

FALL PROGRAM CALENDAR - SEPTEMBER - DECEMBER 2026

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	Danna Vacant	204-944-4268 204-944-400
Facilitators	Lisa Norma Florence Nadia Seth Barb	204-944-6760 204-944-6760 204-944-4465 204-944-4112 204-944-4272 204-944-4106
Cultural Advisor	Linda	204-944-4297
Family Well-ness Worker	Louis	204-944-4113
Traditional helper	Jody	204-944-6735



After nearly 20 years of dedicated service at ANCR, we say goodbye to someone who has consistently shown warmth, kindness, respect, and, above all, love. Linda began her journey as a Cultural Helper and, over time, grew into the role of Cultural Advisor. She became a trusted and respected person that both the community and staff turn to for guidance in Indigenous teachings.

Although Linda was part of the Early Intervention Program, her support extended across all of ANCR. She was often the first person staff and community members would seek out for a prayer, a smudge, or a teaching, but most importantly, people were drawn to Linda for her kindness and comforting words. As a Pipe Carrier, she generously shared her knowledge with anyone who was curious and willing to learn.

Linda shared her teachings through countless programs at the Resource Centre and within the community. Her true passion was working with young children, teaching them about the Drum and nurturing their connection to culture with patience, joy, and care.

Linda's impact on our organization and the families we serve will be felt for many years to come. Her teachings, her spirit, and her dedication have left a meaningful and lasting legacy that will continue to guide us.

Although I have only had the privilege of supervising Linda for the past three years, I have witnessed firsthand the profound impact she has had on the many families she has connected with. Her gentle nature and sense of humor will be deeply missed by all.

We wish Linda all the very best in her retirement and thank her for the incredible contributions she has made to ANCR. While she may be retiring from her role, we know her work will continue in new and meaningful ways. Please join us in wishing Linda well as she begins this next chapter, this is a well-earned and truly deserved retirement.

By: Cherylann Byard

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

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



RETIREMENT ACKNOWLEDGEMENTS

Linda has been a valuable team member of the Snowbird Lodge Cultural Centre and the All Nations Family Resource Centre since joining the ANCR team over 17 years ago. It has been my honor and privilege to walk alongside of, learn from, and attend multiple ceremonies with Linda. Linda has always demonstrated kindness, compassion and respect for all ANCR team members and for the children and families of our community. Linda has helped and supported countless families, and her contributions to our agency are immeasurable.

We honour and thank Linda for the invaluable knowledge, teachings, and guidance she has shared with us over the years. Through her commitment to culture, tradition, and community, she helped strengthen our understanding of Indigenous ways of knowing, being, and belonging. Linda's voice, leadership, and generosity have guided the agency, the families, and community members with respect, humility, and compassion. The cultural teachings, ceremonies and guidance Linda provided will continue to influence our work and remind us of the importance of walking a good path. Thank you Linda for your endless contributions, we will miss you greatly!

-With respect, Sandie Stoker, Executive Director

Dear Linda, thank you for all of the incredible work, dedication and commitment you have given to ANCR. I know you have been a long established ANCR treasure, and in my year here so far, I have been able to see firsthand the incredible difference you make in the lives of those who come to Snowbird Lodge. You welcome people with open arms and listen with care and kindness. I have seen the difference you can make with a drum song and the joy it has brought to those in ceremony, including myself. I am grateful for the teachings you have offered me and although we will miss you greatly, I am excited for you in your retirement journey. Wishing you all the very best!

-Ashley Brown, Director of EIP

Linda my friend, I miss you already, but I know you have a very bright journey to come. I know that I wouldn't be the Traditional helper that I am without your guidance and direction. The resource center is privileged to have had you as their teacher and mentor for so many years. You have made a huge positive impact on the lives of the participants and your co-workers. Enjoy your next chapter.

-Love and respect, Jody Macaig

Linda, Congratulations on your retirement! I hope you enjoy this next chapter and take time for yourself, your family, and all the little things that make you happy. It's been a pleasure working with you, and I will miss you. I wish you nothing but the best. Enjoy every minute as you truly deserve it!

-Barb Ednie

I've had the pleasure of working with Linda for many years now and during those years I've seen how impactful Linda has been with the families and staff she provides services to. Linda's kind heart, motherly presence and soft-spoken words are always so comforting and supportive. Anyone that has had the pleasure in sitting down with Linda can truly understand the love and compassion she has for everyone in her life and her passion for her culture. ANCR will truly miss the incredible magic and love that Linda shares and carries with her. Wishing her all the best, you deserve this Linda! Miigwetch for being you, Miigwetch for what you have accomplished and Miigwetch from ANCR and all the employees. We will miss you. You can never be replaced and will always be remembered.

-Jeff Hanz

Wishing you the best on your retirement, sounds like you got a lot of interesting adventures to do, something you have been looking forward to. I am happy for you and sad at the same time, I am going to miss you after working and seeing you for the past 17 to 18 years. Enjoy your retirement.

-Norma Binguis

Hi Linda well that time has now come for you. I can't say enough about the teachings you have taught me. When our offices merged I knew so little about what goes on in the community. You taught me about sweats, medicine pickings, pipe ceremonies. I heard the beatings of the drums from your program. I have this beautiful little sash that you gifted to me which I will always cherish. Thank you Linda for letting me get to know you and the privilege of getting to work with you. I wish you all the best in your retirement.

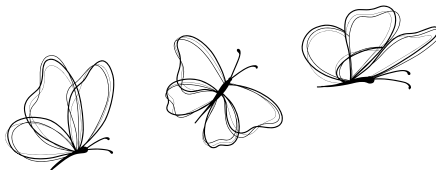
-Harold Miller

"Wisdom is the gift we carry forward, and legacy is the impact we leave behind." Thank you for the lasting legacy you have created through your teachings, support, and commitment to the community. Wishing you all the best in this well-deserved next chapter of life.

-Kedeen Cummings

Congratulations on your retirement and thank you for sharing your wisdom, cultural teachings, and guidance with our team. Your impact will be remembered and appreciated for years to come. Wishing you all the best in this next chapter.

-ANFRC Team



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.

M O N	T U E	W E D	T H U	F R I
	1	2 Medicine Pick (Sweetgrass) 10-3pm	3 Mino-P 12:30-2:30pm Caring Dads 6-8pm	4 Pipe Ceremony 1:30-3:30pm
7 Labour Day CENTRE CLOSED	8	9 Grief & Loss 10-12pm	10 Mino-P 12:30-2:30pm Caring Dads 6-8pm	11
14 Traditional Parenting 10-12pm (V) HRW 12:30-2:30pm MYA 12:30-2:30pm Nanaandawi Odizowin 6-8pm PDEP 6-8pm	15 COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm Crescent Moon Ceremony 6-8pm	16 Grief & Loss 10-12pm PTS 6-8pm	17 Mino-P 12:30-2:30pm Caring Dads 6-8pm	18 Fall Equinox 1:30-3:30pm
21 Traditional Parenting 10-12pm (V) HRW 12:30-2:30pm MYA 12:30-2:30pm Family Sweat Lodge 1-3pm Nanaandawi Odizowin 6-8pm PDEP 6-8PM	22 Medicine Pick (Cedar) 10-3pm COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm HRM 12:30-2:30pm NPP 1-3pm (V)	23 Grief & Loss 10-12pm PTS 6-8pm	24 Mino-P 12:30-2:30pm MYS 12:30-2:30pm Caring Dads 6-8pm	25 Program Meeting (staff) CENTRE OPENS AT NOON
28 Traditional Parenting 10-12pm (V) HRW 12:30-2:30pm MYA 12:30-2:30pm Nanaandawi Odizowin 6-8 pm PDEP 6-8pm Full Moon Ceremony 6-8pm	29 COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm HRM 12:30-2:30pm NPP 1-3pm (V)	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. MTM= My Tween & Me. MYA=Managing Your Anger. MYS= Managing Your Stress. NPP=Nobody's Perfect Parenting. PDEP= Positive Discipline in Everyday Parenting. PTS=Parent Teen Series. RRHP=Red Road to Healing Program. Mino-P=Mino-Pimatziwin. (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 Mino-P12:30-2:30pm (G) MYS 12:30-2:30pm	2 Pipe Ceremony 1:30-3:30pm
5 Traditional Parenting 10-12pm (V) HRW 12:30-2:30pm MYA 12:30-2:30pm Nanaandawi Odizowin 6-8pm PDEP 6-8pm	6 COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm HRM 12:30-2:30pm NPP 1-3pm (V) Crescent Moon Ceremony 6-8pm	7 MYA 10-12pm (V) Grief & Loss 10-12pm RRHP 12:30-2:30pm PTS 6-8pm	8 MYS 12:30-2:30pm Caring Dads 6-8pm	9
12 Thanksgiving Day CENTRE CLOSED	13 COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm HRM 12:30-2:30pm NPP 1-3pm (V)	14 MYA 10-12pm (V) Grief & Loss 10-12pm (G) RRHP 12:30-2:30pm PTS 6-8pm	15 MYS 12:30-2:30pm Caring Dads 6-8pm	16
19 Traditional Parenting 10-12pm (V) (G) HRW 12:30-2:30pm MYA 12:30-2:30pm Nanaandawi Odizowin 6-8 pm PDEP 6-8pm	20 COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm HRM 12:30-2:30pm NPP 1-3pm (V)	21 CENTRE OPENS AT 5:30PM FOR EVENING PROGRAM PTS 6-8pm COS 6-8pm(V)	22 MYS 12:30-2:30pm (G) PDEP 12:30-2:30pm Caring Dads 6-8pm	23 Program Meeting (staff) CENTRE OPENS AT NOON
26 HRW 12:30-2:30pm MYA 12:30-2:30pm MTM 12:30-2:30pm Nanaandawi Odizowin 6-8 pm (G) PDEP 6-8pm Full Moon Ceremony 6-8pm	27 COS 12:30-2:30pm Overcoming Addictions 12:30-2:30pm (G) HRM 12:30-2:30pm NPP 1-3pm (V) (G)	28 MYA 10-12pm (V) RRHP 12:30-2:30pm PTS 6-8pm (G) COS 6-8pm (V)	29 PDEP 12:30-2:30pm Caring Dads 6-8pm Overcoming Addictions 6-8pm	30

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M O N	T U E	W E D	T H U	F R I
2 HRW 12:30-2:30pm (G) MYA 12:30-2:30pm (G) MTM 12:30-2:30pm PDEP 6-8pm HRM 6-8PM (V)	3 COS 12:30-2:30pm (G) HRM 12:30-2:30pm (G) HRW 6-8pm (V) MYA 6-8pm	4 MYA 10-12pm (V) RRHP 12:30-2:30pm PTS 6-8pm (V) COS 6-8pm (V) Crescent Moon Ceremony 6-8pm	5 PDEP 12:30-2:30pm Caring Dads 6-8pm Overcoming Addictions 6-8pm	6 Pipe Ceremony 1:30-3:30pm
9 MTM 12:30-2:30pm PDEP 6-8pm HRM 6-8pm (V)	10 HRW 6-8pm (V) MYA 6-8pm NPP 6-8pm	11 Remembrance Day CENTRE CLOSED	12 PDEP 12:30-2:30pm Caring Dads 6-8pm Overcoming Addictions 6-8pm	13
16 MTM 12:30-2:30pm PDEP 6-8pm (G) HRM 6-8pm (V)	17 HRW 6-8pm (V) MYA 6-8pm NPP 6-8pm	18 MYA 10-12pm (V) Mino-P 10-12pm (V) RRHP 12:30-2:30pm PTS 6-8pm (V) COS 6-8pm (V)	19 PDEP 12:30-2:30pm Traditional Parenting 12:30-2:30pm Caring Dads 6-8pm Overcoming Addictions 6-8pm	20
23 MTM 12:30-2:30pm HRM 6-8pm (V) MYS 6-8pm (V)	24 HRW 6-8pm (V) MYA 6-8pm NPP 6-8pm Full Moon Ceremony 6-8pm	25 MYA 10-12pm (V) Mino-P 10-12pm (V) RRHP 12:30-2:30pm PTS 6-8pm (V) COS 6-8pm (V)	26 PDEP 12:30-2:30pm Traditional Parenting 12:30-2:30pm Caring Dads 6-8pm Overcoming Addictions 6-8pm	27 Program Meeting (staff) CENTRE OPENS AT NOON
30 MTM 12:30-2:30pm HRM 6-8pm (V) MYS 6-8pm (V)				

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M O N	T U E	W E D	T H U	F R I
	1 HRW 6-8pm (V) MYA 6-8pm NPP 6-8pm	2 MYA 10-12pm (V) (G) Mino-P 10-12pm (V) RRHP 12:30-2:30pm PTS 6-8pm (V) COS 6-8pm (V)	3 PDEP 12:30-2:30pm Traditional Parenting 12:30-2:30pm Caring Dads 6-8pm Overcoming Addictions 6-8pm HOLIDAY PARTY 4:30-7:30PM	4 Pipe Ceremony 1:30-3:30pm
7 MTM 12:30-2:30pm Grief & Loss 1-3pm (V) HRM 6-8pm (V) MYS 6-8pm (V)	8 Grief & Loss 1-3pm (V) HRW 6-8pm (V) MYA 6-8pm NPP 6-8pm	9 Mino-P 10-12pm (V) RRHP 12:30-2:30pm (G) Grief & Loss 1-3pm (V) PTS 6-8pm (V) COS 6-8pm (V)	10 PDEP 12:30-2:30pm Traditional Parenting 12:30-2:30pm Grief & Loss 1-3pm (V) Caring Dads 6-8pm Overcoming Addictions 6-8pm	11 Grief & Loss 1-3pm (V) (G)
14 MTM 12:30-2:30pm (G) HRM 6-8pm (V) (G) MYS 6-8pm (V)	15 HRW 6-8pm (V) (G) MYA 6-8pm (G) NPP 6-8pm (G) Crescent Moon Ceremony 6-8pm	16 Mino-P 10-12pm (V) (G) PTS 6-8pm (V) (G) COS 6-8pm (V) (G)	17 PDEP 12:30-2:30pm (G) Traditional Parenting 12:30-2:30pm (G) Caring Dads 6-8pm(G) Overcoming Addictions 6-8pm (G)	18 Program Meeting (staff) CENTRE OPENS AT NOON Winter Solstice 1:30-3:30pm
21 MYS 6-8pm (V) (G)	22	23 Full Moon Ceremony 6-8pm	24	25 CHRISTMAS DAY CENTRE CLOSED
28 CLOSED IN LIEU OF BOXING DAY	29	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 challenging behaviour.

Tues., September 15 - November 3, Time: 12:30 - 2:30 pm (Norma) (On-site)

Wed., October 21 - December 16, Time: 6:00 - 8:00 pm (Florence) (Virtual)

My Tween & Me (MTM) is a supportive program designed to strengthen the relationship between caregivers and their pre-teen children (7-12 years old) by building communication, trust, and understanding during the transition into adolescence. Through guided conversations and skill-building activities, participants learn practical strategies to navigate challenges, foster connection, and promote healthy development.

Mon., October 26 - December 14, Time: 12:30 - 2:30 pm (Nadia & Barb) (On-site)

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

Tues., September 22 - October 27, Time: 1:00 - 3:00 pm (Nadia & Kedeen) (Virtual)

Tues., November 10 - December 15, Time: 6:00 - 8:00 pm (Barb & Cherylann) (On-site)

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

Mon., September 14 - November 16, Time: 6:00 - 8:00 pm (Norma & Seth) (On-site)

Thurs., October 22 - December 17, Time: 12:30 - 2:30 pm (Nadia & Norma) (On-site)

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

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

Wed., November 4 - December 16, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (Virtual)

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.

Thurs., September 3 - December 17, Time: 6:00 - 8:00 pm (Seth & Florence) (On-site)

****Referrals to the Caring Dads program must be initiated by a Case Worker such as a CFS Worker, Probation Officer, or Justice Worker etc. and cannot be accepted from self-referrals. Referrals are accepted up to one week prior to the program start date. An intake meeting will be scheduled with the participant, the Case Worker, and the program facilitators, and this meeting must be completed before the program begins.****

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 14 - October 19, Time: 10:00 - 12:00 pm (Barb) (Virtual)

Thurs., November 19 - December 17, Time: 12:30 - 2:30 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 anfrc@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., September 22 - November 3, Time: 12:30 - 2:30 pm (Florence) (On-site)

Mon., November 2 - December 14, Time: 6:00 - 8:00 pm (Louis) (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 14 - November 2, Time: 12:30 - 2:30 pm (Lisa) (On-site)

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

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

Mon., September 14 - November 2, Time: 12:30 - 2:30 pm (Florence) (On-site)

Wed., October 7 - December 2, Time: 10:00 - 12:00 pm (Seth) (Virtual)

Tues., November 3 - December 15, Time: 6:00 - 8:00 pm (Nadia) (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.

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

Mon., November 23 - December 21, Time: 6:00 - 8:00 pm (Seth) (Virtual)

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

Tues., September 15 - October 27, Time: 12:30 - 2:30 pm (Seth) (On-site)

Thurs., October 29 - December 17, Time: 6:00 - 8:00 pm (Lisa) (On-site)

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

Please note that at this time we are not able to provide training and programming to foster parents or Child and Family Services Workers. Please connect with your respective Agency and Authority for training opportunities available to you.

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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.

Wed., October 7 - December 9, Time: 12:30 - 2:30 pm (Norma & Jody) (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 9 - October 14, Time: 10:00 - 12:00 pm (Louis & Jody) (On-site)

M-F, December 7 - 11, Time: 1:00 - 3:00 pm (Louis) (Virtual)

Mino-Pimatiziwin (to live a good life) Focuses on sobriety by utilizing the 7 sacred teachings recognized by many Indigenous Peo- ple. The last session includes Pipe Ceremony Teachings.

Thurs., September 3 - October 1, Time: 12:30 - 2:30 pm (Louis & Linda) (On-site)

Wed., November 18 - December 16, Time: 10:00 - 12:00 pm (Louis & Jody) (Virtual)

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

Mon., September 14 - October 26, Time: 6:00 - 8:00 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.*

Indigenous offsite ceremonies

Family Sweat Lodge The Sweat Lodge is a part of the cultural and purification practice that the Indigenous People's of Minising Mik- inaak (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.

Monday, September 21, Time: 1:00 - 3:00 pm (Linda & Jody) (Off-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 summer ANFRC-SBLCC will be hosting 4 Medicine Picking (3 for families and 2 for staff) 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.

Medicine Picking: Wednesday, September 2 & Tuesday, September 22, Time 10:00 - 3:00 pm (Off-site)

Registration required for both Family Sweat Lodge & Medicine Picking.

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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 “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: Tuesday, September 15; Tuesday, October 6; Wednesday, November 4; & Tuesday, December 15, 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 practice 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: Monday, September 28; Monday, October 26; Tuesday, November 24; & Wednesday, December 23, 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 4, October 2, November 6, & December 4, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)

Fall Equinox Indigenous communities celebrate fall by having a Feast. Fall Season is important to acknowledge the gratefulness to Creator and for the harvest from the plant life. Pipe carriers will offer the prayers, new tobacco ties and cedar are hanged by the Cultural Team in both 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.

Friday, September 18, 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.

Friday, December 18, Time: 1:30 - 3:30 pm (Cultural Team) (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 anfrc@gov.mb.ca or you may contact us by phone at 204-944-4100.

My Tween & Me Program (MTM)

Raising a tween can be both exciting and challenging. As children grow and become more independent, parents and caregivers often have questions about how to stay connected, communicate effectively, and support their child through this important stage of development. My Tween and Me (MTM) is designed to help families navigate these years (ages 7-12) with confidence.

This interactive 8-session group program brings together parents and caregivers to learn, grow, and strengthen their relationships. The program provides practical tools, information, and support to help families better understand the changes that occur during the transition to adolescence.

Throughout the sessions, participants explore topics such as:

- Understanding tween growth and development
- Building positive parent-child communication
- Strengthening family relationships
- Supporting healthy friendships and school success
- Encouraging positive youth development
- Navigating media, technology, and the online world
- Building connections within family, culture, and community

Using current research and evidence-based parenting information, My Tween and Me creates opportunities for meaningful discussions, hands-on activities, and shared learning experiences. Families gain skills that help them work through challenges together while building trust, resilience, and stronger connections.

The program recognizes that parents and caregivers play a vital role in their children's lives and aims to increase confidence in supporting tweens as they explore new experiences, develop their identities, and prepare for adolescence.

Who can attend?

- Parents, caregivers, grandparents, and other primary caregivers
- Families looking to strengthen communication and relationships

Whether you are seeking new parenting tools, hoping to connect more closely with your tween, or looking for support from other families experiencing similar challenges, My Tween and Me offers a welcoming and supportive environment to learn together.

My Tween and Me is developed, owned, and copyrighted by the BC Council for Families and is delivered by trained practitioners and agencies across Canada.

Housekeeping:

Please be advised that childminding services will not be available for this calendar period. 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 pro- gram 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.

If you are feeling ill, please be mindful of the health of others and do not attend in person programming.

For participants' convenience and refreshment, pre-packaged snacks and bottled water will be provided during on-site programs.

Programs 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, self-improvement sessions, 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 Kedeen.Cummings@gov.mb.ca

Cherylann Byard at 204-944-4107 or via email 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)