



All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



FALL PROGRAM CALENDAR– SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER 2021 PROGRAM CALENDAR

ANCRC's Vision: Our community is strong and diverse, honours all cultures, and is free from systemic barriers. Families are healthy, supported and empowered. Children are valued, respected and safe.

ANCRC's Mission: To promote and support the safety and well being of children and families by providing culturally appropriate, strength based child and family intake services.

Inside this issue:

Message from EIP Director	1
On-site Program Schedule	2-5
Virtual Program Schedule	6-9
Program Descriptions	10-11

Resource Centre Staff

Supervisors	Kedeen	204-944-4512
	Vacant	204-944-4107
Admins	Harold	204-944-4100
	Vacant	204-944-4100
Facilitators	Amy	204-944-4106
	Harmony	204-944-6735
	Michelle	204-944-6760
	Norma	204-944-4117
	Sharan	204-944-4465
	Vacant	204-944-4272
	Vacant	204-944-4109
Cultural Advisor	Linda	204-944-4297
	Jordan	204-944-4112
Iscaabes Family Wellness Worker	Louis	204-944-4113

Message from Early Intervention Program Director Marnie Saunderson:

Well, it is time for the Fall/Winter Programming at ANCR's All Nations Family Resource Centre and Snowbird Lodge Cultural Centre. As the relatively new Program Director for the Resource Centre, I am excited to learn from the staff and families as we begin programming while carefully planning a post pandemic re-opening. It is our hope, as restrictions continue to lift, that our Resource Centre, like everyone else, can safely re-learn how to live life in a post pandemic reality. In the meantime, we have committed to providing programming and ceremonies that continue to ensure the safety and well-being of children and families.

The following guidelines will be implemented for Fall and Winter:

*Child Minding: Unfortunately, child minding will not be provided during this quarter for people to attend programming. Should you require child minding in order to attend programs, please reach out to your assigned Agency worker or Resource Centre staff at the time of intake to discuss options.

-Programs will be offered at six different timeslots throughout the day: morning (10-11:30 am-virtual), afternoon (1-2:30 pm-virtual) and evening (6-7:30 pm-virtual), morning (10-12:00 pm- on-site), afternoon (12:30-2:30 pm- on-site) and evening (6-8:00 pm-on-site).

-For virtual programs, participants will be contacted 1-3 weeks before the start of the program to arrange for program package delivery and the link sent by email.

-For on-site programs, participants will receive a reminder phone call with the start date of the program. Program materials will be provided when the program starts.

-Programs will be delivered through two methods, on-site at 627 Erin Street or virtually via Microsoft Teams.

-We are capping the number of participants for all programs/ceremonies. Virtual programs are capped at 10 participants and on-site program and ceremony sizes will depend on the room (10 participants for large room, 6 participants for smaller rooms).

-We will be asking each participant the COVID 19 screening questions prior to entering the building.

-Participants will be asked to sanitize their hands and wear masks upon entering the building and are expected to keep the mask on while at the Centre. Sanitization practices in program rooms and high traffic areas will increase before and after program delivery.

-Pre-packaged snacks and bottled water will be provided during on site programs.

We would like to take this time to thank staff, families, children and the community as a whole for their continued support. If you have any questions please do not hesitate to contact SBLCC/ANFRC at 204-944-4100. Stay safe all and remain hopeful for better days ahead!!

Sincerely,

Marnie Saunderson, EIP Director and the SBLCC/ANFRC staff.

SEPTEMBER 2021 ANFRC-SBLCC ON-SITE PROGRAMS PAGE 2

M O N	T U E	W E D	T H U	F R I
		1 Mino-P 12:30pm-2:30pm (On-site)	2 Triple P 12:30pm-2:30pm (On-site)	3 Pipe Ceremony 10-12:00pm (On-site)
6 Labour Day Centre Closed	7 Nanaandawi Odizowin 10-12:00pm (On-site)	8 Mino-P 12:30pm-2:30pm (On-site)	9 Triple P 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site)	10
13 Positive Disci- pline 6-8:00pm (On-site) MYA 6-8:00pm (On-site)	14 Nanaandawi Odizowin 10-12:00pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On-site)	15 Mino-P 12:30pm-2:30pm (On-site) Stress & Coping 12:30pm-2:30pm (On- site)	16 Triple P 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site) Full Moon Ceremony 6-8:00pm (On-site)	17 Autumnal Equinox (On-site)
20 Positive Discipline 6-8:00pm (On-site) MYA 6-8:00pm (On-site)	21 Nanaandawi Odizowin 10-12:00pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On- site)	22 Mino-P 12:30pm-2:30pm (On-site) Stress & Coping 12:30pm-2:30pm (On-site)	23 Triple P 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site)	24
27 Positive Discipline 6-8:00pm (On-site) MYA 6-8:00pm (On-site)	28 Nanaandawi Odizowin 10-12:00pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On- site)	29 Mino-P 12:30pm-2:30pm (Grad) (On-site) Stress & Coping 12:30pm-2:30pm (On-site)	30 National Day for Truth and Reconciliation	

The Resource Centre will be offering the identified programs above and Cultural Ceremonies **On-site** at 627 Erin Street, Winnipeg, Manitoba.

Please note that all COVID 19 protocols as outlined by the Public Health will be followed and we ask participants to please come prepared for program.

To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

OCTOBER 2021 ANFRC-SBLCC ON-SITE PROGRAMS PAGE 3

M O N	T U E	W E D	T H U	F R I
				1 Pipe Ceremony 1:00-3:00 PM (On-site)
4 Positive Discipline 6-8:00pm (On-site) MYA 6-8:00pm (On-site)	5 Nanaandawi Odizowin 10-12:00pm (On-site) MYA 12:30pm-2:30pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On-site)	6 Stress & Coping 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site)	7 Triple P 12:30pm-2:30pm (On-site) Red Road to Healing 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site)	8
11 Thanksgiving Day Centre Closed	12 Nanaandawi Odizowin (Grad) 10-12:00pm (On-site) MYA 12:30pm-2:30pm (On-site) HRM 12:30pm-2:30pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On-site)	13 Stress & Coping 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site)	14 Triple P 12:30pm-2:30pm (Grad) (On-site) Red Road to Healing 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site)	15
18 Grief & Loss 12:30pm-2:30pm (On-site) Positive Discipline 6-8:00pm (On-site) MYA 6-8:00pm (On-site)	19 MYA 12:30pm-2:30pm (On-site) HRM 12:30pm-2:30pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On-site)	20 Stress & Coping 12:30pm-2:30pm (Grad) (On-site) Parent Teen 6-8:00pm (On-site) Nanaandawi Odizowin 6-8:00pm (On-site)	21 HR Women 12:30pm-2:30pm (On-site) Red Road to Healing 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site) Full Moon Ceremony 6-8:00pm (On-site)	22
25 Grief & Loss 12:30pm-2:30pm (On-site) Positive Discipline 6-8:00pm (On-site) MYA 6-8:00pm (On-site)	26 MYA 12:30pm-2:30pm (On-site) HRM 12:30pm-2:30pm (On-site) Circle of Security 6-8:00pm (Grad) (On-site) HR Women 6-8:00pm (On-site)	27 Art Expressions 6-8:00pm (On-site) Parent Teen 6-8:00pm (On-site) Nanaandawi Odizowin 6-8:00pm (On-site)	28 HR Women 12:30pm-2:30pm (On-site) Red Road to Healing 12:30pm-2:30pm (On-site) Parent Teen 6-8:00pm (Grad) (On-site) HRM 6-8:00pm (Grad) (On-site)	29 PROGRAM MEETING CENTRE OPENS @ NOON

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

NOVEMBER 2021 ANFRC-SBLCC ON-SITE PROGRAMS PAGE 4

M O N	T U E	W E D	T H U	F R I
<p>1 Grief & Loss 12:30pm-2:30pm (On-site)</p> <p>Positive Discipline 6-8:00pm (Grad) (On-site)</p> <p>MYA 6-8:00pm (Grad) (On-site)</p>	<p>2 MYA 12:30pm-2:30pm (On-site)</p> <p>HRM 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>HR Women 6-8:00pm (Grad) (On-site)</p>	<p>3 MYA 12:30pm-2:30pm (On-site)</p> <p>Art Expression 6-8:00pm (On-site)</p> <p>Parent Teen 6-8:00pm (On-site)</p> <p>Nanaandawi Odizowin 6-8:00pm (On-site)</p>	<p>4 HR Women 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>HRM 6-8:00pm (On-site)</p> <p>Parent Teen 6-8:00pm (On-site)</p>	<p>5 Pipe Ceremony 1-3:00pm (On-site)</p>
<p>8 Aboriginal Veterans Day Grief & Loss 12:30pm-2:30pm (On-site)</p> <p>Nobody's Perfect 12:30pm-2:30pm (On-site)</p> <p>Circle of Security 6-8:00pm (On-site)</p> <p>HR Women 6-8:00pm (On-site)</p>	<p>9 MYA 12:30pm-2:30pm (On-site)</p> <p>HRM 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>MYA 6-8:00pm (On-site)</p>	<p>10 MYA 12:30pm-2:30pm (On-site)</p> <p>Art Expression 6-8:00pm (On-site)</p> <p>Parent Teen 6-8:00pm (On-site)</p> <p>Nanaandawi Odizowin 6-8:00pm (On-site)</p>	<p>11</p> <p>Remembrance Day Centre Closed</p>	<p>12</p>
<p>15 Grief & Loss 12:30pm-2:30pm (Grad) (On-site)</p> <p>Nobody's Perfect 12:30pm-2:30pm (On-site)</p> <p>Circle of Security 6-8:00pm (On-site)</p> <p>HR Women 6-8:00pm (On-site)</p>	<p>16 MYA 12:30pm-2:30pm (Grad) (On-site)</p> <p>HRM 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>MYA 6-8:00pm (On-site)</p>	<p>17 MYA 12:30pm-2:30pm (On-site)</p> <p>Art Expression 6-8:00pm (On-site)</p> <p>Parent Teen 6-8:00pm (Grad) (On-site)</p> <p>Nanaandawi Odizowin 6-8:00pm (On-site)</p>	<p>18 HR Women 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>HRM 6-8:00pm (On-site)</p> <p>Parent Teen 6-8:00pm (On-site)</p> <p>Full Moon Ceremony 6-8:00pm (On-site)</p>	<p>19</p>
<p>22 Nobody's Perfect 12:30pm-2:30pm (On-site)</p> <p>Circle of Security 6-8:00pm (On-site)</p> <p>HR Women 6-8:00pm (On-site)</p>	<p>23 HRM 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>MYA 6-8:00pm (On-site)</p>	<p>24 MYA 12:30pm-2:30pm (On-site)</p> <p>Art Expression 6-8:00pm (On-site)</p> <p>Nanaandawi Odizowin 6-8:00pm (Grad) (On-site)</p>	<p>25 HR Women 12:30pm-2:30pm (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>Parent Teen 6-8:00pm (On-site)</p> <p>HRM 6-8:00pm (On-site)</p>	<p>26</p> <p>PROGRAM MEETING CENTRE OPENS @ NOON</p>
<p>29 Nobody's Perfect 12:30pm-2:30pm (On-site)</p> <p>Circle of Security 6-8:00pm (On-site)</p> <p>HR Women 6-8:00pm (On-site)</p>	<p>30 HRM 12:30pm-2:30pm (Grad) (On-site)</p> <p>Red Road to Healing 12:30pm-2:30pm (On-site)</p> <p>MYA 6-8:00pm (On-site)</p>			

DECEMBER 2021 ANFRC-SBLCC ON-SITE PROGRAMS PAGE 5

M O N	T U E	W E D	T H U	F R I
		1 MYA 12:30pm-2:30pm (On-site) Art Expressions 6-8:00pm (Grad) (On-site)	2 HR Women 12:30pm-2:30pm (On-site) Red Road to Healing 12:30pm-2:30pm (Grad) (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site)	3 Pipe Ceremony 1-3:00pm (On-site)
6 Nobody's Perfect 12:30pm-2:30pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On-site)	7 Red Road to Healing 12:30pm-2:30pm (On-site) MYA 6-8:00pm (On-site)	8 MYA 12:30pm-2:30pm (On-site)	9 HR Women 12:30pm-2:30pm (Grad) (On-site) Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site)	10
13 Nobody's Perfect 12:30pm-2:30pm (On-site) Circle of Security 6-8:00pm (On-site) HR Women 6-8:00pm (On-site)	14 Red Road to Healing 12:30pm-2:30pm (On-site) MYA 6-8:00pm (On-site)	15 MYA 12:30pm-2:30pm (Grad) (On-site)	16 Parent Teen 6-8:00pm (On-site) HRM 6-8:00pm (On-site) Full Moon Ceremony 6-8:00pm (On-site)	17 Winter Solstice (On-site)
20 Nobody's Perfect 12:30pm-2:30pm (Grad) (On-site) Circle of Security 6-8:00pm (Grad) (On-site) HR Women 6-8:00pm (Grad) (On-site)	21 Red Road to Healing 12:30pm-2:30pm (Grad) (On-site) MYA 6-8:00pm (Grad) (On-site)	22	23 Parent Teen 6-8:00pm (Grad) (On-site) HRM 6-8:00pm (Grad) (On-site)	24
27 Centre Closed In lieu of December 25 - Christmas Day	28 Centre Closed In lieu of December 26 - Boxing Day	29	30	31

The Resource Centre will be offering the identified programs above and Cultural Ceremonies **On-site** at 627 Erin Street, Winnipeg, Manitoba.

Please note that all COVID 19 protocols as outlined by the Public Health will be followed and we ask participants to please come prepared for program.

To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

SEPTEMBER 2021 ANFRC-SBLCC VIRTUAL PROGRAMS PAGE 6

MON	TUE	WED	THU	FRI
		1	2	3
6 Labour Day Centre Closed	7 Traditional Parenting 10-11:30am (Virtual) Women's Wellness 1:00pm-2:30pm (Virtual)	8 Traditional Parenting 10-11:30am (Virtual) Women's Wellness 1:00pm-2:30pm (Virtual)	9 Traditional Parenting 10-11:30am (Virtual) Women's Wellness 1:00pm-2:30pm (Virtual)	10 Traditional Parenting 10-11:30am (Grad) (Virtual) Women's Wellness 1:00pm-2:30pm (Grad) (Virtual)
13	14	15 Visionaries 6-7:30pm (Virtual)	16	17 Autumnal Equinox
20	21	22 Visionaries 6-7:30pm (Virtual)	23	24
27	28	29 Visionaries 6-7:30pm (Virtual)	30 National Day for Truth and Reconciliation	

The Resource Centre will be offering the identified programs above virtually through Microsoft Teams.

Please note that all COVID 19 protocols as outlined by the Public Health will be followed and we ask participants to please come prepared for program.

To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

OCTOBER 2021 ANFRC-SBLCC VIRTUAL PROGRAMS PAGE 7

MON	TUE	WED	THU	FRI
				1
4 Grief & Loss 10-11:30am (Virtual) Stress & Coping 10-11:30am (Virtual) Nobody's Perfect 1:00pm-2:30pm (Virtual)	5 Grief & Loss 10-11:30am (Virtual) Nobody's Perfect 1:00pm-2:30pm (Virtual)	6 Grief & Loss 10-11:30am (Virtual) Nobody's Perfect 1:00pm-2:30pm (Virtual) Visionaries 6-7:30pm (Virtual)	7 Grief & Loss 10-11:30am (Virtual) Nobody's Perfect 1:00pm-2:30pm (Virtual)	8 Grief & Loss 10-11:30am (Grad) (Virtual) Nobody's Perfect 1:00pm-2:30pm (Grad) (Virtual)
11 Thanksgiving Day Centre Closed	12	13 Visionaries 6-7:30pm (Grad) (Virtual)	14	15
18 Stress & Coping 10-11:30am (Virtual)	19	20	21	22
25 Stress & Coping 10-11:30am (Virtual)	26	27	28	29 PROGRAM MEETING CENTRE OPENS @ NOON

The Resource Centre will be offering the identified programs **above virtually through Microsoft Teams.**

Please note that all COVID 19 protocols as outlined by the Public Health will be followed and we ask participants to please come prepared for program.

To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

NOVEMBER 2021 ANFRC-SBLCC VIRTUAL PROGRAMS PAGE 8

M O N	T U E	W E D	T H U	F R I
1 Stress & Coping 10-11:30am (Virtual) Positive Discipline 10-11:30am (Virtual)	2	3	4	5
8 Aboriginal Veterans Day Stress & Coping 10-11:30am (Grad) (Virtual) Positive Discipline 10-11:30am (Virtual)	9	10 Triple P 10-11:30am (Virtual)	11 Remembrance Day Centre Closed	12
15 Mino-P 10-11:30am (Virtual) Positive Discipline 10-11:30am (Virtual)	16 Mino-P 10-11:30am (Virtual)	17 Mino-P 10-11:30am (Virtual) Triple P 10-11:30am (Virtual)	18 Mino-P 10-11:30am (Virtual)	19 Mino-P 10-11:30am (Grad) (Virtual)
22 Positive Discipline 10-11:30am (Virtual)	23	24 Triple P 10-11:30am (Virtual)	25	26 PROGRAM MEETING CENTRE OPENS @ NOON
29 Traditional Parenting 10-11:30am (Virtual) Nanaandawi Odizowin 10-11:30am (Virtual) Positive Discipline 10-11:30am (Virtual)	30 Traditional Parenting 10-11:30am (Virtual) Nanaandawi Odizowin 10-11:30am (Virtual)			

The Resource Centre will be offering the identified programs above virtually through Microsoft Teams.

Please note that all COVID 19 protocols as outlined by the Public Health will be followed and we ask participants to please come prepared for program.

To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

DECEMBER 2021 ANFRC-SBLCC VIRTUAL PROGRAMS PAGE 9

M O N	T U E	W E D	T H U	F R I
		1 Traditional Parenting 10-11:30am (Virtual) Triple P 10-11:30am (Virtual) Nanaandawi Odizowin 10-11:30am (Virtual)	2 Traditional Parenting 10-11:30am (Virtual) Nanaandawi Odizowin 10-11:30am (Virtual)	3 Traditional Parenting 10-11:30am (Grad) (Virtual) Nanaandawi Odizowin 10-11:30am (Grad) (Virtual)
6 Grief & Loss 10-11:30am (Virtual) Positive Discipline 10-11:30am (Virtual)	7 Grief & Loss 10-11:30am (Virtual)	8 Grief & Loss 10-11:30am (Virtual) Triple P 10-11:30am (Virtual)	9 Grief & Loss 10-11:30am (Virtual)	10 Grief & Loss 10-11:30am (Grad) (Virtual)
13 Positive Discipline 10-11:30am (Grad) (Virtual) Stress & Coping 1:00pm-2:30pm (Virtual)	14 Stress & Coping 1:00pm-2:30pm (Virtual)	15 Triple P 10-11:30am (Grad) (Virtual) Stress & Coping 1:00pm-2:30pm (Virtual)	16 Stress & Coping 1:00pm-2:30pm (Virtual)	17 Stress & Coping 1:00pm-2:30pm (Grad) (Virtual)
20	21	22	23	24
27 Centre Closed In lieu of December 25 – Christmas Day	28 Centre Closed In lieu of Decem- ber 26 - Boxing Day	29	30	31

The Resource Centre will be offering the identified programs **above virtually through Microsoft Teams.**

Please note that all COVID 19 protocols as outlined by the Public Health will be followed and we ask participants to please come prepared for program.

To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

Circle of Security Participants will learn the balance of being nurturing and protective while promoting a child's independence. Parents will begin to understand what emotional needs a child may be expressing through negative behavior.

September 14-October 26, Time: 6-8:00pm (Norma) **(On-site)**

November 8-December 20, Time: 6-8:00pm (Norma) **(On-site)**

Nobody's Perfect Parenting Program

Educates and supports parents of children 5 years and under.

October 4-8, Time: 1:00pm-2:30pm
(Sharan) **(Virtual)**

November 8- December 20, Time: 12:30pm-2:30pm (Sharan) **(On-site)**

Triple P Helps parents learn and practice strategies to deal with their children's (0-12) challenging behaviours constructively.

September 2-October 14, Time: 12:30pm-2:30pm (Michelle) **(On-site)**

November 10-December 15, Time: 10-11:30am (Michelle) **(Virtual)**

Positive Discipline Increases parents' knowledge of children's (0-17) rights, and provides them with constructive and concrete tools for resolving parent-child conflict.

September 13-November 1, Time: 6-8:00pm (Michelle) **(On-site)**

November 1-December 13, Time: 10-11:30am (Harmony) **(Virtual)**

Parent-Teen Allows parents and teens to work alongside each other as well as individually by working on their communication and problem solving skills through various group activities and discussions.

September 9-October 28, Time: 6-8:00pm (Harmony & Amy) **(On-site)**

October 6-November 17, Time: 6-8:00pm (Harmony & TBD) **(On-site)**

November 4-December 23, Time: 6-8:00pm (Harmony & Amy) **(On-site)**

Healthy Relationships for Women

Increases women's knowledge about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

September 14-November 2, Time: 6-8:00pm (Michelle) **(On-site)**

October 21-December 9, Time: 12:30pm-2:30pm (Michelle) **(On-site)**

November 8-December 20, Time: 6-8:00pm (Michelle) **(On-site)**

Healthy Relationships for Men

Educates men about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

September 9-October 28, Time: 6-8:00pm (Sharan & Louis) **(On-site)**

October 12-November 30 Time: 12:30pm-2:30pm (Sharan & Louis) **(On-site)**

November 4-December 23, Time: 6-8:00pm (Sharan & Louis) **(On-site)**

Managing Your Anger (MYA) Provides participants with knowledge, skills and alternative ways to resolve personal anger.

September 13-November 1, Time: 6-8:00pm (Sharan) **(On-site)**

October 5-November 16, Time: 12:30pm-2:30pm (Harmony) **(On-site)**

November 3-December 15, Time:12:30-2:30pm (Sharan) **(On-site)**

November 9-December 21, Time:6-8:00pm (Norma & TBD) **(On-site)**

Red Road to Healing Is designed to address issues in regards to domestic violence from an Indigenous perspective.

October 7-December 2, Time: 12:30pm-2:30pm (Norma & Linda) **(On-site)**

November 2-December 21, Time: 12:30pm-2:30pm (Norma & Linda) **(On-site)**

Traditional Parenting Focuses on well established parenting methods and ceremonies utilized by Indigenous people for centuries. The last session includes Pipe Ceremony Teachings.

September 7-10, Time: 10-11:30am (Linda & Jordan) **(Virtual)**

November 29-December 3, Time: 10-11:30am (Linda & Jordan) **(Virtual)**

The Resource Centre will be offering Group Programs and Cultural Teachings **both On-site and through Microsoft Teams**. To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****

Mino-Pimatziwin (to live a good life)

Focuses on sobriety by utilizing the 7 sacred teachings recognized by many Indigenous People. The last session includes Pipe Ceremony Teachings.

September 1-29, Time: 12-2:30am (Linda) **(On-site)**

November 15-19, Time: 10-11:30am

(Linda & Jordan) **(Virtual)**

Nanaandawi Odizowin (Self Healing Teachings-Addiction)

This program applies contemporary relapse recovery methods by blending them into the teachings of the medicine wheel.

September 7-October 12, Time: 10-12:00pm (Louis) **(On-site)**

October 20-November 24, Time: 6-8:00pm (Louis) **(On-site)**

November 29-December 3, Time: 10-11:30am (Louis) **(Virtual)**

Grief & Loss Focuses on understanding Grief and Loss and its effects on the individual. The program uses Indigenous methods of healing. The last session includes Pipe Ceremony Teachings.

October 4-8, Time: 10-11:30am (Linda & Jordan) **(Virtual)**

October 18-November 15, Time: 12:30pm-2:30pm (Linda & Jordan) **(On-site)**

December 6-10, Time: 10-11:30am (Linda & Jordan) **(Virtual)**

Stress & Coping Provides participants with information about how stress effects our whole body as well as our relationships.

September 15-October 20, Time: 12:30pm-2:30pm (Amy) **(On-site)**

October 4-November 8, Time: 10-11:30am (Amy) **(Virtual)**

December 13-17, Time: 1:00pm-2:30pm (Amy) **(Virtual)**

Women's Wellness Utilizes a combination of contemporary Indigenous healing approaches to address health and wellness.

September 7-10, Time: 1:00pm-2:30pm (Norma & Amy) **(Virtual)**

Art Expressions Is an in-person six-week art program for youth ages 15-17. The program is strength based and focuses on youth led conversations with emphasis on the well-being and health benefits of artistic expression. Throughout the program, various art activities and styles will be explored, which includes abstract art, scenery, graffiti art, positive affirmations and others. Teen Participants will also have the chance to lead art activities if they choose.

October 27-December 1, Time: 6-8:00pm (Amy & Jordan) **(On-site)**

Visionaries Is a virtual five week art program for youth ages 11-14. The program is strength based and focuses on youth led conversations with emphasis on the well-being and health benefits of artistic expression. The program follows an Indigenous Medicine Wheel perspective. Each direction offers a teaching related to an art activity assigned to the participant. Art will be done separate from virtual meetings and shared later in group, based on participant youth comfort levels.

September 15-October 13, Time: 6-7:30pm (Amy & Jordan) **(Virtual)**

INDIGENOUS CULTURAL CEREMONIES/TEACHINGS

Full Moon Ceremony Is learning about how Indigenous women gathered in Ceremony honouring Grandmother Moon. This is the time women and young girls gather to support each other and release. Teachings of each of the 13 moons. Connection of women's teachings and their moon time. At the Full Moon Ceremony, women ask for healing and guidance. They will have an understanding of the full moon ceremony and how to practise this ceremony in their own way.

September 16, October 21, November 18 & December 16, 2021, Time: 6-8:00pm (Linda & Amy) **(On-site)**

Pipe Ceremony (invite only) Is conducted at the beginning of each month. The intent for the pipe ceremonies is to offer prayers to Creator, Mother Earth, grandfathers, grandmothers and our guides to help us with the work we are doing for the community. Pipe carriers will ask for healing for the helpers that support families and offer prayers for the families. Each pipe carrier will have their pipe teachings to follow and will sit in the direction. Water, tobacco and drum songs are offered at the Pipe Ceremony. Some people may like to share. The pipe carriers will end the Pipe Ceremony with gratitude to Creator, Mother Earth, grandfathers, grandmothers and guides.

September 3- Time:10-12:00pm, October 1- Time: 1-3:00pm, November 5- Time:1-3:00pm & December 3, 2021- Time:1-3:00pm (Cultural Team) **(On-site)**

The Resource Centre will be offering Group Programs and Cultural Teachings **both On-site and through Microsoft Teams**. To refer a family to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca.

**** CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS****