

## WINTER PROGRAM CALENDAR - JANUARY - APRIL 2026

**ANCR's Vision:** Our community is strong and diverse, honours all cultures, and is free from systemic barriers. Families are healthy, supported and empowered. Children are valued, respected and safe.

**ANCR's Mission:** To promote and support the safety and well being of children and families by providing culturally appropriate, strength based child and family intake services.

### Inside this issue:

Partnerships	1
Program Schedule	2 - 5
Program Descriptions	6 - 8
Indigenous Ceremonies	9
Program Highlight	10
Reflection	11
Things to Know	12

Director	Ashley	204-470-9648
Supervisors	Cherylann Kedeen	204-944-4107 204-944-4512
Administrative Support	Harold Clarissa	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 Well-ness Worker	Louis	204-944-4113
Traditional Helper	Jody	204-944-6735

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.



## Extending Services Beyond Our Walls:

### All Nations Family Resource Centre & Snowbird Lodge Cultural Centre



The All Nations Family Resource Centre and Snowbird Lodge Cultural Centre are honoured to collaborate with schools and community organizations by offering programs directly at their locations. These outreach partnerships allow us to bring culturally grounded, family-focused programming into the heart of the communities we serve.

Since the beginning of 2025, our outreach initiative has grown significantly. We've delivered a diverse range of programs—including *Circle of Security*, *Managing Your Anger*, *Managing Your Stress*, *Nurturing Families*, *Drum Teaching*, *Minor Expectant Parent Program*, *Traditional Parenting*, and *Buffalo Riders*—at more than 13 partnership sites. Each program is designed to support children, youth, and families. By working alongside our partners at their sites, we ensure that access to Indigenous teachings, cultural activities, and support services is both convenient and inclusive. This approach strengthens relationships, fosters cultural understanding, and supports holistic well-being for children, youth, and families.

We are deeply grateful to our many partners for their continued support and shared commitment to community empowerment. Together, we are building bridges of connection and creating spaces for learning, healing, and growth wherever our programs are delivered.

If your school or organization is interested in partnering with us to host programming at your site, we welcome the opportunity to connect and explore how we can work together to serve our communities.

*The teepee pictured above was graciously gifted to Linda Chisholm by Patricia Choken*

M O N	T U E	W E D	T H U	F R I
			1  New Year's Day  CENTRE CLOSED	2  Pipe Ceremony 1:30-3:30pm
5  Triple P 6-8pm (V)  Full Moon Ceremony 6-8pm	6	7	8  Drop in: Tea & a Teaching 1:30 - 2:30pm	9
12  COS 10-12pm (V) Triple P 6-8pm (V)  Overcoming Addictions 6-8pm  Crescent Moon Ceremony 6-8pm	13  Traditional Parenting 12:30-2:30pm	14  MYA 10-12 (V) HRW 6-8pm (V)  NPP 6-8pm (V)	15  MYS 10-12pm (V)  Caring Dads 6-8pm	16  Resource Centre Meeting  CENTRE OPENS AT NOON
19  COS 10-12pm (V)  PDEP 12:30-2:30pm Triple P 6-8pm (V)  Overcoming Addictions 6-8pm	20  Traditional Parenting 12:30-2:30pm  PTS 6-8pm	21  MYA 10-12 (V)  Mino-P 12:30-2:30pm HRW 6-8pm (V)  NPP 6-8pm (V)	22  MYS 10-12pm (V)  Caring Dads 6-8pm  Grief & Loss 6-8pm (V)	23  Program Meeting (staff)  CENTRE OPENS AT NOON
26  COS 10-12pm (V) PDEP 12:30-2:30pm Triple P 6-8pm (V)  Overcoming Addictions 6-8pm	27  Traditional Parenting 12:30-2:30pm  PTS 6-8pm	28  MYA 10-12 (V)  Mino-P 12:30-2:30pm HRW 6-8pm (V)  NPP 6-8pm (V)	29  MYS 10-12pm (V)  Caring Dads 6-8pm  Grief & Loss 6-8pm (V)	30

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.

M O N	T U E	W E D	T H U	F R I
<b>2</b> COS 10-12pm (V) PDEP 12:30-2:30pm Triple P 6-8pm (V) Overcoming Addictions 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>3</b> Traditional Parenting 12:30-2:30pm PTS 6-8pm	<b>4</b> MYA 10-12pm (V) Mino-P 12:30-2:30pm <b>HRM 12:30-2:30pm</b> HRW 6-8pm (V) NPP 6-8pm (V)	<b>5</b> MYS 10-12pm (V) <b>MYA 12:30-2:30pm</b> Caring Dads 6-8pm Grief & Loss 6-8pm (V)	<b>6</b>  <b>Pipe Ceremony 1:30-3:30pm</b>
<b>9</b> COS 10-12pm (V) PDEP 12:30-2:30pm Triple P 6-8pm (V) Overcoming Addictions 6-8pm	<b>10</b> <b>Traditional Parenting 12:30-2:30pm (G)</b> <b>COS 12:30-2:30pm</b> PTS 6-8pm	<b>11</b> MYA 10-12pm (V) Mino-P 12:30-2:30pm HRM 12:30-2:30pm HRW 6-8pm (V) NPP 6-8pm (V)	<b>12</b> <b>MYS 10-12pm (V) (G)</b> MYA 12:30-2:30pm Caring Dads 6-8pm Grief & Loss 6-8pm (V)	<b>13</b>  <b>Louis Riel Day Celebration 1:30 - 3:30pm</b>
<b>16</b>  <b>Louis Riel Day</b>  <b>CENTRE CLOSED</b>	<b>17</b> COS 12:30-2:30pm <b>Indigenous Art Program 12:30-2:30pm</b> PTS 6-8pm	<b>18</b> MYA 10-12pm (V) <b>Mino-P 12:30-2:30pm (G)</b> HRM 12:30-2:30pm HRW 6-8pm (V) <b>NPP 6-8pm (V) (G)</b>	<b>19</b> MYA 12:30-2:30pm Caring Dads 6-8pm <b>Grief &amp; Loss 6-8pm (V) (G)</b>	<b>20</b>
<b>23</b> COS 10-12pm (V) PDEP 12:30-2:30pm <b>Triple P 6-8pm (V) (G)</b> Overcoming Addictions 6-8pm	<b>24</b> COS 12:30-2:30pm Indigenous Art Program 12:30-2:30pm <b>RRHP 12:30-2:30pm</b> <b>PTS 6-8pm (G)</b>	<b>25</b> <b>MYA 10-12pm (V) (G)</b> HRM 12:30-2:30pm <b>HRW 6-8pm (V) (G)</b>	<b>26</b> MYA 12:30-2:30pm Caring Dads 6-8pm	<b>27</b> <b>Program Meeting (staff)</b>  <b>CENTRE OPENS AT NOON</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. 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.

<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>2</b> COS 10-12pm (V) PDEP 12:30-2:30pm <b>Overcoming Addictions 6-8pm (G)</b>	<b>3</b> COS 12:30-2:30pm Indigenous Art Program 12:30-2:30pm RRHP 12:30-2:30pm	<b>4</b> HRM 12:30-2:30pm <b>Grief &amp; Loss 12:30-2:30pm</b> <b>PDEP 6-8pm</b>	<b>5</b> MYA 12:30-2:30pm Caring Dads 6-8pm	<b>6</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>9</b> <b>COS 10-12pm (V) (G)</b> <b>Triple P 10-12pm</b> PDEP 12:30-2:30pm <b>NPP 12:30-2:30pm</b> <b>HRM 6-8pm (V)</b> <b>MYA 6-8pm</b>	<b>10</b> COS 12:30-2:30pm Indigenous Art Program 12:30-2:30pm RRHP 12:30-2:30pm <b>Overcoming Addictions 12:30-2:30pm</b> <b>PTS 6-8pm</b>	<b>11</b> HRM 12:30-2:30pm Grief & Loss 12:30-2:30pm PDEP 6-8pm <b>Minor Parent Program 6-8pm</b>	<b>12</b> <b>Mino-P 10-12pm (V)</b> MYA 12:30-2:30pm Caring Dads 6-8pm <b>COS 6-8pm (V)</b>	<b>13</b>
<b>16</b> Triple P 10-12pm PDEP 12:30-2:30pm NPP 12:30-2:30pm HRM 6-8pm (V) MYA 6-8pm <b>Traditional Parenting 6-8pm (V)</b>	<b>17</b> COS 12:30-2:30pm <b>Indigenous Art Program 12:30-2:30pm (G)</b> RRHP 12:30-2:30pm Overcoming Addictions 12:30-2:30pm PTS 6-8pm	<b>18</b> <b>Women's Drum Teachings 10-12pm</b> <b>HRM 12:30-2:30pm (G)</b> Grief & Loss 12:30-2:30pm PDEP 6-8pm Minor Parent Program 6-8pm	<b>19</b> Mino-P 10-12pm (V) <b>MYA 12:30-2:30pm (G)</b> <b>HRW 12:30-2:30pm</b> Caring Dads 6-8pm COS 6-8pm (V)	<b>20</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b> <b>Spring Equinox 1:30 - 3:30pm</b>
<b>23</b> Triple P 10-12pm <b>PDEP 12:30-2:30pm (G)</b> NPP 12:30-2:30pm HRM 6-8pm (V) MYA 6-8pm Traditional Parenting 6-8pm (V)	<b>24</b> COS 12:30-2:30pm RRHP 12:30-2:30pm Overcoming Addictions 12:30-2:30pm PTS 6-8pm	<b>25</b> Women's Drum Teachings 10-12pm Grief & Loss 12:30-2:30pm PDEP 6-8pm Minor Parent Program 6-8pm	<b>26</b> Mino-P 10-12pm (V) <b>MYS 12:30-2:30pm</b> HRW 12:30-2:30pm Caring Dads 6-8pm COS 6-8pm (V) <b>Nanaandawi Odizowin 6-8pm</b>	<b>27</b> <b>Resource Centre Meeting</b> <b>CENTRE OPENS AT NOON</b>
<b>30</b> Triple P 10-12pm NPP 12:30-2:30pm HRM 6-8pm (V) MYA 6-8pm Traditional Parenting 6-8pm(V)	<b>31</b> <b>Drop in: Tea &amp; a Teaching 10 - 11am</b> <b>COS 12:30-2:30pm (G)</b> RRHP 12:30-2:30pm Overcoming Addictions 12:30-2:30pm PTS 6-8pm			

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
		<b>1</b> Women's Drum Teachings 10-12pm <b>Grief &amp; Loss 12:30-2:30pm (G)</b> PDEP 6-8pm Minor Parent Program 6-8pm <b>Full Moon Ceremony 6-8pm</b>	<b>2</b> Mino-P 10-12pm (V) MYS 12:30-2:30pm HRW 12:30-2:30pm Caring Dads 6-8pm COS 6-8pm (V) Nanaandawi Odizowin 6-8pm	<b>3</b> <b>Good Friday</b> <b>CENTRE CLOSED</b>
<b>6</b> <b>Easter Monday</b> <b>CENTRE CLOSED</b>	<b>7</b> RRHP 12:30-2:30pm Overcoming Addictions 12:30-2:30pm PTS 6-8pm	<b>8</b> Women's Drum Teachings 10-12pm PDEP 6-8pm Minor Parent Program 6-8pm	<b>9</b> <b>Mino-P 10-12pm (V) (G)</b> MYS 12:30-2:30pm HRW 12:30-2:30pm Caring Dads 6-8pm COS 6-8pm (V) Nanaandawi Odizowin 6-8pm	<b>10</b> <b>Pipe Ceremony 1:30-3:30pm</b>
<b>13</b> Triple P 10-12pm NPP 12:30-2:30pm HRM 6-8pm (V) MYA 6-8pm Traditional Parenting 6-8pm (V)	<b>14</b> <b>RRHP 12:30-2:30pm (G)</b> Overcoming Addictions 12:30-2:30pm PTS 6-8pm	<b>15</b> <b>Women's Drum Teachings 10-12pm (G)</b> PDEP 6-8pm Minor Parent Program 6-8pm	<b>16</b> MYS 12:30-2:30pm HRW 12:30-2:30pm Caring Dads 6-8pm COS 6-8pm (V) Nanaandawi Odizowin 6-8pm	<b>17</b> <b>Program Meeting (staff)</b> <b>CENTRE OPENS AT NOON</b>
<b>20</b> Triple P 10-12pm <b>NPP 12:30-2:30pm (G)</b> HRM 6-8pm (V) MYA 6-8pm <b>Traditional Parenting 6-8pm (V) (G)</b>	<b>21</b> <b>Overcoming Addictions 12:30-2:30pm (G)</b> <b>PTS 6-8pm (G)</b>	<b>22</b> PDEP 6-8pm Minor Parent Program 6-8pm	<b>23</b> <b>MYS 12:30-2:30pm (G)</b> HRW 12:30-2:30pm Caring Dads 6-8pm COS 6-8pm (V) Nanaandawi Odizowin 6-8pm	<b>24</b>
<b>27</b> Triple P 10-12pm (G) HRM 6-8pm (V) (G) MYA 6-8pm (G)	<b>28</b>	<b>29</b> <b>PDEP 6-8pm (G)</b> <b>Minor Parent Program 6-8pm (G)</b>	<b>30</b> <b>HRW 12:30-2:30pm (G)</b> <b>Caring Dads 6-8pm (G)</b> <b>COS 6-8pm (V) (G)</b> <b>Nanaandawi Odizowin 6-8pm (G)</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. 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-Pimatziwin. (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.

**Mon., January 12 - March 9, Time: 10:00 - 12:00 pm (Florence) (Virtual)**

**Tues., February 10 - March 31, Time: 12:30 - 2:30 pm (Norma) (On-site)**

**Thurs., March 12 - April 30, Time: 6:00 - 8:00 pm (Norma) (Virtual)**

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

**Wed., January 14 - February 18, Time: 6:00 - 8:00 pm (Nadia, Barb & Cherylann) (Virtual)**

**Mon., March 9 - April 20, Time: 12:30 - 2:30 pm (Barb & Cherylann) (On-site)**

**Minor Parent Program** this program supports parents under the age of 18 by teaching essential parenting skills for children up to age five, including prenatal care, self-care, child development, safety, nurturing attachment, and building community support through eco-mapping and resource exploration.

**Wed., March 11 - April 29, Time: 6:00 - 8:00 pm (Nadia & Lisa) (On-site)**

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

**Mon., January 5 - February 23, Time: 6:00 - 8:00 pm (Norma) (Virtual)**

**Mon., March 9 - April 27, Time: 10:00 - 12:00 pm (Norma & Lisa) (On-site)**

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

**Mon., January 19 - March 23, Time: 12:30 - 2:30 pm (Nadia & Kedeen) (On-site)**

**Wed., March 4 - April 29, Time: 6:00 - 8:00 pm (Florence & Norma) (On-site)**

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

**Tues., January 20 - February 24, Time: 6:00 - 8:00 pm (Lisa, Nadia & Barb) (On-site)**

**Tues., March 10 - April 21, 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.

**Thurs., January 15 - April 30, Time: 6:00 - 8:00 pm (Florence & Seth)**

**\*\*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.

**Tues., January 13 - February 10, Time: 12:30 - 2:30 pm (Louis) (On-site)**

**Mon., March 16 - April 20, Time: 6:00 - 8:00 pm (Linda & Jody) (Virtual)**

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 [anfr@gov.mb.ca](mailto:anfr@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., February 4 - March 18, Time: 12:30 - 2:30 pm (Florence) (On-site)

Mon., March 9 - April 27, Time: 6:00 - 8:00 pm (Louis) (Virtual)

**Healthy Relationships for Women** Increases female survivor'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 14 - February 25, Time: 6:00 - 8:00 pm (Lisa) (Virtual)

Thurs., March 19 - April 30, Time: 12:30 - 2:30 pm (Lisa) (On-site)

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

Wed., January 14 - February 25, 10:00 - 12:00 pm (Seth) (Virtual)

Thurs., February 5 - March 19, Time: 12:30 - 2:30 pm (Nadia & Lisa) (On-site)

Mon., March 9 - April 27, 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.

Thurs., January 15 - February 12, Time: 10:00 - 12:00 pm (Barb & Nadia ) (Virtual)

Thurs., March 26 - April 23, Time: 12:30 - 2:30 pm (Nadia) (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 12 - March 2, Time: 6:00 - 8:00 pm (Seth) (On-site)

Tues., March 10 - April 21, Time: 12:30 - 2:30 pm (Seth & Kedeem) (On-site)

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



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 [anfr@gov.mb.ca](mailto:anfr@gov.mb.ca) or you may contact us by phone at 204-944-4100.

**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.

**Tues., February 24 - April 14, Time: 12:30 - 2:30 pm (Linda & Jody) (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., March 18 - April 15, Time: 10:00 - 12:00 pm (Linda & Jody) (On-site)**

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

**Thurs., January 22 - February 19, Time: 6:00 - 8:00 pm (Louis & Jody) (Virtual)**

**Wed., March 4 - April 1, 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.

**Wed., January 21 - February 18, Time: 12:30 - 2:30 pm (Linda & Louis) (On-site)**

**Thurs., March 12 - April 9, 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.

**Thurs., March 26 - April 30, Time: 6:00 - 8:00 pm (Louis) (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)

**Tues., February 17 - March 17, Time: 12:30 - 2:30 pm (Louis) (On-site)**

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

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.



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 [anfr@gov.mb.ca](mailto:anfr@gov.mb.ca) or you may contact us by phone at 204-944-4100.



## 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 “Ziidooshaagewin” meaning the love of all people within the community. Canada’s colonial past, systematically 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, January 12, 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 5, 2026; Monday, February 2, 2025; Tuesday, March 4, 2026; & Wednesday, April 1, 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 2, February 6, March 6 & April 10, 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 2-200 Main Street. 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.

**Friday, March 20, 2026, 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 8, Time: 1:30 - 2:30 pm, Tuesday, March 31, Time: 10:00 - 11:00 am (Jody) (On-site)**

## CELEBRATION:

**Louis Riel Day Celebration**  
**Friday, February 13, 2025, Time: 1:30 - 3:30pm**

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.

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

**A LITTLE MORE INSIGHT INTO TWO PARENTING PROGRAMS****Minor Parent Program: Empowering Young Parents**

This program is designed to support minor parents in developing essential parenting skills for children from birth to age five. It offers a nurturing and informative environment where participants can learn about child development, health, safety, and the importance of self-care starting from prenatal care through early childhood.

Each session is tailored to specific age groups, ensuring that the information is relevant and practical. A key component of the program is the integration of the *attachment* framework, which emphasizes the importance of building secure, nurturing relationships with children.

Participants will also explore the value of community support by creating personalized eco-maps, helping them identify and connect with local resources. Weekly classes include interactive discussions, hands-on activities, and engaging videos to foster connection and learning among peers.

To reinforce learning, parents will receive booklets filled with valuable information and resources aligned with each

**Parent-Teen Series Program Overview**

The Parent-Teen Series is a dynamic and interactive program designed to strengthen the bond between parents and their teens. Through a combination of separate and joint activities, the program fosters understanding, communication, and connection within families.

**Program Highlights:**

**Dual-Track Approach:** Parents and teens participate in separate sessions tailored to their unique perspectives, followed by joint activities that bring both groups together to apply what they've learned.

**Parent Sessions:** These sessions provide valuable insights into:

- o Teen brain development and the adolescent journey
- o The importance of secure parent-child attachment
- o Effective discipline strategies
- o Navigating digital influences
- o Parenting styles and communication techniques
- o Conflict resolution
- o Emotional Regulation
- o Relationship building

**Teen Sessions:** Youth engage in meaningful discussions and hands-on activities that encourage self-expression, reflection, and skill-building in areas such as:

- o Brain development
- o Healthy relationships
- o Conflict resolution
- o Communication and boundary setting
- o Emotional Regulation
- o Relationship building

**Joint Activities:** These sessions offer opportunities for parents and teens to connect, collaborate, and practice new skills in a supportive group setting.

## THE DRUM



## The Importance of the Drum at the Resource Centre

In my sacred bundle, I carry the honour of hand drums and big drum teachings, learned from many respected Drum Carriers. The drum is the heartbeat of Mother Earth. Its sound brings people together and offers healing through its vibration. I believe the drum holds the spirit of both the animal and the plant, and we honour the life sacrificed to create it.

Drums are traditionally made from hides such as elk, moose, buffalo, deer, or goat, and hoops crafted from trees like pine, birch, or cedar. Hand drums vary in shape, round or hexagon and size, from 8 inches to 18 inches. Some are even double-sided. Tobacco is offered when making a drum and when asked to sing a song, as drum songs are prayers offered to the Creator, Ancestors, and the community.

When I began working here in 2009, there were no drums at the Centre. Since then, a big drum has been made and feasted in the traditional way. Each Summer Solstice, we feast all the drums. Today, the drums are used for teachings at the Centre and in partnership with schools and community events. Drum programs have brought families and partners together and supported ceremonies such as Full Moon, Crescent Moon, Sweat Lodges, seasonal feasts, pipe ceremonies, and openings for events like drum walks, drum in the

parks, medicine picking, and culture camps. I have also taken the drum to hospitals and organizations.

Our programs teach drum protocol, history, and how to make a drum, including where to buy drum kits. Currently, SBLCC has nine hand drums and one big drum. Seeing children play the drums and inviting parents to join is an honour. When women sing and play the drum, they often share that they feel strong and connected to its heartbeat, experiencing healing in their hearts.

Written by: Linda Chisholm, Cultural Advisor



**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.

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.

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

**HOUSEKEEPING:**

Please be advised that childminding services will 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 childminding is essential for your participation in our programs, please speak with your designated Agency worker or consult with Resource Centre staff during the intake process to explore available options.

Please note:

- Children cannot attend programs with their parents.
- However, children are welcome to attend ceremonies and celebrations.
- Teens may attend the Parent Teen Series with their parents.

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

Participants will receive a phone call followed by an email with instructions and the virtual group link within one week prior to the program start date. Program materials will be mailed after the first session, and completion letters and certificates will be sent by mail upon successful completion of the program.

While masks are not required inside the building, we encourage their use to help keep everyone safe and comfortable. If you're feeling unwell, we kindly ask that you refrain from attending on-site programs. Complimentary masks will be available for anyone who wishes to wear one.

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

**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, self-improvement sessions, and Indigenous programs. By working together, we aim to create a strong, diverse community that honors all cultures and strives to eliminate systemic barriers.

We are committed to promoting and supporting the safety and well-being of children and families, ensuring they are healthy, supported, and empowered. Together, we can build a brighter future for all.

If you are interested in partnering with ANFRC/SBLCC to facilitate programs,

please contact ANFRC & SBLCC Supervisors:

Kedeen Cummings at 204-944-4512 or via email 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)**