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**KANI**  
KANICHIHK  
those who lead

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**2019-2020**  
ANNUAL REPORT

**WALKING  
STRONGER  
TOGETHER**








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# CO-CHAIR'S REPORT

On behalf of the Ka Ni Kanichihk Council, we want to acknowledge and express gratitude for the passing of another year spent working from our hearts with our community. This year was one that brought several collective challenges, emotional, physical and spiritual obstacles, and societal upheaval. Through these turbulent times, we have been given the opportunity to witness our incredible strength and resistance. Ka Ni Kanichihk has embodied what it means to walk the talk; we have demonstrated our commitment to showing up for our relatives amid catastrophe, supporting all our relations in times of need, and standing up to injustice. Together, we are strong.

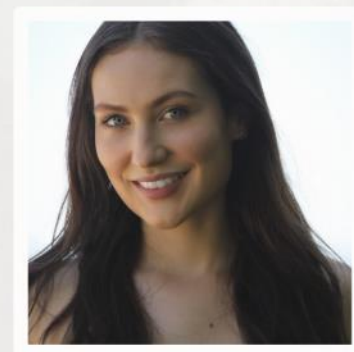
We have continued to seek funding and make progress in our 6-8-million-dollar Capital Expansion Campaign. We are grateful to all those who contribute to these efforts and encourage the perseverance of our growth.

While this year saw many changes, our ability to adapt and continue forward in a good way is a testament to our strength. We commend the efforts of our community, staff, leadership, and partners along the path toward building Nations. We admire the work of our youth, leading us through ancestral strengths toward the good life, mino bimadiziwin, for all our relations, for generations to come.

Miigwech, Marsi, Ekosi,

Sharon Parenteau & Sydney Levasseur-Puhach

Co-chairs







# EXECUTIVE DIRECTOR REPORT

Aneen, Boozhoo, Tansi, Relatives!

The theme for 2019 is “Walking Stronger Together” and I reflect on the strength of what those words mean and even more what they looked like.

There were a number of meaningful moments that Ka Ni Kanichihk was part of, including the strike for Climate Action, the International Women’s Day March in recognition of ending Gender Based Violence, as well as acknowledging issues faced by the 2SLGBTQIA community, the march in support of the Wet’suwet’en First Nation and in protest of pipelines, and the Missing and Murdered Indigenous Women and Girls Honouring & Awareness Day and the National Day of Remembrance and pushing for action to the 231 Calls to Justice. Ka Ni Kanichihk has been supporting families of MMIWG2S for almost 2 decades. It is our responsibility to respond to their collective voices and endorse the actions and activities that respond to the 231 Calls to Justice and all calls by our community.

Most significant for me is the strength and pride in those Marches in walking with the young people together, standing up, and encouraging us all to be “woke”!

Ka Ni Kanichihk has also been working hard to hear the community and continue it’s project to expand the physical building and provide the community with more of what Ka Ni Kanichihk does. We hope to see breaking ground by Spring 2021.

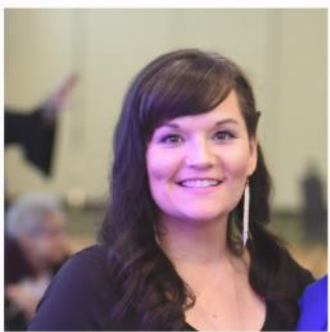
In Walking Stronger Together, I need to say Ekosi to the staff at Ka Ni Kanichihk, who are always walking together with all of our relatives, encouraging, loving, supporting, and leading.

To the Council, the Board of Directors, who continues to walk with Ka Ni Kanichihk and the community, Ekosi for your unwavering support and strength in leading with us.

Ka Ni Kanichihk is now, and always will be, Walking Stronger Together with our community!

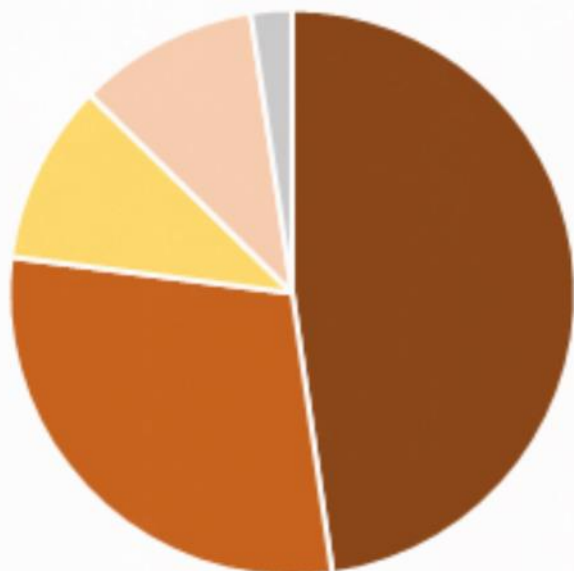
Ekosi,

Dodie Jordaan



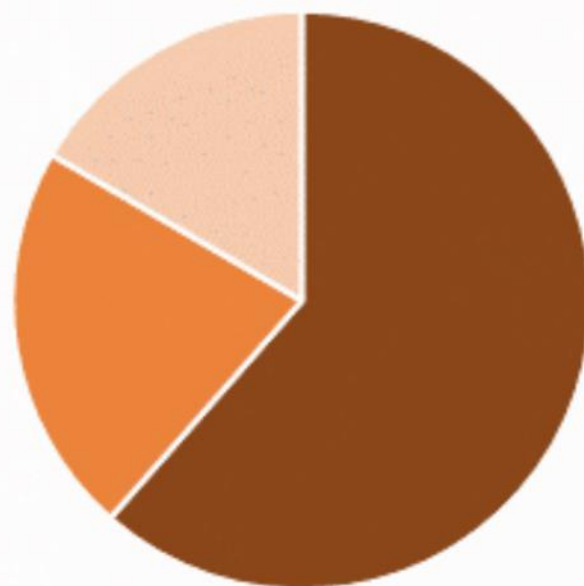
# FINANCIAL REPORT

## 2019-2020 Revenue



- 48% Government of Canada
- 29% Province of Manitoba
- 10% Foundations and other organizations
- 10% Other
- 2% City of Winnipeg

## 2019-2020 Expenses



- 62% Salaries and Benefits
- 22% Programming
- 17% Operating





# PROGRAMS & SERVICES

## RESTORING the SACRED

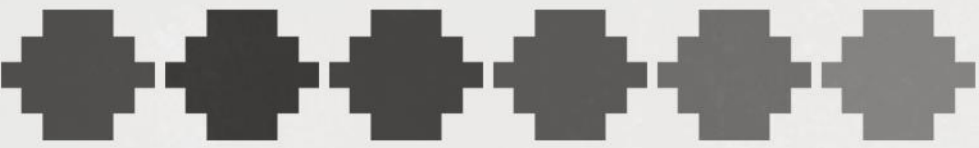
Restoring the Sacred offers afterschool programming & mentorship opportunities for indigenous youth ages 14-21, who have moved to Winnipeg in the past 2 years with the goal of completing High School. Through our programming, Restoring the Sacred hosts programs 3 nights a week, with each workshop focusing on Life Skills, Cultural Learning, and/or Recreational outings. Restoring the Sacred also offers peer-to-peer mentorship with a focus in awareness on sexual exploitation, gangs, drugs, various social and recreational activities and ceremonies.

Due to travel restrictions and keeping our participants and their families safe, Restoring the Sacred had to postpone their planned exchange trip through the YMCA to Toronto in the Spring of 2020, but programming resumed in the spring of 2020 through Online Video Chats, At-Home Programming, and staying connected with daily communication with the youth. The 2019-2020 program year concluded with 15 youth successfully completed their academic year & 6 youth graduating high school who will be transitioning to post-secondary education in the 2020-2021 school year.

Jordan Skipper – Program Coordinator







# BUTTERFLY CLUB

2020 has been quite the year of change, learning how to adapt to a new way of living and relying on our resiliency to move forward. March 12, 2020 was the last day of in-house program and as the COVID-19 Pandemic started we had to find a new way to deliver program through technology as a way to connect in a time of uncertainty. As the world shut down life as we knew it turned upside down. In spite of it all we all managed to get through it and to have our first program get together after the big shut down on July 23, 2020. Seeing the youth get excited to see each other after so long was reassuring and hopeful to witness. Having the opportunity to see the reconnection and feeling the good medicine we shared through smudge and introduction in our language during our sharing circle made me realize how strong and resilient our youth are and their ability to bounce back is amazing to see. We started our program with a pipe ceremony and have made a connection with an elder by the name of Gramma Shingoose (Geraldine Shingoose) who is a Residential School Survivor/Thriver/Warrior. Our participants will be the proud owners of their own personal hand drum that they can use, learn and sing. We look forward to another year of working, teaching, and learning with each other. Many thanks to our amazing funders for giving us the opportunity to create a place of normalcy in these strange times for our youth. This good work would have never been possible, thank you on behalf of The Butterfly Club.



Alia Parisien – The Butterfly Club







# KISTESIMAW

During the 2019-2020 program year we were able to attend our favorite sporting events such as Goldeyes Games, Blue Bomber games, Manitoba Moose games and Jets games. Notably, Kistesimaw participants got meet the owner of the jets. Kistesimaw were also the recipients of the Canada Post Community Grant which provided Kistesimaw with additional funding for cultural activities. Participants attended land-based language courses north of the city and also attended Sweat Lodge Ceremonies were participants were able to receive spirit names. When the pandemic hit Manitoba, we focused on keeping our participants safe by interacting through online platforms, online gaming and providing life skills videos as well as Cree language videos. We are happy that we have been able to safely resume visiting our participants this summer and are spending a lot of time outside bike riding, playing sports, and exercising, all while following recommended safety protocols but still ensuring we are having fun!

Patrick Thomas – Program Coordinator



# UMATTER

UMatter is an Indigenous Teen Dating Violence Prevention project that will integrate teen/youth dating violence (TDV) prevention curricula into existing programming at Ka Ni Kanichihk. Based on three evidence-informed components: historical context, cultural context, and healthy relationship dynamics. Combined with urban peer training and rural community capacity building training, the project will also work with First Nation communities reaching out to Indigenous Manitoba populations. Tailored TDV prevention curricula and best practices delivery model will be developed for children (ages 9-12), adolescents (ages 13-17) and young adults (ages 18-24) Our first year of delivery, we worked with over 50 youth, and shared our project with first nations educators, local partners, and national Teen Dating Violence Prevention partners. We are excited to be embedding U Matter into 4 existing programs at Ka Ni Kanichihk for the 2nd year

Cara Kolt – Program Coordinator





# MYTEAM PROGRAM

Manitoba Transitional Employment and Mentorship

The MYTEAM program works closely with youth who have involvement with Child and Family Services to develop a holistic individualized plan which focuses on cultivating independent living skills, building meaningful connections to community resources, cultural reclamation, develop positive self awareness and ultimately gaining the skills necessary to be successful in the community. The MYTEAM program is grounded in 5 pillars; finance, employment, education and training, self-development and housing. Over the 2019-2020 program year the MYTEAM program assisted 12 youth to access safe and affordable housing, 1 participant successfully obtained high school diplomas while 14 youth are enrolled to obtain theirs, 9 youth gained meaningful employment, 4 youth enrolled in post-secondary education and 5 participants completed a pre-employment training program. We are also excited to announce that 6 participants successfully graduated from the MYTEAM program after 2 years of active participation.

In addition to individual mentorship, MYTEAM youth meet on a weekly basis to engage in activities that promote health and wellbeing, Indigenous land-based learning, self-care and positive identity.

Program Coordinator: Isca Spillet

Youth MTEAM mentors; Corey Sanderson, Kayla Tanner, Kai Labun







# WAHKOHTOWIN

Without a doubt, 2020 has created some very interesting challenges for all programs offered at Ka Ni Kanichihk; and the Wahkohtowin Strengthening Families Program is no exception.

Wahkohtowin Strengthening Families Program is typically offered on a weekly basis, with all participant families coming together for dinner and group lessons, provided in-person, by our mentors. Prior to Covid eliminating our in-person offering, we celebrated program completion with a celebration (our last graduation being in December), and in February, we were able to host our participant families at Festival du Voyageur. Digital access to the Sākihiwē festival was offered as the cultural component of our program during this “pandemic session”.

The onset of the global pandemic pushed us to revamp our program delivery, leading us to provide our curriculum content digitally. Mentors worked to record lessons and upload them to a Google Drive folder, in order for our participant families to access them. Written materials were provided via email and were personally dropped off to those who could not access a printer. In lieu of our weekly program night group dinner, families were provided with a weekly dinner delivery, and were supported with weekly grocery hampers; tailored to each family’s unique needs. Contact was maintained via phone calls, texting, and email. Though we all felt the disconnect, we did our best to maintain an open line to our participant families. We were able to successfully engage 8 families throughout our digital session.

Because we could not safely host a group, in-person graduation celebration, we provided our families with some extra special end of session gifts. We were able to provide each family with a generous meat package from Cantor’s to bolster the grocery hamper we provide. We also provided our youth with back to school packs; a school bag filled with some school supplies, and some personal care items to encourage self care for youth who may be experiencing anxiety around going back into a classroom environment under a new paradigm; after 6 months away.

In order to “kick off” recruitment for what is expected to be our final program session; we hosted a community open house at Ka Ni Kanichihk. Two Doggs Chow joined us with their hot dog cart, and served folks in the community, we offered a sacred fire, and shared information about Wahkohtowin SFP to those who stopped by.

This upcoming session will be a hybrid of our digital lesson offering, and in-person mentorship; one of the keystones of our program. As it has been since March, this is a learning curve we hope to navigate smoothly, as we continue to support youth and families in our community.

Sarah Fonseca-Errestad –  
Program Coordinator, Wahkohtowin SF







# MEDICINE BEAR

Counseling, Support & Elder Services

Medicine Bear Counseling, Support & Elder Services began at the direct request of families of Missing and Murdered Indigenous Women and Girls expressing a need for culturally relevant programming, grounded in trauma informed practice. Since 2011, Medicine Bear has been building on the strength and resilience of families, and provides opportunities to heal from complex trauma and grief within a safe and supportive environment, incorporating both Traditional Indigenous ways of healing and Western modalities. Medicine Bear also expanded adding the Family Information Liaison Unit which works with the families under the 53rd parallel and acts as the liaison between families and the justice system. Continuing to create a safe space for family members to gather, love each other, grow, learn, grieve and just be together is always a program goal!

Ashleigh Bear, MBC FILU lead

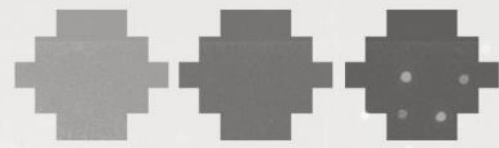


# WHITE WOLF SPEAKING

This year our focus has been directed to the 13 moons harm reduction project. Ka Ni Kanichik supported the governance of this project, hiring and supporting the outreach crew to do valuable community work. This project ended in May, and since then we have been making and distributing harm reduction and safer sex supply kits during our community lunch outreach. While our Harm reduction project is over, White Wolf Speaking will be incorporating it into their work. We are looking forward to a season of planning and building up our program and will be creating new and standardize online workshops to adapt to the current conditions of COVID-19."







# EDUCATION & TRAINING

## Community Development

Ka Ni Kanichihk completed the delivery of the Community Development/Community Economic Development program in July 2020. The first time offering of this program was a success with 15 students graduating and receiving certificates from both Neeginan College of Applied Technology and Red River College. For 2020 - 2021, Ka Ni Kanichihk will continue its partnership with both institutions and will be offering the first year of the Social Innovation and Community Development program. This will be offered at Ka Ni Kanichihk as a 10-month, post-secondary certificate program that includes a work practicum component. Classes will start in September 2020 and students will study courses such as Indigenous Ways of Knowing, Communication and Learning Applications, Financial Literacy, Reconciling Our Economic Futures, and Professional Development. With a focus on personal growth and overcoming barriers, Social Innovation and Community Development is aimed to bridge the gap and increase Indigenous participation in the community services sector of the job market.

## Honoring Gifts

The September 2019 intake of the Honoring Gifts program welcomed 12 participants who worked hard towards completing the program despite the challenges encountered due to COVID. Participants completed their First Aid/CPR, Food Handlers, and Best Customer Serviced Training certification and attended workshops, teachings, and presentations around the community. The participants attended a variety of cultural teachings and ceremonies such as daily smudging, women's teachings, creation story, skirt making, sweat lodge ceremony, pipe ceremony, and beading workshops. When programming transitioned to remote learning due to the pandemic, participants stayed connected through social media, bi-weekly program meetings, and engaging in online discussions. The women in the Honoring Gifts program have enjoyed establishing new relationships within the group and the wide range of exposure to skills, opportunities and knowledge that has been offered throughout their program. In June 2020, 11 participants successfully completed the Honouring Gifts program and received their certificate.

Rhonda Klippenstein

Team Lead, Education & Training Department







# MEDICINE CHILDREN'S LODGE DAYCARE

Medicine Children's Lodge Day Care was successful in providing daycare service to over 66 families in 2019/20, while participants attended Programming. Along with our success in being the recipient of two Provincial Indigenous Grants; one at \$1,500.00 in 2019 and another at \$4,000.00 in 2020, the centre was successful in purchasing equipment and materials to create and implement 12 Seven Sacred Teaching Programs and are creating new Curriculum based on the Child's Relationship to Ceremony, to Land; to Community; to History; to Leaders; to Dance; to Traditions; and all the child's individual gifts they bring to their Community and the World.

Jacqueline Poersch-Burns, Daycare Director

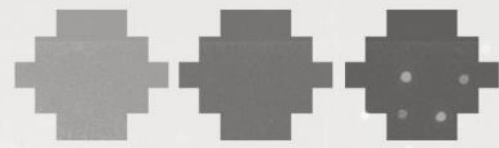
## MINO PIMATISIWIN

Despite the challenges of COVID 19, Mino Pimatisiwin has had a good year. We are proud of our team and the commitment of the agencies we work with as participating organizations. These agencies are committed to improving Health care for Indigenous peoples. We now have participating organizations in both target regions: Winnipeg and Prairie Mountain based around Swan River. Each agency in this project arrived with their own history and knowledge and each continues to embrace new teachings and the opportunities that come when implementing The Manitoba Mino Pimatisiwin Model of STBBI Care. Like Ka Ni Kanichihk, they are committed to making change happen.

The COVID 19 virus has demanded Public Health's full attention across Canada, meanwhile the risk of other STBBI rates rising, like syphilis and HIV, weighs heavily on the minds and hearts of those like ours working in prevention and intervention. The Mino Pimatisiwin team continues to find ways to keep engaged including weekly Sharing Circles led by the project Knowledge Keepers where we put aside our professional hats and sit together as community and share our lives along with any resources we may have to offer. We also have weekly drumming sessions where a small group comes together to share teachings, distribute PPE supplies and practice ceremony. While we are following provincial guidelines and we are also keeping our spirits strong using Indigenous healing practices. We look forward to continuing to work together and ensuring Ka Ni Kanichihk's Manitoba Mino Pimatisiwin model of STBBI Care continues to grow.







# GENDER EQUITY in INDIGENOUS WORKPLACE CULTURE

Year-One of the Gender Equity pilot project was a time of self-reflection, consultation, and collaboration for Ka Ni Kanichihk, as we started our organizational review in preparation for the launch of our 2021 HR Recruitment and Retention Strategy. During this period, we assessed and identified our organizational needs in terms of gender-based capacity and Best Practices, and we continue to explore what is needed for all relatives who share our space as we evolve over time. We started our timeline of providing comprehensive teachings to employees around Indigenous worldviews, gender-based competency, and Best Practices, and we recognize that effective learning, unlearning, and change takes time. The Gender Equity project will therefore continue providing capacity building opportunities to employees and develop a list of recommendations to sustain the project's long-term goals.

The advancement of this project could not be achieved by the organization alone. Ka Ni Kanichihk recognizes that we are not experts of our relatives identities, and we value and honour the unique gifts that they bring to our organization. In Year-One, we built upon and formed new and meaningful connections with our relatives and community organizations, and we invited their participation in the Gender Equity project. We enhanced this goal by allocating a portion of the Gender Equity Specialist's salary to reserve space for additional narratives to guide our teachings, sit on our newly formed Gender Equity Advisory Committee, and to be recognized and honoured in our new Gender Equity Resource Library. In addition to exploring creative and innovative ways to sustain the project's outcomes, the Gender Equity project will continue to apply methods for capturing community feedback and inviting personal narratives to guide our learning opportunities. We welcome interested folks to connect with us.

Richelle Baker (they/them)

Gender Equity Specialist, Human Resource Department







# HEART MEDICINE LODGE

Heart Medicine Lodge Program is a culturally-based, healing centred and trauma-informed program aimed to support female identified Indigenous survivors of sexualized violence and sexual assault. With a commitment to providing a safe space for Indigenous women to process their lived experience and trauma to move forward on their healing journey.

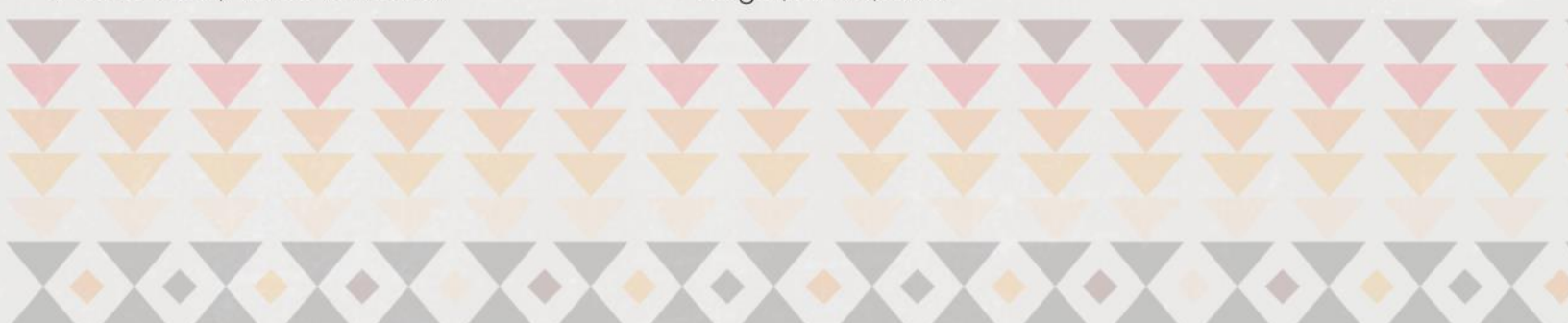
Our 12-week closed healing group is grounded in traditional healing practices, workshops, activities, peer support and tools for coping, which supports individual transformation and healing. Mindfulness drop-ins promote balance and calmness through meditation, various arts and crafts and sharing circles. This provides an opportunity to use creativity to express thoughts and emotions. Strawberry Talks and Advocacy services provide knowledge about resources throughout the city and individual support when navigating medical and legal fields. Indigenous identity is an integral part of healing, we offer many opportunities for our participants to connect with culture through ceremony and medicine, as well as Elder support and counselling. Through partnerships with Manitoba organizations, we have helped develop a Third Party Reporting option for survivors, we work closely with Winnipeg Police and RCMP to ensure every voice is heard.

Heart Medicine lodge staff work diligently toward developing safe and inclusive spaces where women are free from sexual harassment and sexual violence. We provide consultation and support to UN Winnipeg Safe Cities Committee, Sexual Assault Response Team Committee, and Winnipeg Transit Advisory Committee. We continue to collaborate and build relationships with community organizations throughout Winnipeg and Manitoba.

Heart Medicine Lodge is led by Indigenous women who are dedicated to the empowerment of women. Two, new staff members have joined Ka Ni Kanichihk to lead the Heart Medicine Lodge program. They work together to ensure this program continues to develop and evolve and meet the needs of our Participants and their families. One of new endeavors includes Heart Medicine Lodge: A Promising Practice in Supporting Indigenous Women Survivors of Sexual Violence Project. This will focus on expanding HML throughout Manitoba, allowing community members to develop the ability and build the capacity to provide ongoing support to women in their home communities. Part of this project includes a research and evaluation component in partnership with the University of Manitoba. We utilize our Advisory Committee's expertise on program development and delivery and have established a Peer Advisory Group Committee to gather opinions and advice from those who have successfully graduated because their perspective is imperative for the success of our program.

Chantilly Olson – Program Coordinator

“This program made me aware that I am not the one responsible for what happened to me” – Heart Medicine Lodge participant.







# **FUNDERS & PARTNERS**

Centre for Aboriginal Human Resources Development Inc.

Child & Family Services

City of Winnipeg – Community Services

Co-operatives and Mutual Canada

Department of Justice Canada

Department of Manitoba Justice

Employment & Social Development Canada

First Nations & Inuit Health Branch

Government of Manitoba Children & Youth Opportunities  
MB4 Youth Indigenous Services Canada

Indigenous Crown Relationships

Manitoba Justice – Crime Prevention Branch

Manitoba Family Services – Manitoba Status of Women

Manitoba Institute of Trades & Technology

Manitoba Justice – Victim Services

Manitoba Growth, Enterprise & Trades

Manitoba Economic Development and Training

Manitoba Department of Families Early Learning and Child  
Care Program

Minister of Justice & Attorney General

National Crime Prevention Strategy

Public Health Agency of Canada

Public Safety Canada & Emergency  
Preparedness

Sexuality Education Resource Centre

Women and Gender Equality Canada (WAGE)

Tricia’s Trust: Manitoba’s Strategy to Prevent  
Sexual Exploitation and Human Trafficking

United Way of Winnipeg

Breakfast Club of Canada

Urban/Hometown Green Team

Winnipeg Committee for Safety Crystal Van

The Winnipeg Foundation

Winnipeg Regional Health Authority

Lighthouses Manitoba Justice

Red River College

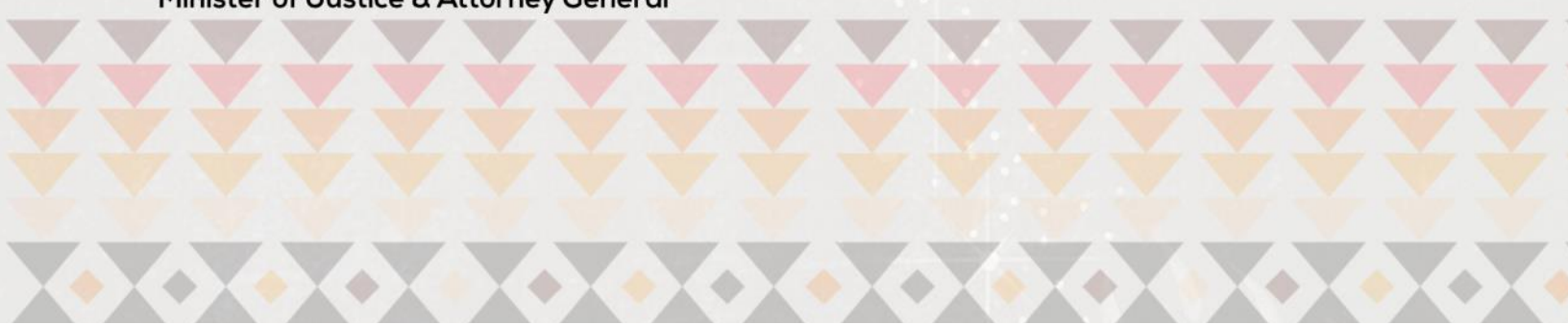
Government of Canada – Department for  
Women & Gender Equality

Healthy Child Manitoba

Food Rescue

Winnipeg Harvest

Neeginan College of Applied Technology







# GOVERNING COUNCIL and MANAGEMENT & OPERATIONS

**Elder:** Jessie Howell

**Executive Members:**

**Co-Chair:** Sharon Parenteau

**Co-Chair:** Sydney Levasseur-Puhach

**Treasurer:** Carter Wilson

**Secretary:** Vacant

**Regular Members:**

Helen Robinson-Settee

Brett Huson

Audrey Richard

Jeremy McKay

Ken Sanderson

Eman Agplaza

Nike Bello

River Turner

**Management + Operations:**

**Executive Director:** Dodie Jordaan

**Associate Director:** Dana Connolly

**Director of Programs & Services:** leesha Sankar

**Finance Controller:** Hang Le

**Program Accountant:** Sheila Chua

**Finance Clerk:** Janel Marion

**Human Resource Administrator:** Nikki Lace

**Office Manager/Administrative Assistant:** Jessica Macaig

**Executive Assistant:** Kayla Tanner

**Network Administrator:** Shawn Webster

