



# METIS MESSENGER

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The METIS MESSENGER is published by the Labrador Metis Nation - an Aboriginal representative organization formed in the late 1970's to enhance, promote and protect Metis individuals, territory and culture through recognition and protection of their constitutional and inherent Aboriginal rights.

# Special Edition

## The Employment Assistance Services Program



In 2001 the Labrador Metis Nation successfully secured a bid with HRDC to develop a new approach to the delivery of Employment Assistance services on the South Coast of Labrador.

Since then, the Employment Assistance Services Program has been quite successful. The program provides services to eleven communities in economic Zone 4, which encompasses the area from Lodge Bay to Paradise River.

As with the development of any new program, the EAS program has not been without it's challenges. The process of lessons learned and best practices is certainly still evolving as the EAS Officers endeavor to improve upon the quality of

service working within a more defined mandate under an increasingly accountable contract.

The success of the program is a result of the hard work and commitment from the four EAS officers, Lisa Dempster, Glynes Penney, Diane Poole and Billie Dyson. These women are devoted to ensuring that their clients successfully achieve their goals.

The particular focus of this Special Edition Metis Messenger is to inform the Labrador Metis Nation membership of the availability of these employment services, to showcase our trained and committed EAS Officers, and to highlight a few of the many suc-

cess stories which have resulted from the EAS program.

It truly warms the hearts of the EAS staff as well as all LMN staff to see a client successfully achieve their goals, we hope to share some of these positive stories with you. If you are unemployed or need assistance in completing post secondary training, be reassured in knowing that there

*Helping People*

*Help Themselves*

## *Employment Assistance Services*

Employment Assistance Services (EAS) is an [employment program](#) of [Human Resources and Social Development Canada \(HRSDC\)](#) that provides funding to organizations to assist unemployed individuals prepare for, obtain and maintain employment.

### **Program objective**

Employment Assistance Services (EAS) assist organizations in the provision of employment services to unemployed persons. These services may include:

- provision and sharing of labor market information,
- employment needs assessments,
- career planning, including assistance with skills applications
- employment counseling, including resume writing, cover letter assistance & job interview tips
- Many other services available

Work shops are also available within Zone 4 (Cartwright to Lodge Bay area) on topics including;

- Resume writing/Cover letters/Interview tips
- Career Choices
- Funding options and processes
- Trades, apprenticeships, journeypersons
- Other workshops can be customized to meet local request

### **LISA DEMPSTER**

Lisa is a proud Metis. She grew up in Charlottetown, NL; it was here she established deep roots to Coastal Labrador and a keen desire to see the communities in her area prosper. After high school she pursued post secondary training in St. John's, NL. Her educational background, while primarily in the tourism field, includes general studies at Memorial University. Lisa worked in various capacities related to her field of study until 1991 when she returned home to take up the position of Outreach Worker where she worked for the next ten years.

In 2001 she accepted a senior position with the Labrador Metis Nation. Lisa now oversees the successful delivery of Employment Assistance

Services to eleven communities on the South East Coast from Lodge Bay to Cartwright. Over the years she has received extensive training in the Career and employment counselling field. She is also a regular attendee of various provincial and national career forums and other capacity building workshops. All of these enable her to be more effective in her job.

In addition to her paid position, Lisa has extensive volunteer experience. She serves her community and region in various capacities including; Director on the Labrador Grenfell Health Authority board, alternate on the SADC Zonal board, Town Deputy Mayor, and Community Representative of the local School Council.

Lisa's diverse experience and genuine desire to help people has made her an invaluable asset to the Labrador Metis Nation. She brings 17 years of experience to the Employment and Career Counseling field in her position as Senior Human Resource Officer.

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*Charlottetown EAS Office*

## Success Story - Alfred Ward

Alfred Ward Jr. was born and raised in Norman Bay. He dropped out of school with a grade nine education and ten years later went back into the ABE program and completed his grade 12. This was a huge accomplishment for Alfred. He then began to look at post secondary training options with a view that he might be able to improve life for himself, his spouse and their three young children. Alfred knew for some time he wanted to pursue Heavy Equipment, but due to a number of roadblocks ten years passed before he was able to realize this dream. Coming from a small town with no road, and being a novice driver he beat all the odds. He successfully completed his Heavy Equipment Operator program in Bay Roberts and for the second season

now is employed with Johnson's Construction on the Trans Labrador highway. After years of being chronically unemployed with sporadic short term employment, Alfred has now found a level of job security that he has never had before. Alfred stuck to his goals and is a shining example of how far one can go if they have the desire and determination. Good luck Alfred on whatever road your Heavy Equipment training takes you down.



**Congratulations!!**

## Success Story - Lael Crocker Nee Kippenhuck

Lael grew up in Charlottetown surrounded by many family and friends. She had a fun childhood with many adventurous stories of boating, ski-dooing, and family gatherings. She left home initially in the summer of 2001 for 2 months to work in a program called Women In Science and Engineering (WISE) which helped to set the course for her University degree. The program introduced her to many careers in science and provided an understanding of where different degrees will take you.

Lael graduated from William Gillett Academy in 2002 and started at MUN that September. Her interests always seemed to be with the human mind and people, so she decided to pursue a Bachelor of Science degree with a major in Psychology and a minor in Biology. She went on to do her Honours in Psychology which involved a research project on memories. This project is now being published in the Journal of Cognitive Sciences.

In September 2007 Lael accepted the position of Child Behaviour Management Specialist with Labrador-Grenfell Health and covers the region from L'Anse au Claire to Cartwright.

Lael was very pleased to find employment back home with her degree and enjoys her job very much. She also sits as Youth Director on the Zonal board. Lael is a super role model for Metis youth everywhere. Good luck in all your future endeavours Lael.



## DIANE POOLE

St. Lewis, NL

Diane(Rumbolt) Poole was raised in Mary's Harbour and grew up in the traditional household of a stay at home Mom and a fisherman Dad. The family would move in the summer to their fishing station of Camp Islands and return each fall to their winter home. She was surrounded by storytellers and was, from an early age, interested in history and family trees. She attended Central Community College to complete a Clerk Accounting course. Her first job was with Earle's Freighting Service, and her love of Battle Harbour and history was reawakened. She has turned that interest in to a passion and has much information on the area's families. She married Steve Poole from St. Lewis and moved there in 1990. They have 3 kids: Stephen, Riley and Kailee. She has held many positions over the years as Teller with the Eagle River Credit Union Ltd, Town Manager of St. Lewis, Co-founder and later, Coordinator with the St. Lewis Heritage Society, and most recently with the Battle Harbour Historic Trust. She volunteers with St. Mark's Vestry, St. Marks Confirmation Class, the St. Lewis Heritage Society, and the Battle Harbour Historic Trust. Her love of the region and her confidence in its future has kept her home. She feels that this position will help her continue to work with the people of the area



Pictured Above: Diane Poole

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### Special Note

The following two stories were assisted and submitted by former EAS Officer Susie Penny from the former EAS Mary's Harbour Office.

## Success Story - Roxanne Rumbolt

Roxanne is a resident of Mary's Harbour and a mother of two children. She has been very active in assessing and achieving her career goal.

Roxanne has been seriously considering her career choices for some time and has always had a keen interest in office related activities. She spent much of her volunteer time as Superintendent of St. Mary the Virgin Sunday School where she was responsible for organizing every aspect of the delivery of the various programs, recruiting teachers and ensuring everything ran smoothly and as planned. She has also volunteered on various other committees in her community where she has usually ended up in positions such as secretary or treasurer, which she says she has thoroughly enjoyed. As a result of Roxanne's background in this capacity, she started to realize that this is what she would love to pursue as a career.

Roxanne spent much of her time researching her options and finally decided to apply to the College of the North Atlantic's Corner Brook Campus and enroll in the Office Administration program. She chose Corner Brook so that she could be closer to her children who

would be living with their dad in Mary's Harbour. Roxanne had very little in the way of funds to offset the expenses she would encounter at home and while away at school. Roxanne decided to apply to the Labrador Metis Nation for funding. Roxanne said, "I was ecstatic upon learning that LMN had approved my application for funding as I would not have been able to attend post-secondary without it." She went off to college in the fall of 2007 and did extremely well in her first year of studies. She obtained a 4.0 Grade Point average, which she feels was excellent considering her circumstances and the stresses she had to overcome and also in dealing with the fact that her children were not with her.

Roxanne returned home in April and applied for various positions pertaining to her training and was successful in obtaining employment in her field as Payroll Clerk with the Labrador Fisherman's Union Shrimp Company at the local Crab Plant. She said she was thrilled to have been offered the position as it is providing her with "real" work experience in Office Administration and it also affords her the time she so desired to spend with her children as well. Roxanne also indicated that her supervisor, Sheila Pye has been instrumental in her guidance and support at work,

## Success Story - continued...

which she is very grateful for.

Roxanne said, "Being away from home and especially being away from my children this past year has been the most difficult thing I have ever done, but I also realize that I made this decision as much for them as for myself".

Roxanne has every intention of continuing on with her education and obtain-

ing her diploma in Office Administration in the next academic year. She credits her success to the unconditional love and support of her family and friends, but especially to her two children, Morley and Kristina.



## Success Story - Amanda Chubbs

Amanda is a resident of St. Lewis who graduated from Level III in 2007. She has been very active in choosing and achieving her career goal.

Long before graduating from high school, Amanda knew that she would work with animals. She has always had a love for animals and a desire to help them in whatever way she could. She did some research and decided that she would apply for the Animal Grooming program through Academy Canada and go on to pursue a career in this field.

Upon being accepted into the program, Amanda turned to the Labrador Metis Nation for financial assistance while in training. "I would never have been able to attend school if it had not been for the LMN, their support meant so much to me," says Amanda. The course was costly and having to move away from home to a big city like St. John's was no easy decision to make, however with the financial backing of the LMN she was able to go and obtain her training and become an Animal Groomer.

Amanda graduated from the Animal Grooming program in June 2008 and says she loved the training she received. "I did a lot of hands on work with animals and gained a lot of invaluable work experience due to my training." She says. They would spend one day per week at the Animal Care Adoption Centre and two days per week having animals come to the school for grooming services and she loved every minute she spent with the animals.

Since graduating from the program, Amanda has been working from her parent's basement grooming dogs. She has clients from Cartwright to Mary's Harbour who have availed of her services and seem to be quite pleased with her work.

Amanda's future aspirations are to move back to St. John's and work as an Animal Groomer until she can afford to open her own shop where she hopes to provide grooming and day care services for animals.

Amanda says she will be working in this field probably for the rest of her



Pictured above: Amanda Grooming one of her clients.

**GLYNES PENNEY**  
EAS Officer  
Port Hope Simpson, NL



Glynis was born and raised in Port Hope Simpson, spending summers in Occasional Harbor. Over the years since high school graduation Glynis has completed post secondary training in a variety of fields including Bookkeeping/Accounting, Small Business and Geological Engineering Technology. She has worked in various capacities including Town Clerk/Manager, Surveying, Exploration, and also as an entrepreneur for several years. In 2000 she was hired as an Employment Assistant Services officer under the local development association and in April 2001 secured the same position with the Labrador Metis Nation. She has completed both module 1 and 2 of the

employment counseling requirements, has attended Nat Con once, as well as a host of other local workshops and seminars, including labor market information. She is also an avid volunteer and serves on various boards including current member of the SADC as education/training rep, past member of the local school board, member of the community GRHS advisory board and the GRHS health enhancement committee, church board secretary, BG club leader and a member of the PHS tourism and education committee. Employment assistant services officers work in a fast-paced environment and play an integral role in their communities.

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## Success Story - Margie Russell

Margie is a single mom who dropped out of high school to raise her little girl, but at the age of 27 had a dream to make life better for them both. In 2000 she decided to return to the college of the North Atlantic to enroll in her level II and level III. Margie wasn't looking forward to returning to school, but very early into her program she was hooked and just getting a passing grade wasn't enough for her. She strived to do her very best and she did. Graduating in June 2002. more determined than ever she decided level III was not enough and enrolled in Memorial University in September 2003 to pursue a teaching degree. Six years later Margie graduated with two degrees and is currently employed as Principle of the school in William's Harbor, NL.

when you set high goals for your self it is possible to achieve them.



**Congrats!!!**

This is truly a success story. There are so many people that have been inspired by Margie's perseverance and achievements. Congratulations Margie. Margie is not only an example to her daughter but to single parents everywhere. She has shown that

## Success Story - Bernard Kippenhuck/Wilson Russell

Bernard dropped out of school to enter the fishery before he reached high school. While still young he became a parent with two young children and had no time to go back to school because he was busy providing for his family. At the age of 35, when his two boys were in high school and he was unemployed he decided to return to school. He enrolled at the college of the North Atlantic in September 2003 and graduated with honors from Level III in June 2006.

After graduation from ABE he realized his level III was not enough for him to make it in today's world anymore. So at the same time his oldest son enrolled in the armed forces he enrolled in post secondary to do a "Powerline Technician" program. He graduated from this program in June of 2008 and immediately found employment with NL Hydro in a nearby community.

Congratulations Bernard!! You are such an example to both of your sons and so many others around you. Good luck in all your

future endeavors.



*Bernard Kippenhuck*

Wilson Russell – Port Hope Simpson Level III

In 1958, like so many others at that time, Wilson dropped out of high school to pursue a career in the fishery. However, in 1992 the cod fishery closed and Wilson found himself unemployed and with no education to pursue work in other fields. After a few

years of sporadic short term employment here and there he decided he would like to at least have a high school education including some knowledge of computers. At the age of 61 Wilson graduated with level III. He is very proud of this accomplishment and so are many others. This proves you are 'never too old' to return to school and to set goals and achieve them. Congratulations Wilson you are an inspiration to us all. Good luck



*Wilson Russell*

## Success Story - Zena Penney

Zena is a young lady who graduated from high school at the D.C. Young School in June 2003. She immediately enrolled into Memorial University of Newfoundland and Labrador to do her Bachelor of Nursing degree, and graduated in 2007 with her nursing degree. Zena went to Labrador City to do her on the job training and upon completing her term there she was hired full time.

Zena is really enjoying work in her profession and life in Labrador City. Just one more example of the many success stories from our area. Congratulations Zena, the LMN is very proud of you and glad you have chose to stay and work in Labrador.



# WAY TO GO!!!

**BILLIE DYSON**  
EAS Officer  
Cartwright, NL



Billie was raised and makes her home in Cartwright. In 1992, shortly after her children started school, Billie decided to return to school herself and seize opportunities she never had growing up. She successfully completed her Level III. In 1993 she obtained employment with the Eagle River Development Association as Office Assistant/Office Administrator and remained there until 2001. In 2001, Billie was hired with the Labrador Metis Nation as an EAS officer. Since 2001 she has engaged in a number of capacity building initiatives. She has completed both Module 1 & 2 of the Active Engagement employment coun-

seling. As well, she has attended Nat Con twice, most recently attended Expo Labrador in Goose Bay, and attended a host of other meetings and seminars including the Labor Market Conference in April 2005. She currently volunteers on the Southern Labrador Family Centre Community Committee, and is a past volun-

teer with the Cartwright Town Council and Recreation Committee. Billie has a keen interest in assisting her clients to succeed in their career/employment goals.

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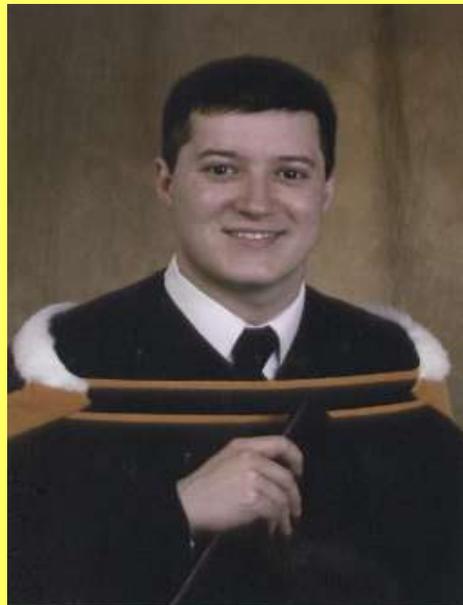
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## Success Story - Sidney Davis

Sidney Davis grew up in Cartwright and graduated from Henry Gordon Academy. After completing high school he immediately entered into a program in Electronics Engineering Technology. After completing this program in 1997, he searched for jobs within the province of NL, as he wanted to stay within his own province. After a bit of time and not having any luck securing employment in that field in Labrador, he decided to pursue a Bachelor of Science Degree at Memorial University, with a major in Computer Science and a minor in mathematics.

Upon completion, he again searched for job opportunities within NL, but did not have any luck securing employment. By that time, his spirits were getting pretty low, thinking that he was never going to land a



job in his fields of study. Maybe it was just bad timing for hiring within that field in NL.

Eventually Sidney managed to gain employment in New Brunswick and has worked at two different jobs since moving in July 2006. The first was somewhat in his field of study. It was a job in software testing. Unfortunately, only 15 months after being employed cutbacks forced layoffs, and he happened to be part of the layoff pool. However, after 4 months, he had secured another job, which was more related to his education. Sidney now works with a company programming and developing software.

Even though it took a bit of time for him to find employment in his field, eventually things worked out for him.

Mr. Davis appreciates LMN funding assistance and all their support, it was a great help while pursuing his education.

## Success Story - Andrew Freake/Fred Morris

Once upon a time there were two very good friends Andrew Freake and Fred Morris who grew up together in Charlottetown, Labrador. They enjoyed school and really excelled in sports, but neither of them really knew what they wanted to do beyond high school.

After graduation, Fred completed the Heavy Equipment Service Technician program and then went on to take Heavy Equipment Operator. However in September 2006 he decided what he really wanted to do was welding. So he enrolled in the College of the North Atlantic and completed the program in June 2007. Fred was very fortunate in that he got hired by a Company where he accumulated a lot of hours in a relatively short period of time. In April 2008 he

attained his Journeyperson status with Interprovincial Red Seal, and was told that he is among the youngest in this Province to attain his journeyperson status. Fred is currently working as a Journeymen Welder with RM&S at Wabush Mines.

Andrew, like Fred did not have a clear career path. Upon graduating from high school he decided to take the college/university transfer year, with a goal to enroll in Engineering. Midway through his first semester in Engineering he decided this was really not what he wanted to do. He came home for the remainder of the year and upon hearing about the strong labour market outcomes in Lab West he decided to try the Mining Technician program. On the day of his final exams he was in a serious car

accident, breaking his back and spending a lengthy time in a brace. However, he preserved, completed his program and accepted a permanent job with IOC upon graduating. Andrew is settled in Labrador City for now making a decent life for himself. Neither of those guys really knew what they wanted to do but they both kept pursuing until they found their niche in life. To have given up and come home was not the answer. Andrew and Fred we wish you all the best in all your future endeavours.



*Andrew Freake and Fred Morris*

***The Labrador Metis Nation is***

***Proud of all the students that***

***The Organization supports!!!***

**DEBBIE GOUDIE**  
*Senior HRD Officer*  
*Happy Valley - Goose Bay*

Debbie Goudie was born and raised in Mud Lake and now resides in Happy Valley-Goose Bay. Debbie worked in many different fields over the last 36 years but says that this is where she will stay.

She first worked with the LMN in a maternity position as a Program Officer in 2004 and then became a permanent employee in 2005 as a Human Resources Development Officer.

Over the last nine years of working in this field, Debbie has completed credits towards a Certificate in Aboriginal Employment Development as well as completing several other Employment Counseling courses and related workshops. Debbie takes great pride in her



Pictured above: Debbie Goudie



Pictured above : Leeanne Fowler

work and the success of her clients.

**LEEANNE FOWLER**  
*Senior HRD Officer*  
*Happy Valley - Goose Bay*

Leeanne Fowler grew up in L'anse au Loup on the south coast of Labrador. She attended High school at Mountain Field Academy. After completing high school she went on to complete a Community Studies diploma at the College of the North Atlantic. Upon completion of the diploma Ms. Fowler transferred credits to the University of Cape Breton where she completed her BA in Community Studies as well as a Social Services diploma. Ms. Fowler attended University at MUN in St. Johns part time for a year; during which time she worked with various community groups within the area; focusing on community improvement and counseling.

Leeanne has worked with the

LMN for 2 years now and enjoys working with the membership as a whole in helping to provide the best service that she can in finding employment and completing training.

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## Success Story - Dan Michelin

Dan Michelin from North West River Labrador knew from a very young age that he wanted to fly planes. Later on in life, Dan was given the opportunity to fly a plane while in school on a familiarization flight. After having the opportunity to fly Dan knew that flying was what he wanted to do for a living.

Dan Studied in Waterville, Nova Scotia at the Greenwood Flight Center. He first completed his private Pilots license, followed by his commercial license, then a multi engine rating and instrument rating license. Dan's main goal for school was to complete the necessary licenses and to return to Labrador to fly twin otters.

Like many other students, while studying Dan was faced with many struggles. Dan notes that for him it was very hard to find the balance between family and school work, as well it was financially difficult when it came to paying bills. Attending school was very expensive and Dan tried many different routes before looking to the LMN for assistance. The LMN was able to provide Dan with financial as well as moral support throughout his studies.

Dan notes that his experience with the LMN was great! Regardless of how many times he called with questions or concerns there was always someone there to respond to his call. He would especially like to thank Leeanne Fowler for all her hard work and for taking his "ten million phone calls" of questions. Dan would also like to thank the organization as a whole for the financial and moral support that he received. Dan notes that without the support of the LMN, his dream of flying would not have come true.

Dan Michelin has fulfilled his dream of becoming a pilot and returning to Labrador to work. Dan currently works with Air Labrador as a first officer (Co-Pilot).

## MEDICAL ASSISTANCE AVAILABLE TO MEMBERS

LMN members requiring emergency medical assistance are able to take advantage of several programs.

LMN President Chris Montague donates one-third of his annual salary to enable members to access needed medical care and service. For more information, please contact the LMN office at  
1-709-896-0592,  
or toll-free at  
1-877-896-0592.

The provincial government implemented the Medical Transportation Assistance Program in 1998 to assist residents who incur substantial costs when traveling via commercial air to access insured health services which are not available within their health region and/or within the province. For more information, please contact the office of the Minister Responsible for Labrador at  
1-709-896-3099  
or toll-free at  
1-866-996-5670.

## PRESIDENT'S MESSAGE

One of the goals in my life was to make a difference in the lives of our own people and our communities in Labrador. From the earliest time, I felt the education and training of our people would make the greatest difference; through this process we would acquire the skills to become masters of our own house and influence the direction that Labrador would take into the future.

It was for this reason that I entered the field of education in 1970. Back then there were very few Labrador teachers in our schools; I was determined to come home to Labrador and make a difference in the classroom.

From 1981-1986, I was part of a team that organized the LMA and was President when we incorporated. At that time I did not know what an impact the organization would have on the education and training of our people. Nearly thirty years of classroom teaching could not hope to equal one year of opportunity and achievement created by the LMN. We are making a difference!!

As President of the LMN, I am proud to be part of a team; a team that brings hope and success to our people and our communities. Through a very creative approach by our staff, we were able to help fund over thirty university students last year. This year we are still funding students, however, it hurts me to my heart that we can't help everybody. This offers us a challenge. Our goal will always remain a universal post secondary education plan. Until that time comes I congratulate our staff and our students for their hard work and success. Thanks to their achievements, our people and communities have a brighter future.



## NOTICE - New Application Forms are Now Available

In an effort to maintain a clearly defined membership list, the Labrador Metis Nation is in the process of renewing membership. This is a necessary process to ensure that our membership list is updated and accurate.

The New Application forms are available at all LMN offices. All individuals must re-apply to become a card holding member of the LMN. For applicants who are re-applying there is no charge, for applicant who are applying for the first time a \$10.00 fee will be required. For any questions regarding the form or the membership renewal, please feel free to contact the LMN.

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# Metis Business Centre

## Metis Development Corporation

### Metis Business Centre (MBC) *Build Your Business*

The Metis Business Centre is a one-stop resource centre for Inuit-Metis individuals interested in establishing a new business or developing an existing business. This centre, which opened in 2004, offers a large variety of services to Metis members in their entrepreneurial endeavors.

The role of the Business Centre is to foster successful business enterprises owned and operated by Inuit-Metis entrepreneurs and to encourage self-employment. If you have a business idea but don't know what to do next, contact the Metis Business Centre. We have many resources available that can help get our business started. If you are an existing business owner, we also offer aftercare services for entrepreneurs who may be facing various business issues or would like to expand a business.

#### Services Available at the Metis Business Centre:

The following is a list of the many free services that are available at the Business Centre for Inuit-Metis members who are interested in starting a business or expanding an existing business.

- Assistance with business planning and research, preparation of business plans, marketing and promotional planning, and researching appropriate funding agencies.
- Reference library with self-help literature and guides to starting your own business.

- One-on-one business counseling.
- Information on various sources of financing for entrepreneurs.
- Consulting Advisory Services (CAS Fund) - Limited funding, to a maximum of five thousand dollars, may be available to eligible participants to conduct market research, or to have a business plan developed.
- Business education courses (in partnership with other organizations, such as CESO).
- Access to fully equipped workstations featuring a private work area and computers with high-speed internet access.
- Access to office equipment such as photocopier, scanner and fax machine.
- Metis Business Directory.
- Private meeting room.

The Metis Business Centre is currently in the process of updating the **Metis Business Directory**. If you are an Inuit-Metis business owner, please contact us to have your business listed for free! This is a great promotional tool for your business as it will be posted on our website once the directory is updated. You may have your company listed by downloading the application form from our website at [www.metisbusiness.ca](http://www.metisbusiness.ca) or by contacting our office at (709) 896-5052.

The Metis Business Centre is here to assist you with all of your business needs. Contact us today- We can help you *Build Your Business!*

### ARE YOU UNEMPLOYED?

**Start a business and be your own boss!**

The Metis Business Centre is a one-stop business resource centre for Metis individuals who are interested in starting their own business or expanding an existing business. We offer many free services to Metis individuals in all stages of business planning and development.

For more information or to find out how you can start your own business, call us today at  
**(709) 896-5052.**



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