



Snowbird Lodge Cultural Centre



Winter and Spring Newsletter — January, February, March, April 2020

ANCR's Vision:

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

ANCR's Mission:

To promote and support the safety and well being of children and families by providing culturally appropriate, strength based child and family intake services.

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Resource Centre Staff

| | | |
|------------------------|--|--|
| Supervisor | Omar Cheryl | 204-944-4512 204-944-4107 |
| Admins | Harold Colette | 204-944-4100 204-944-4100 |
| Facilitators | Norma Ian Michelle TBA Harmony Sharan | 204-944-4117 204-944-4106 204-944-6760 204-944-4272 204-944-6735 204-944-4465 |
| Cultural Team | Linda Jordan Amy | 204-944-4297 204-944-4112 204-944-4109 |
| Family Wellness Worker | Louis | 204-944-4113 |

WELCOME TO ANCR'S ALL NATIONS FAMILY RESOURCE CENTRE AND SNOWBIRD LODGE CULTURAL CENTRE

A Message from our Agency Board of Directors



The ANCR Board of Directors gathered for a workshop on Policy Governance at the new ANCR All Nations Family Resource Centre and Snowbird Lodge Cultural Centre in November. We are grateful for all who have created a culturally sensitive and welcoming environment.

Thank you for the invitation to start our time together with a pipe ceremony. It provided a broad base of wisdom from our Elders who started our day in prayer. It was powerful and a time of relationship building; (Community members, Elders, Staff and Board) focusing our collective efforts to prepare our hearts for the hard work that we are all involved with to support the work of ANCR in the community.

Respectfully submitted

ANCR Board of Directors

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

**627 Erin Street Phone: 204-944-4100
Fax: 204-944-2057 Email: anfrc@gov.mb.ca**

| MON | TUE | WED | THU | FRI |
|---|--|--|---|--|
| | | 1 News Year Day Closed | 2 | 3 Pipe Ceremony 10-12pm |
| 6 Traditional Parenting 1-3pm @ Ab Centre Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm | 7 Traditional Parenting 1-3pm @ Ab Centre MYA 1-3pm Naandawi Odizowin 6-8pm (Addictions) | 8 Traditional Parenting 1-3pm @ Ab Centre Positive Discipline 1-3pm Restoring the Balance 6-8pm | 9 Traditional Parenting 1- 3pm @ Ab Centre Circle of Security 1-3pm Triple P 6-8pm | 10 Traditional Parenting 1- 3pm @ Ab Centre (Grad) |
| 13 Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm Triple P @ Norquay School 9:30-11:30am | 14 MYA 1-3pm Naandawi Odizowin 6-8pm Traditional Parenting 1:15- 3:15pm @ Shaughnessy Park School (SP School) | 15 Mino P 1-3pm Positive Discipline 1-3pm Restoring the Balance 6-8pm | 16 Women's Drum Teach- ings 11-1pm Circle of Security 1-3pm Triple P 6-8pm Full Moon Ceremony 6-8pm | 17 Unit Meeting |
| 20 Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm Triple P @ Norquay School 9:30- 11:30am | 21 MYA 1-3pm Naandawi Odizowin 6-8pm Traditional Parenting 1:15- 3:15pm @ SP School | 22 Mino P 1-3pm Positive Discipline 1-3pm Restoring the Balance 6-8pm Art Expression for Youth 6- 8pm | 23 Women's Drum Teachings 11-1pm Circle of Security 1-3pm Triple P 6-8pm | 24 |
| 27 Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm Triple P @ Norquay School 9:30- 11:30am | 28 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 1:15- 3:15pm @ SP School | 29 Mino P 1-3pm Positive Discipline 1-3pm Restoring the Balance 6-8pm Art Expression for Youth 6-8pm | 30 Women's Drum Teachings 11-1pm Circle of Security 1-3pm Triple P 6-8pm | 31 EIP Meeting Centre Closed AM |

February 2020

| MON | TUE | WED | THU | FRI |
|--|---|--|---|--|
| 3 Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm Triple P @ Norquay School 9:30- 11:30am | 4 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 1:15- 3:15pm @ SP School | 5 Mino P 1-3pm Positive Discipline 1-3pm Restoring the Balance 6-8pm Art Expression for Youth 6-8pm | 6 Women's Drum Teachings 11-1pm Circle of Security 1-3pm Triple P 6-8pm | 7 Pipe Ceremony 10-12pm |
| 10 Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm (Grad) Triple P @ Norquay School 9:30- 11:30am (Grad) | 11 MYA 1-3pm (Grad) Naandawi Odizowin (Addiction) 6-8pm (Grad) Traditional Parenting 1:15- 3:15pm @ SP School (Grad) | 12 Mino P 1-3pm (Grad) Positive Discipline 1-3pm (Grad) Restoring the Balance 6-8pm (Grad) Art Expression for Youth 6-8pm | 13 Women's Drum Teachings 11-1pm Circle of Security 11-3pm (Grad) Triple P 6-8pm (Grad) Full Moon Ceremony 6-8pm | 14 Metis Cultural Celebration 11-2pm |
| 17 Louis Riel Day Centre Closed | 18 | 19 Art Expression for Youth 6-8pm | 20 Women's Drum Teachings 11-1pm (Grad) | 21 Unit Meeting |
| 24 Red Road to Healing 6-8pm Triple P Stepping Stone 1-3pm Indigenous Art Therapy 1-3pm | 25 MYA 1-3pm Naandawi Odizowin (Addictions) 6-8pm | 26 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm Art Expression for Youth 6-8pm (Grad) | 27 Circle of Security 1-3pm Grief & Loss 1-3pm Triple P 6-8pm | 28 EIP Meeting Centre Closed AM |

The first session of a new program series is in bold

| MON | TUE | WED | THU | FRI |
|---|---|--|---|---|
| 2 Red Road to Healing 6-8pm Indigenous Art Therapy 1-3pm Triple P Stepping Stones 1-3pm | 3 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 9:15-11:15 am @ Fort Rouge School | 4 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 5 Circle of Security 1-3pm Grief & Loss 1-3pm Triple P 6-8pm | 6 Pipe Ceremony 10-12pm |
| 9 Red Road to Healing 6-8pm Triple P Stepping Stones 1-3pm Indigenous Art Therapy 1-3pm | 10 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 9:15-11:15 am @ Fort Rouge School | 11 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 12 Circle of Security 1-3pm Grief & Loss 1-3pm Triple P 6-8pm Full Moon Ceremony 6-8pm | 13 Sweat Lodge for Women @ Native Clan 11-3pm |
| 16 Red Road to Healing 6-8pm (Grad) Triple P Stepping Stone 1-3pm Indigenous Art Therapy 1-3pm | 17 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 9:15-11:15 am @ Fort Rouge School | 18 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 19 Circle of Security 1-3pm Grief & Loss 1-3pm Triple P 6-8pm | 20 Spring Traditional Feast/ Resource Centre 10-2pm |
| 23 Women's Wellness 6-8pm Triple P Stepping Stone 1-3pm Indigenous Art Therapy 1-3pm | 24 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 9:15-11:15 am @ Fort Rouge School | 25 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 26 Circle of Security 1-3pm Grief & Loss 1-3pm Triple P 6-8pm | 27 EIP Meeting Centre Closed AM |
| 30 Women's Wellness 6-8pm Triple P Stepping Stone 1-3pm Indigenous Art Therapy 1-3pm | 31 MYA 1-3pm Naandawi Odizowin (Addiction) 6-8pm Traditional Parenting 9:15-11:15 am @ Fort Rouge School | | | |

April 2020

| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| | | 1 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 2 Circle of Security 1-3pm Grief & Loss 1-3pm (Grad) Triple P 6-8pm | 3 Pipe Ceremony 10-12pm |
| 6 Women's Wellness 6-8pm Triple P Stepping Stone 1-3pm (Grad) Indigenous Art Therapy 1-3pm (Grad) | 7 MYA 1-3pm (Grad) Naandawi Odizowin 6-8pm (Grad) Traditional Parenting 9:15-11:15 am @ Fort Rouge School (Grad) | 8 Positive Discipline 1-3pm(Grad) Mino P 1-3pm (Grad) Restoring the Balance 6-8pm (Grad) | 9 Circle of Security 1-3pm (Grad) Triple P 6-8pm (Grad) Traditional Parenting 1:15-3:15pm @ Dufferin School | 10 Good Friday Centre Closed |
| 13 Easter Monday Centre Closed | 14 | 15 | 16 Traditional Parenting 1:15-3:15pm @ Dufferin School Full Moon Ceremony 6-8m | 17 Co-ed Sweat Lodge 11-3pm @ Native Clan |
| 20 Women's Wellness 6-8pm Triple P Stepping Stone 1-3pm Indigenous Art Therapy 1-3pm | 21 MYA 1-3pm Naandawi Odizowin (Addictions) 6-8pm | 22 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 23 Circle of Security 1-3pm Triple P 6-8pm Traditional Parenting 1:15-3:15pm @ Dufferin School | 24 EIP Meeting Centre Closed AM |
| 27 Women's Wellness 6-8pm (Grad) Triple P Stepping Stone 1-3pm Indigenous Art Therapy 1-3pm | 28 MYA 1-3pm Naandawi Odizowin 6-8pm | 29 Positive Discipline 1-3pm Mino P 1-3pm Restoring the Balance 6-8pm | 30 Circle of Security 1-3pm Triple P 6-8pm Traditional Parenting 1:15-3:15pm @ Dufferin School | May 1 Pipe Ceremony 10-12pm |

Upon completion of programs certificate will be issued

| Closed Programs | Open Programs | Cultural Programs |
|--|---|---|
| <p>Managing Your Anger (MYA) Provides participants with knowledge, skills and alternative ways to resolve personal anger. Tuesday, Jan 7– Feb 11 1-3pm (Ian) Tuesday, Feb 25 -Apr 7 1-3pm (Ian) Tuesday, Apr 21-May 26 1-3pm (Ian)</p> <p>Triple P Helps parents learn and practice strategies to deal with their children’s challenging behaviours constructively (0-12 yrs) Thursday, Jan 9-Feb 13 6-8pm (Ian) Mondays, Jan 13-Feb 10 9:30-11:30 @Norquay School (Ian) Thursday, Mar 5-Apr 9 6-8pm (Ian) Thursday, Apr 23-May 28 6-8pm (Ian)</p> <p>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 behavior. Thursday, Jan 9-Feb 13 1-3pm (Norma) Thursday, Feb 27-Apr 9 1-3pm (Norma) Thursday, Apr 23-May 28 1-3pm (Norma)</p> <p>Triple P Stepping Stones assists participants to parent children with intellectual needs, such as ADHD & FASD Monday, Feb 24-Apr 6 1-3pm (Ian) Monday, Apr 20-May 25 1-3pm (Ian)</p> <p>Grief & Loss focuses on understanding Grief and Loss and its effects on the individual. The program uses Indigenous methods of healing. Thursday, Feb 27–Apr 2 1-3pm (Linda/Jordan)</p> <p>Restoring the Balance (DV) This program will focus on issues of domestic violence by focusing on men’s traditional role in the family and finding strategies to keep the balance in the home. Wednesday, Jan 8-Feb 12 6-8 pm (Ian/Louis) Wednesday, Feb 26-Apr 8 6-8pm (Ian/Louis) Wednesday, Apr 22– May 28 6-8 (Ian/Louis)</p> <p>Nanaandawi Odizowin (Self Healing Teachings) This program applies contemporary relapse recovery methods by blending them into the teachings of the medicine wheel. Tuesday, Jan 7-Feb 11 6-8pm (Louis/Jordan) Tuesday, Feb 25-Apr 7 6-8pm (Louis/Jordan) Tuesday, Apr 21-May 26 6-8 (Louis/Jordan)</p> <p>Positive Discipline Program: focuses on using different parenting strategies using the Positive Discipline model. Wednesday Jan 8-Feb 12 1-3pm (Norma) Wednesday Feb 26-Apr 8 1-3 pm (Norma) Wednesday Apr 22-May 27 1-3pm (Norma)</p> | <p>Mino-Pimatziwin (to live a good life) focuses on sobriety by utilizing the 7 sacred teachings recognized by many Indigenous people. Wednesday, Jan 15-Feb 12 1-3pm (Linda/Amy) Wednesday, Feb 26–Apr 8 1-3pm (Linda/Amy) Wed, Apr 22-May 20 1-3pm (Linda/Amy)</p> <p>Traditional Parenting focuses on well established parenting methods and ceremonies utilized by Indigenous people for centuries. Jan 6—Jan 10 1-3pm @ Ab Centre 181 Higgins (Linda/Amy) Tuesday, Jan 14-Feb 11 1:15-3:15pm @ Shaughnessy Park School (Linda/Amy) Mar 3-Apr, 7 9:15-11:15am (@ Ft Rouge School (Linda/Amy) Thursday, Apr 9– May 7 1:15-3:15pm @ 545 Alexander Ave. Dufferin School (Linda/Amy)</p> <p>Red Road to Healing is designed to address issues in regards to domestic violence from an Indigenous perspective. Monday, Jan 6-Mar 16 6-8pm (Norma & Linda)</p> <p>Women’s Wellness utilizes a combination of contemporary Indigenous healing approaches to address health and wellness. Monday, Mar 23–Apr 27 6-8pm (Norma & Linda)</p> <p>Mazini-Bii’ige Nanaandawi (Indigenous Art Therapy) 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. Monday, Jan 6-Feb 10 1-3am Monday, Feb 24-Apr 6 1-3pm (Louis & Jordan) Monday, Apr 20-May 25 1-3pm (Louis/Jordan)</p> <p>Art Expression for Youth The program focuses on creativity as part of an outlet of expression for youth. Wednesdays, Jan 22– Feb 26 6-8pm (Amy/Jordan)</p> <p>Women’s’ Drum Teachings Participants will learn the history of drums as well as traditional songs while making a drum. Thursday, Jan 16-Feb 20 11-1pm (Linda/Amy)</p> | <p>Sweat Lodge Ceremonies: A cleansing and purification ceremony. March 13 Women’s Sweat 11-3 @Native Clan April 17 Co-Ed Sweat 11-3 @Native Clan</p> <p>Pipe Ceremonies: A time to give and receive prayers. Friday, January 3 (10–12) Friday, February 7 (10-12) Friday, March 6 (10-12) Friday, April 3 (10-12) Friday, May 1 (10-12)</p> <p>Traditional Feast: A time to celebrate and honour the changing of the seasons. Spring—Friday, March 20 (10-2)</p> <p>Women’s Full Moon Ceremony Thursday, January 16 (6-8pm) Thursday, February 13 (6-8pm) Thursday, March 12 (6-8pm) Thursday, April 16 (6-8)</p> <p>Cultural Advisor Consults: The centre’s Cultural Advisor is available to provide one-on-one consults for cultural teachings and protocols; smudging ceremonies for program participants; provision of Indigenous medicines, for families involved with ANCR.</p> <p>Resource Centre Family Wellness Worker The role of the Family Wellness worker is to offer comfort, support and resources to participants at our centre. Participants may access one to one consultations with the Family Wellness Worker in relapse prevention, mental health and counselling services. The Family Wellness worker is well versed in recovery from addictions, anxiety depression, and Indigenous traditional knowledge.</p> |
| | | <div data-bbox="1068 1524 1510 1730" style="border: 1px solid black; padding: 5px;"> <p>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 (9:00AM - 3:30PM)</p> </div> <div data-bbox="1068 1755 1510 1902" style="border: 1px solid black; padding: 5px;"> <p>Program Registration for CFS Workers and Foster Parents/Places of Safety will NOT be accepted.</p> </div> |