



SPENCE NEIGHBOURHOOD ASSOCIATION NEWSLETTER

MARCH 2020

THE IMPORTANCE OF HOME INSURANCE

In recent years, some of our neighbours have sustained damages to their homes that have made them unlivable. Due to a lack of home insurance, some may never be able to return to their homes again. Home insurance can be used to repair or replace your home in the event of a major incident and can pay for alternative accommodations during such a time.

What can home insurance cover?

Your Home

Home insurance can cover most of the cost to repair or replace your house in the event of insured damages. It can also cover its contents and outbuildings such as sheds and garages.

Additional Living Expenses

If your home is unlivable as a result of insured damage, home insurance can pay for alternative accommodations such as a hotel, and even meals.

Personal Property

May include, but may not be limited to appliances, furniture, electronics, and clothing.

Perils

Perils may include, but may not be limited to fire, smoke, theft, vandalism, some water damage, wind and hail, as well as your insured property while it is temporarily away from home.

Owning a home without insurance is not an option. If you have difficulty affording insurance, consider some of the following tips to reduce costs:

Shop Around

Get quotes from several companies and ask about discounts or promotions.

Discounts

Discounts may be available for homes with monitored smoke detectors and intruder alarms; for people who have membership or employment with particular organizations; for people who have never had an insurance claim; or senior citizens.

Bundling

If you own a car or have other insurance, ask your existing provider for a bundled rate.

Credit Counseling

If you are experiencing financial difficulties that prevent you from purchasing home insurance, meet with a credit counselor to create a plan. The Credit Counselling Society is a nonprofit organization that provides free credit counseling. Make an appointment today: 204-942-8789 or visit www.nomoredebts.org

SNA has resources on home insurance from the Insurance Bureau of Canada! Get your copy of the All About Home Insurance guide by visiting the SNA office, Tuesday-Thursday from 1:00PM-4:00PM. Other insurance guides are available.

You can also visit the Insurance Bureau of Canada website at: ibc.ca

Note: This article is not an exhaustive document. SNA does not provide insurance expertise. For complete information, visit the Insurance Bureau of Canada website, or speak with an insurance agent or broker. Always make sure you know exactly what your policy covers, and ask your agent or broker what information they need to be updated on a regular basis. Source: ibc.ca

Minimum Home Repair Program

Did you know Spence homeowners can access up to \$3,000 from the City of Winnipeg toward emergency repairs for issues that might result in vacating your home? If you find yourself in this situation, contact 311 or the SNA Housing Coordinator at 204-783-5000 Ext. 105.

Note: The Minimum Home Repair Program is not a substitute for home insurance. It may not come near to covering the cost of emergency repairs, and will not cover the replacement of your home. Access to the program is not guaranteed, and a property can only access the program once in its lifetime. If your property already received this funding in the past, it will not be eligible again.

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COMMITTEE MEETINGS THIS MONTH

HOLISTIC HOUSING: MAR. 3
COMMUNITY CONNECTING: MAR 5
CED COMMITTEE: MAR 10
YOUTH & FAMILIES: TUES, MAR 10
EOS COMMITTEE: MAR 11

WORKSHOP/EVENTS/PROGRAMS

Street Connections

YOUTH NALOXONE TRAINING

Receive training, information,
and a take home Naloxone kit
for overdose prevention

For ages 13-25
Snacks and bus tokens provided

To register contact:
Chance@Spenceneighbourhood.org
Call/Text (204) 451-2455



**March 7, 2020
1:30pm-4:30pm
231 Isabel Street**

**CENTRAL
NEIGHBOURHOODS**
Centennial • West Alexander • Central Park

SEED STARTING WORKSHOPS

Get a head start on spring! Help us plant
seeds for our community gardens.
No experience necessary!



Friday March 13th - 1 pm
Wednesday March 25th - 5 pm
Wednesday April 8th - 5 pm

Registration Required - FREE

Register at 615 Ellice or call 204-783-5000 ext 102
or email greenimage@spenceneighbourhood.org.

Priority given to residents of Spence Neighbourhood

Violence Prevention Program

**MPR
2nd Floor
430 Langside**

**Wednesdays
6:30-8:30 PM
Starting Feb. 5, 2020
10 Week Program**

**Open to all female identifying, trans and
non-binary youth aged 13 - 19
\$100 Honorarium upon program completion**

Join us for workshops on:

- Understanding Violence
- Consent
- Safer Sex
- Healthy Relationships
- Body Image
- Media Awareness
- Community Building
- And more!

To register, email
aine@spenceneighbourhood.org

Spence
Neighbourhood
Association



Trouble with Snow Removal?

Youth Crew

can help seniors in the
Spence Neighbourhood

Contact 204-783-5000 ext 116 for more details



HOMELESSNESS OUTREACH MENTOR

Are you currently experiencing
homelessness or couch surfing?

Jasmine

Cell: 204-999-4485

615 Ellice Ave
Corner of
Ellice & Maryland

row@spenceneighbourhood.org



****PLEASE CALL OR DROP IN TO BOOK AN APPOINTMENT****



Spence
Neighbourhood
Association



**CENTRAL
NEIGHBOURHOODS**
Centennial • West Alexander • Central Park

COPE

COMMUNITY
PEACEBUILDING
WORKSHOP

BUILDING COMMUNITY
CAPACITY TO SUPPORT
INDIVIDUALS AND
PREVENT CRISIS

MARCH 9 2020 | 1-4PM
231 ISABEL STREET

TO REGISTER CONTACT:
CHANCE@SPENCENEIGHBOURHOOD.ORG
CALL/TXT: (204) 451-2455

**DONATIONS NEEDED
THANK YOU!**

Our Place, Safe Place

Needs: toothbrushes, toothpaste, floss (travel size), socks (new), sweaters,
hats, mitts, Women's underwear: from M-2x (new), nail polish, nail art,
cotton pads.

Drop off: Daniel McIntyre/St Matthews Community Association (DMSMCA)
823 Ellice Avenue

Times: Monday-Friday after 1 pm.

Sports

Needs: lightly used boxing equipment to rent or borrow, punching bag
stand, boxing gloves and pad, etc.

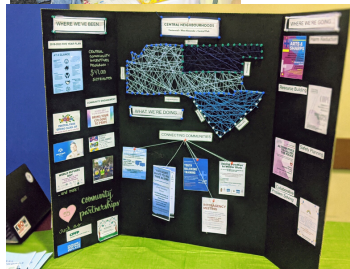
Contact: taiwo@spenceneighbourhood.org

WE24

Needs: warm mitts (desperately), warm hats, warm coats, warm sweaters

Drop off: 430 Langside Street; 9 am - 3:30 pm

Annual General Meeting



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 |

Website: www.spenceneighbourhood.org

Spence Neighbourhood Association (SNA):

615 Ellice Avenue (Head Office):

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

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.

SNA'S MARCH PROGRAM/EVENT LISTING

CHILDREN & YOUTH PROGRAMS

Building Belonging

Monday-Friday | 4 - 6 PM | 430 Langside Street
 March 11 - No Program, Drop-in Only
 March 13 - No program, Drop-in Only
 March 30-April 3 **Spring Break Outings**,
 Program runs 12-4 PM, Drop-in only 4-6 PM
 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.
 Contact: Allison Besel or Johnathan Kopchuk 204-783-5000

Youth Program

Monday - Friday | 6:30 - 9:30 PM | 430 Langside Street
 Feb 17 | 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.
 Contact: 204-783-5000 ext.113 or newcomer@spenceneighbourhood.org

Art City Outreach

Mondays | 4 - 6 PM | 430 Langside Street
 Feb 17 | No Program
 Express yourself at art workshops for ages 6-12 ft. facilitators & guest artists.
 Contact: Allison Besel or Johnathan Kopchuk Building Belonging
 Coordinators 204-783-5000

Girls Night

Fridays | 7 - 9 PM | 350 Spence Street 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

WE24 Overnight Safe Space

Monday - Sunday | 11 PM - 7 AM | 430 Langside Street
 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.
 Contact: 204-783-5000 ext.110 or david@spenceneighbourhood.org

55+ PROGRAMS & EVENTS

55+ Social Club

Mar 9 & 23 | Every 2nd and 4th Monday | 1 - 3 PM | 625 Portage Avenue
 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.

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

MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

Kitchen Circle

Mar 23 | 5 - 7 PM | 615 Ellice Avenue
 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

Wahkohtowin Strengthening Families Program

Thursdays | 5-8PM | 365 McGee Street
 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 - 11 PM
 A "come 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

EVENTS

Nokomis Full Moon Ceremony

March 8 | 6 - 8 PM
 Nokomis is a full moon ceremony celebrating the strength of our woman and
 girls, providing a time of release and room for healing. Open to woman and
 girls of all nations within the community. You are welcome for a time of
 release and celebration. Wear your brightest clothes, as we break up this
 winter with joy, healing and laughter. Meal to be enjoyed together following
 ceremony. Contact: Sappfyre 204-783-5000 ext 106 or
 sappfyre@spenceneighbourhood.org

Lighting Audits

Lighting Audits will be conducted on the following dates:

March 4
 March 6
 March 11
 March 13
 March 18
 March 20

Annual General Meeting



COMMITTEE MEETINGS

Holistic Housing Committee

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

Community Connecting Committee

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

CED Committee

Mar 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

Mar 10 | 7 - 8:30PM | 430 Langside
 Contact: Youth Programs Manager at
 204-783-5000 ext. 111 or
 vwiedeman@spenceneighbourhood.org

Environment and Open Spaces Committee

Mar 11 | 6 - 7PM | 615 Ellice
 Contact: EOS Coordinator at
 204-783-5000 ext. 102 or
 greenimage@spenceneighbourhood.org

Spence
Neighbourhood
Association





SPENCE NEIGHBOURHOOD ASSOCIATION (SNA)

March 2020

| 204-783-5000 | liaison@spenceneighbourhood.org | www.spenceneighbourhood.org |
| Facebook [@spenceneighbourhoodassociation](https://www.facebook.com/spenceneighbourhoodassociation) | Twitter [@snacommunity](https://twitter.com/snacommunity) | Instagram [@snacommunity](https://www.instagram.com/snacommunity) |

Children & Youth

Programming	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Building Belonging Monday - Friday 4 - 6PM Drop-In Only March 11 March 13 3:30 - 6:30PM March 30-April 3 Spring Break Outings Program runs 12-4pm, Drop-in only 4-6pm	1	2	3 Holistic Housing Committee 5:30 PM	4	5 Wahkohtowin 5:00PM Community Connecting 5:30 PM	6 Sticks & Stones 10:30 AM-noon Girls Night 7 - 9 PM	7
8 Nokomis Full Moon Ceremony 6:00 - 8:00 PM	9 55+ Social Club 1:00-3:00PM	10 CED Committee 5:30PM Youth & Family Committee 7 PM	11 EOS Committee 6:00 PM	12 Wahkohtowin 5:00PM	13 Sticks & Stones 10:30 AM-noon Girls Night 7 - 9 PM	14	
Art City Outreach Mondays 4 - 6PM	15	16	17	18	19 Wahkohtowin 5:00PM	20 Sticks & Stones 10:30 AM-noon Girls Night 7 - 9 PM	21
Sticks & Stones Nature Play Fridays 10:30 - 12:00							
Youth Program Monday - Friday 6:30PM - 9:30PM	22	23 55+ Social Club 1:00-3:00PM Kllichen Circle 5-7PM	24	25	26 Wahkohtowin 5:00PM	27 Sticks & Stones 10:30 AM-noon Girls Night 7 - 9 PM	28
Social Circus Every Wednesday 3:30 - 6:30 PM	29	30	31	<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>			
Girls Night Fridays 7 - 9 PM							
West End 24 Hour Safe Space Mon - Sun 11PM - 7AM							

Event & Program Locations

@430 Langside St.
Art City Outreach & Kids Cooking (6-12 years old)
Building Belonging (6-12 years old)
West End 24 Hour Safe Space (13-26 years old)
Youth & Families Committee
Youth Program

@615 Ellice Ave.
Community Connecting
EOS
Holistic Housing
Kitchen Circle
Safety Audits

@350 Spence
Girls Night

@365 McGee St.
CED Committee
Wahkohtowin

@625 Portage
55+ Social Club