



All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



FALL PROGRAM CALENDAR - SEPTEMBER - DECEMBER 2025

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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Cultural Advisor	Linda	204-944-4297
Family Wellness Worker	Louis	204-944-4113
Traditional Helper	Jody	204-944-6735

For accurate bus schedules and times, please contact 311 or visit Winnipeg Transit (winnipegtransit.com/).

Scan the QR code to visit our website and to access the electronic calendar.



Message from the Early Intervention Program Director Ashley Brown:

Dear Families, Partners and Community,

I am excited to introduce myself as the new Program Director for The Snowbird Lodge Cultural Centre and The All Nations Family Resource Centre. Over the past four months, I have had the pleasure of getting to know the incredible teams at ANFRC and SBLCC. I have also been honoured to participate in many of the ceremonies and cultural events that make this space so meaningful.

During this time, I have witnessed countless moments of care and examples of staff supporting families with open hearts and open arms. The compassion, kindness, warmth and welcoming atmosphere is hard to put into words and I truly hope you will come and experience it for yourselves.

To our partner Agencies, I warmly invite you to spend time at the Resource Centre as well. Your presence helps us build stronger relationships together and I encourage you to come and discover all the ways in which the Resource Centre supports families and community.


To our community partners, I hope we can continue to grow through partnerships in the spirit of prevention work and supporting families. We have had many examples of great collaboration in the past few months and I look forward to continued work.

To the families we journey with, it is an honour for us to walk your paths alongside you and I am always inspired by you in countless ways. I will continue to learn from you am constantly in awe of some of the amazing things you have accomplished and the love for your children we hear about at the Resource Centre. Thank you for allowing us to be a part of your journey.

In gratitude,

Ashley Brown

All the artwork for this calendar has been provided by
Jodine Droux.

M O N	T U E	W E D	T H U	F R I
1 Labour Day CENTRE CLOSED	2	3 Medicine Pick 10-3pm	4 Full Moon Ceremony 6-8pm	5 Pipe Ceremony 1:30-3:30pm
8 Traditional Parenting 12:30-2:30pm (V) HRW 6-8pm PDEP 6-8pm	9 MYA 10-12pm MYS 12:30-2:30pm	10 Grief & Loss 12:30-2:30pm Triple P 12:30-2:30pm Caring Dads 6-8pm	11 Medicine Pick 10-3pm Overcoming Addictions 6-8pm	12 Staff Sweat Lodge 1-3pm
15 Traditional Parenting 12:30-2:30pm (V) PDEP 6-8pm HRW 6-8pm	16 MYA 10-12pm MYS 12:30-2:30pm PTS 6-8pm	17 Grief & Loss 12:30-2:30pm Triple P 12:30-2:30pm Caring Dads 6-8pm	18 COS 10-12pm (V) NPP 12:30-2:30pm Overcoming Addictions 6-8pm	19 Fall Equinox 1:30-3:30pm
22 Traditional Parenting 12:30-2:30pm (V) PDEP 6-8pm HRW 6-8pm	23 MYA 10-12pm MYS 12:30-2:30pm PTS 6-8pm	24 Grief & Loss 12:30-2:30pm Triple P 12:30-2:30pm Caring Dads 6-8pm	25 COS 10-12pm (V) NPP 12:30-2:30pm Sweat Lodge 1-3pm Overcoming Addictions 6-8pm	26 Program Meeting (staff) CENTRE OPENS AT NOON
29 Healing through Art Program 10-12pm Traditional Parenting 12:30-2:30pm (V) PDEP 6-8pm HRW 6-8pm	30 National Day for Truth and Reconciliation CENTRE CLOSED			

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

Legend: (V)=Virtual program. COS=Circle of Security. HRM=Healthy Relationships for Men. HRW=Healthy Relationships for Women. MYA=Managing Your Anger. MYS= Managing Your Stress. NPP=Nobody's Perfect. PDEP= Positive Discipline in Everyday Parenting. PTS=Parent Teen Series. RRHP=Red Road to Healing Program. 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 Grief & Loss 12:30-2:30pm Triple P 12:30-2:30pm Caring Dads 6-8pm	2 COS 10-12pm (V) NPP 12:30-2:30pm Overcoming Addictions 6-8pm	3 Pipe Ceremony 1:30-3:30pm
6 Healing through Art Program 10-12pm Traditional Parenting 12:30-2:30pm (V) (G) PDEP 6-8pm HRW 6-8pm Full Moon Ceremony 6-8pm	7 MYA 10-12pm Triple P 10-12pm (V) MYS 12:30-2:30pm HRM 12:30-2:30pm PTS 6-8pm	8 Grief & Loss 12:30-2:30pm (G) Triple P 12:30-2:30pm Caring Dads 6-8pm	9 COS 10-12pm (V) NPP 12:30-2:30pm Overcoming Addictions 6-8pm Crescent Moon Ceremony 6-8pm	10
13 Thanksgiving Day CENTRE CLOSED	14 MYA 10-12pm Triple P 10-12pm (V) MYS 12:30-2:30pm (G) HRM 12:30-2:30pm PTS 6-8pm	15 HRW 10-12pm (V) Triple P 12:30-2:30pm Women's Teachings 12:30-2:30pm Caring Dads 6-8pm	16 COS 10-12pm (V) NPP 12:30-2:30pm Overcoming Addictions 6-8pm	17
20 Healing through Art Program 10-12pm Mino-P 12:30-2:30 PDEP 6-8pm HRW 6-8pm	21 MYA 10-12pm Triple P 10-12pm (V) HRM 12:30-2:30pm PTS 6-8pm COS 6-8pm	22 HRW 10-12pm (V) Triple P 12:30-2:30pm (G) Women's Teachings 12:30-2:30pm PDEP 12:30-2:30pm Caring Dads 6-8pm	23 COS 10-12pm (V) NPP 12:30-2:30pm (G) Overcoming Addictions 6-8pm (G) RRHP 6-8 pm (V)	24 Program Meeting (staff) CENTRE OPENS AT NOON
27 Healing through Art Program 10-12pm Mino-P 12:30-2:30 PDEP 6-8pm HRW 6-8pm (G)	28 MYA 10-12pm (G) Triple P 10-12pm (V) HRM 12:30-2:30pm Overcoming Addictions 12:30-2:30pm PTS 6-8pm (G) COS 6-8pm	29 HRW 10-12pm (V) Women's Teachings 12:30-2:30pm PDEP 12:30-2:30pm Caring Dads 6-8pm	30 COS 10-12pm (V) Traditional Parenting 10-12pm RRHP 6-8 pm (V) MYA 6-8pm Triple P 6:00-8:00pm	31 CENTRE CLOSED

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M O N	T U E	W E D	T H U	F R I
3 Healing through Art Program 10-12pm (G) Mino-P 12:30-2:30pm PDEP 6-8pm HRM 6-8pm (V)	4 Triple P 10-12pm (V) HRM 12:30-2:30pm Overcoming Addictions 12:30-2:30pm COS 6-8pm PTS 6-8pm	5 HRW 10-12pm (V) Women's Teachings 12:30-2:30pm PDEP 12:30-2:30pm Caring Dads 6-8pm Full Moon Ceremony 6-8pm	6 COS 10-12pm (V) (G) Traditional Parenting 10-12pm HRW 12:30-2:30pm RRHP 6-8 pm (V) MYA 6-8pm Triple P 6:00-8:00pm Nanaandawi Odizowin 6-8pm	7 Pipe Ceremony 1:30-3:30pm
10 Mino-P 12:30-2:30pm PDEP 6-8pm (G) HRM 6-8pm (V)	11 Remembrance Day CENTRE CLOSED	12 HRW 10-12pm (V) Women's Teachings 12:30-2:30pm (G) PDEP 12:30-2:30pm Caring Dads 6-8pm NPP 6-8pm (V)	13 Traditional Parenting 10-12pm HRW 12:30-2:30pm RRHP 6-8 pm (V) MYA 6-8pm Triple P 6:00-8:00pm Nanaandawi Odizowin 6-8pm	14
17 Mino-P 12:30-2:30pm (G) MYA 1-3pm (V) HRM 6-8pm (V) MYS 6-8pm (V)	18 Triple P 10-12pm (V) HRM 12:30-2:30pm Overcoming Addictions 12:30-2:30pm COS 6-8pm PTS 6-8pm	19 HRW 10-12pm (V) PDEP 12:30-2:30pm Caring Dads 6-8pm NPP 6-8pm (V)	20 Traditional Parenting 10-12pm HRW 12:30-2:30pm MYA 1-3pm (V) RRHP 6-8 pm (V) MYA 6-8pm Triple P 6:00-8:00pm Nanaandawi Odizowin 6-8pm	21 Program Meeting (staff) CENTRE OPENS AT NOON
24 MYA 1-3pm (V) Mino-P 1-3 (V) HRM 6-8pm (V) MYS 6-8pm (V)	25 Triple P 10-12pm (V) (G) HRM 12:30-2:30pm (G) Overcoming Addictions 12:30-2:30pm Mino-P 1-3 (V) COS 6-8pm PTS 6-8pm	26 HRW 10-12pm (V) (G) PDEP 12:30-2:30pm Mino-P 1-3 (V) Caring Dads 6-8pm NPP 6-8pm (V)	27 Traditional Parenting 10-12pm (G) HRW 12:30-2:30pm MYA 1-3pm (V) Mino-P 1-3 (V) RRHP 6-8 pm (V) MYA 6-8pm Triple P 6:00-8:00pm Nanaandawi Odizowin 6-8pm	28 Mino-P 1-3 (V) (G)

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M O N	T U E	W E D	T H U	F R I
1 MYA 1-3pm (V) HRM 6-8pm (V) MYS 6-8pm (V)	2 Overcoming Addictions 12:30-2:30pm COS 6-8pm PTS 6-8pm	3 PDEP 12:30-2:30pm Caring Dads 6-8pm NPP 6-8pm (V) Full Moon Ceremony 6-8pm	4 HRW 12:30-2:30pm MYA 1-3pm (V) (G) HOLIDAY PARTY 4:30-7:30pm	5 Pipe Ceremony 1:30-3:30pm
8 HRM 6-8pm (V) MYS 6-8pm (V)	9 Overcoming Addictions 12:30-2:30pm COS 6-8pm PTS 6-8pm	10 PDEP 12:30-2:30pm Caring Dads 6-8pm NPP 6-8pm (V)	11 HRW 12:30-2:30pm RRHP 6-8 pm (V) MYA 6-8pm Triple P 6:00-8:00pm Nanaandawi Odizowin 6-8pm	12 Program Meeting (staff) CENTRE OPENS AT NOON
15 Grief & Loss 10-12pm (V) HRM 6-8pm (V) (G) MYS 6-8pm (V) (G)	16 Grief & Loss 10-12pm (V) Overcoming Addictions 12:30-2:30pm (G) COS 6-8pm (G) PTS 6-8pm (G)	17 Grief & Loss 10-12pm (V) PDEP 12:30-2:30pm (G) Caring Dads 6-8pm (G) NPP 6-8pm (V) (G)	18 Grief & Loss 10-12pm (V) HRW 12:30-2:30pm (G) RRHP 6-8 pm (V) (G) MYA 6-8pm (G) Triple P 6:00-8:00pm (G) Nanaandawi Odizowin 6-8pm (G)	19 Grief & Loss 10-12pm (V) (G) Winter Solstice 1:30-3:30pm
22 		24	25 CHRISTMAS DAY CENTRE CLOSED	26 BOXING DAY CENTRE CLOSED
29		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.

Thurs., September 18 - November 6, Time: 10:00 - 12:00 pm (Lisa) (Virtual)

Tues., October 21 - December 16, Time: 6:00 - 8:00 pm (Florence) (On-site)

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

Wed., September 10 - October 22, Time: 12:30 - 2:30 pm (Lisa & Florence) (On-site)

Tues., October 7 - November 25, Time: 10:00 - 12:00 pm (Norma) (Virtual)

Thurs., October 30 - December 18, Time: 6:00 - 8:00 pm (Norma) (On-site)

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

Thurs., September 18 - October 23, Time: 12:30 - 2:30 pm (Barb & Nadia) (On-site)

Wed., November 12 - December 17, Time: 6:00 - 8:00 pm (Nadia & Barb) (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.

Mon., September 8 - November 10, Time: 6:00 - 8:00 pm (Nadia & Seth) (On-site)

Wed., October 22 - December 17, Time: 12:30 - 2:30 pm (Seth & Florence) (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.

Tues., September 16 - October 28, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)

Tues., November 4 - December 16, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)

Caring Dads Caring Dads is an important initiative that recognizes the interconnectedness of violence against women and children. By involving fathers in efforts to enhance the safety and well-being of their children, the program aims to address both gender-based violence and child safety simultaneously. This holistic approach ensures that both issues are tackled together, promoting a safer and healthier environment for families.

Wed., September 10 - December 17, Time: 6:00 - 8:00 pm (Norma & Louis)

****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 8 - October 6, Time: 12:30 - 2:30 pm (Linda & Jody) (Virtual)

Thurs., October 30 - November 27, Time: 10:00 - 12:00 pm (Barb) (On-site)

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 anfr@gov.mb.ca or you may contact us by phone at 204-944-4100.

WELLNESS 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.

Tues., October 7 - November 25, Time: 12:30 - 2:30 pm (Louis) (On-site)

Mon., November 3 - December 15, Time: 6:00 - 8:00 pm (Florence) (Virtual)

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., September 8 - October 27, Time: 6:00 - 8:00 pm (Florence & Barb) (On-site)

Wed., October 15 - November 26, Time: 10:00 - 12:00 pm (Lisa & Jody) (Virtual)

Thurs., November - 6 December 18, 12:30 - 2:30 pm (Florence) (On-site)

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

Tues., September 9 - October 28, Time: 10:00 - 12:00 pm (Seth & Jody) (On-site)

Thurs., October 30 - December 18, 6:00 - 8:00 pm (Seth) (On-site)

Mon. & Thurs., November 17, 20, 24, 27, December 1 & 4, 1:00 - 3:00 pm (Norma) (Virtual)

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 9 - October 14, Time: 12:30 - 2:30 pm (Florence & Nadia) (On-site)

Mon., November 17 - December 15, Time: 6:00 - 8:00 pm (Lisa & Seth) (Virtual)

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

Thurs., September 11 - October 23, Time: 6:00 - 8:00 pm (Seth & Norma) (On-site)

Tues., October 28 - December 16, Time: 12:30 - 2:30 pm (Seth) (On-site)



On-site 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 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., October 23 - December 18, Time: 6:00 - 8:00 pm (Linda & Jody) (Virtual)

Women's Teachings Offers women an opportunity to gather and learn the traditional role of Women. The facilitator will incorporate the drum and Tipi teachings that honour the sacredness and strength of women which will bring balance, kindness and connection.

Wed., October 15 - November 12, 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.

Wed., September 10 - October 8, Time: 12:30 - 2:30 pm (Linda) (On-site)

M-F, December 15 - 19, 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.

Mon., October 20 - November 17, Time: 12:30 - 2:30 pm (Linda & Jody) (On-site)

M-F, November 24 - 28, Time: 1:00 - 3:00 pm (Linda & Louis) (Virtual)

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

Thurs., November 6 - December 18, Time: 6:00 - 8:00 pm (Louis) (On-site)

Mazini-Bii'ige Nanaandawi (Healing through 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., September 29 - November 3, Time: 10:00 - 12:00 pm (Louis) (On-site)



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

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

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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 recounting of the seven teachings. The warrior spirit has always been to stand as the protector, by utilizing the teachings and philanthropy “Ziidooskaagewin” 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: Thursday, October 9, Time: 6:00 - 8:00 pm (Louis & Jody) (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: Thursday, September 4, 2025; Monday, October 6, 2025; Wednesday, November 5, 2025; & Wednesday, December 3, 2025, Time: 6:00 - 8:00 pm (Cultural Team) (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: Friday, September 5, October 3, November 7 & December 5, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)

Sweat Lodge The Sweat Lodge is a part of the cultural and purification 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.

Thursday, September 25, Time: 1:00 - 3:00 pm (Linda & Jody) (Off-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 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 19, Time: 1:30 - 3:30 pm (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 19, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)

Medicine Picking: The four sacred medicines are tobacco, cedar, sage, and sweetgrass. These medicines can be used alone or all together to smudge. This Fall ANFRC-SBLCC will be hosting 2 Medicine Picking (which is open to all) and we invite you to join us. The medicines harvested will be utilized in ceremonies such as Sweat Lodge, our monthly Pipe Ceremonies, Full Moon & Crescent Moon Ceremonies as well as distributed to families upon request.

Wednesday, September 3; & Thursday, September 11, Time 10:00 - 3:00 pm (Off-site)

Registration required for Medicine Picking.

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A LITTLE MORE INSIGHT INTO THREE PARENTING PROGRAMS OFFERED:

The Circle of Security (COS) Program is a relationship-based approach designed to strengthen and support the bond between parents and their children. Rooted in attachment theory, COS helps caregivers understand and respond to their child's emotional needs in ways that foster a deep sense of connection, safety, and trust.

Rather than focusing solely on behavior, COS encourages parents to look beneath the surface—to reflect on what their child's actions are really communicating. Through this lens, a child's need for attention is reframed as a need for connection.

Parents and caregivers learn how to be **“bigger, stronger, wiser, and kind”**—providing both the structure children need and the empathy they crave. This balance helps children feel secure, manage their emotions more effectively, and develop healthy self-esteem.

By participating in COS, parents gain tools to:

- Understand their child's emotional world
- Set loving and consistent boundaries
- Support their child's ability to explore and return for comfort
- Honour their child's innate need to feel safe, seen, and supported

Ultimately, COS empowers caregivers to build stronger, more secure relationships that lay the foundation for lifelong emotional well-being.

The **Positive Discipline in Everyday Parenting (PDEP)** is a compassionate and collaborative approach to parenting that emphasizes understanding, empathy, and mutual respect. At its core, it encourages parents to reflect on their own emotional responses and plan ahead for challenges by considering their child's developmental stage and temperament. When a stressful situation arises, the first step is to manage your own stress response. This might involve taking a few deep breaths, stepping away momentarily, or using calming techniques that help you respond thoughtfully rather than react impulsively.

Planning ahead is another essential element. By anticipating potential difficulties and understanding what is developmentally appropriate for your child's age, you can set realistic expectations and prepare strategies that support positive behavior. Every child is unique, and their temperament—such as how active they are, how easily they adapt to change, and how predictable their routines are—plays a significant role in how they experience the world. Recognizing these traits helps you tailor your approach to meet their individual needs.

A key part of this model is identifying and balancing the needs of both the parent and the child. When a conflict arises, ask yourself: “What do I need right now? What does my child need?” From there, you can work together to find a solution that respects and addresses both sets of needs. This collaborative problem-solving process not only resolves immediate issues but also teaches children valuable skills in communication and empathy.

The model also emphasizes two foundational tools: **warmth** and **structure**. Warmth involves making sure your child feels safe, loved, and valued. This means expressing love through both words and actions, considering how your child thinks and feels at their age, and being emotionally available. Structure, on the other hand, involves setting clear guidelines for behavior, explaining your reasons, and supporting your child in meeting expectations. It also includes modeling positive behavior, encouraging your child's ideas, and involving them in problem-solving. Together, warmth and structure create a nurturing environment where children feel secure and respected, and where discipline becomes a shared journey of growth rather than a source of conflict. Would you like help turning this into a handout or presentation for parents or caregivers?

The **Nobody's Perfect Parenting Program (NPP)** is designed to support parents and caregivers of children aged 0–5 by providing a safe, inclusive space to learn, share, and grow. Centered around five key themes—**Safety, Mind, Body, Behaviour, and Parents**—the program offers valuable education on topics such as child development, attachment, illness, and positive discipline. More than just an educational resource, it empowers parents by recognizing their strengths and helping them discover constructive, nurturing approaches to raising healthy, resilient children.

Finding Family Written by: Jodine Droux



It has been a year since I connected with ANCR and Snowbird Lodge. Every time I enter the building I feel like I am coming home. In the programs, ceremonies, and outings that I have attended I have learned much about myself and have grown. I am more confident in myself and my abilities. After attending “Mazini-Bii’ige Nanaadawi (Healing through Art)”, I am now illustrating and writing a children’s book. I found the courage to try new styles of art and become a better artist. I found a sense of community in the full moon ceremony, sharing and listening to other women and raising our voices together as we sung to Grandmother Moon. There are more experiences I could write about as well, but each has helped me to become the person that I am.

My daughter has also benefitted from going to ANCR and Snowbird lodge. She, as well as I, have found a safe, supportive space where we can thrive and learn. ANCR and Snowbird lodge is more than just a building, it is a community, a family. It’s a place where you are welcome and wanted. It’s a place to belong. *Written by: Jodine Droux (Jodine provided all the artwork for this calendar).*

2025 ANFRC-SBLCC Journey’s for Youth Program: A Transformative Experience

In 2025, the ANFRC-SBLCC Journey’s for Youth Program welcomed participants into a transformative journey rooted in community engagement and land-based Indigenous well-being practices.

Throughout the program, youth engaged in a variety of enriching activities that nurtured their physical, emotional, and cultural well-being:

- Archery and Hiking – Encouraged physical wellness and a deeper connection to the land.
- Medicine Picking – Offered hands-on learning of traditional Indigenous knowledge and respect for natural medicines.
- Volunteering at Siloam Mission – Fostered empathy, compassion, and a strong sense of community service.
- Swimming and Cultural Excursions – Visits to The Leaf, the Canadian Museum for Human Rights, and the Manitoba Museum inspired exploration, learning, and recreation.
- Drumming – Provided a powerful cultural experience where youth learned the significance of the drum and participated in drumming circles.

This journey created a safe and supportive space for youth to connect with their culture, community, and each other. It empowered them to build confidence, leadership skills, and a strong sense of identity.

Youth described their experience in the program as:

“I really like going outside into the forest and trails since it has been a while, I live in the middle of the city”.

“It was a nice getaway from home. I got to meet new people; the staff are nice.”

“Making friends, I know, I know, so shocking cause I’m just so nonchalant and mysterious.”

“My favorite part of journey’s was when we went out like archery and going to the human rights museum. I went swimming with my friends and got to talk and laugh and have a good time.”

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.

HOUSEKEEPING:

Please be advised that childminding services will 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 childminding is essential for your participation in our programs, please speak with your designated Agency worker or consult with Resource Centre staff during the intake process to explore available options.

Please note:

- Children cannot attend programs with their parents.
- However, children are welcome to attend ceremonies and celebrations.
- Teens may attend the Parent Teen Series with their parents.

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).

Participants will receive a phone call followed by an email with instructions and the virtual group link within one week prior to the program start date. Program materials will be mailed after the first session, and completion letters and certificates will be sent by mail upon successful completion of the program.

While masks are not required inside the building, we encourage their use to help keep everyone safe and comfortable. If you're feeling unwell, we kindly ask that you refrain from attending on-site programs. Complimentary masks will be available for anyone who wishes to wear one.

PROGRAM AVAILABLE FOR PARTNERSHIP:

All Nations Family Resource Centre - Snowbird Lodge Cultural Centre are proud to announce their ongoing partnership to offer a variety of programs within our communities. This collaboration is vital in supporting the well-being of children, youth, and parents through culturally appropriate and relevant initiatives.

Our joint efforts include parenting workshops, wellness programs, and Indigenous programs. By working together, we aim to create a strong, diverse community that honors all cultures and strives to eliminate systemic barriers.

We are committed to promoting and supporting the safety and well-being of children and families, ensuring they are healthy, supported, and empowered. Together, we can build a brighter future for all.

If you are interested in partnering with ANFRC/SBLCC to facilitate programs,

please contact ANFRC & SBLCC Supervisors:

Kedeen Cummings at 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.

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)

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