

SIX TIPS FOR BICYCLE SAFETY

Keep you and your ride safe this season! Here are some bike safety tips that are sure to make your ride enjoyable, safe, and secure.

1. Always lock your bike up!

It only takes a second to steal a bike. Locks may seem like a big investment but it costs a lot less than a new bike. A strong U-Lock can prevent your bike from being stolen. Lock up your bike to something secure like a bike rack. Make sure you are locking up to the FRAME of your bicycle. Poles and trees are not a safe lock up space.

2. Ride on the road and go the right direction!

Sherbrooke, Maryland, and St. Matthews all have proper bike lanes. Use them and make sure you are riding the right direction so you aren't going into oncoming traffic. Riding on the sidewalk increases the risk of collisions at intersections (and driveways) if motorists don't see you coming, especially at back lanes and when they are turning.

3. Stay safe at night!

If you are not wearing bright coloured or reflective clothing, or using a bike light at night time, you can be struck by a vehicle. Being seen is important for your safety!

4. Wear a helmet!

If you wear a helmet properly it can save your life or prevent serious injury. Even if you are a good cyclist, there is always a chance you can get in a collision with a motorist.

5. Follow the rules of the road!

The best way to stay safe is to stay predictable. Don't run red lights, don't ride on the sidewalk, and don't weave through traffic. Take your time and follow the rules so that cars can predict what you are going to go next.

6. Stay aware & stay calm!

If you are riding your bike, it is important to be aware of your surroundings. Listening to music on an MP3 device can be dangerous while riding because it can distract you from hearing the surrounding traffic. Also stay calm, one moment of anger or frustration could distract you from the road and you need to be alert at all times!

If you have any donations of gently used locks, helmets, and safety vests, please contact Olivia at (204) 783-5000 ext. 102 or greenimage@spenceneighbourhood.org to arrange pick-up or drop off

SPENCE
NEIGHBOURHOOD
ASSOCIATION

COMMUNITY INCENTIVES PROGRAM

application deadline:
may 3, 2019

SNA's Community Incentives Program grants up to \$5,000 to projects that make the Spence neighbourhood an even more amazing place! Project like, block parties, music festivals, art installations, or more!

For applications and information visit:
[www.spenceneighbourhood.org/
community-incentives](http://www.spenceneighbourhood.org/community-incentives)

Contact: 204-783-5000 Ext. 109 or
liaison@spenceneighbourhood.org

WE'RE COLLECTING RECIPES TO CREATE A COMMUNITY COOKBOOK!

To submit a recipe, & for
more info, contact Olivia at
204-783-5000 ext. 102 or
[greenimage@
spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org)

IN THIS ISSUE

WE24 UPDATE - PAGE 2
CREATING SPACE FOR ART - PAGE 2
RENTAL TIP - PAGE 2
SNA PROGRAM/EVENT LISTING - PAGE 3
SNA MAY CALENDAR - PAGE 4

COMMITTEE MEETINGS THIS MONTH

COMMUNITY CONNECTING: MAY 2
HOLISTIC HOUSING: MAY 7
YOUTH & FAMILIES: MAY 8
EOS: MAY 9

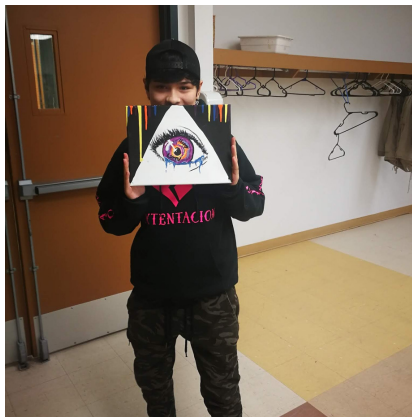
CED: MAY 14
TENENTS': MAY 21
CARETAKER: MAY 28
SNA BOARD: MAY 28

WAHKOHTOWIN: CREATING SPACE FOR ART & EXPRESSION

The Wahkohtowin Strengthening Families Program is a free 14-week program that offers wrap-around support to families and works with them to decrease conflict and increase communication in their family life. Every session in our program begins with a painting exercise where participants are given time to create something that represents a feeling of acceptance, safety, and security. We share the reasons why we painted what we did and staff request that we be able to hold onto the paintings so we can decorate our space for the entire session. Below are three painting from session 8.

Our 8th Session just closed out on April 13th and we are doing intake for a new session, starting May 2 and running every Thursday from 5:00 pm - 8:00 pm, until July 25th, ending with a graduation celebration on Saturday, July 27th. If you're interested in joining us to learn how to decrease conflict and increase communication in your family life connect with us! Our program is queer/ two spirit friendly!

Please contact the Site Manager to register or inquire:
Kai@spenceneighbourhood.org
204-771-7691



RENTAL TIP

PAGE 2

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

REMINDER: WE24 HOURS HAVE CHANGED

As of April 1, WE24 will no longer be open weekdays. But! You can contact us through Facebook or 204-333-9681 for any questions or support or just to say hi!

WE24 Hours Starting April 1st:

Friday, Saturday: 11PM-7AM

Nights before school holidays: 11PM-7AM

In May, WE24 will be open 11PM-7AM on:
May 3, 4, 5, 10, 11, 17, 18, 19, 24, 25, & 31

Tracy McKenie and David Len,
WE24 Co-Managers
204-783-5000 Ext. 110
tracy@spenceneighbourhood.org
david@spenceneighbourhood.org

FIRST JOBS 4 YOUTH: SUMMER SESSION

Are you a youth 15-18 years old?
Are you looking for part-time work during July and August?

Keep your eyes open for First Jobs 4 Youth Applications coming out soon! They will be at Magnus Eliason Recreation Centre (430 Langside St), 615 Ellice Ave, West End Neighbourhood Resource Centre and online in early May.

Contact: 204-783-5000 Ext. 116 or
aaron@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.
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 MAY '19 PROGRAM/EVENT LISTING

PAGE 3

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. Spring Break will consist of outings. Registration forms available at MERC. Contact: SNA 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: SNA 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 204-783-5000 ext.113 or newcomer@spenceneighbourhood.org

Social Circus Intensive & Drop-In

Intensive: Mondays, Wednesdays, Fridays | 3:30-6:30PM | 350 Spence

3 week Social Circus Intensive starting May 20, ending June 7 with a performance. Contact socialcircus@spenceneighbourhood.org

Drop-In: Fridays | 3:30-5:30PM | 350 Spence
Drop-in circus programming for youth ages 16-29. Learn circus skills in a safe and supportive space. Contact socialcircus@spenceneighbourhood.org

WE24 Overnight Safe Space

Fridays, Saturdays, Holidays | 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

55+ Social Club

May 13, 27 | 1-3PM | 625 Portage
Spence Neighbourhood and West-End adults 55+, elders, and seniors, please join us for a free coffee (or tea) and participate in light conversations and stress-free activities. 2nd and 4th Monday of the month. 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

May 2 | 5:30PM | 615 Ellice
Contact: Community Connector at 204-783-5000 ext.106 or safety@spenceneighbourhood.org

Holistic Housing Committee Meeting

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

Youth & Families Committee Meeting

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

Environment & Open Spaces Committee Meeting

May 9 | 6PM | 615 Ellice
Contact: Environment and Open Spaces Coordinator at 204-783-5000 ext.102 or greenimage@spenceneighbourhood.org

COMMITTEE MEETINGS CON'T

CED Committee Meeting

May 14 | 5:30PM | 365 McGee
Contact: Youth Employment Hub Coordinator at 204-783-5000 ext.115 or firstjobs@spenceneighbourhood.org.

Tenants' Committee Meeting

May 21 | 5:30PM | 615 Ellice
Contact Rental Safety Coordinator at 204-783-5000 ext.105 or rentalsafety@spenceneighbourhood.org

Caretakers'/ Landlords' Committee Meeting

May 28 | 4PM | 615 Ellice
Contact Rental Safety Coordinator at 204-783-5000 ext.105 or rentalsafety@spenceneighbourhood.org

SNA Board Meeting

May 28 | 5:30PM | 430 Langside
Contact: SNA's Executive Director at 204-783-5000 ext.103 or jamil@spenceneighbourhood.org

MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

Kitchen Circle

May 27 | 5-7PM | 615 Ellice.
Cook and eat a healthy, affordable recipe together. It fills up fast! All ages welcome. No experience necessary. Registration required for this free program. Contact: Environment and Open Spaces Coordinator at 204-783-5000 ext.102 or greenimage@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.104 or safety@dmsmca.ca

SNA's Jane Walk

May 5 | 1-3PM
Details to be announced. Contact Contact 204-783-5000 ext.106 or safety@spenceneighbourhood.org

Mental Health Awareness Workshop

May 7 | 10AM-12PM | 430 Langside
This workshop aims to provide participants with basic knowledge on the topic of mental health and mental illness. Contact 204-783-5000 ext.106 or safety@spenceneighbourhood.org

Crime Prevention Through Environmental Design Workshop and Community Lighting Audit

May 8 | 7-9PM | 615 Ellice.
Contact 204-783-5000 ext.106 or safety@spenceneighbourhood.org

International Day Against Homophobia, Transphobia and Biphobia

May 17 | Details to be announced. Contact 204-783-5000 ext.106 or safety@spenceneighbourhood.org

SNA @ Pride Parade

June 2 | Details to be announced. Contact 204-783-5000 ext.106 or safety@spenceneighbourhood.org

Wahkohtowin Strengthening Families Program

Thursdays | 5-8PM | 365 McGee
Session 9 begins May 9. WSFP is a 14 week, skills based program that decreases conflict and increases positive communication, focusing on the areas of bonding, boundaries and monitoring. Registration 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



SPENCE NEIGHBOURHOOD ASSOCIATION (SNA) MAY 2019

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

Children & Youth Programming

Building Belonging

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

Drop-In Only:

May 3, 6 : 3:30PM-6PM

No Program (SNA Closed)

May 20

Art City Outreach:

Mondays 4PM-6PM

Youth Program

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

Drop-In Only:

May 6 : 3:30PM-6PM

No Program (SNA Closed)

May 20

West End 24 Hour Safe Space

May 3, 4, 5, 10, 11, 17, 18,
19, 24, 25, 31
11PM-7AM

Social Circus

Intensive:

Mondays, Wednesdays,
Fridays
3:30PM-5:30PM

Event &

Program

Locations

Drop-In:

Fridays
3:30PM-5:30PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 2 SNA @ Pride Parade	<i>Programming, hours, and locations may be subject to change without much notice. SNA is closed evenings, weekends, May Day, and national and provincial holidays.</i>	7 Mental Health Awareness Workshop 10AM Holistic Housing Committee: 5:30PM	1 May Day - SNA Offices Closed	2 Community Connecting Comm. 5:30-7PM	3 Our Place Safe Space: 5-11PM	4
5	6	7 Mental Health Awareness Workshop 10AM Holistic Housing Committee: 5:30PM	8 Youth & Families Committee: 7-8:30PM Crime Prevention Workshop and Community Lighting Audit 7-9PM	9 Wahkohtowin 5-8PM Start of Session 9 EOS Committee: 6PM	10 Our Place Safe Space: 5-11PM	11
12	13 55+ Social Club 1-3PM	14 CED Committee: 5:30PM	15	16 Wahkohtowin 5-8PM	17 International Day Against Homophobia, Transphobia and Biphobia Our Place Safe Space: 5-11PM	18
19	20 Victoria Day - SNA Offices Closed	21 Tenants' Committee 4PM	22	23 Wahkohtowin 5-8PM	24 Our Place Safe Space: 5-11PM	25
26	27 55+ Social Club 1-3PM Kitchen Circle 5PM	28 Caretakers Committee 4PM SNA Board Meeting 5:30PM	29	30 Wahkohtowin 5-8PM	31 Our Place Safe Space: 5-11PM	June 1

@430 Langside

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

@615 Ellice

Community Connecting Committee
EOS Committee
Holistic Housing Committee
Kitchen Circle
Tenants' Committee
Caretakers'/ Landlords' Committee

@350 Spence

Social Circus Intensive & Drop-In

@365 McGee

CED Committee
Wahkohtowin Strengthening Families Program