



All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



SPRING/SUMMER PROGRAM CALENDAR - MAY - AUGUST 2026

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	204-944-4107
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	Norma	204-944-4117
	Florence	204-944-4465
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	Seth	204-944-4272
	Barb	204-944-4106
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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.



Celebrating Harold Miller: A Legacy of Warmth, Dedication, and Community

After more than two decades of unwavering service in Child and Family Services, we bid a heartfelt farewell this July to someone who has become synonymous with warmth, reliability, and community care. For over 10 years, Harold has been a steady, welcoming presence at the All Nations Family Resource Centre greeting families with kindness, supporting colleagues with generosity, and embodying the spirit of early intervention work.



Harold's role has always been so much more than a job description. He has been the first friendly face families see when they walk through our doors, often at moments when they need compassion the most. Over the years, he has built countless relationships with caregivers, children, and community partners, offering not only resources but also dignity, respect, and genuine connection.

His professionalism, teamwork, and deep commitment to families have left an indelible mark on our agency. As a member of both the All Nations Family Resource Centre team and the broader Early Intervention Program, Harold has contributed to shaping a culture of safety, belonging, and trust. His positive attitude has lifted spirits on difficult days, and his expertise has strengthened our collective ability to serve families with care and integrity.

As Harold's supervisor, I have had the privilege of witnessing his dedication up close. He has been a stalwart advocate, ensuring every phone call is answered with patience, every visitor is treated with understanding, and every family feels heard. His presence has been a grounding force for staff and community members alike.

While we will deeply miss Harold's daily contributions, we celebrate this new chapter in his life with gratitude and admiration. His legacy will continue to echo through the families he supported, the colleagues he uplifted, and the community he helped strengthen.

Please join us in honouring Harold's remarkable career and wishing him joy, rest, and adventure in his well earned retirement.

By: Kedeen Cummings

RETIREMENT ACKNOWLEDGEMENTS

Harold has been a valued member of the ANCR team since ANCR first opened its doors in 2007. Since this time, he spent many years at our front reception before moving to the Resource Centre where he has been since 2012. Throughout the years, Harold has been the welcoming face of ANCR and the first person people see when they arrive at our buildings. His dedication to his role and his kindness and respect for the families we support has been immeasurable. His organized and dependable nature has been a great addition to the ANCR team. While we are excited for his retirement journey, we will also greatly miss the warmth and welcoming qualities he brings to the Resource Centre. Wishing you all the best Harold and thank you for your many years of dedicated service to ANCR! Sandie and all of Executive Management

One of the most important things when someone walks into a new space feeling vulnerable is that they feel welcomed the moment they step through the front door. At the Resource Centre, Harold is that person. He greets everyone with a warm smile, offering the first friendly face people see when they arrive. Over the past year, I've had the privilege of getting to know Harold and to truly appreciate the wonderful person he is and the many ways he enriches the Resource Centre. His kindness, presence, and dedication make a lasting difference. Not to mention his wonderful sense of style. Harold's legacy at ANCR will endure long after his retirement. Harold, I wish you well as you begin this next chapter of your journey! Ashley Brown

Harold, although we've worked together for the past 16 years, it's really been in the last three that I've truly gotten to know you. I've appreciated your guidance in navigating the ins and outs of the Resource Centre. I'm going to miss your sense of humor and your quick wit. You were always the friendly face we expected to see when we walked into work each day. The Resource Centre will feel a little lonelier without your presence. Enjoy your retirement — it is so well deserved! Cherylann

Harold, I will miss you quick wit, quiet strength and patience, and charming personality. You were never too busy to say hello and exchange kind and funny words to anyone who crossed your path. You have worked so hard all these years at ANCR, it time to now enjoy some well deserved "Harold time". I wish you all the best as you embark on your retirement and journey of freedom! Tanis Thompson

Dearest Harold, You are going to be surely missed. I have had the pleasure of working with you and calling you a friend at the Resource Centre. I am sad to see you leave but also happy for you on this new journey of retirement. No one will ever be able to replace the unique aura you bring and that is what will be missed the most. We all wish you the best, congratulations on your retirement and keep in touch! Your friend, Nadia

I want to acknowledge Harold Miller I am so happy for him in his retirement. Wow so many awesome years. Always greeting staff and people in a good way. Helps me with my many questions. Very respectful and kind. I loved his jokes and sharing stories. I will miss him. Linda

Harold, congratulations on your retirement and 20 years with ANCR. Your humour always made the workplace brighter and brought plenty of laughs along the way. You will be greatly missed, and it won't be quite the same around here without you. Wishing you all the best and lots of enjoyment in retirement. Barb


Harold we are wishing you a wonderful retirement filled with good health, peace, love, and time with special friends and family. We want to acknowledge your many years of hard work and dedication to child welfare and ANCR, it's been great working with you all these years and getting to know you. Congratulations on reaching this exciting milestone! Enjoy the time to do all the things that you enjoy and love the most. Warm regards, Barbara Lisi, Farnoosh Khaloei, and Nick Mauws (ANCR Wichihiwewin Program)

My survivor brother! May you outwit, outplay and outlast during your retirement! Maybe you should apply now for Survivor since you will have all that spare time! Congratulations! You will be missed! ps. You can still be in the office pool! Trish Bedard

MON	TUE	WED	THU	FRI
				1 Pipe Ceremony 1:30-3:30pm
4 Overcoming Addictions 6-8pm Full Moon Ceremony 6-8pm	5 COS 12:30-2:30pm Caring Dads 6-8pm	6 PTS 6-8pm	7 HRW 6-8pm PDEP 6-8pm	8 CENTRE CLOSED
11 Overcoming Addictions 6-8pm	12 MYA 10-12pm (V) COS 12:30-2:30pm Caring Dads 6-8pm	13 HRM 10-12pm (V) PTS 6-8pm	14 HRW 6-8pm PDEP 6-8pm	15
18 STAT HOLIDAY VICTORIA DAY	19 MYA 10-12pm (V) COS 12:30-2:30pm Caring Dads 6-8pm MYS 6-8pm Traditional Parenting 6-8pm (V)	20 HRM 10-12pm (V) Mino-P 10-12pm PTS 6-8pm	21 Grief & Loss 10-12pm (V) HRW 6-8pm PDEP 6-8pm	22 CENTRE CLOSED
25 NPP 10-12pm Overcoming Addictions 6-8pm	26 MYA 10-12pm (V) COS 12:30-2:30pm Caring Dads 6-8pm MYS 6-8pm Traditional Parenting 6-8pm (V)	27 HRM 10-12pm (V) Mino-P 10-12pm RRHP 12:30-2:30pm PTS 6-8pm	28 Grief & Loss 10-12pm (V) HRW 6-8pm PDEP 6-8pm Full Moon Ceremony 6-8pm	29

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 Parenting. 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.

MON	TUE	WED	THU	FRI
<p>1</p> <p>NPP 10-12pm</p> <p>Overcoming Addictions 6-8pm</p>	<p>2</p> <p>MYA 10-12pm (V)</p> <p>COS 12:30-2:30pm</p> <p>Caring Dads 6-8pm</p> <p>MYS 6-8pm</p> <p>Traditional Parenting 6-8pm (V)</p>	<p>3</p> <p>HRM 10-12pm (V)</p> <p>Mino-P 10-12pm</p> <p>RRHP 12:30-2:30pm</p> <p>PTS 6-8pm</p>	<p>4</p> <p>Grief & Loss 10-12pm (V)</p> <p>HRW 6-8pm</p> <p>PDEP 6-8pm</p>	<p>5</p> <p>Pipe Ceremony 1:30-3:30pm</p>
<p>8</p> <p>NPP 10-12pm</p> <p>Overcoming Addictions 6-8pm</p> <p>Crescent Moon Ceremony 6-8pm</p>	<p>9</p> <p>MYA 10-12pm (V)</p> <p>COS 12:30-2:30pm</p> <p>Caring Dads 6-8pm</p> <p>MYS 6-8pm</p> <p>Traditional Parenting 6-8pm (V)</p>	<p>10</p> <p>HRM 10-12pm (V)</p> <p>Mino-P 10-12pm</p> <p>RRHP 12:30-2:30pm</p> <p>PTS 6-8pm (G)</p>	<p>11</p> <p>Grief & Loss 10-12pm (V)</p> <p>Family Sweat Lodge 1-3pm</p> <p>HRW 6-8pm</p> <p>PDEP 6-8pm</p>	<p>12</p> <p>Medicine Picking (Cedar) 10-3pm</p>
<p>15</p> <p>NPP 10-12pm</p> <p>Nanaandawi Odizowin 12:30-2:30pm</p> <p>Overcoming Addictions 6-8pm</p>	<p>16</p> <p>MYA 10-12pm (V)</p> <p>COS 12:30-2:30pm</p> <p>Caring Dads 6-8pm</p> <p>MYS 6-8pm (G)</p> <p>Traditional Parenting 6-8pm (V) (G)</p>	<p>17</p> <p>HRM 10-12pm (V)</p> <p>Mino-P 10-12pm (G)</p> <p>RRHP 12:30-2:30pm</p> <p>COS 6-8pm</p>	<p>18</p> <p>Grief & Loss 10-12pm (V) (G)</p> <p>HRW 6-8pm (G)</p> <p>PDEP 6-8pm</p>	<p>19</p> <p>Summer Solstice & National Indigenous Peoples Day 1:30-3:30pm</p>
<p>22</p> <p>NPP 10-12pm</p> <p>Nanaandawi Odizowin 12:30-2:30pm</p> <p>Overcoming Addictions 6-8pm (G)</p>	<p>23</p> <p>HRW 10-12pm (V)</p> <p>MYA 10-12pm (V) (G)</p> <p>COS 12:30-2:30pm (G)</p> <p>Caring Dads 6-8pm</p>	<p>24</p> <p>HRM 10-12pm (V) (G)</p> <p>RRHP 12:30-2:30pm</p> <p>COS 6-8pm</p>	<p>25</p> <p>Traditional Parenting 12:30-2:30pm</p> <p>PDEP 6-8pm</p>	<p>26</p>
<p>29</p> <p>NPP 10-12pm (G)</p> <p>Nanaandawi Odizowin 12:30-2:30pm</p> <p>PDEP 12:30-2:30pm</p> <p>Women's Teachings 12:30-2:30pm</p> <p>Full Moon Ceremony 6-8pm</p>	<p>30</p> <p>HRW 10-12pm (V)</p> <p>Caring Dads 6-8pm</p>			


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 **Parenting**. 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.

MON	TUE	WED	THU	FRI
		1 STAT HOLIDAY CANADA DAY	2 Traditional Parenting 12:30-2:30pm PDEP 6-8pm (G)	3 Pipe Ceremony 1:30-3:30pm
6 Nanaandawi Odizowin 12:30-2:30pm PDEP 12:30-2:30pm Women’s Teachings 12:30-2:30pm MYA 6-8pm	7 HRW 10-12pm (V) Caring Dads 6-8pm HRM 6-8pm	8 RRHP 12:30-2:30pm COS 6-8pm Grief & Loss 6-8pm	9 Journey’s For Youth 10-3pm Traditional Parenting 12:30-2:30pm	10 Family Sweat Lodge 1-3pm Journey’s For Youth 10-3pm
13 Nanaandawi Odizowin 12:30-2:30pm PDEP 12:30-2:30pm Women’s Teachings 12:30-2:30pm MYA 6-8pm	14 HRW 10-12pm (V) Medicine Picking (Sage) 10-3pm Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm	15 RRHP 12:30-2:30pm COS 6-8pm Grief & Loss 6-8pm	16 Journey’s For Youth 10-3pm Traditional Parenting 12:30-2:30pm	17 Journey’s For Youth 10-3pm
20 Nanaandawi Odizowin 12:30-2:30pm (G) PDEP 12:30-2:30pm Women’s Teachings 12:30-2:30pm MYA 6-8pm	21 Staff Medicine Picking (Sage) 10-3pm HRW 10-12pm (V) Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	22 RRHP 12:30-2:30pm (G) COS 6-8pm Grief & Loss 6-8pm	23 Journey’s For Youth 10-3pm Traditional Parenting 12:30-2:30pm (G)	24 Journey’s For Youth 10-3pm (G)
27 PDEP 12:30-2:30pm Women’s Teachings 12:30-2:30pm (G) MYA 6-8pm	28 HRW 10-12pm (V) Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm	29 CENTRE CLOSED FOR CULTURE CAMP	30 CENTRE CLOSED FOR CULTURE CAMP	31 CENTRE CLOSED FOR CULTURE CAMP

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MON	TUE	WED	THU	FRI
3 STAT HOLIDAY TERRY FOX DAY	4 HRW 10-12pm (V) (G) Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm HRM 6-8pm	5 COS 1-3pm (V) COS 6-8pm Staff Medicine Picking (Sage) 10-3pm Grief & Loss 6-8pm	6 COS 1-3pm (V) Family Sweat Lodge 1-3pm	7 COS 1-3pm (V) Pipe Ceremony 1:30-3:30pm
10 Mino-P 1-3pm (V) PDEP 12:30-2:30pm COS 1-3pm (V) MYA 6-8pm	11 Mino-P 1-3pm (V) Overcoming Addictions 12:30-2:30pm COS 1-3pm (V) Caring Dads 6-8pm HRM 6-8pm	12 Mino-P 1-3pm (V) COS 1-3pm (V) COS 6-8pm Grief & Loss 6-8pm (G)	13 Mino-P 1-3pm (V) COS 1-3pm (V)	14 Mino-P 1-3pm (V)(G) COS 1-3pm (V) (G)
17 Medicine Picking (Sage) 10-3pm MYA 6-8pm PDEP 12:30-2:30pm	18 Overcoming Addictions 12:30-2:30pm HRW 1-3pm (V) Caring Dads 6-8pm (G) HRM 6-8pm (G)	19 HRW 1-3pm (V) COS 6-8pm (G) Crescent Moon Ceremony 6-8pm	20 HRW 1-3pm (V) Staff & Families Medicine Picking (Sweetgrass) 10-3pm 6-8pm	21 Family Outing TBA 10-3pm
24 PDEP 12:30-2:30pm HRW 1-3pm (V) MYS 1-3pm (V) MYA 6-8pm (G)	25 Overcoming Addictions 12:30-2:30pm (G) HRW 1-3pm (V) MYS 1-3pm (V)	26 HRW 1-3pm (V) MYS 1-3pm (V)	27 HRW 1-3pm (V) (G) MYS 1-3pm (V) Full Moon Ceremony 6-8pm	28 MYS 1-3pm (V)(G)
31 PDEP 12:30-2:30pm (G)				

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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 5 - June 23, Time: 12:30 - 2:30 pm (Lisa & Florence) (On-site)

Wed., June 17 - August 19, Time: 6:00 - 8:00 pm (Lisa & Florence) (On-site)

Wed. - Fri., August 5 - 7, Mon. - Fri., August 10 - 14, Time: 1:00 - 3:00 pm (Norma) (Virtual)

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

Mon., May 25 - June 29, Time: 10:00 - 12:00 pm (Barb & Nadia) (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.

Thurs., May 7 - July 2, Time: 6:00 - 8:00 pm (Nadia & Seth) (On-site)

Mon., June 29 - August 31, Time: 12:30 - 2:30 pm (Florence & 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 6 - June 10, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)

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.

Tues., May 5 - August 18, Time: 6:00 - 8:00 pm (Norma & Louis) (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.

Tues., May 19 - June 16, Time: 6:00 - 8:00 pm (Linda) (Virtual)

Thurs., June 25 - July 23, Time: 12:30 - 2:30 pm (Linda) (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.

Wed., May 13 - June 24, Time: 10:00 - 12:00 pm (Florence) (Virtual)

Tues., July 7 - August 18, Time: 6:00 - 8:00 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.

Thurs., May 7 - June 18, Time: 6:00 - 8:00 pm (Lisa & Florence) (On-site)

Tues., June 23 - August 4, Time: 10:00 - 12:00 pm (Nadia) (Virtual)

Tues.-Thurs., August 18-20, Mon. - Thurs., August 24 - 27, Time: 1:00 - 3:00 pm (Florence & Lisa) (Virtual)

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

Tues., May 12 - June 23, Time: 10:00 - 12:00 pm (Seth) (Virtual)

Mon., July 6 - August 24, 6:00 - 8:00 pm (Seth) (On-site)

Managing Your Stress This program offers a safe and non-judgmental environment for individuals to learn various strategies for managing their stress in healthy ways.

Tues., May 19 - June 16, Time: 6:00 - 8:00 pm (Barb) (On-site)

M-F., August 24 - 28, Time: 1:00 - 3:00 pm (Barb) (Virtual)

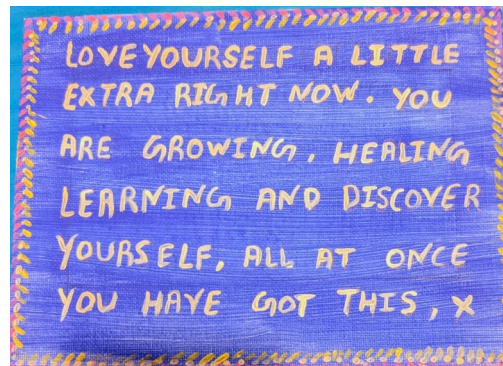
Overcoming Addictions Provides participants with the knowledge of different types of addictions, motivation to change, triggers, relapse prevention and self-care strategies.

Mon., May 4 - June 22, Time: 6:00 - 8:00 pm (Seth & Norma) (On-site)

Tues., July 14 - August 25, 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.

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., May 27 - July 22, Time: 12:30 - 2:30 pm (Norma & Jody) (On-site)

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.

Mon., June 29 - July 27, Time: 12:30 - 2:30 pm (Linda & Barb) (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.

Thurs., May 21 - June 18, Time: 10:00 - 12:00 pm (Barb & Louis) (Virtual)

Wed., July 8 - August 12, Time: 6:00 - 8:00 pm (Louis) (On-site)

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.

Wed., May 20 - June 17, Time: 10:00 - 12:00 pm (Linda & Louis) (On-site)

M-F, August 10 - 14, 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.

Mon., June 15 - July 20, Time: 12:30 - 2:30 pm (Louis & Norma) (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 “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: Monday, June 8 & Wednesday, August 19, 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 4; Thursday, May 28; Monday, June 29; & Thursday, August 27, 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 1, June 5, July 3 & August 7, 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 200 Main Street 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 19, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)

Family Sweat Lodge The Sweat Lodge is a part of the cultural and purification practice that the Indigenous People’s of Minising Mikiinaak (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, June 11; Friday, July 10, & Thursday, August 6, Time: 1:00 - 3:00 pm (Linda & Jody) (Off-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.

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.

Family Medicine Picking: June 12, July 14 & August 17; Time 10:00 - 3:00 pm (Off-site)

Staff Medicine Picking: July 21 & August 5; Time 10:00 - 3:00 pm (Off-site)

Family & Staff Medicine: August 20; 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! This event is 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, August 21, Time: 10:00 - 3:00pm, Location TBA (Off-site)

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

Journey's for Youth

This summer, our Journeys for Youth and Buffalo Riders programs will run side by side, offering participants a rich blend of cultural learning, personal growth, and community connection. Journeys for Youth, grounded in the Circle of Courage model developed by Dr. Martin Brokenleg, supports the physical, mental, spiritual, and emotional well-being of young people through a mix of rural land based activities and urban community experiences designed to build confidence, healthy relationships, and positive decision making skills. Alongside it, Buffalo Riders created by the Thunderbird Partnership Foundation provides a culturally rooted early intervention program for Indigenous youth at risk for substance use, strengthening emotional intelligence, resilience, and cultural identity through guided sessions led by trained facilitators. Together, these programs aim to empower youth with meaningful experiences, supportive connections, and tools for lifelong wellness.

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 9, 10, 16, 17, 23 & 24, Time 10:00 - 3:00 pm (Seth, Nadia & Barb) (Off-site)

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

Housekeeping:

Childminding services will unfortunately not be available for this calendar period. 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.

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

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:

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, 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)