

## SPRING-SUMMER PROGRAM CALENDAR - MAY - AUGUST 2025

**ANCRC'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.

**ANCRC'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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Director	Ashley	204-470-9648
Supervisors	Cherylann Kedeen	204-944-4107 204-944-4512
Administrative Support	Harold Mellissa	204-944-4268 204-944-4100
Facilitators	Lisa Norma Florence Nadia Seth Barb	204-944-6760 204-944-4117 204-944-4465 204-944-4112 204-944-4272 204-944-4106
Cultural Advisor	Linda	204-944-4297
Family Wellness Worker	Louis	204-944-4113
Traditional Helper	Jody	204-944-6735

### Bus Routes:

**Downtown** Take #11 to Portage & Wall Stop #10556

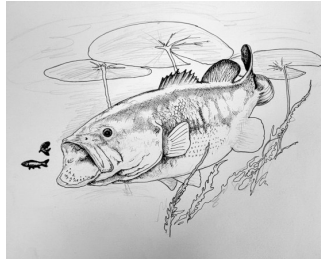
**North End** Selkirk & Main, Main & Magnus Take #15 to Downtown, transfer to #11

**St. Mary's** take #14 to Portage Downtown, transfer to #11

**St. Anne's** take #55 downtown & transfer to #11

Contact 311 for accurate bus schedule & times

### Mazini bii'ige Nanaandawi: Healing Through Art



As the artist-facilitator, I've always seen art from the perspective of a time traveler. Since humans traversed the world and using their first domicile as a canvas. The desire to express their world either through storytelling, or other art-forms such as using earth pigments

mixed with fish oil to show what was important to them at the time. From this perspective, anyone who feels they don't have the flair of Rembrandt but would still like to express their feelings, can do so in the Healing Through Art program.

Quite often some people feel that words cannot express the way they feel and would rather dust off the everyday life to find the rhythm of balance in art making process. The two models used are Indigenous teachings, found in woodland art and Adlerian art therapy as means of safe exploration of the mental and emotional self.

The first part is teaching the basic foundations of drawing and painting; secondly, the Indigenous model consists of cultural designs based on rock art paintings and legends passed on; and third, is the Adlerian form of art therapy. All these models work well together one, as technical ability, the other as cultural and the last to delve into therapeutic methodologies of seeing the gentle form in one's work.

To culminate the experience, we have an exhibition of the students work. I teach the students basic concepts of how to curate their own show, teaching them how to hang, name tags and how interaction with the audience on what their work means to them. Overall, the participants are exhilarated by the experience, especially when a patron takes great interest in their approach to an art piece, giving the work deeper meaning.

By: Louis Ogemah

M O N	T U E	W E D	T H U	F R I
			1	2  <b>Pipe Ceremony 1:30-3:30pm</b>
5 <b>Traditional Parenting 10-12:00pm (V)</b> <b>Caring Dads 6-8pm</b>	6 <b>Grief &amp; Loss 12:30-2:30pm</b> <b>COS 6-8pm (V)</b>	7 <b>HRW 10-12pm (V)</b> <b>MYA 12:30-2:30pm</b> <b>PTS 6-8pm</b>	8 <b>Indigenous Art Program 12:30-2:30pm</b> <b>PFEP 12:30-2:30pm</b> <b>Overcoming Addictions 6-8pm</b>	9
12 Traditional Parenting 10-12:00pm (V) Caring Dads 6-8pm <b>Full Moon Ceremony 6-8pm</b>	13 Grief & Loss 12:30-2:30pm COS 6-8pm (V)	14 HRW 10-12pm (V) MYA 12:30-2:30pm PTS 6-8pm	15 Indigenous Art Program 12:30-2:30pm PFEP 12:30-2:30pm Overcoming Addictions 6-8pm	16 <b>Program Meeting (staff)</b>  <b>CENTRE OPENS AT NOON</b>
19  <b>STAT HOLIDAY Victoria Day</b>	20 Grief & Loss 12:30-2:30pm <b>HRM 1-3pm (V)</b> COS 6-8pm (V)	21 HRW 10-12pm (V) MYA 12:30-2:30pm <b>Nanaandawi Odizowin 12:30-2:30pm</b> PTS 6-8pm	22 Indigenous Art Program 12:30-2:30pm PFEP 12:30-2:30pm Overcoming Addictions 6-8pm	23
26 Traditional Parenting 10-12:00pm (V) <b>Triple P 12:30-2:30pm</b> Caring Dads 6-8pm <b>Women's Wellness 6-8pm (V)</b>	27 Grief & Loss 12:30-2:30pm HRM 1-3pm (V) COS 6-8pm (V) <b>MYS 6-8pm</b>	28 HRW 10-12pm (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm PTS 6-8pm	29 Indigenous Art Program 12:30-2:30pm PFEP 12:30-2:30pm Overcoming Addictions 6-8pm	30 <b>Family Sweat Lodge 1-3pm</b>

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. (G)=Grad (last session). **Bold program title**=First or last session.

COS=Circle of Security. HRM=Healthy Relationships for Men. HRW=Healthy Relationships for Women. Mino-P=Mino-Pimatiziwin. MYA=Managing Your Anger. MYS= Managing Your Stress. PD=Positive Discipline. PFEP= Positive Foundations in Everyday Parenting. PTS=Parent Teen Series. RRHP=Red Road to Healing Program.

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
<b>2</b> Traditional Parenting 10-12:00pm (V) Triple P 12:30-2:30pm Caring Dads 6-8pm Women's Wellness 6-8pm (V)	<b>3</b> <b>Grief &amp; Loss 12:30-2:30pm (G)</b> HRM 1-3pm (V) COS 6-8pm (V) MYS 6-8pm	<b>4</b> HRW 10-12pm (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm PTS 6-8pm	<b>5</b> <b>Indigenous Art Program 12:30-2:30pm (G)</b> <b>PFEP 12:30-2:30pm (G)</b> Overcoming Addictions 6-8pm	<b>6</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>9</b> <b>Traditional Parenting 10-12:00pm (V) (G)</b> Triple P 12:30-2:30pm Caring Dads 6-8pm Women's Wellness 6-8pm (V)	<b>10</b> HRM 1-3pm (V) COS 6-8pm (V) MYS 6-8pm	<b>11</b> HRW 10-12pm (V) MYA 12:30-2:30pm Nanaandawi Odizowin 12:30-2:30pm <b>PD 12:30-2:30pm</b> <b>PTS 6-8pm (G)</b> <b>Full Moon Ceremony 6-8pm</b>	<b>12</b> <b>CLOSED FOR AGENCY DAY</b>	<b>13</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b> <b>Family Sweat Lodge 1-3pm</b>
<b>16</b> Triple P 12:30-2:30pm <b>RRH 12:30-2:30pm</b> Caring Dads 6-8pm Women's Wellness 6-8pm (V)	<b>17</b> HRM 1-3pm (V) <b>COS 6-8pm (V) (G)</b> MYS 6-8pm <b>MYA 6-8pm (V)</b>	<b>18</b> <b>HRW 10-12pm (V) (G)</b> <b>MYA 12:30-2:30 (G)</b> Nanaandawi Odizowin 12:30-2:30pm PD 12:30-2:30pm	<b>19</b> <b>Medicine (Cedar) Picking 10-3pm</b> Overcoming Addictions 6-8pm <b>HRW 6-8pm</b>	<b>20</b> <b>National Indigenous Peoples Day &amp; Summer Solstice 1:30-3:30pm</b>
<b>23</b> Triple P 12:30-2:30pm RRH 12:30-2:30pm Caring Dads 6-8pm <b>Women's Wellness 6-8pm (V) (G)</b>	<b>24</b> HRM 1-3pm (V) <b>MYS 6-8pm (G)</b> MYA 6-8pm (V)	<b>25</b> PD 12:30-2:30pm <b>Nanaandawi Odizowin 12:30-2:30pm (G)</b> <b>HRM 6-8pm</b> <b>Triple P 6-8pm (V)</b>	<b>26</b> <b>COS 10-12pm</b> <b>Overcoming Addictions 6-8pm (G)</b> HRW 6-8pm	<b>27</b> <b>Medicine (Sage) Picking 10-3pm</b>
<b>30</b> Triple P 12:30-2:30pm RRH 12:30-2:30pm Caring Dads 6-8pm				

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# JULY 2025 ANFRC-SBLCC PROGRAMS PAGE 4

MON	TUE	WED	THU	FRI
	<b>1</b>  <b>STAT HOLIDAY CANADA DAY</b>	<b>2</b>  PD 12:30-2:30pm HRM 6-8pm Triple P 6-8pm (V)	<b>3</b>  COS 10-12pm <b>Medicine (Sweetgrass) Picking 10-3pm</b> HRW 6-8pm	<b>4</b>  <b>Pipe Ceremony 1:30-3:30pm</b>
<b>7</b>  <b>Grief &amp; Loss 10-12pm (V)</b>  <b>Triple P 12:30-2:30pm (G)</b>  RRH 12:30-2:30pm Caring Dads 6-8pm	<b>8</b>  <b>NBP 10-12pm</b>  <b>HRM 1-3pm (V) (G)</b>  MYA 6-8pm (V)	<b>9</b>  PD 12:30-2:30pm HRM 6-8pm Triple P 6-8pm (V)	<b>10</b>  COS 10-12pm <b>Journey's For Youth 10-3pm</b>  HRW 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>11</b>  Journey's For Youth 10-3pm  <b>Family Sweat Lodge 1-3pm</b>
<b>14</b>  Grief & Loss 10-12pm (V)  RRH 12:30-2:30pm Caring Dads 6-8pm	<b>15</b>  NBP 10-12pm  <b>Overcoming Addic- tions 12-30-2:30pm</b>  <b>Traditional Parent- ing 12:30-2:30pm</b>  MYA 6-8pm (V)  <b>Crescent Moon Ceremony 6-8pm</b>	<b>16</b>  PD 12:30-2:30pm HRM 6-8pm Triple P 6-8pm (V)	<b>17</b>  COS 10-12pm  Journey's For Youth 10-3pm  HRW 6-8pm	<b>18</b>  Journey's For Youth 10-3pm  <b>Family Outing TBA 10-3pm</b>
<b>21</b>  Grief & Loss 10-12pm (V)  RRH 12:30-2:30pm Caring Dads 6-8pm	<b>22</b>  NBP 10-12pm  Overcoming Addic- tions 12-30-2:30pm  Traditional Parenting 12:30-2:30pm  MYA 6-8pm (V)	<b>23</b>  PD 12:30-2:30pm HRM 6-8pm Triple P 6-8pm (V)	<b>24</b>  COS 10-12pm  Journey's For Youth 10-3pm  HRW 6-8pm	<b>25</b>  Journey's For Youth 10-3pm  <b>Staff Medicine (Sage) Picking 10-3pm</b>
<b>28</b>  Grief & Loss 10-12pm (V)  RRH 12:30-2:30pm  <b>COS 1-3pm (V)</b>  Caring Dads 6-8pm	<b>29</b>  NBP 10-12pm  Overcoming Addic- tions 12-30-2:30pm  Traditional Parenting 12:30-2:30pm  COS 1-3pm (V)  MYA 6-8pm (V)	<b>30</b>  PD 12:30-2:30pm COS 1-3pm (V) HRM 6-8pm Triple P 6-8pm (V)	<b>31</b>  COS 10-12pm  <b>Journey's For Youth 10-3pm (G)</b>  COS 1-3pm (V)  <b>HRW 6-8pm (G)</b>	

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MON	TUE	WED	THU	FRI
				<b>1</b> <b>Pipe Ceremony</b> <b>1:30-3:30pm</b>
<b>4</b> <b>STAT HOLIDAY</b> <b>TERRY FOX DAY</b>	<b>5</b> NBP 10-12pm Overcoming Addictions 12:30-2:30pm Traditional Parenting 12:30-2:30pm COS 1-3pm (V) <b>MYA 6-8pm (V) (G)</b>	<b>6</b> <b>PD 12:30-2:30pm (G)</b> COS 1-3pm (V) <b>HRM 6-8pm (G)</b> <b>Triple P 6-8pm (V) (G)</b>	<b>7</b> <b>COS 10-12pm (G)</b> <b>COS 1-3pm (V) (G)</b> <b>Full Moon Ceremony 6-8pm</b>	<b>8</b> <b>Family Outing</b> <b>TBA 10-3pm</b>
<b>11</b> <b>Grief &amp; Loss</b> <b>10-12pm (V) (G)</b> <b>RRH 12:30-2:30pm (G)</b> Caring Dads 6-8pm	<b>12</b> <b>NBP 10-12pm (G)</b> Overcoming Addictions 12:30-2:30pm <b>Traditional Parenting</b> <b>12:30-2:30pm (G)</b>	<b>13</b> <b>CENTRE CLOSED</b> <b>FOR CULTURE CAMP</b>	<b>14</b> <b>CENTRE CLOSED</b> <b>FOR CULTURE</b> <b>CAMP</b>	<b>15</b> <b>CENTRE</b> <b>CLOSED</b> <b>FOR CULTURE</b> <b>CAMP</b>
<b>18</b> <b>MYS 1-3pm (V)</b> <b>Nanaandawi Odizowin</b> <b>1-3pm (V)</b> Caring Dads 6-8pm	<b>19</b> Overcoming Addictions 12:30-2:30pm MYS 1-3pm (V) <b>HRW 1-3pm (V)</b> Nanaandawi Odizowin 1-3pm (V)	<b>20</b> MYS 1-3pm (V) HRW 1-3pm (V) Nanaandawi Odizowin 1-3pm (V)	<b>21</b> MYS 1-3pm (V) HRW 1-3pm (V) Nanaandawi Odizowin 1-3pm (V) <b>Medicine (Sage) Picking 10-3pm</b>	<b>22</b> <b>MYS</b> <b>1-3pm (V) (G)</b> <b>Nanaandawi Odizowin</b> <b>1-3pm (V) (G)</b>
<b>25</b> <b>Mino-P</b> <b>10-12pm (V)</b> <b>Caring Dads</b> <b>6-8pm (G)</b>	<b>26</b> Mino-P 10-12pm (V) HRW 1-3pm (V) <b>Overcoming Addictions</b> <b>12:30-2:30pm (G)</b>	<b>27</b> Mino-P 10-12pm (V) HRW 1-3pm (V)	<b>28</b> Mino-P 10-12pm (V) <b>HRW 1-3pm (V) (G)</b>	<b>29</b> <b>Mino-P 10-12pm (V) (G)</b>

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## PARENTING PROGRAMS:

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

**Tues., May 6 - June 17, Time: 6:00 - 8:00 pm (Norma & Nadia) (Virtual)**

**Thurs., June 26 - August 7, Time: 10:00 - 12:00 pm (Norma & Florence) (On-site)**

**M-Thurs., July 28 - 31, Tues-Thurs., August 5 - 7, Time: 1:00 - 3:00 pm (Florence, Lisa) (Virtual)**

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

**Mon., May 26 - July 7, Time: 12:30 - 2:30 pm (Lisa & Nadia) (On-site)**

**Wed., June 25 - August 6, Time: 6:00 - 8:00 pm (Lisa) (Virtual)**

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

**Tues., July 8 - August 12, Time: 10:00 - 12:00 pm (Nadia & Barb) (On-site)**

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

**Wed., June 11 - August 6, Time: 12:30 - 2:30 pm (Nadia & Norma) (On-site)**

**Positive Foundations in Everyday Parenting (PFEP)** This program supports expectant parents in preparing for the challenges of parenting from birth throughout their first year of life.

**Thurs., May 8 - June 5, Time: 12:30 - 2:30 pm (Partnership with PDEL, Mosaic, Nadia) (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 7 - June 11, 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.

**Mon., May 5 - August 25, Time: 6:00 - 8:00 pm (Seth & Florence)**

**\*\*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 5 - June 9, Time: 10:00 - 12:00 pm (Barb & Louis) (Virtual)**

**Tues., July 15 - August 12, Time: 12:30 - 2:30 pm (Louis & Jody) (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](mailto:anfrc@gov.mb.ca) or you may contact us by phone at 204-944-4100.

**SELF IMPROVEMENT PROGRAMS:**

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

**Tues., May 20 - July 8, Time: 1:00 - 3:00 pm (Florence & Seth) (Virtual)**

**Wed., June 25 - August 6, Time: 6:00 - 8:00 pm (Louis & Jody) (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.

**Wed., May 7 - June 18, Time: 10:00 - 12:00 pm (Florence) (Virtual)**

**Thurs., June 19 - July 31, Time: 6:00 - 8:00 pm (Lisa) (On-site)**

**Tues.-Thurs., August 19-21 & 26-28, Time: 1:00 - 3:00 pm (Nadia) (Virtual)**

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

**Wed., May 7 - June 18, 12:30 - 2:30 pm (Seth & Lisa) (On-site)**

**Tues., June 17 - August 5, 6:00 - 8:00 pm (Florence & 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., May 27 - June 24, Time: 6:00 - 8:00 pm (Barb) (On-site)**

**M-F., August 18 - 22, Time: 1:00 - 3:00 pm (Barb & 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., May 8 - June 26, Time: 6:00 - 8:00 pm (Seth) (On-site)**

**Tues., July 15 - August 26, Time: 12:30 - 2:30 pm (Seth) (On-site)**

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**INDIGENOUS PROGRAMS:**

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

**Mon., June 16 - August 11, Time: 12:30 - 2:30 pm (Norma & Jody) (On-site)**

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

**Mon., May 26 - June 23, Time: 6:00 - 8:00 pm (Norma) (Virtual)**

**Grief & Loss** Focuses on understanding Grief and Loss and its effects on the individual. The program uses Indigenous methods of healing. The first session includes Pipe Ceremony Teachings and the last (on-site only) session there is a sacred fire.

**Tues., May 6 - June 3, Time: 12:30 - 2:30 pm (Barb & Louis) (On-site)**

**Mon., July 7 - August 11, Time: 10:00 - 12:00 pm (Louis & Barb) (Virtual)**

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

**M-F, August 25 - 29, , Time: 10:00 - 12:00 pm (Linda & 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.

**Wed., May 21 - June 25, Time: 12:30 - 2:30 pm (Louis & Jody) (On-site)**

**M-F., August 18 - 22, Time: 1:00 - 3:00 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 8 - June 5, Time: 12:30 - 2:30 pm (Louis & 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.

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 “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, July 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 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: Monday, May 12, 2025; Wednesday, June 11, 2025; Thursday, July 10, 2025; & Thursday, August 7, 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, May 2, June 6, July 4 & August 1, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)**

**Summer Solstice & National Indigenous Peoples Day** 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. This year’s Summer Solstice and National Indigenous Peoples Day will be celebrated as one event.

**Friday, 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.

**Friday, May 30, June 13, & July 11, Time: 1:00 - 3:00 pm (Louis & Jody)**

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:**

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 1 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.

**Family Medicine Picking: Thursday, June 19; Friday, June 27; & Thursday, July 3; Time 10:00 - 3:00 pm (Off-site)**

**Staff Medicine Picking: Friday, July 25, Time 10:00 - 3:00 pm (Off-site)**

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

**FAMILY OUTINGS:**

Join us for a delightful day out with your family, supported by the Agency and the Early Intervention Program! These events are designed to provide a fun and supportive environment where families can bond, engage in exciting activities, and create lasting memories together. Don't miss out on this wonderful opportunity to enjoy quality time with your loved ones!

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

**Friday, July 18, Time: 10:00 - 3:00 pm, Location: TBA (Off-site)**

**Friday, August 8, Time: 10:00 - 3:00 pm, 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 10, 11, 17, 18, 24, 25 & 31 , Time 10:00 - 3:00 pm (Seth, Nadia & Barb) (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.

## MAZINI-BII'IGE NANAANDAWI (INDIGENOUS ART PROGRAM)



### Photo Transfer

"I chose this photo to transfer because it captures the essence of the love we share. I also chose to paint the universe and stars as our background because the love we share was written in the stars before we even knew one another excited and therefore was always meant to be."

By: Eve Divine Gabrielle

### Floral Design Acrylic on Paper

"The Indigenous Art program was a valuable experience for me. I learned new techniques and gained a deeper appreciation for indigenous styles. The class was welcoming, and I felt supported throughout the entire program."

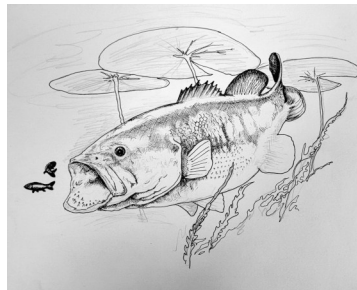
By: Mina Sinclair



### From the Artist's messy studio

The fishing nostalgia: The process, as I as an artist is much like this example where I draw the individual subject, in this case various types of fishing. I later transpose each of the drawings and compose them onto one main illustration where the audience views them, as to what they feel tugs on them, that little piece of nostalgia of fishing.

By: Louis Ogemah



**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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**HOUSEKEEPING:**

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

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

In preparation for virtual programs, participants will receive a reminder and detailed instructions via email 1-2 weeks prior to the start date. The communication will include the necessary link for joining the virtual group. Program materials will be mailed following the first session, ensuring their timely arrival for the second session. Additionally, upon successful program completion, participants can anticipate receiving Virtual Program completion letters and certificates, which will be mailed upon completion of the program.

While masks are not mandated inside the building, they are recommended and we ask participants not to attend on-site programs if they are ill. Masks will be provided for those who want to wear one.

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

**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, 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.

**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)**