



# All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



## WINTER PROGRAM CALENDAR - JANUARY - APRIL 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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Supervisors	Cheryllann Kedeem	204-944-4107 204-944-4512
	Harold Mellissa	204-944-4268 204-944-4100
Facilitators	Lisa	204-944-6760
	Norma	204-944-4117
	Florence	204-944-4465
	Nadia	204-944-4112
	Seth	204-944-4272
Cultural Advisor	Linda	204-944-4297
	Louis	204-944-4113
Family Wellness Worker	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

Goodbye for now!!

Hello everyone! It is with mixed emotions that I sit down and pen this final message as the Early Intervention Program Director, the program where I have spent the final 3.5 years of my career. I will be retiring from ANCR in April 2025 after 33 years having the honour of working in child welfare. Making the decision to end my career with this program has allowed me to see, firsthand the excellent work that goes in to supporting children and families here at ANCR.



ANCRC's Early Intervention program provides culturally responsible and supportive services to families aimed to reduce risk and help get the families what they need, to be able to safely care for their children. The program does this in a way that has the children and family's needs as primary to the process and allows for them to make decisions toward their own healing and improved circumstances, while also ensuring the safety of children. The success of this program is because of the dedicated EIP workers and supervisors whose practice exemplifies the sacred teachings of Respect, Bravery, Honesty, Humility, Wisdom, Truth and Love.

During the last few years, I have been fortunate to be a part of many EIP events such as family Holiday parties, Metis celebrations, Equinox/Solstice celebrations and pipe ceremonies to name a few. One of the most memorable for me was attending Culture Camp in the Summer of 2023. It was there that I witnessed the bonds between children and parents, and the impacts of providing resources and supports to children and families, up close and personal. It was a very spiritual and life changing experience.

I can honestly say that I feel very privileged to have worked within child welfare for this many years. There is no doubt that the profession is, at times, challenging, frustrating and often filled with sadness. For those who have chosen this profession can attest to, also to know that it is rewarding and humbling to be allowed to walk with people during their most difficult times. As I have always believed, we are in the business of Hope. To young professionals; go easy on yourself, be kind to yourself and understand that you will make mistakes- we all do. Above all else, practice kindness and humility in your professional journey.... this is the most important work.

During my time at ANCR, I have been blessed to have worked within the After-Hour's, Screening, Reception, Intake, Abuse, Wichihewin and Early Intervention Programs and I will miss all of the staff here. Special thanks to my colleagues in the senior management team, including the ED Sandie Stoker for being part of a hard working and committed team.

At this point, I do not know who will take on the role when I leave but I have no doubt that the program will be in good hands. I say thank you and miigwetch until we meet again!

Sincerely  
Marnie Saunderson

## RETIREMENT ACKNOWLEDGEMENTS

In recognition of Marnie's upcoming retirement in April 2025, I am honored to acknowledge her commitment to ANCR, and to the children and families of Manitoba. Marnie officially joined ANCR in 2012 however, she has been a member of the ANCR team since we received our mandate in February 2007. Marnie has performed numerous roles at ANCR, including Intake worker, Differential Response Coordinator, Intake Screening Supervisor, Intake Supervisor, Program Director of Intake Screening and Program Development, Program Director of the Intake Assessment Program and currently the Program Director for the Early Intervention Program, Wichihewin and Reception. Marnie was instrumental in several initiatives at ANCR including the training and implementation of Structured Decision Making and the development of the ANCR service delivery model. She has done a fantastic job representing ANCR internationally, presenting on Differential Response and Safe and Together. Marnie is also a leader of the Culture and Diversity Committee and manages student placements. Her contributions to ANCR and to the profession of child welfare are substantial. We have been very fortunate to have her as a member of the ANCR team.

Marnie is a phenomenal ambassador for the profession of social work and child and family services. She is kind, compassionate, and dedicated to helping and strengthening families. Her commitment to the work we do is unwavering. She is a strong advocate for human rights and practices from a strength-based perspective incorporating respect for human dignity, social justice, and culturally safe and agile services. As a colleague, manager and leader, Marnie is dedicated to her team's well-being and professional development. She always makes time for people, is very approachable and conducts herself with humility, respect and courage. She has a way of making everyone she interacts with feel heard, respected and cared for. Marnie's strengths and contributions are evident throughout ANCR and we will all feel a loss when she retires next year.

I would like to take this opportunity to thank Marnie for her commitment and numerous contributions to ANCR and Manitoba CFS. ANCR is proud and grateful that you have been a part of our team and wish you all the best as you move forward. **Sandie Stoker,**  
*Executive Director*



Zaagate (The light at the edge before the sun rises), Marnie lives by her name; She is the light before the sun rises into people's life.

As we celebrate Marnie's retirement and say goodbye to a truly remarkable leader in child welfare, we reflect on the profound impact she has had on our lives and the rippling effect it has had in the lives of countless children and families. Marnie lives by the principle that the only way to convert intellectual knowledge into wisdom is through action, experience and insight. She expresses her leadership through action and is a strong advocate for indigenous programming in Indigenous and Metis gatherings, medicine picking, and programming for culture camp. Marnie's unwavering commitment to excellence and her ability to inspire others have transformed our workplace into a nurturing environment where every voice feels heard. With a heart full of empathy and a mind sharp with insight, she has navigated challenges with grace, leaving behind a legacy of positive change. While we will miss Marnie's guidance and warmth, as she steps into this new season of her life; may her path be lit with the joy of family, the warmth of community, and the knowledge that the work here will carry on in the hearts of those you have touched. *May the Creator bless you with continued wisdom and peace.* **SBLCC**



I have had the pleasure of working with Marnie for the last three and half years in EIP, and a handful of years in the Intake Program. Throughout all the highs and lows of each program over the years, Marnie strived to have a positive attitude, support her staff, work with integrity and compassion, and the utmost professionalism. Marnie, I have thoroughly enjoyed working with you and while I don't want to see you go, I wish you all the best as you begin your well deserved retirement. She will be surely missed by not only all of EIP but ANCR as a whole. Thank you for your dedicated years to ANCR and child welfare. **Tanis**

## RETIREMENT ACKNOWLEDGEMENTS

As you step into this exciting new chapter of your life, I would like to take a moment on behalf of Wichihiwewin Program and myself, to express our deepest gratitude for everything you have contributed to our team and the impact you have had on my own professional journey. Your leadership has been a beacon of guidance and inspiration, shaping not only our work culture but also the way we approach challenges and opportunities. Your wisdom, patience, and unshakeable commitment to excellence have set a standard we will continue to strive towards. More than just a boss, you have been a mentor and a role model to all of us.

While we will miss your leadership, your humor, and your knack for knowing exactly how to motivate the team, we are excited for what lies ahead for you. Retirement is a well-earned reward for your years of hard work and dedication, and we hope it brings you new adventures, relaxation, and joy. You've certainly earned it.

Thank you for everything. You've made a lasting impact, and I know I speak for everyone when I say we will carry forward the values and lessons you instilled in us. Wishing you all the best in this new phase of life. **Farnoosh & Wichihiwewin Team**

Dear Marnie,

Congratulations on your upcoming retirement from ANCR. Your support and guidance over the years has helped each of us as individuals grow and develop as professionals. We sincerely appreciate all that you've done to make working at ANCR a positive work environment. Bosses like you who support their team no matter what is hard to come by. We admire and respect how hard you've worked over your long career and the huge difference you made along the way.

You've been a great leader/mentor for us and the workplace will not be the same without you. We wish you nothing but the best in the next chapter of your life with your loved ones. Thanks again for everything and happy retirement. Best Wishes, **Clarissa, Helen and Shannon**

Congratulations on a long, dedicated, and impactful career Marnie!

I've had the privilege of working with you in a number of different capacities/programs during my time with ANCR. I'm immensely grateful for the guidance, kindness, honesty, and leadership you shared with us over the years. You have made a significant and positive lasting impact for many throughout your career that extend beyond the walls of this building. "Never underestimate the valuable and important difference you make in every life you touch. For the impact you make today has a powerful rippling effect on every tomorrow." – Anonymous. *The ripples/waves you made throughout your career will continue!* Congratulations on your Retirement and this exciting new journey! **Kaleigh Pasternak**

Congratulations Marnie on your retirement, it is well deserved. We would like to thank you and acknowledge your time and dedication to the Intake Program as our Manager and Leader. During our time with you, we benefited from your knowledge, your wisdom, your kind and caring heart. We thank you for your leadership, your direction, your teachings and wisdom in our time of need. We wish all the best! **Nicole and Crystal**



MARNIE!!! Do you remember the time we first met? That is okay I don't either because it was so long ago. A time when we were known as JIRU a time when we were known as WCFS a time when the cavemen were doing nothing but grunting, a time well you get the picture, a long time ago. Here we are now getting ready to say our goodbyes and all I have to say is Marnie, I wish you all the best in this next stage of life. All the best in spending every single day with the man you love side by side forever and ever. Take care Marnie. Enjoy it love it and most of all only look forward. **Harold**

Have no fear, Marnie is here!

You are one of a kind, and always willing to go tell us what is on your mind. When we have struggles you were here to help with the troubles.

Marnie is always calm/ consistent with a smile and always willing to go the extra mile. You had our back and that is a fact.

Marnie you are a leader, through and through, you always knew what to do. You will be hard to replace and will have big shoes to fill, we will miss you and wish you goodwill. Congratulations on a job well done, and you can't be outdone.

You have outwitted, outplayed and outlasted CFS, the EIP tribe has spoken!!! **Angela & Kia**

<b>M O N</b>	<b>T U E</b>	<b>W E D</b>	<b>T H U</b>	<b>F R I</b>
		<b>1</b>  <b>New Year's Day</b>  <b>CENTRE CLOSED</b>	<b>2</b>	<b>3</b>  <b>Pipe Ceremony</b> <b>1:30-3:30pm</b>
<b>6</b>  <b>Grief &amp; Loss</b> <b>10-12pm (V)</b>  <b>MYS 1-3pm (V)</b>	<b>7</b>  Grief & Loss 10-12pm (V)  MYS 1-3pm (V)	<b>8</b>  Grief & Loss 10-12pm (V)  MYS 1-3pm (V)	<b>9</b>  Grief & Loss 10-12pm (V)  MYS 1-3pm (V)	<b>10</b>  <b>Grief &amp; Loss</b> <b>10-12pm (V)</b> <b>(G)</b>  <b>MYS 1-3pm (V)</b> <b>(G)</b>
<b>13</b>  <b>Indigenous Art</b> <b>Program 12:30-2:30pm</b>  <b>Overcoming Addictions</b> <b>6-8pm</b>  <b>Triple P 6-8pm (V)</b>  <b>Full Moon Ceremony</b> <b>6-8pm</b>	<b>14</b>  <b>NBP 12:30-2:30pm</b>  <b>Caring Dads 6-8pm</b>	<b>15</b>  <b>MYA 10-12pm</b>  <b>HRW 6-8pm (V)</b>	<b>16</b>  <b>Drop in: Tea &amp; a Teach-</b> <b>ing 10:00-12:00pm</b>  <b>Visionaries 4-6pm (V)</b>  <b>PD 6-8pm</b>	<b>17</b>  <b>Program</b> <b>Meeting</b> <b>(staff)</b>  <b>CENTRE OPENS</b> <b>AT NOON</b>
<b>20</b>  Indigenous Art Program 12:30-2:30pm  Overcoming Addictions 6-8pm  Triple P 6-8pm (V)	<b>21</b>  NBP 12:30-2:30pm  Caring Dads 6-8pm	<b>22</b>  MYA 10-12pm  <b>Women's Wellness</b> <b>12:30-2:30pm</b>  HRW 6-8pm (V)  <b>PTS 6-8pm</b>	<b>23</b>  <b>COS 10-12pm (V)</b>  Visionaries 4-6pm (V)  PD 6-8pm  <b>Crescent Moon</b> <b>Ceremony 6-8pm</b>	<b>24</b>
<b>27</b>  Indigenous Art Program 12:30-2:30pm  <b>Mino-P 1-3pm (V)</b>  Overcoming Addictions 6-8pm  Triple P 6-8pm (V)	<b>28</b>  NBP 12:30-2:30pm  Mino-P 1-3pm (V)  Caring Dads 6-8pm	<b>29</b>  MYA 10-12pm  Women's Wellness 12:30-2:30pm  Mino-P 1-3pm (V)  HRW 6-8pm (V)  PTS 6-8pm	<b>30</b>  COS 10-12pm (V)  Mino-P 1-3pm (V)  Visionaries 4-6pm (V)  PD 6-8pm	<b>31</b>  <b>Mino-P 1-3pm</b> <b>(V) (G)</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. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatiziwin. (G)=Grad (last session). **Bold program title**=First or last session.

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
<p><b>3</b></p> <p><b>Traditional Parenting 10-12pm (V)</b></p> <p>Indigenous Art Program 12:30-2:30pm</p> <p><b>HRW 12:30-2:30pm</b></p> <p>Overcoming Addictions 6-8pm</p> <p>Triple P 6-8pm (V)</p>	<p><b>4</b></p> <p>Traditional Parenting 10-12pm (V)</p> <p>NBP 12:30-2:30pm</p> <p><b>HRM 12:30-2:30pm</b></p> <p>Caring Dads 6-8pm</p>	<p><b>5</b></p> <p>Traditional Parenting 10-12pm (V)</p> <p>MYA 10-12pm</p> <p>Women's Wellness 12:30-2:30pm</p> <p>HRW 6-8pm (V)</p> <p>PTS 6-8pm</p>	<p><b>6</b></p> <p>Traditional Parenting 10-12pm (V)</p> <p>COS 10-12pm (V)</p> <p><b>Drop in: Tea &amp; a Teaching 1:00-3:00pm</b></p> <p>Visionaries 4-6pm (V)</p> <p>PD 6-8pm</p>	<p><b>7</b></p> <p><b>Traditional Parenting 10-12pm (V) (G)</b></p> <p><b>Pipe Ceremony 1:30-3:30pm</b></p>
<p><b>10</b></p> <p><b>Indigenous Art Program 12:30-2:30pm (G)</b></p> <p>HRW 12:30-2:30pm</p> <p>Overcoming Addictions 6-8pm</p> <p>Triple P 6-8pm (V)</p>	<p><b>11</b></p> <p><b>Triple P 10-12pm</b></p> <p>NBP 12:30-2:30pm</p> <p>HRM 12:30-2:30pm</p> <p>Caring Dads 6-8pm</p>	<p><b>12</b></p> <p>MYA 10-12pm</p> <p>Women's Wellness 12:30-2:30pm</p> <p>HRW 6-8pm (V)</p> <p>PTS 6-8pm</p> <p><b>Full Moon Ceremony 6-8pm</b></p>	<p><b>13</b></p> <p>COS 10-12pm (V)</p> <p><b>MYA 1-3pm (V)</b></p> <p><b>Visionaries 4-6pm (V) (G)</b></p> <p>PD 6-8pm</p>	<p><b>14</b></p> <p><b>Louis Riel Day Celebration 1:30 - 3:30pm</b></p>
<p><b>17</b></p> <p><b>Louis Riel Day CENTRE CLOSED</b></p>	<p><b>18</b></p> <p>Triple P 10-12pm</p> <p><b>NBP 12:30-2:30pm (G)</b></p> <p>HRM 12:30-2:30pm</p> <p><b>COS 12:30-2:30pm</b></p> <p>Caring Dads 6-8pm</p>	<p><b>19</b></p> <p>MYA 10-12pm</p> <p><b>Women's Wellness 12:30-2:30pm (G)</b></p> <p>HRW 6-8pm (V)</p> <p>PTS 6-8pm</p>	<p><b>20</b></p> <p>COS 10-12pm (V)</p> <p>MYA 1-3pm (V)</p> <p>PD 6-8pm</p> <p><b>Nanaandawi Odizowin 6-8pm</b></p>	<p><b>21</b></p>
<p><b>24</b></p> <p>HRW 12:30-2:30pm</p> <p>Overcoming Addictions 6-8pm</p> <p>Triple P 6-8pm (V)</p>	<p><b>25</b></p> <p>Triple P 10-12pm</p> <p>HRM 12:30-2:30pm</p> <p>COS 12:30-2:30pm</p> <p>Caring Dads 6-8pm</p>	<p><b>26</b></p> <p><b>MYA 10-12pm (G)</b></p> <p><b>Women's Drum Teachings 12:30-2:30pm</b></p> <p><b>HRW 6-8pm (V) (G)</b></p> <p><b>PTS 6-8pm (G)</b></p>	<p><b>27</b></p> <p>COS 10-12pm (V)</p> <p>MYA 1-3pm (V)</p> <p>PD 6-8pm</p> <p>Nanaandawi Odizowin 6-8pm</p>	<p><b>28</b></p> <p><b>Program Meeting (staff)</b></p> <p><b>CENTRE OPENS AT NOON</b></p>

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

# MARCH 2025 ANFRC-SBLCC PROGRAMS PAGE 6

MON	TUE	WED	THU	FRI
<b>3</b> HRW 12:30-2:30pm <b>Grief &amp; Loss 12-30-2:30pm</b> <b>Overcoming Addictions 6-8pm (G)</b> <b>Triple P 6-8pm (V) (G)</b>	<b>4</b> Triple P 10-12pm HRM 12:30-2:30pm COS 12:30-2:30pm <b>Traditional Parenting 12:30-2:30pm</b> Caring Dads 6-8pm	<b>5</b> Women's Drum Teachings 12:30-2:30pm <b>PD 12:30-2:30pm</b>	<b>6</b> <b>COS 10-12pm (V) (G)</b> MYA 1-3pm (V) PD 6-8pm <b>RRHP 6-8pm</b> Nanaandawi Odizowin 6-8pm	<b>7</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>10</b> HRW 12:30-2:30pm Grief & Loss 12-30-2:30pm <b>Triple P 1-3pm (V)</b> <b>COS 6-8pm</b> <b>MYA 6-8pm</b>	<b>11</b> Triple P 10-12pm HRM 12:30-2:30pm COS 12:30-2:30pm Traditional Parenting 12:30-2:30pm Caring Dads 6-8pm	<b>12</b> Women's Drum Teachings 12:30-2:30pm PD 12:30-2:30pm	<b>13</b> MYA 1-3pm (V) <b>PD 6-8pm (G)</b> RRHP 6-8pm Nanaandawi Odizowin 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>14</b>
<b>17</b> HRW 12:30-2:30pm Grief & Loss 12-30-2:30pm Triple P 1-3pm (V) COS 6-8pm MYA 6-8pm	<b>18</b> Triple P 10-12pm <b>HRM 12:30-2:30pm (G)</b> COS 12:30-2:30pm Traditional Parenting 12:30-2:30pm Caring Dads 6-8pm	<b>19</b> Women's Drum Teachings 12:30-2:30pm PD 12:30-2:30pm <b>PTS 6-8pm</b>	<b>20</b> MYA 1-3pm (V) <b>Spring Equinox 1:30 - 3:30pm</b> RRHP 6-8pm Nanaandawi Odizowin 6-8pm <b>NBP 6-8pm (V)</b> <b>HRM 6-8pm (V)</b>	<b>21</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b>
<b>24</b> <b>HRW 12:30-2:30pm (G)</b> Grief & Loss 12-30-2:30pm Triple P 1-3pm (V) COS 6-8pm MYA 6-8pm	<b>25</b> <b>Triple P 10-12pm (G)</b> COS 12:30-2:30pm Traditional Parenting 12:30-2:30pm <b>Overcoming Addictions 12:30-2:30pm</b> Caring Dads 6-8pm	<b>26</b> <b>Women's Drum Teachings 12:30-2:30pm (G)</b> PD 12:30-2:30pm PTS 6-8pm	<b>27</b> <b>MYA 1-3pm (V) (G)</b> RRHP 6-8pm <b>Nanaandawi Odizowin 6-8pm (G)</b> NBP 6-8pm (V) HRM 6-8pm (V)	<b>28</b> <b>Drop in: Tea &amp; a Teaching 10:00-12:00pm</b>
<b>31</b> <b>Grief &amp; Loss 12-30-2:30pm (G)</b> Triple P 1-3pm (V) COS 6-8pm MYA 6-8pm				

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**Bold program title**=First or last session.

<b>M O N</b>	<b>T U E</b>	<b>W E D</b>	<b>T H U</b>	<b>F R I</b>
	<b>1</b> <b>MYS 10-12pm</b> <b>COS 12:30-2:30pm (G)</b> <b>Traditional Parenting 12:30-2:30pm (G)</b> Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>2</b> <b>Mino-P 10-12pm</b> PD 12:30-2:30pm PTS 6-8pm	<b>3</b> RRHP 6-8pm NBP 6-8pm (V) HRM 6-8pm (V) <b>Crescent Moon Ceremony 6-8pm</b>	<b>4</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>7</b> Triple P 1-3pm (V) COS 6-8pm MYA 6-8pm	<b>8</b> MYS 10-12pm <b>HRW 10-12pm (V)</b> Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>9</b> Mino-P 10-12pm HRW 10-12pm (V) PD 12:30-2:30pm PTS 6-8pm	<b>10</b> HRW 10-12pm (V) RRHP 6-8pm NBP 6-8pm (V) HRM 6-8pm (V)	<b>11</b>
<b>14</b> Triple P 1-3pm (V) COS 6-8pm MYA 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>15</b> MYS 10-12pm HRW 10-12pm (V) Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>16</b> Mino-P 10-12pm HRW 10-12pm (V) PD 12:30-2:30pm Mino-P 12:30-2:30 PTS 6-8pm	<b>17</b> <b>HRW 10-12pm (V) (G)</b> RRHP 6-8pm NBP 6-8pm (V) HRM 6-8pm (V)	<b>18</b> <b>GOOD FRIDAY</b> <b>CENTRE CLOSED</b>
<b>21</b> <b>EASTER MONDAY</b> <b>CENTRE CLOSED</b>	<b>22</b> MYS 10-12pm Overcoming Addictions 12:30-2:30pm Caring Dads 6-8pm	<b>23</b> Mino-P 10-12pm PD 12:30-2:30pm PTS 6-8pm	<b>24</b> <b>Drop in: Tea &amp; a Teaching 1:00-3:00pm</b> <b>RRHP 6-8pm (G)</b> <b>NBP 6-8pm (V) (G)</b> <b>HRM 6-8pm (V) (G)</b>	<b>25</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b>
<b>28</b> <b>Triple P 1-3pm (V) (G)</b> <b>COS 6-8pm (G)</b> <b>MYA 6-8pm (G)</b>	<b>29</b> <b>MYS 10-12pm (G)</b> <b>Overcoming Addictions 12:30-2:30pm (G)</b> <b>Caring Dads 6-8pm (G)</b>	<b>30</b> <b>Mino-P 10-12pm (G)</b> <b>PD 12:30-2:30pm (G)</b> <b>PTS 6-8pm (G)</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. MYA=Managing Your Anger. MYS= Managing Your Stress. COS=Circle of Security. PD=Positive Discipline. HRW=Healthy Relationships for Women. HRM=Healthy Relationships for Men. PTS=Parent Teen Series. Red Road to Healing Program=RRHP. Mino-P=Mino-Pimatizwin. (G)=Grad (last session).

**Bold program title**=First or last session.

**PARENTING PROGRAMS:**

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

**Thurs., January 23 - March 6, Time: 10:00 - 12:00 pm (Norma & Florence) (Virtual)**

**Tues., February 18 - April 1, Time: 12:30 - 2:30 pm (Florence) (On-site)**

**Mon., March 10 - April 28, Time: 6:00 - 8:00 pm (Florence) (On-site)**

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

**Mon., January 13 - March 3, Time: 6:00 - 8:00 pm (Norma) (Virtual)**

**Tues., February 11 - March 25, Time: 10:00 - 12:00 pm (Lisa & Jody) (On-site)**

**Mon., March 10 - April 28, Time: 1:00 - 3:00 pm (Lisa & Norma) (Virtual)**

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

**Tues., January 14 - February 18, Time: 12:30 - 2:30 pm (Nadia & Barb) (On-site)**

**Thurs., March 20 - April 24, Time: 6:00 - 8:00 pm (Barb & Nadia) (Virtual)**

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

**Thurs., January 16 - March 13, Time: 6:00 - 8:00 pm (Seth & Nadia) (On-site)**

**Wed., March 5 - April 30, Time: 12:30 - 2:30 pm (Seth & Florence) (On-site)**

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

**Wed., January 22 - February 26, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)**

**Wed., March 19 - April 30, 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.

**Tues., January 14 - April 29, Time: 6:00 - 8:00 pm (Norma & Louis)**

**\*\*Referrals for the Caring Dads program are accepted up until ONE WEEK prior to the start of the program. There will be an intake meeting scheduled with the participant, Case Worker and the Facilitators. This intake meeting MUST be completed before the scheduled program start date.\*\***

**INDIGENOUS PARENTING PROGRAM:**

**Traditional Parenting** Focuses on well established parenting methods and ceremonies utilized by Indigenous people for centuries. The last session includes Pipe Ceremony Teachings.

**M-F, February 3 - 7, Time: 10:00 - 12:00 pm (Linda) (Virtual)**

**Tues., March 4 - April 1, Time: 12:30 - 2:30 pm (Linda & Barb) (On-site)**

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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., February 4 - March 18, Time: 12:30 - 2:30 pm (Seth) (On-site)**

**Thurs., March 20 - April 24, Time: 6:00 - 8:00 pm (Seth & Lisa) (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.

**Wed., January 15 - February 26, Time: 6:00 - 8:00 pm (Florence & Jody) (Virtual)**

**Mon., February 3 - March 24, Time: 12:30 - 2:30 pm (Nadia) (On-site)**

**Tues.-Thurs., April 8 - 10 & 15 - 17, Time: 10:00 - 12:00 pm (Florence & Jody) (Virtual)**

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

**Wed., January 15 - February 26, 10:00 - 12:00 pm (Seth & Louis) (On-site)**

**Thurs., February 13 - March 27, 1:00 - 3:00 pm (Norma & Florence) (Virtual)**

**Mon., March 10 - April 28, Time: 6:00 - 8:00 pm (Seth) (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.

**M-F, January 6 - January 10, Time: 1:00 - 3:00 pm (Barb & Florence) (Virtual)**

**Tues., April 1 - 29, Time: 10:00 - 12:00 pm (Barb & Lisa) (On-site)**

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

**Mon., January 13 - March 3, Time: 6:00 - 8:00 pm (Seth & Lisa) (On-site)**

**Tues., March 25 - April 29, Time: 12:30 - 2:30 pm (Seth) (On-site)**

**Visionaries** Is a virtual five week art program for youth ages 11-14. The program is strength-based and focuses on youth led conversations with emphasis on the well-being and health benefits of artistic expression. The program follows an Indigenous Medicine Wheel perspective. Each direction offers a teaching related to an art activity assigned to the participant.

**Thurs., January 16 - February 13, Time: 4 - 6:00pm (Louis & Lisa) (Virtual)**

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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., March 6 - April 24, Time: 6:00 - 8:00 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., February 26 - March 26, Time 12:30 - 2:30 pm (Linda & Jody) (On-site)**

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

**Wed., January 22 - February 19, Time: 12:30 - 2:30 pm (Norma) (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.

**M-F, January 6 - January 10, Time: 10:00 - 12:00 pm (Linda) (Virtual)**

**Mon., March 3 - 31, Time: 12:30 - 2:30 pm (Louis & Barb) (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.

**M-F, January 27 - 31, Time: 1:00 - 3:00 pm (Linda & Jody) (Virtual)**

**Wed., April 2 - 30, Time: 10:00 - 12:00 pm (Linda & Louis) (On-site)**

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

**Thurs., February 20 - March 27, Time: 6:00 - 8:00 pm (Louis & Jody) (On-site)**

**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)

**Mon., January 13 - February 10, 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: January 23 & April 3, 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, January 13, 2025; Wednesday, February 12, 2025; Thursday, March 13, 2025; & Monday, April 14, 2025, Time: 6:00 - 8:00 pm (Linda & Jody) (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, January 3, February 7, March 7 & April 4, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)**

**Spring Equinox** The Spring Equinox for Indigenous peoples vary from region to region; however, all are nature centered and follow a natural cycle coupled with ceremonies and teachings. Tobacco flags, Tobacco and Cedar ties are made and blessed at a Pipe Ceremony for 627 Erin Street and at 835 Portage Avenue. The Tobacco ties signifies the seven teachings from the four directions and the Cedar hung over doorways provide protection from vexations to positive energy. The old ties are taken down and burnt at a sacred fire. A feast for the community is shared as part of the festivities in acknowledging hope for new things to behold.

**Thursday, March 20, 2025, Time: 1:30 - 3:30 pm (Cultural Team) (On-site)**

**DROP-IN:**

**Tea and a Teaching Session with the Culture Team & ANFRC!** Come join us on a monthly basis for some tea and conversation with our Ishcaabe Ikwe, the Culture Team, and the ANFRC Staff. We will celebrate health and wellness while we learn about the different types of traditional teas, how to make them and what they are used for.

**Drop-in dates: Thursday, January 16, Time: 10:00 - 12:00 pm, Thursday, February 6, Time: 1:00 - 3:00 pm, Friday, March 28, Time: 10:00 - 12:00 pm & Thursday, April 24, Time: 1:00 - 3:00 pm (On-site)**

**CELEBRATION:**

**Louis Riel Day Celebration**

**Friday, February 14, 2025, Time: 1:30 - 3:30pm**

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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.

## 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.

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.

**Community Connections Computer** is available at the centre for individuals who are job seekers, looking for parenting resources, creating resumes, and wanting to connect to community resources.

**Monday - Friday (9:00 am - 4:00 pm)**

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