

WAHKOHTOWIN IS STRENGTHENING FAMILIES

Just over two years ago the Wahkohtowin Strengthening Families Program was days away from its first session at Spence Neighbourhood Association (SNA). Only one family had signed up. One last recruitment presentation was scheduled just up the block with West Central Women's Resource Centre. Amazingly we ended up with three more unbelievably strong, brave, and determined mothers signed up that day. Today we have completed six full sessions of Wahkohtowin and had dozens of incredible, diverse families take part. The results have been outstanding and the families have seen amazing results.

Conflict and separation are major issues for families in Winnipeg's inner city. Wahkohtowin provides families with an opportunity to work together in a safe, supportive space and to develop skills that can change their lives. A participant in our fourth session reported "sometimes I feel like I have no one to talk to but when I come here I know I am not being judged and that means so much to me. I really appreciate all that your program does for me and my family." A two-time participant, Mary Jane (M.J.), recently told staff that this program gave her an opportunity to reconnect with a daughter she hadn't seen in months. Another participant, Judith, told staff that Wahkohtowin was a source of hope in a hectic time, and that it gave her and her daughter a chance to bond, build family values and a stronger connection. Judith stated that having time together with our families is "just how to start".

The program is fourteen intensive weeks of lessons, visits, phone calls, and wrap-around supports for the whole family. Parents routinely report that having a class that teaches their youth the other side of the lessons sets Wahkohtowin apart from other parenting programs. A counsellor at Elwick school told parents at a recruitment presentation that the kids who do Wahkohtowin can't wait to tell her all about "program" and what they learned that week. She sees the behaviour changes in the classroom and advocates for us as a result.

SNA's Wahkohtowin staff believe that an emphasis on having fun and building connection with culture leads to greater buy-in and even better results. M.J. told us that the program was a first step to a cultural and spiritual awakening for her and that she still regularly connects with an elder she met through our programming. M.J. told us: "Thank you for these opportunities. Doing cultural activities like this with my children is something I have always dreamed of, but haven't had the opportunity to do. Doing this together means the world!" During a recent grad ceremony, one of our youth participants said "is this real? This is the best time I have ever had and I want to know if I am dreaming".

If your family, or a family you know, is interested in taking part in the Wahkohtowin Strengthening Families Program at SNA in the new year, contact our Wahkohtowin Site Coordinator at: amber@spenceneighbourhood.org or (204) 783-5000 ext. 125



**COMMUNITY
HOLIDAY
PARTY**

DECEMBER 8, 2018
11:00 AM - 2:00 PM
430 LANGSIDE STREET
MAGNUS ELIASON RECREATION
CENTRE

PANCAKE BREAKFAST
PICTURES WITH SANTA
HOLIDAY ACTIVITIES
GIFTS

gifts for ages 12 and under (registration required)
registration for gifts ends November 29
call (204) 783-5000 ext. 109 to register

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COMMITTEE MEETINGS THIS MONTH

COMMUNITY CONNECTING: NOV 1
HOLISTIC HOUSING: NOV 6
CED: NOV 13
ENVIRONMENT & OPEN-SPACES: NOV 15
YOUTH & FAMILIES: NOV 14
TENANTS: NOV 20
BOARD OF DIRECTORS: NOV 27

**SNA'S YOUTH CREW
CAN HELP SENIORS LIVING IN SPENCE
NEIGHBOURHOOD WITH SNOW REMOVAL**

GIVE US A CALL AT
204-783-5000 EXT. 116

SNA KICKS OFF A NEW PROGRAM

We kicked off a new program in October, Girls Opportunities for Athletic Leadership (GOAL). GOAL aims to increase girls' participation in physical activity, sport, and leadership opportunities. According to research, only 8% of girls meet the recommendations in Canada's Physical Activity Guidelines, and females from lower socioeconomic backgrounds and of colour engage in less physical activity and have less access to sport and physical activity programming (Women's Sport Foundation, 2009). GOAL will try to make the programming as barrier free as possible for participants.

If you or a girl you know, between the ages of 12 and 21, would like to try a fitness class offered in the community, please contact Meghan Lemoine, GOAL Coordinator: meghan@spenceneighbourhood.org



WE24 OCTOBER UPDATE

October was chilly! In light of the cold, we've been getting a number of new participants in the space. This past month we had a total of 134 people accessed the space, and a total of 390 visits; we provided over 51 safe rides for our participants.

For September we held a back-to-school clothing drive on September 14. The drive turned out successful and set an attendance record of 60 visitors. Our upcoming events include Social Circus Halloween Cabaret, Fall Dinner, and Know your Rights presentation.

We also celebrated an anti-colonial Thanksgiving with a feast on October 8th in the evening. It was a great success, and participants commented that it had a warm familial vibe. We're thankful for all our participants, staff, and volunteers.

A special thanks to our top volunteers: Sean Ledwich and Manjari Murthy, who have gone above and beyond supporting WE24 these past few months!

VOLUNTEER SPOTLIGHT: SUSAN WITHERLY, SNACK GIVER & FUN MAKER

How long have you volunteered with SNA?

Seven years (I think?), with the Building Belonging program.

Why do you continue to volunteer with SNA?

Volunteering is good for the soul and community!

What is one highlight of your volunteer experience with SNA?

The greatest gift of volunteering with SNA is feeling part of the community. I love seeing kids from BB around the neighbourhood with their friends and families. Getting a wave or a 'hello' from across the street or school yard fills my heart!

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

There are so many committees and programs at SNA that need volunteers. Talk to someone about getting involved! You don't need any special skills, just being committed and showing up counts for a lot! Volunteering is a great way to connect with your community.

West End Non Profit Housing Co-op Annual General Meeting

Learn about co-op housing in the West End

November 14, 2018 at 6:30 PM
Magnus Eliason Recreation Centre
430 Langside St.

Guest Speaker:
Christina Maes Nino, *Executive Director of Manitoba Non-Profit Housing Association*, will talk about the National Housing Strategy.



Snacks and refreshments will be served.
Everyone welcome!

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 NOV. '18 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.

Sports - Soccer Clinic

Fridays | 5-6:30PM | 350 Spence.
Contact Community Sports Program Coordinator for more info: 204-988-7635 or sport@spenceneighbourhood.org

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

Friday, Saturday, & School 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+ PROGRAMS & EVENTS

55+ Social Club

Nov. 5, 19 | 1-3PM | 625 Portage.
Spence and West-End adults 55+, elders, and seniors, please join us for a free light lunch and coffee/tea every. We offer conversation, learning, and fun activities in a relaxed and safer environment. Contact: Community Connector at 204-783-5000 ext.106 or safety@spenceneighbourhood.org.

55+ Cooking Class

Nov. 14 | 2:30-5:30PM | 365 McGee.
Adults 55+ are invited to learn healthy, affordable recipes and share their kitchen wisdom. Classes facilitated by Mary Jane's Cooking School. Registration required for this free program. It fills up fast! Contact: Environment & Open Space Coordinator 204-783-5000 Ext.102 or email greenimage@spenceneighbourhood.org

COMMITTEE MEETINGS

Community Connecting Committee Meeting

Nov. 1 | 5:30-7PM | 615 Ellice.
Contact: Community Connector at 204-783-5000 ext.106 or safety@spenceneighbourhood.org.

Holistic Housing Committee Meeting

Nov. 6 | 5:30PM | 615 Ellice.
Contact: Housing Coordinator at 204-783-5000 ext.105 or housing@spenceneighbourhood.org

CED Committee Meeting

Nov. 13 | 5:30PM | 365 McGee.
Contact: Youth Employment Hub Coordinator at 204-783-5000 ext.115 or firstjobs@spenceneighbourhood.org.

Youth & Families Committee Meeting

Nov. 14 | 7-8:30PM | 430 Langside.
Contact: Youth & Families Director at 204-783-5000 ext. 111 or kristen@spenceneighbourhood.org

COMMITTEE MEETINGS CONT

Environment & Open Spaces Committee Meeting

Nov. 15 | 6PM | 615 Ellice.
Contact: Environment and Open Spaces Coordinator at 204-783-5000 ext.102 or greenimage@spenceneighbourhood.org

Tenants' Committee

Nov. 20 | 5:30PM | 615 Ellice
Contact Rental Safety at 204-783-5000 ext.105 or rentalsafety@spenceneighbourhood.org

SNA Board Meeting

Nov. 27 | 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

Halloween Cabaret

Nov. 3 | 1-3PM | 430 Langside.
All are invited to join us for a free, family friendly Halloween Cabaret! The event will feature circus performances by SNA's Social Circus youth and their instructors. Come out for carnival games, prizes, a hot dog lunch, and find out about exciting youth and family programs offered at SNA this year including the Social Circus Drop In and the Wahkohtowin Strengthening Families program.

Kitchen Circle

Nov. 26 | 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.

Rental Safety Workshops

Nov. - Dec. | 2-3PM | 615 Ellice
Join SNA and HART for the Healthy Home Series, a four-part workshop series about everything you need to know to live a healthy, safe life in your home! Free event, no registration required.
Nov. 14 - Maintaining Your Space
Nov. 21 - Designing your Space
Nov. 28 - Using your Space
Dec. 5 - Enjoying your Space
Contact: SNA Rental Safety Coordinator, 204-783-5000 Ext. 107.

Art with Gerry

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

Wahkohtowin Strengthening Families Program

Thursdays | 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. Registration is required. Contact: SNA's WSFP Site Coordinator at 204-894-4288 or amber@spenceneighbourhood.org

Our Place Safe Space

Fridays | 4-10PM | 823 Ellice Ave.
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



SPENCE NEIGHBOURHOOD ASSOCIATION (SNA) NOVEMBER 2018

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

Children & Youth Programming

WE24

Fridays and Saturdays, and
School Closures
11PM-7AM

Building Belonging

Mondays-Fridays
3:30PM-6PM

(Drop-In Only/ No Pick-Up
or Drive Home:
Nov. 16)

Art City Outreach:
Mondays 4PM-6PM

Youth Program

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

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

Event & Program Locations

@430 Langside
Building Belonging (6-12 years old)
SNA Board Meeting
West End 24 Hour Safe Space for Youth
Youth Program (Grade 7-12)
Youth & Families Committee
Halloween Cabaret

@615 Ellice
Art with Gerry (Location TBD)
Community Connecting Committee
Environment and Open Spaces
Committee
Holistic Housing Committee
Kitchen Circle
Tenants' Committee
Rental Safety Workshops

@625 Portage
55+ Social Club

@823 Ellice
Our Place Safe Space

@365 McGee
55+ Cooking Class
CED Committee
Wahkohtowin Strengthening Families Program



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Programming, hours, and locations may be subject to change without much notice. SNA is closed evenings, weekends, May Day, and national and provincial holidays.					
4	5 55+ Social Club: 1-3PM	6 Holistic Housing Committee: 5:30PM	7	8 Wahkohtowin 5-8PM	9 Our Place Safe Space: 4-10PM	10
11	12 SNA OFFICES CLOSED	13 CED Committee: 5:30PM	14 Rental Safety Workshop: 2-3PM 55+ Cooking Class: 2:30-5:30PM Youth & Families Comm.: 7-8:30PM	15 Wahkohtowin 5-8PM Environment & Open Spaces Committee: 6PM WE24 open due to WSD In-Service Day	16 Our Place Safe Space: 4-10PM	17
18	19 55+ Social Club: 1-3PM	20 Tenants' Committee: 5:30PM	21 Rental Safety Workshop: 2-3PM	22 Wahkohtowin 5-8PM	23 Our Place Safe Space: 4-10PM	24
25	26 Kitchen Circle: 5-7PM	27 SNA Board Meeting: 5:30PM	28 Rental Safety Workshop: 2-3PM	29 Wahkohtowin 5-8PM	30 Our Place Safe Space: 4-10PM	3 Halloween Cabaret 1-3PM