



# SPENCE NEIGHBOURHOOD ASSOCIATION NEWSLETTER

AUGUST 2019

## LIGHT IT UP: YOUTH LED SAFER SPACES DESIGN

On June 13 we celebrated the completion of our youth drop-in program lighting project **"Light It Up! Safer and Brighter Neighbourhood Spaces"**.

This project started when our Youth and Families committee worked with youth to identify things that would make our space and the neighbourhood feel safer. The youth applied for a small grant and made the decision to use the funds to bring additional decorative lighting to areas of the neighbourhood that feel dark and unsafe. Through a safety audit with SNA's Community Connecting Coordinator, the youth identified the McMicken back lane area, behind the MERC, as a place where adding lighting would increase safety. With the support of our staff, our neighbours, and an incredible partnership with Lights Unlimited we installed decorative light fixtures in 3 specific trees and around the SNA garage in the McMicken back lane (between the MERC parking lot and Ellice Ave).

We believe that this installation will improve safety through visibility in the back lane while creating a pleasing aesthetic. Most importantly, these lights enhance a sense of safety and belonging for our youth and the rest of community members. Thanks again to all of our youth participants who got involved in the project!



## SUMMER WE24 HOURS

From June 28th to September 3rd WE24 will be open 7 night a week. You can contact us through Facebook or 204-333-9681 for any questions, support, or just to say hi!

**WE24 will be open:**

Sunday  
Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday

11:00pm-7:00am  
430 Langside St.



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### COMMITTEE MEETINGS THIS MONTH

COMMUNITY CONNECTING: AUG. 1 CED: AUG 14  
HOLISTIC HOUSING: AUG. 6 YOUTH & FAMILIES: AUG 14  
EOS: AUG. 8 SNA BOARD: AUG 26

# BOOSTING YOUR RESUME

# HOW TO SHOW YOUR SKILLS

Resumes are about demonstrating to a potential employer that your skills, knowledge, and experience make you the best person for that position. The most compelling resumes are those that show **how** you have demonstrated a specific skill, not simply telling the employer that you possess a specific skill. This is done through "Demonstration Statements." Demonstration statements are used to show an employer how you have demonstrated a specific skill. On a resume, demonstration statements are placed under your Work Experience section.

Demonstration statements are made up of three parts: Action Verb, Noun, and Impact. Use the table for examples. Following this formula will make it easy to demonstrate to potential employers that you are the best person to hire!

ACTION VERB	NOUN		IMPACT
	<b>BONUS:</b> <b>QUALIFY OR QUANTIFY</b> Use Adjectives and Numbers to jazz up your statements		<b>ANSWER 2</b> Who? What? Where? When? Why? How? What was achieved?
Awarded	employee of the month	three times over	as a result of providing a consistent and high level of service to customers
Supported and counseled	clients	ages 7-14	by email, phone and in-person during times of extreme personal crises
Graded	assignments	of 100	undergraduate Chemistry students, providing written feedback and ideas for improvement during bi-weekly office hours
Taught	complex	laboratory techniques	to university students requiring additional help in order to improve overall success in coursework
Interacted	compassionately	with elderly patients	when delivering meal trays in a busy hospital environment

Source:

Career Services. Resume Workbook. The University of Manitoba.  
<http://umanitoba.ca/student/careerservices/media/Resume.pdf>



## RENTSMART

## RENTAL CONTACTS

Do you want to understand your role as a renter? Do you face barriers to housing? RentSmart Basics is a 3 hour introductory course and can be designed to meet the needs of specific populations such as youth, newcomers, seniors and people transitioning from homelessness.

You can contact Vanessa at the Rental Safety program to register, help assist you with resources, and rental applications: 204-783-5000-ext 107 or [rentalsafety@spenceneighbourhood.org](mailto:rentalsafety@spenceneighbourhood.org)

### Rental Housing Improvement Program:

[housingprograms@gov.mb.ca](mailto:housingprograms@gov.mb.ca)

**Minimum Home Repair program:** [311@winnipeg.ca](mailto:311@winnipeg.ca)

**Manitoba Hydro:** [www.hydro.mb.ca](http://www.hydro.mb.ca),

**Rent Assist:** [www.gov.mb.ca/fs/eia/rent\\_assist.html](http://www.gov.mb.ca/fs/eia/rent_assist.html)

**Winnipeg Rental Network:** [winnipegrentnet.ca](http://winnipegrentnet.ca)

**Spence Neighbourhood Association:**

[housing@spenceneighbourhood.org](mailto:housing@spenceneighbourhood.org)

**Residential Tenancies Branch:** [www.manitoba.ca/rtb](http://www.manitoba.ca/rtb) 204-945-2476 or at 302-254 Edmonton St.

### 365 McGee Street (West End Commons):

First Jobs 4 Youth, Wahkohtowin Strengthening Families Program, Homework Club, & Youth Crew. 231 Isabel Street (Central Neighbourhoods):

Gang Action Interagency Network (GAIN)

### 350 Spence Street (Axworthy Health & RecPlex):

Community Sports Program

Phone: 204-783-5000 | Email: [liaison@spenceneighbourhood.org](mailto:liaison@spenceneighbourhood.org) |

Website: [www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)

### Spence Neighbourhood Association (SNA):

**615 Ellice Avenue** (Head Office):

Community Connecting, Environment & Open Spaces, Finance, Homeless Outreach, Housing, & Rental Safety.

**430 Langside Street** (Magnus Eliason Recreation Centre - MERC): Building Belonging, Children, Newcomer Youth Outreach, West End 24 Hour Safe Space, & Youth Drop-In.

**365 McGee Street** (West End Commons):

First Jobs 4 Youth, Wahkohtowin Strengthening Families Program, Homework Club, & Youth Crew.

## CHILDREN & YOUTH PROGRAMS

### **SNA Building Belonging Summer Program**

**July 8 - August 23 | Monday-Friday | 12-4:00PM | 430 Langside**

Structured programming for kids ages 6-12 with lunch and snacks provided and pick up from home (11am-12pm) and drive home (4:00-5:00pm) available within the Spence neighbourhood.

Summer Registration forms available at MERC.

Contact: Allison and Johnathan, SNA Building Belonging Coordinators 204-783-5000.

### **Youth Program**

**Monday-Friday | 6:30-9:30PM | 430 Langside**

Programming & outings for youth grades 7-12. Meal provided and drive home available within the Spence neighbourhood, or bus tickets provided. Registration forms available at MERC.

Contact: Newcomer Youth and Outreach Worker 204-783-5000 ext.113 or newcomer@spenceneighbourhood.org

### **Youth Cooking Classes**

**Mondays | 7PM-8PM | 430 Langside**

SNA and Food Matters have teamed up to bring cooking classes for youth in grades 7 - 12 to the MERC.

Contact: Newcomer Youth and Outreach Worker 204-783-5000 ext.113 or newcomer@spenceneighbourhood.org

### **WE24 Overnight Safe Space**

**11PM-7AM | 430 Langside**

An overnight space for youth ages 13-26 to rest, relax and access food, resources, and basic needs in a supportive, kind, and warm environment. Open every day there is not school the next day.

Contact: WE24 Manager 204-783-5000 ext.110 or david@spenceneighbourhood.org

### **Kids Gardening Program**

**Aug. 12 & 19 | 2PM-3:30PM | 430 Langside**

An opportunity for children age 6-12 to learn about gardens, from bugs to berries! Kids will plant seeds & eat food they've grown at the end of the season.

Contact: EOS Coordinator at 204-783-5000 ext.102 or greenimage@spenceneighbourhood.org.

## 55+ PROGRAMS & EVENTS

### **55+ Social Club**

**On break for August - Will return in September | 625 Portage**

Adults 55+, elders, and seniors, join us for a free coffee (or tea) and participate in light conversations and stress-free activities.

Support workers welcome. Accessible venue. Gender inclusive washrooms. We do not meet on national and provincial holidays.

Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org.

## COMMITTEE MEETINGS

### **Community Connecting Committee Meeting**

**August 1 | 5:30PM | 615 Ellice**

Contact: Community Connector at 204-783-5000 ext.106 or safety@spenceneighbourhood.org

### **Holistic Housing Committee Meeting**

**August 6 | 5:30PM | 615 Ellice**

Contact: Housing Coordinator at 204-783-5000 ext.105 or housing@spenceneighbourhood.org

### **Environment and Open Spaces Committee Meeting**

**August 8 | 6-7PM | 615 Ellice**

Contact: EOS Coordinator at 204-783-5000 ext. 102 or greenimage@spenceneighbourhood.org

### **CED Committee Meeting**

**August 14 | 5:30PM | 365 McGee**

Contact: Youth Employment Hub Coordinator at 204-783-5000 ext.115 or firstjobs@spenceneighbourhood.org

### **Youth & Families Committee Meeting**

**August 14 | 7-8:30PM | 430 Langside**

Contact: Youth & Families Director at 204-783-5000 ext. 111 or kristen@spenceneighbourhood.org

## MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

### **Kitchen Circle**

**August 26 | 5-7PM | 615 Ellice.**

Cook and eat a healthy, affordable recipe together at this free all ages program. No experience necessary. Registration required.

Contact: 204-783-5000 ext.102 or greenimage@spenceneighbourhood.org.

### **SNA Board Meeting**

**August 26 | 5:30PM | 430 Langside**

Contact: SNA's Executive Director at 204-783-5000 ext.103 or jamil@spenceneighbourhood.org

### **Wahkohtowin Strengthening Families Program**

**Thursdays | 5-8PM | 365 McGee**

WSFP is a 14 week, skills based program that decreases conflict & increases positive communication, focusing on the areas of bonding, boundaries & monitoring. Registration is required! Free program, meal, transport and childminding. Families must have at least one youth between the ages of 11-17. Contact: 204-783-5000 ext. 125 or kai@spenceneighbourhood.org

### **Our Place Safe Space**

**Fridays | 5-11PM**

OPSS is a "comes as you are" drop-in safer space for those who identify as sex workers, experiential folks, victims/survivors of sexual exploitation and/or human trafficking (all ages, genders, and Nations). Harm reduction services and fun free dinner provided.

Contact: OPSS Outreach at 204-774-7005 ext.104 or safety@dmsmca.ca







# SPENCE NEIGHBOURHOOD ASSOCIATION (SNA) AUGUST 2019

| 204-783-5000 | liaison@spenceneighbourhood.org | www.spenceneighbourhood.org |  
| Facebook @spenceneighbourhoodassociation | Twitter @snacommunity | Instagram @snacommunity |

## Children & Youth Programming

**Building Belonging (BB)**  
July 8-August 23  
Mondays-Fridays  
12:00PM-4:00PM

**Drop in Only**  
August 26-30  
10:00am-4:00pm

**Kids Gardening Program:**  
August 12 & 19  
2PM-3:30PM

**Youth Program**  
Mondays-Fridays  
6:30PM-9:30PM

**Youth Cooking Class**  
Mondays  
7PM-8PM

**West End 24 Hour Safe Space**  
Open Every Day  
until Sept 3  
11PM-7AM

## Event & Program Locations

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Programming, hours, and locations may be subject to change without much notice. SNA is closed evenings, weekends, Indigenous Peoples Day, May Day, and national and provincial holidays.</i>						
4	5 Youth Cooking 7PM-8PM	6 Holistic Housing Committee 5:30PM	7	8 Wahkohtowin 5-8PM EOS Committee: 6PM-7PM	9 Our Place Safe Space: 5-11PM	10
11	12 Kids Gardening 2-3:30PM Cooking Class 7PM-8PM	13	14 CED Committee 5:30PM Youth & Families Committee 7-8:30PM	15 Wahkohtowin 5-8PM	16 Our Place Safe Space: 5-11PM	17
18	19 Kids Gardening 2-3:30PM Youth Cooking 7PM-8PM	20	21	22 Wahkohtowin 5-8PM	23 Our Place Safe Space: 5-11PM	24
25	26 Kitchen Circle 5-7PM Youth Cooking 7PM-8PM SNA Board 5:30PM	27	28	29 Wahkohtowin 5-8PM	30 Our Place Safe Space: 5-11PM	31

**@430 Langside St.**  
Building Belonging (6-12 years old)  
Kids Gardening Program(6-12 years old)  
Youth Program (Grade 7-12)  
Youth Cooking (Grade 7-12)  
West End 24 Hour Safe Space for Youth (13-26 years old)  
Youth & Families Committee  
SNA Board Meeting

**@615 Ellice Ave.**  
Community Connecting Committee  
Holistic Housing Committee  
EOS Committee  
Kitchen Circle

**@365 McGee St.**  
Wahkohtowin Strengthening  
Families Program  
CED Committee