

## SPRING SUMMER PROGRAM CALENDAR - MAY - AUGUST 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 Kedeen	204-944-4107 204-944-4512
Administrative Support	Harold Melissa	204-944-4268 204-944-4100
Facilitators	Amy Lisa Norma Florence Seth Vacant	204-944-4112 204-944-6760 204-944-4117 204-944-4465 204-944-4272 204-944-6735
Cultural Advisor	Linda	204-944-4297
Family Wellness Worker	Louis	204-944-4113
Traditional Helper	Vacant	204-944-4106

### 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

### The 4 Sacred Medicines

The four sacred medicines are tobacco, cedar, sage, and sweetgrass. These medicines can be used alone or all together to smudge. Our Cultural Advisor and Family Wellness Worker have teachings on the ceremonies and protocols of how all medicine is harvested and looked after. This summer ANFRC-SBLCC will be hosting 4 Medicine Picking 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. If you are unable to join us for those you can access teachings about the medicines or ceremonies from Cultural Advisor Linda and/or Family Wellness Worker Louis.



### Cultural Advisor Consults:

The centre's Cultural Advisor is available to provide one-on-one consults for cultural teachings and protocols; smudging ceremonies for program participants; and provision of Indigenous medicines, for families involved with ANCR.

### Resource Centre Family Wellness Worker:

The role of the Family Wellness worker is to offer comfort, support, and resources to participants at our centre. Participants may access one-on-one consultations with the Family Wellness Worker in relapse prevention and Indigenous Teachings, Ceremonies, and Traditions. The Family Wellness worker is well versed in recovery from addictions, anxiety depression, and Indigenous traditional knowledge.

MON	TUE	WED	THU	FRI
		<b>1</b> <b>Women's Drum Teachings 10-12pm</b> <b>HRM 12:30-2:30pm</b> <b>MYS 12:30-2:30pm</b>	<b>2</b> <b>COS 10-12pm (V)</b> <b>Mino-P 10-12pm</b> Caring Dads 6-8pm	<b>3</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>6</b> <b>Traditional Parenting 10-12pm</b> <b>HRW 12:30-2:30pm (V)</b> <b>MYA 6-8pm</b> <b>Nanaandawi Odizowin 6-8pm</b> <b>Triple P 6-8pm</b>	<b>7</b> <b>Grief &amp; Loss 12:30-2:00pm</b> <b>Overcoming Addictions 12:30-2:30pm</b>	<b>8</b> Women's Drum Teachings 10-12pm HRM 12:30-2:30pm MYS 12:30-2:30pm <b>PTS 6-8pm</b>	<b>9</b> COS 10-12pm (V) Mino-P 10-12pm Caring Dads 6-8pm	<b>10</b> <b>CENTRE CLOSED</b>
<b>13</b> Traditional Parenting 10-12pm HRW 12:30-2:30pm (V) MYA 6-8pm Nanaandawi Odizowin 6-8pm Triple P 6-8pm	<b>14</b> Grief & Loss 12:30-2:00pm Overcoming Addictions 12:30-2:30pm <b>Caring Dads 6-8pm</b>	<b>15</b> Women's Drum Teachings 10-12pm HRM 12:30-2:30pm MYS 12:30-2:30pm PTS 6-8pm	<b>16</b> COS 10-12pm (V) Mino-P 10-12pm Caring Dads 6-8pm	<b>17</b>
<b>20</b> <b>STAT HOLIDAY Victoria Day</b>	<b>21</b> Grief & Loss 12:30-2:00pm Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>22</b> Women's Drum Teachings 10-12pm HRM 12:30-2:30pm MYS 12:30-2:30pm PTS 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>23</b> COS 10-12pm (V) Mino-P 10-12pm <b>Indigenous Art Program 12:30-2:30pm</b> <b>RRH 12:30-2:30pm</b> Caring Dads 6-8pm	<b>24</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b>
<b>27</b> Traditional Parenting 10-12pm HRW 12:30-2:30pm (V) <b>NBP 1-3pm (V)</b> MYA 6-8pm Nanaandawi Odizowin 6-8pm Triple P 6-8pm	<b>28</b> Grief & Loss 12:30-2:00pm Overcoming Addictions 12:30-2:30pm NBP 1-3pm (V) Caring Dads 6-8pm	<b>29</b> Women's Drum Teachings 10-12pm HRM 12:30-2:30pm <b>MYS 12:30-2:30pm (G)</b> NBP 1-3pm (V) PTS 6-8pm	<b>30</b> COS 10-12pm (V) <b>Mino-P 10-12pm (G)</b> Indigenous Art Program 12:30-2:30pm RRH 12:30-2:30pm NBP 1-3pm (V) Caring Dads 6-8pm	<b>31</b> <b>NBP 1-3pm (V) (G)</b> <b>Family Sweat Lodge 1-3pm</b>

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

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

**JUNE 2024 ANFRC-SBLCC PROGRAMS PAGE 3**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
<b>3</b> Traditional Parenting 10-12pm HRW 12:30-2:30pm (V) MYA 6-8pm Nanaandawi Odizowin 6-8pm Triple P 6-8pm	<b>4</b> <b>Grief &amp; Loss 12:30-2:00pm (G)</b> Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>5</b> <p align="center"><b>AGENCY DAY CENTRE CLOSED</b></p>	<b>6</b> COS 10-12pm (V) Indigenous Art Program 12:30-2:30pm RRH 12:30-2:30pm Caring Dads 6-8pm	<b>7</b> <p align="center"><b>Pipe Ceremony 1:30-3:30pm</b></p>
<b>10</b> <b>Traditional Parenting 10-12pm (G)</b> HRW 12:30-2:30pm (V) MYA 6-8pm <b>Nanaandawi Odizowin 6-8pm (G)</b> Triple P 6-8pm	<b>11</b> <b>Medicine Picking 10-3pm</b> Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>12</b> <b>Women's Drum Teachings 10-12pm (G)</b> HRM 12:30-2:30pm <b>Triple P 12:30-2:30pm</b> PTS 6-8pm	<b>13</b> <b>COS 10-12pm (V) (G)</b> <b>Indigenous Art Program 12:30-2:30pm (G)</b> RRH 12:30-2:30pm Caring Dads 6-8pm	<b>14</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b> <b>Family Sweat Lodge 1-3pm</b>
<b>17</b> HRW 12:30-2:30pm (V) <b>COS 12:30-2:30pm</b> MYA 6-8pm Triple P 6-8pm	<b>18</b> <b>Overcoming Addictions 12:30-2:30pm (G)</b> Caring Dads 6-8pm	<b>19</b> <b>HRM 12:30-2:30pm (G)</b> Triple P 12:30-2:30pm <b>PTS 6-8pm (G)</b> <b>Full Moon Ceremony 6-8pm</b>	<b>20</b> RRH 12:30-2:30pm <b>Summer Solstice 1:30-3:30pm</b> <b>Caring Dads 6-8pm (G)</b>	<b>21</b> <p align="center"><b>National Indigenous Peoples Day 1:30-3:30pm</b></p>
<b>24</b> <b>Traditional Parenting 12:30-2:30pm (V)</b> <b>HRW 12:30-2:30pm (V) (G)</b> COS 12:30-2:30pm <b>MYA 6-8pm (G)</b> <b>Triple P 6-8pm (G)</b>	<b>25</b> Traditional Parenting 12:30-2:30pm (V) Caring Dads 6-8pm	<b>26</b> Traditional Parenting 12:30-2:30pm (V) <b>MYA 12:30-2:30pm</b> Triple P 12:30-2:30pm <b>HRM 6-8pm (V)</b>	<b>27</b> Traditional Parenting 12:30-2:30pm (V) RRH 12:30-2:30pm	<b>28</b> <b>Traditional Parenting 12:30-2:30pm (V) (G)</b>

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# JULY 2024 ANFRC-SBLCC PROGRAMS PAGE 4

MON	TUE	WED	THU	FRI
<b>1</b> <b>STAT HOLIDAY</b> <b>CANADA DAY</b>	<b>2</b> <b>MYS 10-12pm (V)</b> Caring Dads 6-8pm	<b>3</b> MYA 12:30-2:30pm Triple P 12:30-2:30pm HRM 6-8pm (V) <b>Traditional Parenting 6-8pm</b>	<b>4</b> RRH 12:30-2:30pm	<b>5</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>8</b> COS 12:30-2:30pm <b>HRM 12:30-2:30pm</b>	<b>9</b> MYS 10-12pm (V) <b>Nurturing Families Drum Group 12:30-2:30pm</b> Caring Dads 6-8pm	<b>10</b> MYA 12:30-2:30pm Triple P 12:30-2:30pm HRM 6-8pm (V) Traditional Parenting 6-8pm	<b>11</b> <b>Journey's For Youth 10-3pm</b> RRH 12:30-2:30pm <b>Family Sweat Lodge 1-3pm</b> <b>COS 6-8pm</b> <b>HRW 6-8pm</b>	<b>12</b> Journey's For Youth 10-3pm <b>Staff Medicine Picking 10-3pm</b>
<b>15</b> <b>Medicine Picking 10-3pm</b> COS 12:30-2:30pm HRM 12:30-2:30pm	<b>16</b> MYS 10-12pm (V) Nurturing Families Drum Group 12:30-2:30pm Caring Dads 6-8pm	<b>17</b> MYA 12:30-2:30pm Triple P 12:30-2:30pm HRM 6-8pm (V) Traditional Parenting 6-8pm	<b>18</b> Journey's For Youth 10-3pm <b>Grief &amp; Loss 10-12pm (V)</b> <b>RRH 12:30-2:30pm (G)</b> COS 6-8pm HRW 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>19</b> Journey's For Youth 10-3pm <b>Family Outing TBA 10-3pm</b>
<b>22</b> <b>Medicine Picking 10-3pm</b> COS 12:30-2:30pm HRM 12:30-2:30pm	<b>23</b> MYS 10-12pm (V) Nurturing Families Drum Group 12:30-2:30pm Caring Dads 6-8pm	<b>24</b> <b>NBP 10-12pm</b> MYA 12:30-2:30pm <b>Triple P 12:30-2:30pm (G)</b> HRM 6-8pm (V) Traditional Parenting 6-8pm	<b>25</b> Journey's For Youth 10-3pm Grief & Loss 10-12pm (V) COS 6-8pm HRW 6-8pm	<b>26</b> <b>Journey's For Youth 10-3pm (G)</b>
<b>29</b> <b>Mino-P 10-12pm (V)</b> COS 12:30-2:30pm HRM 12:30-2:30pm	<b>30</b> <b>MYS 10-12pm (G) (V)</b> Mino-P 10-12pm (V) Nurturing Families Drum Group 12:30-2:30pm Caring Dads 6-8pm <b>Crescent Moon Ceremony 6-8pm</b>	<b>31</b> Mino-P 10-12pm (V) NBP 10-12pm MYA 12:30-2:30pm <b>HRM 6-8pm (V) (G)</b> <b>Traditional Parenting 6-8pm (G)</b>		

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MON	TUE	WED	THU	FRI
			<b>1</b> Grief & Loss 10-12pm (V) Mino-P 10-12pm (V) COS 6-8pm HRW 6-8pm	<b>2</b> Mino-P 10-12pm (V) (G)  Pipe Ceremony 1:30-3:30pm
<b>5</b>  STAT HOLIDAY TERRY FOX DAY	<b>6</b> Nurturing Families Drum Group 12:30-2:30pm (G) Caring Dads 6-8pm	<b>7</b> Medicine Picking 10-3pm NBP 10-12pm MYA 12:30-2:30pm (G)	<b>8</b> Grief & Loss 10-12pm (V) (G) COS 6-8pm HRW 6-8pm	<b>9</b> Family Outing TBA 10-3pm
<b>12</b> COS 12:30-2:30pm (G) HRM 12:30-2:30pm	<b>13</b> Caring Dads 6-8pm	<b>14</b>  CENTRE CLOSED FOR CULTURE CAMP	<b>15</b>  CENTRE CLOSED FOR CULTURE CAMP	<b>16</b>  CENTRE CLOSED FOR CULTURE CAMP
<b>19</b> HRM 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm (V) Triple P 12:30-2:30pm (V)	<b>20</b> MYA 10-12pm(V) Nanaandawi Odizowin 12:30-2:30pm (V) Triple P 12:30-2:30pm (V) HRW 1-3pm (V) Caring Dads 6-8pm	<b>21</b> NBP 10-12pm MYA 10-12pm (V) Nanaandawi Odizowin 12:30-2:30pm (V) Triple P 12:30-2:30pm (V) HRW 1-3pm (V)	<b>22</b> MYA 10-12pm (V) Nanaandawi Odizowin 12:30-2:30pm (V) Triple P 12:30-2:30pm (V) HRW 1-3pm (V) COS 6-8pm HRW 6-8pm	<b>23</b>  Nanaandawi Odizowin 12:30-2:30pm (V) (G)
<b>26</b> HRM 12:30-2:30pm (G) Triple P 12:30-2:30pm (V)	<b>27</b> MYA 10-12pm (V) Triple P 12:30-2:30pm (V) HRW 1-3pm (V) Caring Dads 6-8pm (G)	<b>28</b> NBP 10-12pm (G) MYA 10-12pm (V) Triple P 12:30-2:30pm (V) HRW 1-3pm (V)	<b>29</b> MYA 10-12pm (V) (G) Triple P 12:30-2:30pm (V) (G) HRW 1-3pm (V) (G) COS 6-8pm (G) HRW 6-8pm (G)	<b>30</b> Staff Medicine Picking 10-3pm

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## PARENTING PROGRAMS:

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

**Mon., May 6 - June 24, Time: 6 - 8 pm (Norma) (On-site)**

**Wed., June 12 - July 24, Time: 12:30 - 2:30 pm (Norma, Amy & Lisa) (On-site)**

**Mon. - Thurs., August 19 - 22 & 26 - 29, Time: 12:30 - 2:30 pm (Lisa & Amy) (Virtual)**

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

**M-F., May 27 - 31, Time: 1 - 3 pm (Amy) (Virtual)**

**Wed., July 24 - August 28, Time: 10 - 12 pm (Amy & TBD) (On-site)**

**Circle of Security** Participants will learn the balance of being nurturing and protective while promoting a child's independence. Parents will begin to understand what emotional needs a child may be expressing through negative behaviour.

**Thurs., May 2 - June 13, Time: 10 - 12 pm (Lisa) (Virtual)**

**Mon., June 17 - August 12, Time: 12:30 - 2:30 pm (Norma) (On-site)**

**Thurs., July 11 - August 29, Time: 6 - 8 pm (Lisa) (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., May 8 - June 19, Time: 6 - 8 pm (Lisa, Florence & Amy) (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 one evening a week for 17 weeks.

**Thurs., March 7 - June 20, Time: 6 - 8 pm (Seth & Florence) (On-site) \*Continuation from last calendar\***

**Tues., May 14 - August 27, Time: 6 - 8 pm (Norma, Amy & Louis) (On-site)**

**\*\*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., May 6 - June 10, Time: 10 - 12 PM (Linda) (On-site)**

**M-F., June 24 - 28, Time: 12:30 - 2:30 PM (Amy) (Virtual)**

**Wed., July 3 - 31, Time: 6 - 8 pm (Louis) (On-site)**

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

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627 Erin Street Phone: 204-944-4100 Fax: 204-944-2057 Email: [anfrc@gov.mb.ca](mailto:anfrc@gov.mb.ca)

## SELF IMPROVEMENT PROGRAMS:

**Healthy Relationships for Men** Educates men about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

**Wed., May 1 - June 19, Time: 12:30 - 2:30 pm (Seth) (On-site)**

**Wed., June 26 - July 31, Time: 6 - 8 pm (Florence) (Virtual)**

**Mon., July 8 - August 26, Time: 12:30 - 2:30 pm (Florence) (On-site)**

**Healthy Relationships for Women** Increases women's knowledge about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

**Mon., May 6 - June 24, Time: 12:30 - 2:30 pm (Florence & Lisa) (Virtual)**

**Thurs., July 11 - August 29, Time: 6 - 8 pm (Florence) (On-site)**

**Tues. - Thurs., August 20 - 22 & 27 - 29, Time: 1:00 - 3:00 pm (Florence) (Virtual)**

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

**Mon., May 6 - June 24, Time: 6 - 8 pm (Seth) (On-site)**

**Wed., June 26 - August 7, Time: 12:30 - 2:30 pm (Seth) (On-site)**

**Tues. - Thurs., August 20 - 22 & 27 - 29, 10:00 - 12:00 pm (Seth) (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.

**Wed., May 1 - 29, Time: 12:30 - 2:30 pm (Norma) (On-site)**

**Tues., July 2 - 30, Time: 10:00 - 12:00 pm (Florence) (Virtual)**

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

**Tues., May 7 - June 18, Time: 12:30 - 2:30 pm (Seth & Lisa) (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., May 23 - July 18, Time: 12:30 - 2:30 pm (Norma & Linda) (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., May 1 - June 12, Time 10 - 12 pm (Linda) (On-site)**

**Nurturing Families Drum Group** Will bring drum teachings to parents and children in a group setting. The intent of the program is to reunify and nurture the parent and child relationship with a focus on drum teachings. The program ends with a celebration of drumming and singing to others. Parents and children are welcome.

**Tues., July 9 - August 6, 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., May 7 - June 4, Time: 12:30 - 2:00 pm (Linda & Louis) (On-site)**

**Thurs., July 18 - August 8, Time: 10:00 - 12:00 pm (Louis) (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.

**Thurs., May 2 - 30, Time: 10 - 12 pm (Linda) (On-site)**

**M-T, July 29 - August 2, Time: 10 - 12 pm (Linda) (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., May 6 - June 10, Time: 6 - 8 pm (Louis) (On-site)**

**M-F, August 19 - 23, Time: 12:30 - 2:30 pm (Louis) (Virtual)**

**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)

**Thurs., May 23 - June 13, Time: 12:30 - 2:30 pm (Louis) (On-site)**

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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: July 30, Time: 6 - 8 pm (Louis & Seth) (On-site)**

**Full Moon** At the Full Moon Ceremony, women ask for healing and guidance. They will have an understanding of the full moon ceremony and how to practise this ceremony in their own way. The Women are invited to bring their children along for the ceremony to aid in the healing and passing on of cultural teachings.

**Ceremony Dates: May 22, June 19, & July 18, Time: 6 - 8 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: May 3, June 7, July 5 & August 2, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)**

**Summer Solstice** The Summer Solstice is considered an important and vital event for Indigenous peoples. It marks the longest day of the year. A Pipe Ceremony with invited pipe carriers provide the reverence to this very special day. The Snowbird Lodge team work on Tobacco flags, Tobacco and Cedar ties which are made and blessed at a Pipe Ceremony for both 627 Erin Street and 835 Portage Avenue offices. The old tobacco and cedar ties are taken down and burnt at a sacred fire. A feast with speakers, dancers or drum singers are invited to partake in the special event and as part of those ceremonies, a Spirit dish is prepared and blessed for the ancestors.

**Thursday, June 20, 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.

**May 31, Time: 1 - 3 pm (Linda & Louis); June 14, Time: 1 - 3 pm (Linda & Norma); July 11, Time: 1 - 3 pm (Linda & Louis) (Off-site)**

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

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

## Medicine Picking:

**Family Medicine Picking: June 11, July 15, July 22, August 7, Time 10 - 3 pm (Off-site)**

**Staff Medicine Picking: Friday, July 12 & August 30, Time 10 - 3 pm (Off-site)**

**\*Registration required for Medicine Picking.\***

## Family Outings:

**National Indigenous Peoples Day**

**Friday, June 21, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)**

**Family events for participants and their children:**

**July 19, 2024 - Location TBA (Off-site)**

**August 9, 2024 - Location TBA (Off-site)**

**Watch for information posted at the Resource Centre & register at the front desk.**

## Journey's for Youth



**Journeys for Youth** is a summer program that runs every July. The program utilized the *Circle of Courage* model, developed by Dr. Martin Brokenleg which addresses the physical, mental, spiritual and emotional well-being of an individual. We hope to provide an opportunity for youth involved with the Early Intervention Program or other agencies to take part in activities that include both rural land-based learning and urban community connections. The aim is to have youth participate in a variety of activities to generate interest in positive behaviours. As well, as to instill a sense of self-worth and increase self-esteem. To provide youth with tools they can use to make healthy lifestyle choices. To develop healthy relationships with people from all aspects of their lives.

Please note that there are limited spots available, as such acceptance into the program is not guaranteed. Youth and their parents/guardians will be notified of acceptance 3 weeks prior to the start of the program.

**Thurs. & Fri., July 11, 12, 18, 19, 25 & 26, 2024, Time 10 - 3 pm (Amy, Seth & TBD) (Off-site)**

For Journey's for Youth referral form please contact [anfrc@gov.mb.ca](mailto:anfrc@gov.mb.ca) and request one. The form must be completed and submitted electronically.

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

While masks are not mandated inside the building, they are recommended and we ask participants not to attend on-site programs if 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.

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

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

Kedeen Cummings, 204-944-4512 or via email at [Kedeen.Cummings@gov.mb.ca](mailto:Kedeen.Cummings@gov.mb.ca)

Cherylann Byard at 204-944-4107 or via email at [Cherylann.Byard@gov.mb.ca](mailto:Cherylann.Byard@gov.mb.ca)

We look forward to the opportunity to explore potential collaborations.

## BY THE STAFF



As I reflected on this past winter, I realized it was a lot like how life is. Just like our winter, we had a mix of warm sunny days and harshly cold winter days. Just like how that reflects on life we have our good days, and we have our not-so-good days. A quote that I like to tell myself on the not-so-good days is that “bad days only last 24 hours”. That way the next day is a new mindset and a whole new day ahead. I hope that this winter gave you time to reflect, rest and recharge. Warmer days, sunshine, and spring flowers are upon us. I hope that with the coming of Spring and Summer months ahead they fill you with hope, strength, and peace. I hope you take time to sit in the warm sunshine, and enjoy the flowers and plant life blooming.

By: Amy, Resource Centre Worker

It has been 8 months since I started my current role as a Resource Center Worker and it has been a transition as things are done differently from my previous role as case worker. I would like to take this opportunity to thank my co-workers and Supervisor for graciously sharing their knowledge as well as skills which has made it a smooth transition. I started facilitating the first group of Healthy Relationships for Men on Feb 7, 2024, and the second group of Healthy Relationships for Men on March 8, 2024. I must say I was not prepared to hear the men express their resistance and or anger about being made to take the program by their caseworkers. The group that started on February 7, 2024, will graduate on March 20, 2024, and so far the men in this group are providing feedback that they did not think there was anything to learn because they considered themselves good partners and fathers, but they have learned a lot from the program. By: Florence, Resource Centre Worker

I began my career in Child Welfare in 2003 and during those years I have worked in frontline child protection and later as a supervisor in the prevention side (Early Intervention Program). The transition from the Indigenous Early Intervention Program Supervisor at ANCR to the Snowbird Lodge Cultural Centre Supervisor has been a rewarding and fulfilling step in not only my career, but also my life. Getting to experience firsthand the level of engagement of the participants who access the centre has been humbling as they come feeling motivated to learn and build capacity in various areas while expanding their support system. Many friendships have been formed amongst participants and I take pleasure in hearing the chatter and laughter they share upon arrival for programs or during breaks. Some participants will openly share the experiences that bond them together and hearing those stories is often powerful that as humans, despite the challenges of life we are never alone. I am grateful for the opportunity and I am excited for the years ahead serving my community. By: Cherylann, SBLCC Supervisor

**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)**

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