

FALL PROGRAM CALENDAR- SEPTEMBER-DECEMBER 2023

ANCR'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.

ANCR'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:

Fall Memories	1
Program Schedule	2-5
Program Descriptions	6-8
Cultural Ceremonies	9
Things to Know	10
Program Highlight	11
Summer Reflection	12

SHARING THOUGHTS ABOUT FALL



The season Fall or Autumn is my favorite season because of the transitions I see on Mother Earth. Such as the plant life and the coolness of the air. It is the time children are getting ready to go back to school.

Summertime is over and they had a great summer break. The children enjoyed many fun things with family and friends. Camping, swimming and just being a child.

Moms and dads now are busy preparing for the first day of school. Shopping for new clothes and school supplies. This brings me to so many childhood memories. I loved to walk through the fallen leaves. The colours are so vibrant. Bright reds, yellow and browns.

I remember a beautiful tree I use to have till it got sick. It had to be cut down. It was a huge 100-year-old Canadian Maple Tree. Its leaves would be the last to fall on our street. My grandchildren climbed it. Cutting it down was sad I put tobacco down to give thanks to the tree life. I love trees, flowers and plants. I try to garden. In the fall there is lots to do. I don't have a big garden just enough for an older person like me to keep active. The fall is the time of harvest and preparation for the long or short winter. Who knows how long the Winter season will be? It all depends on Climate Change. The transitions of the fall are seen by watching the plants and the animals. When I am cleaning up the flower beds and putting the leaves on the plants I know this will be home for other creatures that will rest during the Fall and Winter months.

Fall Ceremonies will be celebrated. Families will attend Give Away Gatherings and Feast ceremonies. Some pow wow dancers will have a look at their sacred bundles to see what needs to be kept or given away or repaired. All the people with their sacred bundles will look at what needs to be feasted and given away. Prayers will be offered for the Fall Season. I am very grateful that at ANFRC & SBLCC we have seasonal feast ceremonies, honour the traditions like a Pipe ceremony and feast. All the before mentioned ceremonies and traditions provide families and staff with an opportunity to share the teachings, songs and feast together. When the moon is full we call her Grandmother and the transitions of the moon also give teachings. Grandmother moon when she is full the teachings a season. Leaves of Color is the name for the 9th moon it is also referred to as Corn Moon and/or Harvest Moon which teaches about honoring all humans. These are my thoughts I wish you all a safe, warm and happy Fall.

By: Linda Chisholm, Cultural Advisor

Bus Routes:

Downtown Take #11 to Portage & Wall Stop #10556

North End Selkirk & Main, Main & Magnus Take #15 to Downtown, transfer to #11

St. Mary's take #14 to Portage Downtown, transfer to #11

St. Anne's take #55 downtown & transfer to #11

Contact 311 for accurate bus schedule & times

SEPTEMBER 2023 ANFRC-SBLCC PROGRAMS PAGE 2

MON	TUE	WED	THU	FRI
				1 Pipe Ceremony 1-3pm
4 LABOUR DAY CENTRE CLOSED	5 Caring Dads 6-8pm	6 Traditional P 6-8pm	7 Caring Dads 6-8pm Nanaandawi Odizowin 6-8pm	8
11 Grief & Loss 10-11:30am HRM 6-8pm (V) MYA 6-8pm PD 6-8pm (V)	12 Grief & Loss 10-11:30am Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	13 Grief & Loss 10-11:30am COS 10:00-12:00pm (V) RRHP 12:30-2:30pm Traditional P 6-8pm PTS 6-8pm	14 Grief & Loss 10-11:30am Caring Dads 6-8pm Nanaandawi Odizowin 6-8pm	15 Grief & Loss 10-11:30am (G)
18 HRM 6-8pm (V) MYA 6-8pm PD 6-8pm (V)	19 Mino-P 12:30-2:30pm Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	20 COS 10:00-12:00pm (V) RRHP 12:30-2:30pm Traditional P 6-8pm PTS 6-8pm	21 Caring Dads 6-8pm Nanaandawi Odizowin 6-8pm	22 Program Meeting (staff) CENTRE OPENS AT NOON Fall Equinox 1-3:30pm
25 NBP 1-3pm (V) HRM 6-8pm (V) MYA 6-8pm PD 6-8pm (V)	26 Mino-P 12:30-2:30pm Overcoming Addictions 12:30-2:30pm NBP 1-3pm (V) Caring Dads 6-8pm	27 COS 10:00-12:00pm (V) NBP 1-3pm (V) RRHP 12:30-2:30pm Traditional P 6-8pm PTS 6-8pm	28 Triple P 10-12:00pm (V) NBP 1-3pm (V) Caring Dads 6-8pm Nanaandawi Odizowin 6-8pm Full Moon Ceremony 6-8pm	29 NBP 1-3pm (V) (G)

The Resource Centre will be offering the above identified programs and Cultural Ceremonies on-site at 627 Erin Street, Winnipeg, MB, or virtual if identified.

Legend: (V)=Virtual program. NBP=Nobody's Perfect. MYA=Managing Your Anger. COS=Circle of Security. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. Traditional P=Traditional Parenting. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatiziwin. OA=Overcoming Addictions. (G)=Grad (last session). **Bold program title**=First or last session.

M O N	T U E	W E D	T H U	F R I
2 In Lieu of National Day for Truth and Reconciliation CENTRE CLOSED	3 Mino-P 12:30-2:30pm Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	4 COS 10:00-12:00pm (V) RRHP 12:30-2:30pm Traditional P 6-8pm (G) PTS 6-8pm	5 Triple P 10-12:00pm (V) Grief & Loss 12:30-2:00pm Caring Dads 6-8pm Nanaandawi Odizowin 6-8pm	6 Pipe Ceremony 1-3pm
9 THANKSGIVING DAY CENTRE CLOSED	10 Mino-P 12:30-2:30pm Overcoming Addictions 12:30-2:30pm MYS 12:30-2:30pm Caring Dads 6-8pm	11 COS 10:00-12:00pm (V) RRHP 12:30-2:30pm PTS 6-8pm Crescent Moon Teachings (Men's) 6-8pm	12 Triple P 10-12:00pm (V) Grief & Loss 12:30-2:00pm Caring Dads 6-8pm Nanaandawi Odizowin 6-8pm (G)	13
16 HRW 12:30-2:30pm Traditional P 1-3pm (V) HRM 6-8pm (V) MYA 6-8pm PD 6-8pm (V)	17 Mino-P 12:30-2:30pm (G) Overcoming Addictions 12:30-2:30pm (G) MYS 12:30-2:30pm Traditional P 1-3pm (V) Caring Dads 6-8pm	18 COS 10:00-12:00pm (V) RRHP 12:30-2:30pm Traditional P 1-3pm (V) PTS 6-8pm	19 Triple P 10-12:00pm (V) Grief & Loss 12:30-2:00pm Traditional P 1-3pm (V) Caring Dads 6-8pm HRM 6-8pm	20 Program Meeting (staff) CENTRE OPENS AT NOON Traditional P 1-3pm (V) (G)
23 HRW 12:30-2:30pm HRM 6-8pm (V) MYA 6-8pm PD 6-8pm (V)	24 MYS 12:30-2:30pm MYA 12:30-2:30pm Caring Dads 6-8pm	25 COS 10:00-12:00pm (V) RRHP 12:30-2:30pm PTS 6-8pm	26 Triple P 10-12:00pm (V) Grief & Loss 12:30-2:00pm Caring Dads 6-8pm HRM 6-8pm Full Moon Ceremony 6-8pm	27
30 HRW 12:30-2:30pm HRM 6-8pm (V) MYA 6-8pm PD 6-8pm (V)	31 MYS 12:30-2:30pm MYA 12:30-2:30pm Caring Dads 6-8pm (G)			

The Resource Centre will be offering the above identified programs and Cultural Ceremonies on-site at 627 Erin Street, Winnipeg, MB, or virtual if identified.

Legend: (V)=Virtual program. NBP=Nobody's Perfect. MYA=Managing Your Anger. COS=Circle of Security. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. Traditional P=Traditional Parenting. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatiziwin. (G)=Grad (last session). **Bold program title**=First or last session.

MON	TUE	WED	THU	FRI
		1 COS 10:00-12:00pm (V) (G) RRHP 12:30-2:30pm (G) PTS 6-8pm (G)	2 Triple P 10-12:00pm (V) Grief & Loss 12:30-2:00pm (G) COS 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm Grief & Loss 6-8pm	3 Pipe Ceremony 1-3pm
6 HRW 12:30-2:30pm HRM 6-8pm (V) (G) MYA 6-8pm (G) PD 6-8pm (V) (G)	7 MYS 12:30-2:30pm (G) MYA 12:30-2:30pm HRM 12:30-2:30pm COS 6-8pm Triple P 6-8pm HRW 6-8pm	8 PD 12:30-2:30pm PTS 6-8pm Crescent Moon Teachings (Men's) 6-8pm	9 Triple P 10-12:00pm (V) (G) COS 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm Grief & Loss 6-8pm	10
13 In Lieu of Remembrance Day CENTRE CLOSED	14 MYA 12:30-2:30pm HRM 12:30-2:30pm COS 6-8pm Triple P 6-8pm HRW 6-8pm	15 PD 12:30-2:30pm PTS 6-8pm Nanaandawi Odizowin 6-8pm	16 COS 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm Grief & Loss 6-8pm	17 Program Meeting (staff) CENTRE OPENS AT NOON
20 HRW 12:30-2:30pm MYS 6-8pm (V) NBP 6-8pm Overcoming Addictions 6-8pm	21 MYA 12:30-2:30pm HRM 12:30-2:30pm COS 6-8pm Triple P 6-8pm HRW 6-8pm	22 PD 12:30-2:30pm PTS 6-8pm Nanaandawi Odizowin 6-8pm	23 COS 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm Grief & Loss 6-8pm (G)	24
27 HRW 12:30-2:30pm MYS 6-8pm (V) NBP 6-8pm HRW 1-3pm (V) Overcoming Addictions 6-8pm Full Moon Ceremony 6-8pm	28 MYA 12:30-2:30pm HRM 12:30-2:30pm HRW 1-3pm (V) COS 6-8pm Triple P 6-8pm HRW 6-8pm	29 PD 12:30-2:30pm HRW 1-3pm (V) PTS 6-8pm Nanaandawi Odizowin 6-8pm	30 COS 12:30-2:30pm HRW 1-3pm (V) Caring Dads 6-8pm HRM 6-8pm (G)	

The Resource Centre will be offering the above identified programs and Cultural Ceremonies on-site at 627 Erin Street, Winnipeg, MB, or virtual if identified.

Legend: (V)=Virtual program. NBP=Nobody's Perfect. MYA=Managing Your Anger. COS=Circle of Security. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. Traditional P=Traditional Parenting. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatiziwin. (G)=Grad (last session). **Bold program title**=First or last session.

DECEMBER 2023 ANFRC-SBLCC PROGRAMS PAGE 5

MON	TUE	WED	THU	FRI
				1 Pipe Ceremony 1-3pm
4 Nanaandawi Odizowin 10-12pm (V) Traditional P 10-12:00pm HRW 12:30-2:30pm (G) NBP 6-8pm HRW 1-3pm (V) MYS 6-8pm (V) Overcoming Addictions 6-8pm	5 Nanaandawi Odizowin 10-12pm (V) Traditional P 10-12:00pm MYA 12:30-2:30pm (G) HRM 12:30-2:30pm HRW 1-3pm (V) COS 6-8pm Triple P 6-8pm HRW 6-8pm	6 Nanaandawi Odizowin 10-12pm (V) Traditional P 10-12:00pm PD 12:30-2:30pm HRW 1-3pm (V) (G) PTS 6-8pm Nanaandawi Odizowin 6-8pm	7 Nanaandawi Odizowin 10-12pm (V) Traditional P 10-12:00pm COS 12:30-2:30pm Caring Dads 6-8pm HOLIDAY PARTY 4:30-7:30pm	8 Nanaandawi Odizowin 10-12pm (V) (G) Traditional P 10-12:00pm (G)
11 Grief & Loss 1-2:30pm (V) NBP 6-8pm MYS 6-8pm (V) Overcoming Addictions 6-8pm	12 HRM 12:30-2:30pm Grief & Loss 1-2:30pm (V) COS 6-8pm Triple P 6-8pm HRW 6-8pm	13 PD 12:30-2:30pm Grief & Loss 1-2:30pm (V) PTS 6-8pm Nanaandawi Odizowin 6-8pm	14 COS 12:30-2:30pm Grief & Loss 1-2:30pm (V) Caring Dads 6-8pm	15 Program Meeting (staff) CENTRE OPENS AT NOON Grief & Loss 1-2:30pm (V) (G)
18 Mino-P 10-11:30am NBP 6-8pm (G) MYS 6-8pm (V) (G) Overcoming Addictions 6-8pm (G)	19 Mino-P 10-11:30am HRM 12:30-2:30pm (G) COS 6-8pm (G) Triple P 6-8pm (G) HRW 6-8pm (G)	20 Mino-P 10-11:30am PD 12:30-2:30pm (G) PTS 6-8pm (G) Nanaandawi Odizowin 6-8pm (G)	21 Mino-P 10-11:30am COS 12:30-2:30pm (G) Winter Solstice 1-3:30pm Caring Dads 6-8pm (G)	22 Mino-P 10-11:30am (G)
25 CHRISTMAS DAY CENTRE CLOSED	26 BOXING DAY CENTRE CLOSED	27 Full Moon Ceremony 6-8pm	28	29

The Resource Centre will be offering the above identified programs and Cultural Ceremonies on-site at 627 Erin Street, Winnipeg, MB, or virtual if identified.

Legend: (V)=Virtual program. NBP=Nobody's Perfect. MYA=Managing Your Anger. COS=Circle of Security. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. Traditional P=Traditional Parenting. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatiziwin. (G)=Grad (last session). **Bold program title**=First or last session.

PARENTING PROGRAMS:

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

Thurs., Sept. 28-Nov 9, Time: 10-12pm (Norma & Jordan) (Virtual)

Tues., Nov. 7-Dec. 19, Time: 6-8pm (Sharan) (On-site)

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

Mon., Sept. 11-Nov. 6, Time: 6-8pm (Norma) (Virtual)

Wed., Nov. 8-Dec. 20, Time: 12:30-2:30pm (Norma) (On-site)

Nobody's Perfect Educates and supports parents of children 5 years and under. Themes include safety, behaviour, mind, parent, and body.

M-F, Sept. 25-29, Time: 1-3:00pm (Amy) (Virtual)

Mon., Nov. 20- Dec. 18, Time: 6-8pm (Sharan) (On-site)

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.

Wed., Sept. 13-Nov. 1, Time: 10:00-12:00pm (Sharan) (Virtual)

Thurs., Nov. 2-Dec. 21, Time: 12:30-2:30pm (Sharan) (On-site)

Tues., Nov. 7-Dec. 19, Time: 6-8pm (Norma) (On-site)

Parent-Teen Series 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.

Wed., Sept. 13-Nov. 1, Time: 6-8pm (Amy, Jordan & TBD) (On-site)

Wed., Nov. 8-Dec. 20, Time: 6-8pm (Amy, Jordan & TBD) (On-site)

Caring Dads Focus is on fathers' accountability for abuse, countering the attitudes linked to abusive and neglectful behaviors and on promoting healthy relationships between fathers and their child and child's mother. The group program runs one evening a week for 17 weeks.

Tues., July 11-October 31, Time: 6-8pm (Sharan & Norma) (cont.)

Thurs. Sept. 7-Dec. 21 Time: 6-8pm (Seth & TBD) (On-site)

****Referrals for Caring Dads cuts off ONE WEEK before the start of the program. Please see page 10 for the criteria.****

INDIGENOUS PARENTING PROGRAM:

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

Wed., Sept. 6-Oct. 4, Time: 6-8pm (Louis) (On-site)

M-F, Oct. 16-20, Time: 1-3pm (Louis) (Virtual)

M-F, Dec. 4-8, Time: 10-12pm (Linda) (On-site)

To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

On-site programs are held at 627 Erin St. Winnipeg. To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

627 Erin Street Phone: 204-944-4100 Fax: 204-944-2057 Email: anfrc@gov.mb.ca

SELF IMPROVEMENT PROGRAMS:

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.

Mon., Sept. 11-Nov. 6, Time: 6-8pm (Sharan) (Virtual)

Thurs., Oct. 19-Nov. 30, Time: 6-8pm (Louis) (On-site)

Tues., Nov. 7-Dec. 19, Time: 12:30-2:30pm (Louis) (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.

Mon., Oct. 16-Dec. 4, Time: 12:30-2:30pm (Amy & TBD) (On-site)

Tues., Nov. 7-Dec. 19, Time: 6-8pm (Amy) (On-site)

M-Thurs., Nov. 27-Dec. 6, Time: 1-3pm (TBD) (Virtual)

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

Mon., Sept. 11-Nov. 6, Time: 6-8pm (Seth) (On-site)

Tues., Oct. 24-Dec. 5, Time: 12:30-2:30pm (Seth & Jordan) (On-site)

Managing Your Stress This program offers a safe and non-judgemental environment for individuals to learn various strategies for managing their stress in healthy ways.

Tues., Oct. 10-Nov. 7, Time: 12:30-2:30pm (Amy & TBD) (On-site)

Mon., Nov. 20-Dec. 18, Time: 6-8pm (Norma) (Virtual)

Overcoming Addictions Provides participants with the knowledge of different types of addictions, motivation to change, triggers, relapse prevention and self-care strategies.

Tues., Sept. 12-Oct. 17, Time: 12:30-2:30pm (Seth) (On-site)

Mon., Nov. 20-Dec. 18, Time: 6-8pm (Seth) (On-site)



(Louis Ogemah painting a mural)

To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

On-site programs are held at 627 Erin St. Winnipeg. To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

627 Erin Street Phone: 204-944-4100 Fax: 204-944-2057 Email: anfrc@gov.mb.ca

INDIGENOUS PROGRAMS:

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

Wed., Sept.13-Nov. 1, Time: 12:30-2:30pm (Norma & Linda) (On-site)

Grief & Loss Focuses on understanding Grief and Loss and its effects on the individual. The program uses Indigenous methods of healing. The first session includes Pipe Ceremony Teachings and the last (on-site only) session there is a sacred fire.

M-F, Sept. 11-15, Time: 10-11:30am (Linda, Jordan) (On-site)

Thurs., Oct. 5-Nov. 2., Time: 12:30-2:00pm (Linda & Jordan) (On-site)

Thurs., Nov. 2-23, Time: 6-8pm (Linda) (On-site)

M-F, Dec. 11-15, Time: 1-2:30pm (Amy, Jordan) (Virtual)

Mino-Pimatiziwin (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.

Tues., Sept. 19-Oct. 17, Time: 12:30-2:30pm (Linda, Jordan) (On-site)

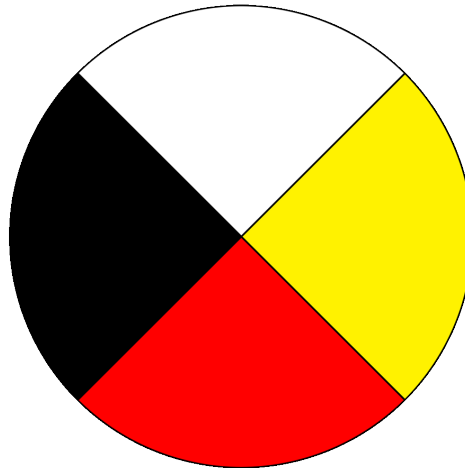
M-F., Dec. 18-22, Time: 10-12:00pm (Linda, Jordan) (On-site)

Nanaandawi Odizowin (Self Healing Teachings-Addiction) This program applies contemporary relapse recovery methods by blending them into the teachings of the Medicine Wheel.

Thurs., Sept. 7-Oct. 12, Time: 6-8 pm (Louis) (On-site)

Wed., Nov. 15-Dec. 20, Time: 6-8pm (Louis) (On-site)

M-F, Dec. 4-8, Time: 10-12:00pm (Louis, Jordan) (Virtual)



To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

On-site programs are held at 627 Erin St. Winnipeg. To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

627 Erin Street Phone: 204-944-4100 Fax: 204-944-2057 Email: anfrc@gov.mb.ca

INDIGENOUS CEREMONIES:

Crescent Moon Teachings for Men- Tibiki Giisisiwin Ininiwag The vernacular use of the Crescent Moon teachings is an appropriate title for describing how the Anishinaabe viewpoint of the seven teachings originated. In the Anishinaabe religion, it is common practice when initiating Midewewin incumbents the re-counting of the seven teachings. The warrior spirit has always been to stand as the protector, by utilizing the teachings and philanthropy “Ziidooshkaagewin” meaning the love of all people within the community. Canada’s colonial past, systemically traumatized Indigenous families and the inter-generational impacts continued into each succeeding generation without healing. Young boys who became men, brought this learned behavior home to their communities, such as self-loathing, anger and self-abuse through alcohol and drugs which then led to corrections, gang life or unhealthy life choices. The embodiment, of the Anishinaabe teachings, is contemporized as to help men to look deep within themselves in finding the change from unhealthy life choices to adopting the positive principles found in the Crescent Moon teachings.

Ceremony Dates: October 11 & November 8, Time: 6-8pm (Louis & Jordan) (On-site)

Full Moon 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. The Women are invited to bring their children along for the ceremony to aid in the healing and passing on of cultural teachings.

Ceremony Dates: September 28, October 26, November 27 & December 27, Time: 6-8pm (Linda & Jordan) (On-site)

Pipe Ceremony 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. The pipe carriers will end the Pipe Ceremony with gratitude to Creator, Mother Earth, Grandfathers, Grandmothers and guides.

Ceremony Dates: September 1, October 6, November 3, December 1, Time: 1-3pm (Cultural Team) (On-site)

Fall Equinox Indigenous communities celebrate fall by having a Feast. Fall Season is important to acknowledge the gratefulness to Creator and for the harvest from the plant life. Pipe carriers will offer the prayers, new tobacco ties and cedar are hanged by the Cultural Team in both 627 Erin Street and 835 Portage Ave and the old ones are offered in an on-site sacred fire along with new tobacco ties. All in attendance will partake in the sharing of food.

September 22, Time: 1-3:30pm (Cultural Team) (On-site)

Winter Solstice Indigenous communities celebrate the winter season with a feast. A pipe ceremony and sacred fire is lit. New tobacco ties and cedar are hanged by Cultural Team in both 627 Erin Street and 835 Portage Ave and the old ones are offered in an on-site sacred fire along with new tobacco ties. Winter Solstice is the shortest day of the year due to the limited sunlight and this is when families would do storytelling. At the Centre, we will gather and share food, stories and build community with each other.

December 21, Time: 1-3:30pm (Cultural Team) (On-site)

On-site programs are held at 627 Erin St. Winnipeg. To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

Housekeeping:

Childminding - Unfortunately, childminding will not be provided at the beginning of this calendar. Please check back with the Resource Centre as this may change. Should you require childminding 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 different time slots and delivered on-site at 627 Erin Street or virtually via Microsoft Teams (See calendar for details).

For virtual programs, participants will be contacted 1-3 weeks before the start as a reminder and instructions provided about the link sent by email to join the group. Program materials will be mailed after the first session and should arrive in time for the second session. Virtual Program completion letters and certificates will also be mailed upon completion of the program.

While masks are not mandated inside the building, they are recommended and we ask participants not to attend on-site programs if you are ill. Masks will be provided for those who want to wear one.

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

Program Available for Partnership:

General Parenting Focuses on parents of children 5 years and under. Increases parents knowledge of child development, parenting styles and parents self care.

Traditional Parenting Focuses on well established parenting methods and ceremonies utilized by Indigenous people for centuries. The last session includes Pipe Ceremony Teachings. Instructed on-site or virtually by Cultural Advisor Linda Chisholm. Contact Snowbird Lodge Cultural Centre for consideration for a partnership in the spring and summer 2023.

Buffalo Riders Early Intervention Program We introduced the Buffalo Riders Early Intervention Program in the fall of 2022 and are currently running partnerships with community organizations as part of education and prevention work for at risk youth. Buffalo Riders is a 10 week program for First Nations YOUTH, developed by The Thunderbird Partnership Foundation, is based on an Indigenous wisdom perspective, which is both culturally centred and strengths based. Buffalo Riders supports youth ages 11 to 13 (but can be adapted for youth up to age 17), who may be at risk for harmful substance use and high risk lifestyles. Facilitated by Amy and Seth with our Cultural Advisor Linda and Traditional Helper Jordan assisting. Contact Snowbird Lodge Cultural Centre for consideration for a partnership.

If you are interested in partnering with ANFRC/SBLCC to offer any of the above programs please contact Supervisors: Kedeenn Cummings, 204-944-4512 or via email at Kedeenn.Cummings@gov.mb.ca OR Cherylann Byard at 204-944-4107 or via email at Cherylann.Byard@gov.mb.ca.

CARING DADS:

ANFRC-SBLCC have been facilitating the Caring Dads Program since 2017 and it has been an amazing experience for the team. We thought it would be fitting to share a bit about the program and reminders about important aspect of the program.

The Caring Dad's Program is a 16-week program that hopes to shift fathers' involvement with their children. Fathers are beginning to play more of an equal role in their children's lives and this program was developed to aid this. This program looks in depth at domestic violence and how this affects our children. It will help men develop skills to cope in healthy ways with frustrating situations. It helps them understand different fathering strategies, such as child-centered behaviours and changing the way we think about different situations. This program also helps increase awareness of controlling, abusive, and neglectful attitudes/behaviours. The goal is to develop stronger/more positive relationships between the father and children, acknowledging that the relationship between father and mother is going to strongly impact this relationship.

Criteria for accessing Caring Dads at ANFRC-SBLCC:

Participants **MUST** be involved with a Case Worker (CFS Worker, Probation Worker, Justice Worker etc.)

Participants **MUST** have access to their children in order to apply and practice the materials being taught.

Participants can be referred to the program due to concerns about physical abuse, emotional abuse, neglect or child exposure to domestic violence, or for being at risk for these behaviors. The primary issue **cannot** be for father's sexual abuse of children.

Important information to know:

Referrals for Caring Dads cuts off **ONE WEEK** before the start of the program.

There will be an intake meeting scheduled with the participant, Case Worker and the Facilitators. This intake meeting **MUST** be completed before the scheduled program start date.

While participants are involved in the Caring Dads Program, the Facilitators we will be working closely with the Case Worker regarding the Mothering Contact. If you are in the program because you were abusive to a past partner, she/he will also be contacted. The purpose of the contact is to inform them about the Caring Dads Program, discuss the impact of the abuse experienced and provide information for services available. **Sharing her/his contact information is mandatory and does not constitute a breach of your probation order.**

Topics covered in the Intake Meeting:

Caring Dads contract

Intake form

Confidentiality Forms

Midpoint meeting

Homework

Mothering Contact

Brief Closing Report

We look forward to working together and supporting your journey.

If you have questions or concerns please contact the Centre to speak with a staff member.

On-site programs are held at 627 Erin St. Winnipeg. To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

SUMMER REFLECTION PAGE 12



This summer **medicine picking** medicine was awesome! There have been several picking sessions; however, one stands out more in my mind due to the experience. Three families medicine picked with SBLCC Staff out in Anola, Manitoba and there were plenty of medicines to pick. The families shared how much they loved being on the land and the teachings about the plants and the protocol for picking them. At ANFRC-SBLCC, Sage is one of the most requested medicine by families and it is utilized to smudge daily. Families and staff echoed that being on Mother Earth was healing and the connection to nature was a welcome change from being in the hustle and bustle of the city. Upon return to the Centre, the staff and the families cleaned and bundled the sage. The bundles were hung in the

Centre's Lodge and families took some of the sage home for personal use and to share with their community.



On Wednesday, June 21, 2023, a wonderful event of socializing, learning and engagement for **National Indigenous Peoples Day** was held at All Nations Family Resource Center and Snowbird Lodge Cultural Center. Invited guests were treated with honour and recognition songs from the Buffalo Red Thunder Group singers as they sang and played their big drum. Interspersed throughout the songs, explanations were given as to the intent of each song that was sung. The event followed with a comic puppet entertainment from Mickey Migizi, Louis Ogemah and Jordan Schacht: the interaction between Jordan and Mickey started with a blindfold trick of Mickey guessing what Jordan had in his hand; soon followed by a card trick, fumbled by Jordan but Mickey guessing the card; and, ending with the legend of the cultural hero, Wiiskejak and the Ducks.



Journeys for Youth is a summer program that runs every July. The program utilized the *Circle of Courage* model, developed by Dr. Martin Brokenleg which addresses the physical, mental, spiritual and emotional well being of an individual. The purpose of the program is to build positive relationships, learn new skills, show generosity within the community and, enjoy land based activities and have conversations about respect, healthy relationships and communication. Also, knowing who our supports are, recognizing our gifts and skills.

ANFRC-SBLCC Staff want to extend their thanks to all the families, ANCR, fellow CFS Agencies, community partners and the various entities that continue to refer families to the Centre to access services. The summer was a busy one filled with programs, medicine picking, ceremonies and family outings. On July 14, 2023, ANFRC-SBLCC hosted a Family Outing at Assiniboine Park & Zoo where there were 7 families (10 adults and 18 children) enjoyed the day creating memories. We are excited for the remainder of activities and events scheduled for this summer such as Culture Camp, Tinker Town and several more medicine picking sessions. We are looking forward the fall season as we continue to promote and support the safety and well being of children and families by providing culturally appropriate, strength based child and family intake service.

Community Connections Computer is available at the centre for individuals who are job seekers, looking for parenting resources, creating resumes, and wanting to connect to community resources.

Monday - Friday (9:00am - 4:00pm)

On-site programs are held at 627 Erin St. Winnipeg. To refer a family or self-refer to one of our programs and cultural ceremonies, please complete our referral form and email to anfrc@gov.mb.ca. Or call 204-944-4100

627 Erin Street Phone: 204-944-4100 Fax: 204-944-2057 Email: anfrc@gov.mb.ca