



# SPENCE NEIGHBOURHOOD ASSOCIATION NEWSLETTER

DECEMBER 2019

## WAHKOHTOWIN STRENGTHENING FAMILIES PROGRAM

The Wahkohtowin Strengthening Families Program at Spence Neighborhood Association is in its 10th session with four incredible families lead by strong matriarchs enrolled. Each week, the families join our dedicated family mentors for a meal then break off into separate youth and adult classes for lessons that build on the three pillars of bonding, boundaries and monitoring. Family mentors are passionate, well-trained folks who live and work in the community. Many parents express feeling they can relate to the mentors because of their lived experience. This session, the families have spent the last five weeks working on improving communication, spending time together, listening with love, building family routines, problem solving, and positive discipline.

In the weeks to come, we are going to spend time talking about family goals, tools to reduce conflict, and skills that help create stable, loving families. It takes a lot of courage to come each week to share, grow, challenge, and support each other through this unique program. Families and mentors this session will get together with a special guest facilitator for a sweat lodge ceremony.

At the end of the fourteen weeks, the families will be invited to a Graduation Ceremony where we acknowledge and celebrate their hard-work and commitment to completing the program in a way that is inclusive, safe, and fun for all.

As program staff, it is a privilege to work closely with families to achieve their goals and build stronger connections with each other. We will be hosting an Open House on January 9th, 2020 at the West End Commons for the 11th session that will begin on January 16th, 2020. We would like to invite families to join us for fun activities, snacks, refreshments, and a chance to learn more about the Wahkohtowin and how they can enroll and participate in this free and culturally-relevant program. Please reach out to the program coordinator at [seth@spenceneighbourhood.org](mailto:seth@spenceneighbourhood.org) if you would like more information or to RSVP for our Open House.



### HOMELESSNESS OUTREACH MENTOR

**Get help with :**

- Searching for Housing
- EIA Support
- Getting ID
- Getting Income Supports
- Completing Housing Applications
- Community Supports
- Health and Social Services

**Are you currently experiencing homelessness or couch surfing?**

615 Ellice  
Cell: 204-999-4485  
[row@spenceneighbourhood.org](mailto:row@spenceneighbourhood.org)

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### COMMITTEE MEETINGS THIS MONTH

HOLISTIC HOUSING: DEC. 3      YOUTH & FAMILIES: DEC. 11  
COMMUNITY CONNECTING: DEC. 5      EOS COMMITTEE: DEC. 12  
CED COMMITTEE: DEC. 10

# STAFF FEATURE KYLER

Hello!

My name is Kyler Harper. I started working with SNA full time in the beginning of September and I was working part-time at WE24 at the beginning of this year. I have lived in this community since I came to the city. I moved in 2007 from my reserve in St. Theresa Point.

My role here at SNA is a Wahkohtowin Youth Mentor/West End 24/7 Outreach Worker. The job is great. I feel like I have made a connection with the youth I work with and will continue to build on these positive relationships.

One of my passions in life is to mentor or help in my community in any way I can. A few years ago, an Elder told me that I was destined to be a helper, and so I have been living that philosophy/goal since then. When I heard that a position opened up in mentorship I was ecstatic because I can fulfill my goal, help out my community, and as a bonus I get paid to do what I love doing.

I am excited to see what challenges/ obstacles I am going to conquer in this position.

Thanks!



## HYDRO HELP

Are you behind on payments, or going to be cut off? Rental Safety now offers support with your Manitoba Hydro Bills.

Contact Rental Safety at 204-783-5000 ext 107 or [rentalsafety@spenceneighbourhood.org](mailto:rentalsafety@spenceneighbourhood.org)

## Trouble with Snow Removal?

### Youth Crew

can help seniors in the  
Spence Neighbourhood

Contact 204-783-5000 ext 116 for more details



## WE24 DONATIONS

We are asking the community to support our youth by providing donations of underwear, mittens, hats, and winter boots. We are also looking for soap, shampoo, conditioner, and other hygiene products.

These items are essential and every donation is so appreciated!

Donations can be dropped off at 430 Langside Monday-Friday from 10:00am - 7:00pm or contact us at 204-333-9681.

Thank you!

WE24 aims to be open for winter break starting December 20th.

WE24 is open on Fridays, Saturdays, and school holidays from 11:00pm - 7:00am



## COMMUNITY HOLIDAY PARTY

Registration for  
gifts for 12 and  
under has closed

SANTA  
PANCAKE BREAKFAST  
HOLIDAY ACTIVITIES  
GIFTS FOR 12 AND  
UNDER

DECEMBER 14, 2019  
11:00 AM - 1:30 PM  
MAGNUS ELIASON  
RECREATION CENTRE  
(MERC)  
430 LANGSIDE ST.

### 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.

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

First Jobs 4 Youth, Wahkohtowin Strengthening Families Program, & 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)

# SNA'S DECEMBER PROGRAM/EVENT LISTING

## CHILDREN & YOUTH PROGRAMS

### Building Belonging

Monday-Friday | 4 - 6PM | 430 Langside  
Dec. 23 & 24, 27, 30 & 31 | Jan. 2 & 3 | No Program | Drop-In Only | 12 - 6PM  
Dec. 25 & 26 | Jan. 1 | No Program  
Structured programming for kids ages 6-12 with lunch and snacks provided. Pick up from home & drive home available within the Spence neighbourhood. Registration forms available at MERC. No program Nov. 11. Contact: Allison or Johnathan 204-783-5000

### Youth Program

Monday - Friday | 6:30 - 9:30PM | 430 Langside  
Dec 25 & 26 | Jan. 1 | No Program  
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. No program Nov. 11. Contact: 204-783-5000 ext.113 or newcomer@spenceneighbourhood.org

### Art City Outreach

Mondays | 4 - 6PM | 430 Langside St.  
Express yourself at art workshops for ages 6-12 ft. facilitators & guest artists. No program Nov. 11. Contact: Allison or Johnathan 204-783-5000

### Sticks and Stones Nature Play

Dec. 3, 10, & 17 | 9:30AM - 10:30AM | Rain or Snow | 446 Langside St.  
Drop-in Tuesday mornings for free, fun, family-friendly outdoor play for children aged 0 - 6 and their caregivers. Snack Provided.  
Contact: outdoorplay@communities4families.ca

### Kids Cooking Classes

Thursdays | 4 - 6PM | 430 Langside  
Cooking classes for kids ages 6-12 with Food Matters Manitoba.  
Contact: Allison or Johnathan 204-783-5000

### Girls Night

Dec. 6 & 13 | 6:30 - 9:30PM | 350 Spence in the MPR  
Girls night is a safe space for female-identifying youth in grades 7 to 12 to share a meal, learn new skills, build self-esteem and make new friends.  
Contact: newcomer@spenceneighbourhood.org

### Social Circus Intensive

Dec. 2 & 5 | 3:30 - 6:30PM | 195 Collegiate St  
Youth between 16 and 35 come get paid to learn juggling, acrobatics, partner acrobatics, contortion, clowning. New this intensive we will be adding aerials such as trapeze, silk, and hoop! Final show takes place on December 6th. Contact socialcircus@spenceneighbourhood.org

### WE24 Overnight Safe Space

Fridays, Saturdays, & School Holidays | 11PM - 7AM | 430 Langside  
An overnight space for youth ages 13-26 to rest and relax, access food, resources, and basic needs in a supportive, kind, and warm environment. Open every day there is not school the next day.  
Contact: 204-783-5000 ext.110 or david@spenceneighbourhood.org

### 55+ Social Club

Dec. 9 & 23 | Every 2nd and 4th Monday | 1 - 3PM | 625 Portage  
55+ Community members, join us for a cup of coffee or tea. Expect fun activities, great people, and great conversation. Support workers welcome. Accessible venue. Gender-inclusive washrooms. We do not meet on national and provincial holidays. See you at the Goodwill!  
Contact: 204-783-5000 ext. 106 or sappfyre@spenceneighbourhood.org

## 55+ PROGRAMS & EVENTS

## MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

### Safety Audits

Dec. 6 | 5 - 7PM | 615 Ellice  
A great opportunity to identify safety concerns in our neighbourhood! \$10 Gift Card Honorarium is provided to thank you for your help. To register contact 204-783-5000 ext. 160 or sappfyre@spenceneighbourhood.org

### Community Holiday Party

Dec. 14 | 11AM - 1:30PM | 430 Langside  
Join us for a pancake breakfast, the chance to visit Santa, and fun festive activities! Contact 204-783-5000 for more details.

### Art With Gerry (AWG)

Dec. 20 | 3rd Friday of every month | 5 - 7PM | 615 Ellice  
Join local artist Gerry Berard to engage in free recreational arts & crafts. Open to all ages and experience levels. Registration required. Contact SNA's Community Connector at 204-783-5000 ext. 106 or sappfyre@spenceneighbourhood.org.

### Kitchen Circle

Nov 23 | 5 - 7PM | 615 Ellice  
Cook and eat a healthy, affordable recipe together at this free all ages program. No experience is necessary. Registration required.  
Contact: 204-783-5000 ext.102 or greenimage@spenceneighbourhood.org

### Rental Safety Drop-In

Wednesdays | 1:30 - 3:30PM | 615 Ellice Ave.  
First come, first serve. 20 minute time slots. If you are unable to make the drop in times contact Rental Safety to book an appointment.  
Contact: 204-783-5000 ext 107 rentalsafety@spenceneighbourhood.org

### Move Me

Thursdays | 3 - 4PM | 615 Ellice Ave.  
Are you looking to move and need support? Our weekly drop-in program may be able to help. Contact: 204-783-5000 ext 107 rentalsafety@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. Free program, meal, transport and childminding. Families must have at least one youth between the ages of 11-17. Registration required.  
Contact: 204-783-5000 ext. 125 or seth@spenceneighbourhood.org

### Our Place Safe Space

Fridays | 5 - 11PM  
A "comes as you are" drop-in safer space for folks of all ages, genders & nations who identify as sex workers, experiential, victims/survivors of sexual exploitation and/or human trafficking. Harm reduction services and fun free dinner provided. Contact: 204-774-7005 ext. 104 or safety@dmsmca.ca

**Spence Neighbourhood Association offices are closed on national and provincial holidays.**

**615 Ellice Ave will be closed the afternoon of Dec. 4th & 9th as well as Dec. 23 to Jan. 3**

**Mail can be picked up Dec. 27th and Jan. 3rd**

## COMMITTEE MEETINGS

### Holistic Housing Committee

Dec. 3 | 5:30 - 7:30PM | 615 Ellice  
Contact: Housing Coordinator at 204-783-5000 ext.105 housing@spenceneighbourhood.org

### Community Connecting Committee

Dec. 5 | 5:30 - 7PM | 615 Ellice  
Contact: Community Connector at 204-783-5000 ext.106 or safety@spenceneighbourhood.org

### CED Committee

Dec. 10 | 5:30 - 7:30PM | 365 McGee  
Contact: Youth Employment Hub Coordinator at 204-783-5000 ext.115 or firstjobs@spenceneighbourhood.org

### Youth & Families Committee

Dec. 11 | 7 - 8:30PM | 430 Langside  
Contact: Youth Programs Manager at 204-783-5000 ext. 111 or mubo@spenceneighbourhood.org

### Environment and Open Spaces Committee

Dec. 12 | 6 - 7PM | 615 Ellice  
Contact: EOS Coordinator at 204-783-5000 ext. 102 or greenimage@spenceneighbourhood.org

Spence  
Neighbourhood  
Association

