP 9-8 Teresa David Ruth 1030-8 Nick, JP -9-4</p>	<p>29 Dr. Blois 9-2 Tanas, NP Ruth Nick, JP- 9-4</p>	<p>30 Dr. Blois 9-2 Dr. Fraser 9-3 David Nick, JP -9-4</p>	<p>31 Dr. Blois 9-2 Michelle Szonja Nick, JP -9-4</p>	<p>Please call to cancel appts</p>	