



All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



WINTER PROGRAM CALENDAR - JANUARY - APRIL 2024

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:

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

Supervisors	Cherylann Kedeem	204-944-4107 204-944-4512
Administrative Support	Harold Mellissa	204-944-4268 204-944-4100
Facilitators	Amy Vacant Norma Florence Seth Lisa	204-944-4106 204-944-6760 204-944-4117 204-944-4465 204-944-4272 204-944-6735
Cultural Advisor	Linda	204-944-4297
Family Wellness Worker	Louis	204-944-4113
Traditional Helper	Vacant	204-944-4112

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

Self-Care during the long winter months

We are all familiar with our lengthy Manitoba winters which can typically last up to five to six months! About 15% of people in Canada experience the winter blues (*Canadian Mental Health Association, January 2020*). Seasonal Affective Disorder (SAD) or also called Winter Depression is common during the winter months. Some symptoms are sadness, reduced energy, loss of concentration and interest in activities, trouble sleeping, and loss of appetite. The main reason for this seasonal disorder is having lower levels of serotonin or the "feel good" hormones that help regulate your mood. Exposure to sunlight elevates our serotonin levels so declining hours of sunlight during the winter months can be a cause of winter depression. Another possible cause can be having higher levels of melatonin which is a hormone that is central for maintaining a normal-wake cycle. Overproduction of melatonin can increase fatigue. Please connect with a professional if you experience any of the above symptoms especially if they interfere with your day-to-day functioning.

Here are some ways to care for yourself and your mental health during the winter months:

- 1) **Try Light Therapy-** With the lack of natural vitamin D from sunlight exposure people have used Bright Light therapy which involves sitting in front of a light for 20-60 minutes a day during our darkest winter months. Studies say it has been found to help 50 percent of people dealing with Seasonal Affective Disorder.
- 2) **Take Vitamin D-** This can help make up for the vitamin D that we are lacking from the decrease in sunlight.
- 3) **Get fresh air. Bundle up warm!** Go for a walk, try a trail in a park, have a bonfire outside! Fresh air will increase your melatonin levels giving you a good night's rest!
- 4) **Try a new hobby!** Reading, Painting, DIY crafts, puzzles, learn a new skill!
- 5) **Exercise!** Getting into a routine exercise. YouTube is a great FREE resource where you can find a variety of different skill level workouts!
- 6) **Cozy up your space!** Add some plants, blankets, candles, or decorative lights! Make your space extra cozy during the long winter months!
- 7) **Have a warm bath!** Water is medicine and can help us feel good and keep us warm!

Have a safe and healthy winter.

Miigwetch,
Amy Fontaine
Early Intervention Program Worker

MON	TUE	WED	THU	FRI
1 In Lieu of New Year's Day CENTRE CLOSED	2	3	4	5 Pipe Ceremony 1-3pm
8	9	10 CENTRE CLOSED	11 CENTRE CLOSED	12
15 MYS 10-12:00pm (V) Traditional Parenting 10-12:00pm Grief & Loss 1-2:30pm (V) Nanaandawi Odizowin 6-8pm Triple P 6-8pm	16 Grief & Loss 1-2:30pm (V) MYA 12:30-2:30pm Caring Dads 6-8pm	17 Indigenous Art Program 12:30-2:30pm PD 12:30-2:30pm Grief & Loss 1-2:30pm (V) PTS 6-8pm	18 NBP 10-12pm (V) Grief & Loss 1-2:30pm (V) HRW 6-8pm (V) Overcoming Addictions 6-8pm	19 Grief & Loss 1-2:30pm (V) (G)
22 MYS 10-12:00pm (V) Traditional Parenting 10-12:00pm Nanaandawi Odizowin 6-8pm Triple P 6-8pm	23 MYA 12:30-2:30pm Caring Dads 6-8pm	24 Indigenous Art Program 12:30-2:30pm PD 12:30-2:30pm PTS 6-8pm	25 NBP 10-12pm (V) HRW 6-8pm (V) Overcoming Addictions 6-8pm Full Moon Ceremony 6-8pm	26 Program Meeting (staff) CENTRE OPENS AT NOON
29 MYS 10-12:00pm (V) Traditional Parenting 10-12:00pm Nanaandawi Odizowin 6-8pm Triple P 6-8pm	30 MYA 12:30-2:30pm Caring Dads 6-8pm	31 Indigenous Art Program 12:30-2:30pm PD 12:30-2:30pm PTS 6-8pm		

The Resource Centre will be offering the above identified programs and Cultural Ceremonies onsite at 627 Erin Street, Winnipeg, MB, or virtually through the Microsoft Teams Platform.

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. Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatiziwin. (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
			1 NBP 10-12pm (V) COS 12:30-2:30pm HRW 6-8pm (V) Overcoming Addictions 6-8pm	2 Pipe Ceremony 1-3pm
5 MYS 10-12:00pm (V) Traditional Parenting 10-12:00pm Mino-P 1:00-3:00pm (V) Nanaandawi Odizowin 6-8pm Triple P 6-8pm	6 MYA 12:30-2:30pm HRW 12:30-2:30pm Mino-P 1:00-3:00pm (V) Caring Dads 6-8pm	7 Indigenous Art Program 12:30-2:30pm PD 12:30-2:30pm Mino-P 1:00-3:00pm (V) PTS 6-8pm HRM 6-8pm (V)	8 NBP 10-12pm (V) COS 12:30-2:30pm Mino-P 1:00-3:00pm (V) HRW 6-8pm (V) Overcoming Addictions 6-8pm	9 Mino-P 1:00-3:00pm (V) (G)
12 MYS 10-12:00pm (V) (G) Traditional Parenting 10-12:00pm (G) Nanaandawi Odizowin 6-8pm Triple P 6-8pm	13 MYA 12:30-2:30pm HRW 12:30-2:30pm Caring Dads 6-8pm Crescent Moon Teachings (Men's) 6-8pm	14 Indigenous Art Program 12:30-2:30pm (G) PD 12:30-2:30pm PTS 6-8pm HRM 6-8pm (V)	15 NBP 10-12pm (V) (G) COS 12:30-2:30pm HRW 6-8pm (V) Overcoming Addictions 6-8pm	16 Program Meeting (staff) CENTRE OPENS AT NOON
19 In Lieu of Louis Riel Day CENTRE CLOSED	20 MYA 12:30-2:30pm HRW 12:30-2:30pm Caring Dads 6-8pm	21 PD 12:30-2:30pm PTS 6-8pm HRM 6-8pm (V)	22 COS 12:30-2:30pm HRW 6-8pm (V) Overcoming Addictions 6-8pm Full Moon Ceremony 6-8pm	23
26 Grief & Loss 12:30-2:00pm Nanaandawi Odizowin 6-8pm (G) Triple P 6-8pm	27 MYA 12:30-2:30pm (G) HRW 12:30-2:30pm Caring Dads 6-8pm	28 PD 12:30-2:30pm (G) PTS 6-8pm (G) HRM 6-8pm (V)	29 COS 12:30-2:30pm HRW 6-8pm (V) (G) Overcoming Addictions 6-8pm (G)	

The Resource Centre will be offering the above identified programs and Cultural Ceremonies onsite at 627 Erin Street, Winnipeg, MB, or virtually through the Microsoft Teams Platform.

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. 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 Pipe Ceremony 1-3pm
4 Grief & Loss 12:30-2:00pm Nanaandawi Odizowin 12:30-2:30pm MYS 12:30-2:30pm Triple P 6-8pm (G)	5 HRW 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm Caring Dads 6-8pm	6 Nanaandawi Odizowin 12:30-2:30pm RRHP 1-3pm (V) PTS 6-8pm HRM 6-8pm (V)	7 Nanaandawi Odizowin 12:30-2:30pm COS 12:30-2:30pm Caring Dads 6-8pm	8 Nanaandawi Odizowin 12:30-2:30pm (G)
11 Grief & Loss 12:30-2:00pm MYS 12:30-2:30pm HRM 12:30-2:30pm PD 6-8pm (V) MYA 6-8pm	12 HRW 12:30-2:30pm Caring Dads 6-8pm	13 RRHP 1-3pm (V) PTS 6-8pm HRM 6-8pm (V)	14 Triple P 10-12pm (V) COS 12:30-2:30pm (G) Caring Dads 6-8pm COS 6-8pm (V)	15
18 Grief & Loss 12:30-2:00pm MYS 12:30-2:30pm HRM 12:30-2:30pm PD 6-8pm (V) MYA 6-8pm	19 HRW 12:30-2:30pm (G) Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	20 RRHP 1-3pm (V) PTS 6-8pm HRM 6-8pm (V) (G)	21 Triple P 10-12pm (V) Caring Dads 6-8pm COS 6-8pm (V)	22 Program Meeting (staff) CENTRE OPENS AT NOON Spring Equinox 1-330pm
25 Grief & Loss 12:30-2:00pm (G) MYS 12:30-2:30pm HRM 12:30-2:30pm PD 6-8pm (V) MYA 6-8pm Full Moon Ceremony 6-8pm	26 Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	27 Mino-P 10-12:00pm RRHP 1-3pm (V) PTS 6-8pm Traditional Parenting 6-8pm	28 Triple P 10-12pm (V) Caring Dads 6-8pm COS 6-8pm (V)	29 Good Friday CENTRE CLOSED

The Resource Centre will be offering the above identified programs and Cultural Ceremonies onsite at 627 Erin Street, Winnipeg, MB, or virtually through the Microsoft Teams Platform.

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. 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 Easter Monday CENTRE CLOSED	2 Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm Crescent Moon Teachings (Men's) 6-8pm	3 Mino-P 10-12:00 pm RRHP 1-3pm (V) PTS 6-8pm Traditional Parenting 6-8pm	4 Triple P 10-12pm (V) Caring Dads 6-8pm COS 6-8pm (V)	5 Pipe Ceremony 1-3pm
8 MYS 12:30-2:30pm (G) NBP 1-3pm (V) HRM 12:30-2:30pm PD 6-8pm (V) MYA 6-8pm	9 Overcoming Addictions 12:30-2:30pm NBP 1-3pm (V) Caring Dads 6-8pm	10 Mino-P 10-12:00pm RRHP 1-3pm (V) NBP 1-3pm (V) PTS 6-8pm Traditional Parenting 6-8pm	11 Triple P 10-12pm (V) NBP 1-3pm (V) Caring Dads 6-8pm COS 6-8pm (V)	12 NBP 1-3pm (V) (G)
15 HRM 12:30-2:30pm PD 6-8pm (V) MYA 6-8pm	16 Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	17 Mino-P 10-12:00pm RRHP 1-3pm (V) PTS 6-8pm Traditional Parenting 6-8pm	18 Triple P 10-12pm (V) Caring Dads 6-8pm COS 6-8pm (V)	19 Program Meeting (staff) CENTRE OPENS AT NOON
22 HRM 12:30-2:30pm PD 6-8pm (V) MYA 6-8pm Full Moon Ceremony 6-8pm	23 Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	24 Mino-P 10-12:00pm (G) RRHP 1-3pm (V) (G) PTS 6-8pm (G) Traditional Parenting 6-8pm (G)	25 Triple P 10-12pm (V) (G) Caring Dads 6-8pm COS 6-8pm (V) (G)	26
29 HRM 12:30-2:30pm (G) PD 6-8pm (V) (G) MYA 6-8pm (G)	30 Overcoming Addictions 12:30-2:30pm (G) Caring Dads 6-8pm (G)			

The Resource Centre will be offering the above identified programs and Cultural Ceremonies onsite at 627 Erin Street, Winnipeg, MB, or virtually through the Microsoft Teams Platform.

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.

Mon., January 15 - March 4, Time: 6 - 8 pm (Norma & Seth) (On-site)

Thurs., March 14 - April 25, Time: 10 - 12 pm (Norma) (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.

Wed., January 17 - February 28, Time: 12:30 - 2:30 pm (Norma & Seth) (On-site)

Mon., March 11 - April 29, Time: 6 - 8 pm (Norma) (Virtual)

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

Thurs., January 18 - February 15, Time: 10 -12 pm (Amy) (Virtual)

M-F., April 8 - April 12, Time: 1 - 3 pm (Amy) (Virtual)

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.

Thurs., February 1 - March 14, Time: 12:30 - 2:30 pm (Norma & Lisa) (On-site)

Thurs., March 14 - April 25, Time: 6 - 8 pm (Lisa) (Virtual)

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., January 17 - February 28, Time: 6 - 8 pm (Amy, Lisa & TBD) (On-site)

Wed., March 6 - April 24, Time: 6 - 8 pm (Amy, Lisa & 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., January 16 - April 30, Time: 6 - 8 pm (Norma, Amy & Louis) (On-site)

Thurs., March 7 - June 20, Time: 6 - 8 pm (Florence & Seth) (On-site)

****Referrals for Caring Dads program are accepted up until ONE WEEK prior to 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. ****

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.

Mon., January 15 - February 12, Time: 10 - 12 PM (Linda) (On-site)

Wed., March 27 - April 24, Time: 6 - 8 PM (Louis) (On-site)

Onsite programs will be offered at 627 Erin Street, and all virtual programs will be facilitated through the Microsoft Teams platform.

To refer a family or self-refer for participation in our programs or cultural ceremonies, kindly complete our referral form and submit it via email to anfrc@gov.mb.ca or you may contact us by phone at 204-944-4100.

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.

Wed., February 7 - March 20, Time: 6 - 8 pm (Florence) (Virtual)

Mon., March 11 - April 29, Time: 12:30 - 2:30 pm (Florence) (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.

Thurs., January 18 - February 29, Time: 6 - 8 pm (Florence & Lisa) (Virtual)

Tues., February 6 - March 19, Time: 12:30 - 2:30 pm (Florence) (On-site)

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

Tues., January 16 - February 27, Time: 12:30 - 2:30 pm (Seth) (On-site)

Mon., March 11 - April 29, Time: 6 - 8 pm (Seth) (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.

Mon., January 15 - February 12, Time: 10 - 12 pm (Florence) (Virtual)

Mon., March 4 - April 8, Time: 12:30 - 2:30 pm (Lisa) (On-site)

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

Thurs., January 18 - February 29, Time: 6 - 8 pm (Seth) (On-site)

Tues., March 19 - April 30, Time: 12:30 - 2:30 pm (Seth & Lisa) (On-site)



Onsite programs will be offered at 627 Erin Street, and all virtual programs will be facilitated through the Microsoft Teams platform.

To refer a family or self-refer for participation in our programs or cultural ceremonies, kindly complete our referral form and submit it via email to anfrc@gov.mb.ca or you may contact us by phone at 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., March 6 - April 24, Time: 1 - 3 pm (Norma & Linda) (Virtual)

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, January 15 - 19, Time: 1:00 - 2:30 pm (Linda) (Virtual)

Mon., February 26 - March 25, Time: 12:30 - 2:00 pm (Linda) (On-site)

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.

M-F., February 5 - 9, Time: 1 - 3 pm (Linda) (Virtual)

Wed., March 27- April 24, Time: 10 - 12 pm (Linda & Seth) (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.

Mon., January 15 - February 26, Time: 6 - 8 pm (Louis) (On-site)

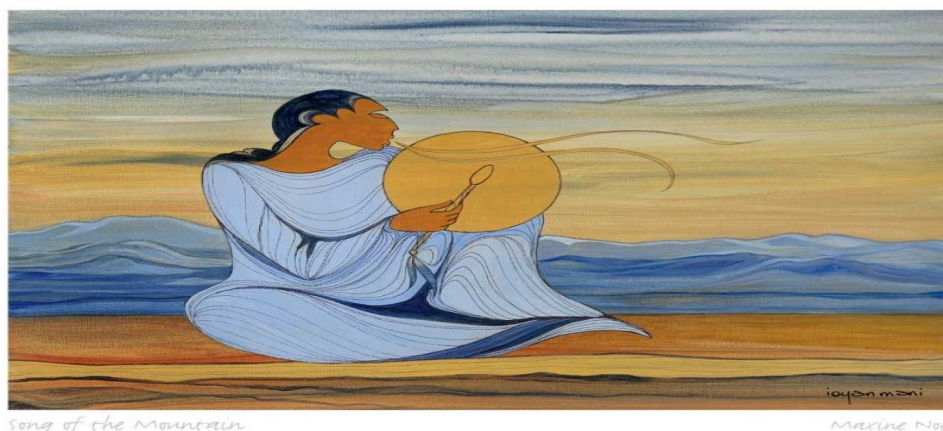
M-F, March 4 - 8, Time: 12:30 - 2:30 pm (Louis) (On-site)

Mazini-Bii'ige Nanaandawi (Indigenous Art Program)

The focal point for Healing through Art is to dust off everyday life from our weary spirits through the creative expression of drawing from an Indigenous perspective. (Open program)

Mon., January 17 - February 14, Time: 12:30 - 2:30 pm (Louis) (On-site)

Onsite programs will be offered at 627 Erin Street, and all virtual programs will be facilitated through the Microsoft Teams platform.



To refer a family or self-refer for participation in our programs or cultural ceremonies, kindly complete our referral form and submit it via email to anfrc@gov.mb.ca or you may contact us by phone at 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: February 13 & April 2, Time: 6 - 8 pm (Louis & Seth) (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: January 25, February 22, March 25 & April 22, Time: 6 - 8 pm (Linda & Amy) (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: January 5, February 2, March 1 & April 5, Time: 1 - 3 pm (Cultural Team) (On-site)

Spring Equinox The Spring Equinox for Indigenous peoples vary from region to region, however all are nature centered and follow a natural cycle coupled with ceremonies and teachings. Tobacco flags, Tobacco and Cedar ties are made and blessed at a Pipe Ceremony for 627 Erin Street and at 835 Portage Avenue. The Tobacco ties signifies the seven teachings from the four directions and the Cedar hung over doorways provide protection from vexations to positive energy. The old ties are taken down and burnt at a sacred fire. A feast for the community is shared as part of the festivities in acknowledging hope for new things to behold.

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

CFS workers, foster parents and places of safety will not be permitted to attend programs at the centre.

To refer a family or self-refer for participation in our programs or cultural ceremonies, kindly complete our referral form and submit it via email to anfrc@gov.mb.ca or you may contact us by phone at 204-944-4100.

Housekeeping:

Childminding services will unfortunately not be available for this calendar period. We encourage you to monitor updates from the Resource Centre, as this circumstance may be subject to change. If the need for childminding services is essential for your participation in our programs, kindly contact your designated Agency worker or consult with Resource Centre staff during the intake process to explore available options.

Programs will be offered at different time slots and delivered on-site at 627 Erin Street or virtually via Microsoft Teams (Please see calendar for details).

In preparation for virtual programs, participants will receive a reminder and detailed instructions via email 1-3 weeks prior to the start date. The communication will include the necessary link for joining the virtual group. Program materials will be mailed following the first session, ensuring their timely arrival for the second session. Additionally, upon successful program completion, participants can anticipate receiving Virtual Program completion letters and certificates, which will 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.

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 2024.

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/or Seth with our Cultural Advisor Linda assisting. Contact Snowbird Lodge Cultural Centre for consideration for a partnership.

If you are interested in partnering with ANFRC/SBLCC to facilitate any of the above programs, please contact ANFRC & SBLCC Supervisors:

Kedeen Cummings, 204-944-4512 or via email at Kedeen.Cummings@gov.mb.ca

Cherylann Byard at 204-944-4107 or via email at Cherylann.Byard@gov.mb.ca

We look forward to the opportunity to explore potential collaborations.

INDIGENOUS PARENTING PROGRAM:**Traditional Parenting**

Niizhe, Gida Yawa na? Gwashkwe Bijige! It was wonderful to hear participants in the Traditional Parenting Program utter these words. And, the game was on!

Thus, the program took a new approach by adapting a blend of learning methodologies to the Traditional Parenting Program for our families. In the program, I expressed to the participants the importance of language and explained my belief that any Traditional Parenting Program should include a teaching on how parents can interact with their children while simultaneously teaching an Indigenous language. Pat Ningewance, an Anishinaabe writer of many books on the Anishinaabe language, taught this early in her teaching modality which I partook in many years ago. It is one thing to learn words, but quite another to thread the construct of the language into communication.

The simplicity of taking a simple children's game called, "go fish" and having parents be like children, in being teachable just like their children are in school, makes this a fun experience. Depending on group dynamics, some participants hesitate on whether to participate. Some say, "it'll be hard to say the words or what if I say it wrong or I'll sound funny". I take them on a walk through the language we are already using. For instance, I ask what city do we live in? Winnipeg, basically means where the water is muddy and the river that runs into it Assiniboine, is Stoney River. Or, I ask can you say Chicago? They do, and I tell them it means skunk. Or, in New York, can you say Manhattan? And they say it very well, the root word is Maanaadizi in the local Anishinaabe dialect means Ugly Island. Once they realize they speak the language their anxiety lessens to becoming teachable.

There's lots of laughter shared when playing the game especially if someone is trying to peek at someone else's cards. And, there's an expression for that as well. At the beginning, we stumble through the game with participants trying to articulate words by using muscles for speech they've never used in learning a new language. But eventually, as I witnessed in the last session, when the participants were communicating in Anishinaabe with ease and the flow of the game was very interactive. Truly amazing!

Traditional Parenting also includes an extension on historical trauma's impacts on Indigenous communities and the return of Indigenous traditions of parenting, culture and language in our families. Participants want to learn about their history and understand how grieving impacts their lives as parents. In this respect, parenting is essential to the program and provides information of past knowledge coupled with contemporary parenting. The teachings embodied within this program empower the participants to continue in each of their personal journeys to reclamation as indigenous parents.

As a closing game, I introduced Jeopardy for Traditional Parenting and as one of the parents said, "What a great teaching tool!" It gave parents the opportunity to see how much information they were able to retain and still make it fun. Complete with the music in Final Jeopardy.

By: Louis Ogema, Family Wellness Worker

To refer a family or self-refer for participation in our programs or cultural ceremonies, kindly complete our referral form and submit it via email to anfrc@gov.mb.ca or you may contact us by phone at 204-944-4100.

Sweat Lodge



SBLCC offers a variety of Indigenous-Based Programs and Ceremonies throughout the year. After a 3 years hiatus due to the COVID-19 pandemic Sweat Lodges were offered again! ANCR does not have the facilities to host a lodge on its own, so a partnership with Clan Mothers Healing Village created the avenue to provide this integral cultural ceremony to staff, families served and the community. The first picture is the ribs of the Sweat Lodge at Clan Mothers Healing Village, laying on the Mother Earth is the tarp that will cover the Sweat Lodge. The second picture is the Sweat Lodge covered with the tarps and the cinder block fire pit where the sacred fire is lit. Clan Mothers Healing Village Sweat Lodge is located in the middle of Winnipeg, which is the ideal location to serve families close to home. SBLCC Cultural Advisor, Ishcaabe and the larger team worked to ensure each sweat went off without a hitch and due to their hard work we were able to host 3 Sweat Lodges this summer. The turnout was good and the feedback was positive. Thanks to our partners at Clan Mothers Healing Village for hosting us, and we are looking forward to future sweats in spring of 2024!

Holiday Party



The EIP were in full festive swing, busily preparing for our annual Holiday Party extravaganza! ✨

The EIP workshop was brimming with twinkling lights, shimmering decorations, and the delightful aroma of holiday season wafting through the air. They curated a playlist of festive tunes that had everyone tapping their toes, and the EIP elves were on a mission to make this holiday celebration unforgettable. Our elves weaved enchantment into every detail, ensuring a magical experience for all; it is a spectacular showcase of camaraderie, laughter, and the joyous spirit that defines the holiday season. On December 7, 2023, the day arrived and 16 families (24 adults and 34 children) enjoyed the evening creating memories. ✨

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)

To refer a family or self-refer for participation in our programs or cultural ceremonies, kindly complete our referral form and submit it via email to anfrc@gov.mb.ca or you may contact us by phone at 204-944-4100.

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