

FALL PROGRAM CALENDAR - SEPTEMBER - DECEMBER 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.

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

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

And Now A Word from Our Administrative Assistant



It was around 2011 that I started working at the 1008 Wall Street site. All Nations and Snowbird Lodge were two separate offices. I worked with an exceptional group of people when I started. Over time we had students do their practicum there and many of those students ended up working at ANCR and eventually moving on to other agencies. I was able to meet a lot of the participants who attended the programs. One memory that really stands out for me was the "I am" wall. Two simple words that meant so much to people who attended programs. The idea was to add something and put it on the wall around the sign. The wall filled up so much and many people asked for their photograph to be taken with the wall.

Eventually, good things became greater things and in 2017 we merged with Snowbird Lodge to the site we are at now. I started working with another great group of co-workers. My work family was now bigger. I really enjoyed the new office and its design. Working with Snowbird Lodge allowed me to learn of my background as I was never taught it when I was younger. I am learning about Sweat Lodges, medicine picking, and the various ceremonies that we have here at the Centre. My co-workers have been so helpful in teaching me.

Summer is my favorite time of the year at the Centre because of the outings we get to go on with the families. Those smiling faces, the joy they have in being able to go to places they may not have a chance to. Culture Camp, Assiniboine Park Zoo, and Tinkertown. In the past, we have also participated in Boonstra Farms for strawberry picking and rides for the families and learning about what it is like to be out on the farm. We have been to the Manitoba Museum of Man and Nature, the Childrens Museum, and many other places we have been able to take the families to.

It won't be long before I announce my retirement and I am really going to miss what I consider the best job I have ever had. I will miss seeing the families who attend to programs.

There could probably be so much more to say but of course, this newsletter is for you, not for me to stand on my milk box and chatter away. To all of you thank you for making my job so much fun!

By: Harold Miller, Administrative Assistant

MON	TUE	WED	THU	FRI
<p>2</p> <p>Labour Day CENTRE CLOSED</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>RRHP 12:30-2:30pm</p>	<p>6</p> <p>Pipe Ceremony 1:30-3:30pm</p>
<p>9</p> <p>Traditional Parenting 10-12pm PD 6-8pm</p>	<p>10</p> <p>MYS 10-12pm (V) MYA 12:30-2:30pm Family Sweat Lodge 1-3pm</p>	<p>11</p> <p>Triple P 12:30-2:30pm Women's Drum Teachings 12:30-2:30pm</p>	<p>12</p> <p>RRHP 12:30-2:30pm Overcoming Addictions 6-8pm</p>	<p>13</p>
<p>16</p> <p>Traditional Parenting 10-12pm PD 6-8pm</p>	<p>17</p> <p>MYS 10-12pm (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm COS 6-8pm (V) HRW 6-8pm Full Moon Ceremony 6-8pm</p>	<p>18</p> <p>Triple P 12:30-2:30pm Women's Drum Teachings 12:30-2:30pm Indigenous Art Program 12:30-2:30pm PTS 6-8pm</p>	<p>19</p> <p>RRHP 12:30-2:30pm Caring Dads 6-8pm (V) Overcoming Addictions 6-8pm</p>	<p>20</p> <p>Program Meeting (staff) CENTRE OPENS AT NOON Fall Equinox 1:30-3:30pm</p>
<p>23</p> <p>Traditional Parenting 10-12pm Caring Dads 6-8pm (V) PD 6-8pm</p>	<p>24</p> <p>MYS 10-12pm (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm Grief & Loss 12:30-2:30pm COS 6-8pm (V) HRW 6-8pm</p>	<p>25</p> <p>Triple P 12:30-2:30pm Women's Drum Teachings 12:30-2:30pm Indigenous Art Program 12:30-2:30pm HRM 12:30-2:30pm PTS 6-8pm</p>	<p>26</p> <p>RRHP 12:30-2:30pm Caring Dads 6-8pm (V) Overcoming Addictions 6-8pm</p>	<p>27</p>
<p>30</p> <p>National Day for Truth and Reconciliation CENTRE CLOSED</p>				

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. MYA=Managing Your Anger. MYS= Managing Your Stress. COS=Circle of Security. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatziwin. (G)=Grad (last session). **Bold program title**=First or last session.

OCTOBER 2024 ANFRC-SBLCC PROGRAMS PAGE 3

MON	TUE	WED	THU	FRI
	1 MYS 10-12pm (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm Grief & Loss 12:30-2:30pm COS 6-8pm (V) HRW 6-8pm	2 Triple P 12:30-2:30pm Women's Drum Teachings 12:30-2:30pm Indigenous Art Program 12:30-2:30pm HRM 12:30-2:30pm PTS 6-8pm	3 MYA 10-12pm (V) RRHP 12:30-2:30pm Caring Dads 6-8pm (V) Overcoming Addictions 6-8pm	4 <p style="text-align: center;">Pipe Ceremony 1:30-3:30pm</p>
7 Traditional Parenting 10-12pm Caring Dads 6-8pm (V) PD 6-8pm	8 MYS 10-12pm (G) (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm Grief & Loss 12:30-2:30pm COS 6-8pm (V) HRW 6-8pm Crescent Moon Ceremony 6-8pm	9 COS 10-12pm Triple P 12:30-2:30pm Indigenous Art Program 12:30-2:30pm Women's Drum Teachings 12:30-2:30pm (G) HRM 12:30-2:30pm PTS 6-8pm	10 MYA 10-12pm (V) RRHP 12:30-2:30pm Caring Dads 6-8pm (V) Overcoming Addictions 6-8pm	11
14 Thanksgiving Day CENTRE CLOSED	15 MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm (G) Grief & Loss 12:30-2:30pm COS 6-8pm (V) HRW 6-8pm	16 COS 10-12pm Indigenous Art Program 12:30-2:30pm (G) HRM 12:30-2:30pm Triple P 12:30-2:30pm PTS 6-8pm	17 MYA 10-12pm (V) RRHP 12:30-2:30pm Caring Dads 6-8pm (V) Overcoming Addictions 6-8pm Full Moon Ceremony 6-8pm	18
21 Traditional Parenting 10-12pm (G) HRW 10-12pm (V) HRM 1-3pm (V) Caring Dads 6-8pm (V) PD 6-8pm	22 MYA 12:30-2:30pm (G) Grief & Loss 12:30-2:30pm (G) PD 12:30-2:30pm COS 6-8pm (V) HRW 6-8pm	23 COS 10-12pm HRM 12:30-2:30pm Triple P 12:30-2:30pm (G) PTS 6-8pm (G)	24 MYA 10-12pm (V) RRHP 12:30-2:30pm (G) Caring Dads 6-8pm (V) Overcoming Addictions 6-8pm (G)	25 Program Meeting (staff) CENTRE OPENS AT NOON
28 HRW 10-12pm (V) Mino-P 10-12pm (V) HRM 1-3pm (V) Caring Dads 6-8pm (V) PD 6-8pm	29 Mino-P 10-12pm (V) PD 12:30-2:30pm COS 6-8pm (V) (G) HRW 6-8pm (G)	30 COS 10-12pm Mino-P 10-12pm (V) HRM 12:30-2:30pm	31 MYA 10-12pm (V) Mino-P 10-12pm (V) Caring Dads 6-8pm (V) <p style="text-align: center;">HALLOWEEN</p>	

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NOVEMBER 2024 ANFRC-SBLCC PROGRAMS PAGE 4

MON	TUE	WED	THU	FRI
				1 Mino-P 10-12pm (V) (G) Pipe Ceremony 1:30-3:30pm
4 HRW 10-12pm (V) HRM 1-3pm (V) Caring Dads (Midpoint Meetings) PD 6-8pm	5 Overcoming Addictions 12:30-2:30pm PD 12:30-2:30pm MYA 6-8pm Triple P 6-8pm	6 COS 10-12pm HRM 12:30-2:30pm (G) HRW 12:30-2:30pm PTS 6-8pm	7 MYA 10-12pm (V) COS 12:30-2:30pm Women's Wellness 12:30-2:30pm Caring Dads (Midpoint Meetings) HRM 6-8pm	8 Aboriginal Veterans Day
11 Remembrance Day CENTRE CLOSED	12 Overcoming Addictions 12:30-2:30pm PD 12:30-2:30pm MYA 6-8pm Triple P 6-8pm	13 COS 10-12pm HRW 12:30-2:30pm PTS 6-8pm Full Moon Ceremony 6-8pm	14 MYA 10-12pm (V) (G) COS 12:30-2:30pm Women's Wellness 12:30-2:30pm Caring Dads 6-8pm (V) HRM 6-8pm	15
18 HRW 10-12pm (V) HRM 1-3pm (V) Caring Dads 6-8pm (V) PD 6-8pm	19 Overcoming Addictions 12:30-2:30 PD 12:30-2:30pm MYA 6-8pm Triple P 6-8pm MYS 6-8pm	20 COS 10-12pm (G) Nanaandawi Odizowin 10-12pm HRW 12:30-2:30pm Traditional Parenting 12:30-2:30pm PTS 6-8pm	21 COS 12:30-2:30pm Women's Wellness 12:30-2:30pm Mino-P 12:30-2:30 Caring Dads 6-8pm (V) HRM 6-8pm	22 Program Meeting (staff) CENTRE OPENS AT NOON
25 HRW 10-12pm (V) Grief & Loss 10-12pm (V) HRM 1-3pm (V) Caring Dads 6-8pm (V) PD 6-8pm (G)	26 Grief & Loss 10-12pm (V) Overcoming Addictions 12:30-2:30pm PD 12:30-2:30pm MYA 6-8pm Triple P 6-8pm MYS 6-8pm	27 Grief & Loss 10-12pm (V) Nanaandawi Odizowin 10-12pm HRW 12:30-2:30pm Traditional Parenting 12:30-2:30pm PTS 6-8pm	28 Grief & Loss 10-12pm (V) COS 12:30-2:30pm Women's Wellness 12:30-2:30pm Mino-P 12:30-2:30 Caring Dads 6-8pm (V) HRM 6-8pm	29 Grief & Loss 10-12pm (V) (G)

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DECEMBER 2024 ANFRC-SBLCC PROGRAMS PAGE 5

MON	TUE	WED	THU	FRI
2 Traditional Parenting 10-12pm (V) HRW 10-12pm (V) HRM 1-3pm (V) Caring Dads 6-8pm (V)	3 Traditional Parenting 10-12pm (V) Overcoming Addictions 12:30-2:30pm PD 12:30-2:30pm MYA 6-8pm Triple P 6-8pm MYS 6-8pm	4 Traditional Parenting 10-12pm (V) Nanaandawi Odizowin 10-12pm HRW 12:30-2:30pm Traditional Parenting 12:30-2:30pm PTS 6-8pm	5 Traditional Parenting 10-12pm (V) COS 12:30-2:30pm Women's Wellness 12:30-2:30pm (G) Mino-P 12:30-2:30 HOLIDAY PARTY 4:30-7:30pm	6 Traditional Parenting 10-12pm (V) (G) Pipe Ceremony 1:30-3:30pm
9 HRW 10-12pm (V) (G) HRM 1-3pm (V) (G) Caring Dads 6-8pm (V) (G)	10 Overcoming Addictions 12:30-2:30pm PD 12:30-2:30pm MYA 6-8pm Triple P 6-8pm MYS 6-8pm	11 Nanaandawi Odizowin 10-12pm HRW 12:30-2:30pm Traditional Parenting 12:30-2:30pm PTS 6-8pm (G)	12 COS 12:30-2:30pm Mino-P 12:30-2:30 HRM 6-8pm	13 Program Meeting (staff) CENTRE OPENS AT NOON
16 Full Moon Ceremony 6-8pm	17 Overcoming Addictions 12:30-2:30pm (G) PD 12:30-2:30pm (G) MYA 6-8pm (G) Triple P 6-8pm (G) MYS 6-8pm (G)	18 Nanaandawi Odizowin 10-12pm (G) HRW 12:30-2:30pm (G) Traditional Parenting 12:30-2:30pm (G)	19 COS 12:30-2:30pm (G) Mino-P 12:30-2:30 (G) HRM 6-8pm (G)	20 Winter Solstice 1:30-3:30 pm
23	24	25 CHRISTMAS DAY CENTRE CLOSED	26 BOXING DAY CENTRE CLOSED	27
30	31			

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PARENTING 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 behaviour.

Tues., September 17 - October 29, Time: 6:00 - 8:00 pm (Norma) (Virtual)

Wed., October 9 - November 20, Time: 10:00 - 12:00 pm (Florence) (On-site)

Thurs., November 7 - December 19, Time: 12:30 - 2:30 pm (Lisa) (On-site)

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

Wed., September 11 - October 23, Time: 12:30 - 2:30 pm (Norma & Barb) (On-site)

Tues., November 5 - December 17, Time: 6:00 - 8:00 pm (Lisa) (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., September 9 - November 25, Time: 6:00 - 8:00 pm (Norma & Seth) (On-site)

Tues., October 22 - December 17, Time: 12:30 - 2:30 pm (Florence, Nadia & Kedeem) (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., September 18 - October 23, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)

Wed., November 6 - December 11, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)

Caring Dads Focus is on fathers' accountability for abuse, countering the attitudes linked to abusive and neglectful behaviours and on promoting healthy relationships between fathers and their child and the child's mother. The group program runs two evenings per week for 18 sessions with mid-point meetings occurring the week of November 4th. Some sessions will be as a large group and others will be individual check-ins, where each participants are slotted in for about 15 minutes to speak with the facilitators to.

Mon. & Thurs., September 19 - December 9, Time: 6:00 - 8:00 pm (Florence & Louis) (Virtual)

****Referrals for the 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., September 9 - October 21, Time: 10:00 - 12:00 pm (Linda) (On-site)

Wed., November 20 - December 18, Time: 12:30 - 2:30 pm (Linda) (On-site)

M-F, December 2 - 6, Time: 10:00 - 12:00 pm (Linda) (Virtual)

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 the appropriate 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., September 25 - November 6, Time: 12:30 - 2:30 pm (Seth) (On-site)

Mon., October 21 - December 9, Time: 1:00 - 3:00 pm (Florence & Louis) (Virtual)

Thurs., November 7 - December 19, Time: 6:00 - 8:00 pm (Seth) (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.

Tues., September 17 - October 29, Time: 6:00 - 8:00 pm (Lisa & Nadia) (On-site)

Mon., October 21 - December 9, Time: 10:00 - 12:00 pm (Lisa & Nadia) (Virtual)

Wed., November 6 - December 18, Time: 12:30 - 2:30 pm (Norma & Barb) (On-site)

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

Tues., September 10 - October 22, Time: 12:30 - 2:30 pm (Seth) (On-site)

Thurs., October 3 - November 14, Time: 10:00 - 12:00 pm (Nadia) (Virtual)

Tues., November 5 - December 17, Time: 6:00 - 8:00 pm (Norma) (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., September 10 - October 8, Time: 10:00 - 12:00 pm (Florence & Barb) (Virtual)

Tues., November 19 - December 17, Time: 6:00 - 8:00 pm (Barb) (On-site)

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

Thurs., November 7 - December 5, Time: 12:30 - 2:30 pm (Norma & Barb) (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., September 12 - October 24, Time: 6:00 - 8:00 pm (Seth) (On-site)

Tues., November 5 - December 17, Time: 12:30 - 2:30 pm (Seth) (On-site)

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INDIGENOUS PROGRAMS:

Red Road to Healing Is designed to address issues in regard to domestic violence from an Indigenous perspective for women. The program will offer teachings on Pipe and Smudge ceremonies.

Thurs., September 5 - October 24, Time: 12:30 - 2:30 pm (Linda & Norma) (On-site)

Women's Drum Teachings Is a program that will provide education on the history of the drum, hand drum and the big drum with protocol and songs. Participants will be creating a drum. The teaching of reciprocity.

Wed., September 11 - October 9, Time 12:30 - 2:30 pm (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.

Tues., September 24 - October 22, Time: 12:30 - 2:30 pm (Linda) (On-site)

M-F, November 25 - 29, Time: 10:00 - 12:00 pm (Linda) (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.

M-F, October 28 - November 1, Time: 10:00 - 12:00 pm (Linda) (Virtual)

Thurs., November 21 - December 19, Time: 12:30 - 2:30 pm (Linda) (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.

Tues., September 17 - October 15, Time: 12:30 - 2:30 pm (Louis) (On-site)

Wed., November 20 - December 18, Time: 10:00 - 12:00 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)

Wed., September 18 - October 16, 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.

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INDIGENOUS CEREMONIES:

Crescent Moon Teachings for Men-Tibiki Giisisiwin Ininiiwag 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 behaviour 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 8, Time: 6:00 - 8:00 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: September 17 & October 17 (Linda & Barb) Time: 6:00 - 8:00 pm (On-site), November 13 & December 16, Time: 6:00 - 8:00 pm (Linda & Norma) (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 who 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 6, October 4, November 1 & December 6, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)

Sweat Lodge The Sweat Lodge is a part of the cultural and religious practice that the Indigenous People’s of Minising Mikinaak (Turtle Island) have been using since time immemorial in preparation for curing, healing, and teachings. Prayers and songs are sung as the sweat bath brings healing to the body. The basic construct of the lodge is generally the same, but each Elder, depending on their teachings like turtle, star, buffalo, or bear, will conduct their lodges according to their individual teachings.

September 10, Time: 1 - 3 pm (Linda & Louis)

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 buildings 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 20, Time: 1:30 - 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 are hanged by the Cultural Team in both buildings 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. All in attendance will partake in the sharing of food. **December 20, Time: 1:30 - 3:30pm (Cultural Team) (On-site)**

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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 1-2 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 they are ill. Masks will be provided for those who want to wear one.

Pre-packaged snacks and bottled water will be made available to participants during on-site programs for their convenience and refreshments.

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.

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.

ADDICTIONS/RECOVERY SUPPORT PROGRAMS

Mino Pimatiziwin Program

“To Live a Good Life”

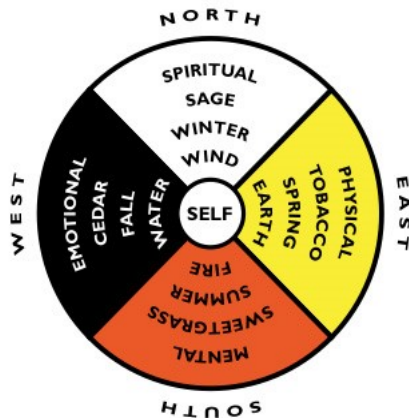


Mino Pimatiziwin means to “live a good Life”. This program uses 7 sacred teachings recognised by many Indigenous people to offer guidance to sobriety and a healthy life. A Pipe ceremony is conducted by the Cultural Advisor during the first session. Smudging and sharing occur at the beginning of subsequent sessions. Video presentations about “What is addiction, Brain Development and addiction” by Dr. Gabor Mate, “Nuggets on 7 sacred teachings” by Elder Dr. Dave Courchene, and “Mikinakay Trail of the Turtle discussing how the youth and their families were affected by alcohol” are shared. The program ends with Pizza, the singing of an Honor Hand Drum, and giving out Certificates to Participants.

<https://www.southernnetwork.org/site/seven-teachings>

Nanaandawi’Odizowin- “Self Healing Teachings”

A Relapse Prevention Program



Nanaandawi’odizowin, “Self-Healing Teachings”. This program focuses on relapse prevention and self-healing in overcoming addictions and maintaining sobriety from alcohol as well as drugs. The program blends concepts from an Indigenous model namely Mino-Bimaadizowin Teachings of the Medicine Wheel and Western 12-step program. The focal point for the two modalities is “Ba-giden-jige” which means releasing things from the mind. Participants struggling with alcohol and or drugs will get to admit, submit, and make amends while adopting principles of living a better life from Indigenous teachings.

<https://connectability.ca/2010/11/10/medicine-wheel-core-teachings/>

Overcoming Addictions

Overcoming Addictions program explores addiction from a social science standpoint. This program looks at the levels of involvement from Non-Involvement to Dependent Involvement, the development of addiction through creation of new reward system pathways in the brain, the cycle of substance abuse, theories of addiction, the correlation between Mood Disorders and Addictions, and 5 stages of change. It also looks at recovery/prevention plans and the importance of self-compassion, self-forgiveness, as well as self-care in maintaining sobriety.

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 (9:00 am - 4:00 pm)

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

BY THE STAFF & PARTICIPANTS

Gathering Medicine Plants

It seems like every time I go out with a group of people for gathering Mashkodebzhikii-wiingwaashk (sage), giishkaatig (cedar), or Wiingwaashk (Sweetgrass), that I feel exhilarated when participants learn the first step of offering tobacco is to make the process sacred. All that I've learned from my elders, in being able to straddle the past with the present, is so I can transfer knowledge and express the simplicity of our practices that is nature-centered. I feel blessed that I have contributed in a small way in helping Indigenous people begin their journey of healing and living Mino-Bimaadizowin, the good life teachings. *By: Louis Ogemah, Family Wellness Worker*

Sweat Lodges & Medicine Picking

Sweat Lodge Ceremony at Clan Mothers Healing Village is an amazing experience! Two Family Sweat Lodges occurred at the time of publishing. During one of the Lodge a woman commented on how she feels lighter, and her skin felt so soft. She did say she felt new. The other Family Sweat Lodge was a dad, mom, youth and two children. I was intrigued by the curiosity of the children and the questions asked as well as the respect demonstrated throughout the ceremony. They all had a positive experience based on their account. The family members were impressed to spend time after the Lodge on-site engaging in dialogue that promoted healing, reconciliation, and bonding. As a Lodge Keeper the experience made me proud to be an Indigenous person providing a service such as Sweat Lodge to families and see the reception of that caring and sharing. The summertime is a time to gather and be on the land and enjoy the experience of a Sweat Lodge. I am looking forward to providing Sweat Lodge ceremonies to my colleagues at ANCR in the Fall. *By: Linda Chisholm, Cultural Advisor*

Journey's For Youth

ANFRC-SBLCC Journey's For Youth 2024 Program had a total of 9 youth who participated community and land-based activities centred around Indigenous well-being. The Youth participated in archery, medicine picking, hiking, volunteering at Siloam Mission, swimming, visits to the Leaf and Manitoba Museum. They learned about the drums and was able to drum in the Indigenous Gardens at Assiniboine. They had a Paint Party with Louis, ANFRC-SBLCC Resident Artist and Wellness Worker

I had the pleasure of attending and being a part of ANCR's Journey program for Youth through ANCR's Resource Center this past July/24. This was my first time attending the Journey's program and found it very engaging/fulfilling for the youth who attended and saw the immediate positive impact it had with the youth. Not only did the youth get to engage in fun programming but it allowed the youth to interact together and build relationships with each other. Seeing these youth smiling, laughing, engaging and enjoying each others/staff company was truly amazing. *By: Jeff, EIP Worker*

Tinker Town Reflection from the Families

On July 19, 2024, 43 individuals joined ANFRC-SBLCC at the Annual Tinker Town Family Outing. Despite the hot weather, there was lots of laughter, food, and water and the foundation of friendship started to blossom. A few of the families shared the following feedback:

Jaydan said the Tinker town outings was "pretty fun!" despite it being for the younger children. Jaydan shared that she enjoyed being able to do this with her new friend she met in the Journey's program and shared they went on lots of rides. Jaydan recommends outings with EIP for any families involved.

Ricki said "it was super fun, but hot. The kids had so much fun, they enjoyed themselves and they were not sick afterwards."

Carly shared the experience was "absolutely amazing", her children had a blast, tons of fun and the children now can't wait for the next outing. Carly shared that all the staff were so kind and welcoming, the food and freezies were so nice and she was also able to meet other parents and has connected with one of the mothers and now became friends (both daughters connected and now friends).

Steancy said: "Yes, we made it to Tinker Town! It was a fantastic experience. The kids especially loved the hands-on activities, the bumper cars, train, the golf cars, the helicopters everything was so much fun and amazing. And the staff were incredibly friendly, caring and knowledgeable. Overall, it was a fun and educational trip for us. Thank you so much for inviting us."

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