

"GIRLS NIGHT" PROVIDES SAFE, SUPPORTIVE SPACE FOR YOUTH TO GROW

Spence Neighbourhood Association's Girls Night provides female-identifying youth, ages 12 to 17, with a safe space that is comforting, non-judgmental and offers activities and workshops. These activities and workshops focus on strengthening participants' self-esteem, building better relationships with themselves and with others, exploring new hobbies, and learning new skills.

Having access to a program like Girls Night is important for the development of youths' self-esteem (how a person sees themselves). Programs like Girls Night, that create a safe space, allow participants to explore individual expression, ideas, identities, and self-expression and help them develop a strong and healthy self-esteem.

Girls Night starts again on January 11!

After a short break we are excited to continue our girls night on Fridays from 6:30 pm till 8:30 pm at the Rec Plex, University of Winnipeg. We are always looking forward to welcome new participants so if you are interested or need more information about upcoming activities please contact Carolina at newcomer@spenceneighbourhood.org
*Snacks and bus tokens are also provided



SPENCE NEIGHBOURHOOD ASSOCIATION

ANNUAL GENERAL MEETING

TUESDAY JANUARY 15, 2019

6 PM - 8 PM

MAGNUS ELIASON RECREATION CENTRE
430 LANGSIDE STREET

2018 Highlights
Board of Directors Election
Community Meal
Childcare
Accessible Venue
Vote on Constitutional Amendment

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COMMITTEE MEETINGS

THIS MONTH

CED: JAN 8

YOUTH & FAMILIES: JAN 9

SNA 2SLGBTQ+: JAN 9

55+ ADVISORY: JAN 14

SNA ANNUAL GENERAL MEETING: JAN 15

VOLUNTEER SPOTLIGHT: TOLU ILELABOYE BASKETBALL WIZ'

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DON'T LET THE COLD GET YOU DOWN (OR KEEP YOU IN!)

With the cold settling in and the urge to do some extra cuddling on the couch this time of year, it's common for a WinterPegger to feel run down after the holiday season- but it doesn't have to be that way! Incorporate some physical activity into your family gatherings or get-togethers with your friends. You can get outside and build a snow fort (or build one your living room using chairs, couch pillows and blankets when it's -30 with windchill). You can also go skating at the Forks, or tobogganing at Garbage Hill!

Or! If you're a female-identifying youth between ages 13-21, join our Girls Opportunities for Athletic Leadership (GOAL) Program. Includes one-on-one training with Meghan, GOAL Program coordinator.

For more information about the GOAL Program, contact: Meghan Lemoine, meghan@spenceneighbourhood.org



RENTAL TIPS

As a renter you might need to pay a security deposit. Your landlord must give you a receipt that shows: the amount paid, the date it was paid, & the address of your rental unit.

Remember to always get a receipt.

Need a rent receipt? Come see the Rental Safety Coordinator at 615 Ellice Avenue, 204-783-5000 ext 107

Which SNA program do you volunteer with?

Girls basketball, as a coach

How long have you volunteered with SNA?

Around four years

Why do you volunteer with SNA?

I've developed a bond with the kids and several staff that keep me going. I look forward to the opportunity to connect with each of the youth on my team and with my community. Spence Staff are also do dedicated to their work and that is such a motivator: helping people who support the growth of individuals and our community as a whole

What is one contribution, achievement, benefit, or highlight you most proud of in your volunteer experience with SNA?

Being a part of the development of a team of young female athletes and having most of them come back each year as their love of sport continues to be fostered in the spaces offered by Spence. We lose too many young female athletes at their age and I'm proud of being able to help grow that love of "the game" the way I had that opportunity when I was their age.

Any advice to share with folks wanting to volunteer with SNA?

Being a part of a grassroots community organization like Spence really gives you the opportunity to get your hands dirty in community development. You have the chance to see the true circumstances and lives of so many people and be a part of something bigger than yourself. While it's not always sunshine and roses working in community development, the capacity of a group of amazing volunteers and staff show you the true capacity of community and our individual abilities to add value to this world.

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.

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 |

Website: www.spenceneighbourhood.org

SNA'S JAN. '19 PROGRAM/EVENT LISTING

CHILDREN & YOUTH PROGRAMS

Building Belonging

Monday-Friday | 3:30-5:30PM | 430 Langside.
Structured programming for kids ages 6-12 with lunch and snacks provided and pick up from home and drive home available within the Spence neighbourhood. Registration forms available at MERC. Contact: Building Belonging Coordinators at 204-783-5000 ext.112.

Art City Outreach

Mondays | 4-6PM | 430 Langside
Express yourself with facilitators and guest artists at art making workshops for ages 6-12. Contact: Building Belonging Coordinators at 204-783-5000 ext.112.

Youth Program

Monday-Friday | 6:30-9:30PM | 430 Langside.
Programming and outings for youth grades 7-12 with a 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: newcomer@spenceneighbourhood.org

WE24 Overnight Safe Space

Monday-Sunday | 11PM-7AM | 430 Langside
An overnight space for youth ages 13-26 to rest and relax and access food, resources, and basic needs in a supportive, kind, and warm environment. Contact: WE24 Manager 204-783-5000 ext.110 or sean@spenceneighbourhood.org

COMMITTEE MEETINGS

Holistic Housing Committee Meeting:

Feb. 5 | 5:30PM | 615 Ellice.
January meeting cancelled in lue of AGM. Next meeting Feb. 5. Contact: Housing Coordinator at 204-783-5000 ext.105 or housing@spenceneighbourhood.org

CED Committee Meeting

Jan. 8 | 5:30PM | 365 McGee.
Contact: Youth Employment Hub Coordinator at 204-783-5000 ext.115 or firstjobs@spenceneighbourhood.org.

Youth & Families Committee Meeting

Jan. 9 | 7-8:30PM | 430 Langside.
Contact: Youth & Families Director at 204-783-5000 ext. 111 or kristen@spenceneighbourhood.org

Spence 2SLGBTQ+ Advisory Committee

Jan. 9 | 6-8PM | 615 Ellice.
Contact: Community Connector at 204-783-5000 ext.106 or safety@spenceneighbourhood.org

Tenants' Committee Meeting:

Feb. 19 | 5:30PM | 615 Ellice
January meeting cancelled in lue of AGM. Next meeting Feb. 19. Contact Rental Safety at 204-783-5000 ext.105 or rentalsafety@spenceneighbourhood.org

55+ PROGRAMS & EVENTS

55+ Social Club:

Jan. 14, 28 | 1-3PM | 625 Portage.
Spence Neighbourhood and West-End adults 55+, elders, & seniors, please join for coffee/tea, conversation, learning, and fun activities in a relaxed and safer environment. Registration is encouraged. Support workers are welcome to attend. We do not meet on national and provincial holidays. Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org.

55+ Advisory Committee:

Jan. 28 | 1-3PM | 625 Portage.
Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org.

MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

Art with Gerry:

Jan. 23 | 5-7PM | 615 Ellice.
Led by local artist Gerry Berard, AWG aims to create an accessible and inclusive space for community members of all ages and skill/experience levels to engage in free, recreational and skill-building art and craft activities. Registration required. Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org

SNA's Annual General Meeting:

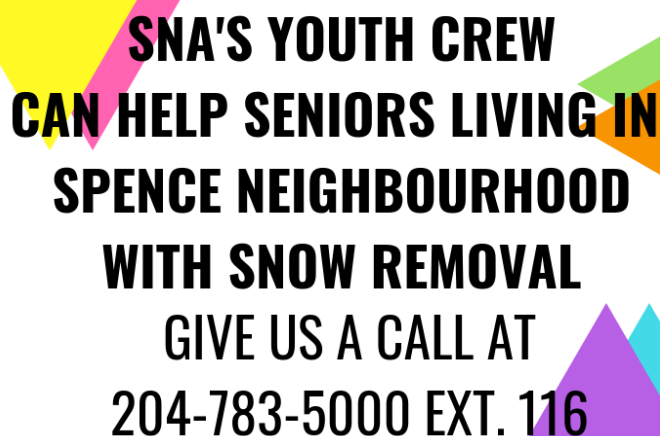
Jan. 15 | 6-8PM | 430 Langside.
2018 highlights, Board of Directors election, community meal, childcare, and vote on constitutional amendment. Contact Community Liaison for more info: 204-783-5000 ext. 109 or liaison@spenceneighbourhood.org

Wahkohtowin Strengthening Families Program:

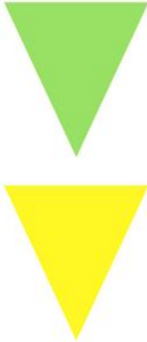
Session Begins Jan. 10, 2019 | 5-8PM | 365 McGee
WSFP is a free strength-based skill-building program that works with youth ages 11-17 along with their families/support circles to increase communication, decrease conflict, connect with culture, and increase bonding. Childminding, dinner, and transportation are provided. Currently accepting registration for session starting January 10, 2019. Contact: 204-783-5000 ext. 125 or kai@spenceneighbourhood.org

Our Place Safe Space:

Fridays | 5-11PM
OPSS is a "comes as you are" safer space for those who identify as sex workers, experiential folks, victims/survivors of sexual exploitation and victims/survivors of human trafficking (all ages, genders, and Nations), operating as a drop-in. Harm reduction services and fun free dinner provided. Contact: OPSS Outreach at 204-774-7005 ext.106 or bobbi@spenceneighbourhood.org



**SNA'S YOUTH CREW
CAN HELP SENIORS LIVING IN
SPENCE NEIGHBOURHOOD
WITH SNOW REMOVAL
GIVE US A CALL AT
204-783-5000 EXT. 116**



SPENCE NEIGHBOURHOOD ASSOCIATION (SNA) JANUARY 2019

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

Children & Youth Programming

West End 24
Every Night
11PM-7AM

Building Belonging
Mondays-Fridays
3:30PM-5:30PM

No Program - Drop-In Only:
Jan. 2, 3, 4, 15

Art City Outreach:
Mondays 4PM-6PM

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

No Program - Drop-In Only:
Jan. 2, 3, 4,

visit MERC (430 Langside)
for specific children &
youth program calendars

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spence Neighbourhood Association offices reopen January 7, 2019		1 MERC Closed SNA Offices Closed until Jan 7	2	3	4 Our Place Safe Space: 5-11PM	5
6	7 SNA Office Open	8 CED Comm. Meeting: 5:30PM	9 SNA2SLGBTQ+ Comm.: 6-8PM Youth & Families Comm.: 7-8:30PM	10 Wahkohtowin Session Begins 5-8PM	11 Our Place Safe Space: 5-11PM	12
13	14 55+ Social Club: 1-3PM	15 SNA Annual General Meeting 6-8PM	16	17 Wahkohtowin 5-8PM	18 Our Place Safe Space: 5-11PM.	19
20	21	22	23 Art with Gerry 5-7PM	24 Wahkohtowin 5-8PM	25 Our Place Safe Space: 5-11PM	26
27	28 55+ Social Club & Advisory Committee: 1-3PM	29	30	31 Wahkohtowin 5-8PM	Programming, hours, and locations may be subject to change without much notice. SNA is closed evenings, weekends, May Day, and national and provincial holidays.	

@430 Langside

Building Belonging (6-12 years old)
West End 24 Hour Safe Space for Youth (13-26 years old)
Youth Program (Grade 7-12)
Youth & Families Committee
SNA Annual General Meeting

@615 Ellice

Art with Gerry
SNA 2SLGBTQ+ Committee

@365 McGee

CED Committee
Wahkohtowin Strengthening Families Program

@625 Portage
55+ Advisory Committee
55+ Social Club



Event & Program Locations