

COMMUNITY SPORTS PROGRAM

Community Sports Program Has a New Coordinator!

Meet our new Community Wellness Coordinator: Towela Mkanda! Towela was born in Malawi. She moved to Winnipeg when she was 5 years old, after her father decided to pursue a PhD at the University of Manitoba. After leaving the "Warm Heart of Africa" and embracing the freezing temperatures here, Towela has grown to love the land and find warmth in the friendly people of Manitoba. She says Manitobans have big, open, and loving hearts.

Due to restrictions, the SNA Community Sports Program has gone virtual!! We are asking for donations for gently used technology (tablets, laptops, portable storage) which can be used to pivot our programs on to a virtual platform. These can be dropped off at 430 Langside (MERC) Mon.-Fri., 10 am - 2 pm.

For children, community involvement and engagement produces long-term benefits in their lives. It gives them a sense of belonging and is crucial to the building of their identity.

We are going to take a more holistic approach and incorporate yoga and mental health, nutrition workshops and access to alternative therapies.

Alternative therapies such as: physiotherapy, massage therapy, acupuncture, counseling and energy healing.

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We are hoping to provide families with:

- Education on nutrition and exercise in the form of personal or group training (Virtually)
- Psychotherapy, relationship counseling, personal counseling
- Education and access to herbal and natural medicines
- Yoga, other forms of mindful movement and meditation
- Reiki and other forms of energy works

Free Seed Starting Kits!



SNA wants to help you get growing since Spring is just around the corner. Seed starting kits are a great indoor activity. One kit per family.

Kits include: seeds; pots; soil; instructional handout; instructional online video. Choose between a basil pot or a tomato and pepper garden. Basil can stay inside year round. Tomatoes and peppers need to be transplanted into an outdoor container in Spring. Kits will be delivered mid-March.

Email greenimage@spenceneighbourhood.org with your name, your drop-off address (where we will deliver your kit) and tell us whether you would like a "basil pot" or "tomato and pepper."

COMMITTEE MEETINGS - POSTPONED
FOR MORE INFORMATION VISIT OUR WEBSITE AT
WWW.SPENCENEIGHBOURHOOD.ORG
OR EMAIL THE COMMITTEE CONTACT PERSON
LISTED ON PAGE 4



Free Snow Removal Service for Local Senior Residents

Youth Crew is able to provide free week day snow removal services for local seniors.

Give Ana or Leslie a call at 204-801-6740 or email ana@spenceneighbourhood.org



We're back!

Distanced Door Service with warm gear, harm reduction + hygiene supplies

**231 Isabel Street
Tuesday + Thursday
4pm - 7 PM**

CENTRAL NEIGHBOURHOODS
Central - West Alexander - Central Park

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

Spence Neighbourhood Association

SNA

PLEASE CALL OR DROP IN TO BOOK AN APPOINTMENT

Violence Prevention Program

10 week program
Begins April 6th
Tuesdays 6:00 - 7:30 pm
Open to youth age 14 - 19
\$100 honorarium!

Join us for workshops on:
Mental Health
Consent
Safer Sex
Healthy Relationships
Media Awareness
Oppression & Anti-Racism
Community Building
And more!

To register email:
aine@spenceneighbourhood.org



SNA SPENCE NEIGHBOURHOOD ASSOCIATION

Have You Been Dreaming About Owning Your Own Home?

Receive up to

\$14,000

toward the purchase of a home in Spence!

Conditions apply
Eligible income:
\$35,000-\$75,592

3rd Intake Deadline:
March 15, 2021 - 4 PM

See spenceneighbourhood.org/snhap for details!



RENTAL SAFETY COORDINATOR

Eviction Support
Tenant-Landlord Mediation
RTB Support
Hydro Arrears
Bedbug Support
...And more!

Cheryl

NEW 204-979-9169
Cheryl Spencehousing
rentalsafety@spenceneighbourhood.org

Spence Neighbourhood Association

SNA

SNA FREE SEED STARTING KITS

KITS INCLUDE:
Seeds, pots, soil, instructional video

One kit per family. Basil pots can stay inside all year - peppers and tomatoes need transplanted outdoors in Spring.

GREENIMAGE@SPENCENEIGHBOURHOOD.ORG

Email to order yours, with your name, address for drop off, and 'tomato/pepper' or 'basil'

Choose BASIL POT or TOMATO & PEPPER GARDEN



Color Me

**DONATIONS NEEDED
THANK YOU!**

WE24 - Jackets, Socks, Shoes/Boots, Toothbrushes. Tooth Paste, Deodorant, Soap, Razors, Bottled Water, Back Packs, Granola Bars, Individual Snack Items, Mitts and Hats

Warming Fire - Firewood, newspaper & Medicine (sage, cedar, etc)

Building Belonging - Skates

All donations can be dropped off at 430 Langside (MERC)

Mail Pick Up

430 Langside (MERC)

Monday - Friday

10 am - 2 pm



Spence Neighbourhood Association (SNA):
Website: www.spenceneighbourhood.org
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):
Youth Employment Hub, First Jobs 4 Youth, & Youth Crew
231 Isabel Street (Central Neighbourhoods):
Gang Action Interagency Network (GAIN)
350 Spence Street (Axworthy Health & RecPlex):
Community Sports Program

Email: liaison@spenceneighbourhood.org |

A partnership between




For more information call
WCWRC: 204-774-8975 ext 201
or WE24 cell: 204-333-9681



Masks Mandatory
&
Social Distancing in Place

**We are here for you.
Warming Centre
now open to all for the winter!**

Location: MERC 430 Langside
Days: Monday - Friday
(open over the holidays)
Times: 10 am - 2 pm
Services:
Warm Up Space for 30 min stay
Hot Meals
Hygiene Supplies
Winter Gear
Access to Washroom

Warming Shelter and Warming Fire still going strong at 430 Langside (MERC)!

SNA has partnered with West Central Women's Resource Centre to offer the community a Warming Centre. In this space, community members of any age can come to warm up and enjoy a cup of coffee and a warm meal for up to 30 minutes. Winter clothing items, small and large, are available for those in need, as well as hygiene supplies. The Warming Centre is located inside the Magnus Eliason Recreation Centre everyday from 10 am to 2 pm. COVID-19 precautions and guidelines are in effect for a safe experience in the space for both staff and community members.

In addition to the indoor warming space, SNA has also included as part of the effort to keep our community members warm, a warming fire! The fire is situated in the 'Kids' Garden' beside the Recreation Centre. Warming fire hours are also 10 am to 2 pm.

Both areas have had many community members popping in to warm up, have a meal, or pick up items they need. From February 1st until the 18th, 1,731 meals were served. There is plenty of room and we would love to see you!

Donations of wood, newspaper and Medicine (sage, cedar, tobacco, etc), hygiene products and clothing items are appreciated. Drop off at 430 Langside (MERC) from 10 am - 2 pm



The SNA Youth Employment Hub

Adaptation and Team Work:

The Lessons of the Pandemic

by Leslie Kwok

In 2020, The Youth Employment Hub was tasked with the challenge of developing a safe program delivery for our First Jobs 4 Youth and Youth Crew 2020 participants. In April, we developed our "Work from Home" program for our First Jobs 4 Youth participants, featuring ELearning coursework from Youth Employment Services Canada and S.A.F.E. Manitoba. Youth were encouraged to express their creative viewpoints through art work, music, and poetry. This adaptation benefited the participants by providing them with a job during a pandemic where they could work safely from home.

On the other hand, Youth Crew participants have continued to work on site. Youth Crew workers benefited from the specialized COVID 19 training they received, allowing them to carry out work orders with skill and confidence. Community members benefitted from this specialized training as well, as Youth Crew workers were prepared and ready to provide safe, contactless services. None of this work was easy. Youth are required to wear masks at all times while working in the kitchen, which by the way, is 30 degrees Celsius on a good day. In the van, while deliveries were underway, Youth needed to space themselves accordingly and wear masks at all times, except during mask breaks. This is not easy work, always keeping a 6 foot distance when you are trying to learn how to make a stew or make cookies together.

I wish to congratulate all our youth. Congratulations for persevering during a Pandemic, for accepting the call to pivot, adapt, and change conventional work habits and embrace the new. Individual courage, and teamwork has helped us through this challenging time. Good on you. Now mask up! We have work to do!

For more information on either program contact: Leslie at 204-801-6740 or email firstjobs@spenceneighbourhood.org

Website and Social Media

Website: 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 PROGRAMS

Building Belonging

Families in the Spence neighbourhood can register to receive weekly activity packages delivered until programming starts up again. Packages include an art activity, colouring supplies and donated books, games and sports equipment. Program registration forms are available at the MERC-430 Langside St. or on our website. Contact us at buildingbelonging@spenceneighbourhood.org

Newcomer Youth/Youth Drop In Program

Our Youth Drop In Program delivers Cultural Recipe packages every Friday. If you are a youth between 12-17 years old and want to get a package you can contact Amina at newcomer@spenceneighbourhood.org or through Facebook: Spence merc. We are here to support you!

Community Sports Program

We will be having a virtual sport program on our social media pages. We are going to take a more holistic approach and incorporate yoga and mental health, nutrition workshops and access to alternative therapies. Contact us at sport@spenceneighbourhood.org

Warming Shelter

Monday - Friday (including holidays)
10:00 am - 2:00 pm
430 Langside (MERC)
Services:

- Warm Up Space - 30 minutes
- Hot Meals
- Hygiene Supplies
- Winter Gear
- Access to Washrooms
- Masks Required
- Social Distancing in Place
- Open to All

Warming Fire

Monday - Friday
(including Holidays)
10:00 am - 2:00 pm
430 Langside (MERC)



Youth Employment Hub

The First Jobs 4 Youth program is providing remote services. The Coordinator can be reached at aaron@spenceneighbourhood.org. Youth Crew is open and is performing essential Services at the WestEnd Commons. Contact Leslie at firstjobs@spenceneighbourhood.org or call 204-801-6740 for all other inquiries.

WE24 Overnight Safe Space

Monday - Sunday
11:00 pm - 7:00 am
430 Langside - MERC
Cell #: 204-333-9681



MORE WAYS TO ENGAGE WITH YOUR COMMUNITY

Holistic Housing

SNA Homebuyer Assistance Program
Deadline: March 22, 2021 - 4:00 pm
For more information:
www.spenceneighbourhood.org/snhap
All other programs are working remotely.
See advertisements for contact information for Homelessness Mentor and Rental Safety Coordinator.

housing@spenceneighbourhood.org
204-783-5000 Ext. 105

Environment and Open Spaces

All programs are working remotely
Seed Planting Kits are available to order. (See front page)
Contact: greenimage@spenceneighbourhood.org

Violence Prevention Program

The Violence Prevention Program examines different forms of gender based violence impacting youth, and explores how we can come together to address them as a community. Open to youth aged 14-19. We prioritize the registration of Two Spirit, Trans, Non-binary youth and girls but all are welcome. Email aine@spenceneighbourhood.org for more information or to register.

COMMITTEE MEETINGS - POSTPONED

FOR MORE INFORMATION VISIT OUR WEBSITE: WWW.SPENCENEIGHBOURHOOD.ORG OR CONTACT:

Holistic Housing Committee

615 Ellice
Contact: Housing Coordinator at
204-783-5000 ext.105
housing@spenceneighbourhood.org

CED Committee

365 McGee
Contact: Youth Employment Hub
Coordinator at 204-801-6740 or
firstjobs@spenceneighbourhood.org

Environment and Open Spaces Committee

615 Ellice
Contact: EOS Coordinator at
204-783-5000 ext. 102 or
greenimage@spenceneighbourhood.org

Community Connecting Committee

615 Ellice
Contact: Community Connector at
204-783-5000 ext.106 or
safety@spenceneighbourhood.org

Youth & Families Committee

430 Langside
Contact: Youth Programs Manager at
204-783-5000 ext. 111 or
mungala@spenceneighbourhood.org

