

2018-2019

Ka Ni Kanichihk Annual Report

Working Towards Minimaj'ō (Good Health)

KA NI KANICHIHK

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Co-Chair's Report

Working towards Minimanj'oo (Good Health)

On behalf of the Council, I would like to thank everyone for another successful year. This year's theme for Ka Ni Kanichihk's 17th Annual Meeting is "Working towards Minimanj'oo - Good Health." The council is committed to working with Ka Ni Kanichihk employees to offer safe spaces to promote Minimanj'oo.

When we think about Working towards Minimanj'oo, we think about all aspects of our being and how we nourish our minds, bodies, hearts and spirits. We also think about creating balance. We cannot however forget about the multi-generations of colonialism and how it has affected and continues to affect our people. At Ka Ni Kanichihk or "those who lead," we are committed to Working towards Minimanj'oo in our community.

We continue to grow and provide additional services. We look forward to the launch of our \$6-8 million Capital Campaign. We are raising money to expand our daycare space, develop a cultural space and make more room for programs. All of these changes will help us as we are Working towards Minimanj'oo.

Personally, I want to welcome Sydney Puhach to the Executive as your new Co-chair. I look forward to working with Sydney in this leadership role. She has already proven her leadership skills in so many ways. We also welcome Carter Wilson as our new Treasurer and thank MJ Brownscombe for her commitment to transparent financial management.

Miigwetch, Ekosi, Marsi,
Sharon Parenteau,
Co-Chair



Executive Director Report

Aneen, Boozhoo, Tansi, Relatives!

This year has truly been focused on working towards Minomanjo, meaning “they have good health” in Anishinaabemowin. Ka Ni Kanichihk has stood beside our relatives through the National Inquiry into Missing and Murdered Indigenous Women and Girls, with our relatives leading the work of Indigenous lead outreach testing for STI/BBIs like HIV, Hep C and Syphilis, and the development of two Manitoba Culturally Safe Models, one for sexual health care and one for women who have experienced sexual violence.

Ka Ni Kanichihk has also secured a new operations position, a Gender Equity Specialist will ensure that Ka Ni Kanichihk’s commitment towards gender equality is translated into concrete and measurable actions through a 5-year “Gender Equality in Indigenous Workplace Culture” project. The position will provide technical support on gender equality in an Indigenous Workplace, utilizing Indigenous Ways of Being and essential workplace practices. They will guide the mainstreaming of gender equality into program design and delivery, proposals, support capacity development initiatives, gender equality policies and Human Resource practices, as well as contribute to strategic development and advocacy.

We are also excited to announce that we are continuing with the Capital Project and the plan for an expansion of our physical building. With the completion of a feasibility study Ka Ni Kanichihk staff and Council are now fully immersed in the Campaign Strategy. The Council has already committed countless hours to this project and continues to show their love and support of our relatives and everyone that comes through these doors through their thoughtful attention to their roles as Council members.

I want to also acknowledge the staff at Ka Ni Kanichihk and the heart work that we all get to do at Ka Ni Kanichihk every day. I’ve heard leadership say, “We have the best staff in Winnipeg, actually in the whole world” and we really do.

As part of our commitment to working towards good health this past year it’s also important to recognize the community and relationship building that Ka Ni Kanichihk continues to focus on. It is the community that gives us all the strength, tools, resources, supports, connections, partnerships, funding opportunities, commitment, and purpose to strive for Minomanjo.

Miigwetch,
Dodie Jordaan

Assistant to Executive Director Report

Aniin, Boozhoo!

In sitting to reflect on the past year at Ka Ni Kanichihk, so many beautiful memories come to mind. This year has been full of transition, growth and many lessons learned. I began the year as the Director of Programs and Services and have recently transitioned into the role of the Associate Executive Director. This has been an exciting and challenging process. It was an incredible honor to work with programs as they strive for excellence and I am excited to continue to support the amazing work that staff are doing in community.

This year we engaged staff to share ideas to select a theme for our 2018/2019 annual report. The selected theme was Minomanjo an Anishinaabemowin word meaning “they have good health” or can be directly translated to “their body feels good.” The theme was inspired by James Vukelich’s “Ojibwe Word of the Day” on Facebook. We felt the theme was absolutely fitting considering our mandate focuses on wholeness and wellness of our relatives. This teaching reminds us to be mindful about living in balance with relationships, self, community, and our environment. This was relevant to Ka Ni Kanichihk as we pride ourselves on embedding Traditional Knowledge and taking a strength based approach to serving community. Miniomanjo can also be tied to our organizational vision of Mino Bimaadiziwin – The Good Life, where we honor the spirit of ancestors and seek their wisdom to help guide our relatives to wellness.

I would like to take this opportunity to acknowledge our team of loving and dedicated staff who walk alongside community, often times going above and beyond their roles to ensure quality programs and services for our relatives in community. Gitchi-Miigwetch for everything you do and everything you are.

In conclusion, Ka Ni Kanichihk remains committed to supporting and loving our relatives on that journey to Minomanjo and we look forward to another year of striving toward excellence, because community deserves nothing less.

Miigwetch,
Dana Connolly



I ♥
SOMEONE
WHO USES
DRUGS

Restoring the Sacred

Restoring the Sacred celebrated many successes and adventures throughout the 2018-2019 program year. Restoring the Sacred offered youth the opportunity to explore the media and broadcasting field through "The Sacred Hoop", a 12-week project where youth learn about broadcasting and media, all while working together on their own short film projects with the help of professional film makers. Programming included a Pipe Ceremony to start off the project, tours of NCI FM and CBC Indigenous, and planning & working on our short film projects. Programming concluded with the Short Films being premiered in at a theatre in Winnipeg.

Other highlights and successes from the 2018-2019 program year includes a 7-day youth exchange to the city of Halifax with 7 of the youth from Restoring the Sacred. For many of our youth, this was the first time for them going to another Canadian province. After our week of traveling, Restoring the Sacred had the opportunity to host our twin group here in Winnipeg, showing them around the city as well as teaching them about our Indigenous culture and experience, all while continuing to build friendships. This opportunity allows the youth to experience traveling throughout Canada, all while meeting new people.



These experiences and opportunities supported over 25 youth who have moved to Winnipeg in the past year from rural and northern communities to finish high school. Through peer mentorship and workshops ranging from awareness on sexual exploitation, gangs, drugs, various social and recreational activities and ceremonies, 20 youth successfully completed their academic year, with one graduating high school and will be moving to post-secondary education in the upcoming year.

Jordan Skipper,
Program Coordinator - Restoring the Sacred

Butterfly Club

The Butterfly Club is looking forward to yet another exciting year of engaging with culture, strengthening community bonds, and nurturing leadership abilities. This past year we were blessed with a large Reconciliation grant, which will afford the group many amazing opportunities. Our plans include incorporating more 2 Spirit teachings into our program by hosting 2 Spirit Elders, activism related activities, and learning about the sacredness of our 2 Spirit relatives. We also hope to use some of this funding to ensure each of our participants can make either their own drum or rattle so they can be part of our weekly singing and drumming in program, as well as opportunities to perform in the community. We plan to bring our youth to two sweat lodges this year instead of one in previous years, as well as to use our funding for honorarium to bring in more Elders to share teachings with the Butterfly Club. Lastly we plan to incorporate more self-advocacy, fundraising, and volunteering into our programming to provide our youth with opportunities to give back to the community. We are grateful to our wonderful funders who make all of this good work possible.

Kailey McLeod,
Butterfly Club Coordinator

Root Connections



Continuing in partnership with Community and Youth Corrections, the program worked with 22 justice involved female youth aged 13-20 years. This year our focus is individual mentorship support with each youth dealing with life skills, career exploration, cultural reclamation and pre-employment. This year features personal growth and development, finding out who they are and where they fit into our community, finding inner strength from realizing what happened in their past doesn't define them. Nine youths successfully completed their probations terms, one youth has enrolled in a treatment facility, two live in their own apartments. Four youths are looking into continuing their education.

Valerie Garneau,
Root Connections Coordinator

Daycare



Medicine Children's Lodge Daycare was successful in providing daycare service to over 32 families in 2018/19, while parents attended Programming. ECE/CCA teachers created Early Years Science Components enriching children's vocabulary in areas such as Observation Skills, Measuring, and Math! Children enjoyed the Regalia Component and used the Jingle Skirts throughout the Dramatic Play Centre extending the "Pow Wow, Regalia, Fancy Dancers, and Sun Dance" concept even further.

Jacqueline Poersch-Burns,
Ka Ni Kanichihk – Medicine Lodge Day Care Inc

Kistesimaw

This year, The Kistesimaw Program, is full with 10 participants. Participants have had the opportunity to attend Sweat Lodge Ceremonies, completing 4 rounds which they were proud of, and are excited to attend more. We had the largest turn out of our participants at the Keeping the Fires Burning Gala, which was a nice evening filled with bonding and new experiences. Mentors have taken the participants to Winnipeg Goldeyes and Blue Bomber games, as well as doing fun outdoor activities such as, going to parks, doing nature walks, and playing sports, before we all have to start wearing coats again. Additionally, Mentors have been working closely with families, teachers, counselors, and therapists of the participants, to continue stabilizing and strengthening the wellness of the relationships in those areas. Lastly, we are excited to announce that The Kistesimaw Program is the successful recipient of the Canada Post Community Foundation Grant allowing the program to increase Cultural Programming!

Patrick Thomas,
Program Coordinator

Wahkohtowin

The Wahkohtowin Strengthening Families Program has had an exciting year. Families in the program took part not only in the weekly program, but also enjoyed many cultural outings and recreational events. Some highlights include medicine picking, star teachings, strawberry picking and making family talking sticks. Participants in the program received new teachings and formed new connections, both as families and communities. The program's partnership between Ka Ni Kanichihk, Ndinawemaaganag Endaawaad, the Bilal Community and Family Centre and Spence Neighborhood Association allows families to choose from four different locations to attend program, and on an evening that works with their schedule.

Amy Graham,
Project Manager

MYTEAM

Manitoba Youth Transitional Employment and Mentorship) Program

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 to be successful in the community. The MYTEAM program is grounded in 5 pillars; finance, employment, training, self-development and housing. Over the 2018-2019 program year the MYTEAM program assisted 11 youth to access safe and affordable housing, 5 participants successfully obtained high school diplomas, 4 youth gained meaningful employment, 2 youth enrolled in post-secondary education and 6 participants completed a pre-employment training program. We are also excited to announce that 4 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.

Isca Spillet,
Program Coordinator

Corey Sanderson, Alex Spence-Richard, Kayla Tanner
Youth MTEAM Mentors



Bear Clan



MYTEAM 2018-2019



2018-2019

Honoring Gifts

Honoring Gifts began their first intake in April 2019 with 12 participants enrolled. Their first few months have been eventful with training, work practicum and attending organizations and events around the city. The participants have received training such as Mental Health First Aid, Best Customer Service Training, First Aid/CPR and Food Handler training. In addition to visits to the Winnipeg Public Library, Human Rights Museum, Career Expo and Skills Manitoba Competition, participants took part in a variety of cultural related teachings and ceremonies. Participants made their own ribbon skirts, learned how to make baby moccasin wraps and attended sweat lodge and pipe ceremonies. They have also completed their first session of work practicum. Participants are enjoying their time in the Honoring Gifts program and have enjoyed establishing new relationships within the group. The women enjoy the wide range of exposure to skills, opportunities and knowledge that has been offered throughout their program. A second intake of 12 participants will begin in September 2019.

Business Administrative Assistant



This past year the Business Administrative program hosted 12 students who were all enthusiastic learners. In addition to their academic studies, students volunteered in the community at events such as the Heart Medicine event and at the winter solstice assisting in serving the community. Students in the Business Administrative Program were excited with the opportunity to attend a pipe ceremony. To prepare the participants for their work practicum, they attended the Clothes Closet to access their resources. This was the final intake for the Business Administrative Program at Ka Ni Kanichihk as the accrediting body of MITT will no longer be offering the program.

Rhonda Klippenstein,
Team Lead for the Education Department

Education and Training

Ka Ni Kanichihk

“Now I know how strong I am.”

Heart Medicine Lodge Participant

Heart Medicine Lodge

Heart Medicine Lodge is committed to providing a safe space for Indigenous women to grow, heal and transform their grief as they work towards finding their voice again through our culturally-based programs. Open to all who identify as women and are over the age of 18.

Regular programming includes a 12 week healing program which focuses on cultural identity, the effects of trauma, and peer support. Weekly mindfulness sessions which promotes balance and calm through meditation and various arts and crafts and sharing circles which provides women with the opportunity to experience fellowship and share stories with other individuals experiencing similar healing journeys. Heart Medicine Lodge also offers regular support through traditional ceremonies, access to elder support and individual counseling. We also enhance our community by building relationships and providing consultation to committees such as Winnipeg Safe City Initiative, which aims to build safe and inclusive spaces where women and girls are free from sexual harassment, and sexual violence. We continue to work in collaboration with other agencies such as; Klinik Community Health offering support with medical and legal issues including third party reporting.

Leah Wilson,
Program Coordinator

Medicine Bear

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. 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!

Jasmine Smith,
Program Coordinator

Annual Report

Counseling and Support Services



Mino Pimatisiwin

As the TRC reminds us, the residential school system has had a profound generational impact on Indigenous people's health. Our families are on a journey to heal from those experiences and to live - Mino Pimatisiwin – the good life. While efforts are being made to decolonize the education systems, we recognize that we also need to make changes to our healing systems. We need culturally safe and healthy spaces where Indigenous people can get services that meet their needs in a respectful and caring way. To address the disproportionate rates, we are experiencing in HIV/AIDS, Syphilis and other STBBIs, we need a community with culturally safe resources - free of racism and violence.

Through the Mino Pimatisiwin Project we are collaborating with health clinics in our community to develop and implement a MB Model of Culturally Safe Sexual Health Care. Our model outlines nine domains that need to be addressed and in place for Indigenous clients/patients to experience and determine a health care environment to be culturally safe. This year we started a partnership with Nine Circles Community Health Centre and Klinik Community Health to implement the model. Together, we are working to create culturally safe spaces for Indigenous people.

We are also continuing in our efforts to promote Indigenous led outreach testing for STI/BBIs like HIV, Hep C and Syphilis. This year, along with clinics and community based organizations across the country, Ka Ni Kanichihk participated in our first National HIV Testing Day. On June 27th, with the help of the Klinik Community Health and the Winnipeg Regional Health Authority we offered 4 types of sexual health testing at both of our locations. In Mino Pimatisiwin – living a good life is about the medicine of bringing health care to people - meeting them where they are at.

You can find the project on:

Facebook - <https://www.facebook.com/pimatisiwinmb/>

Twitter - <https://twitter.com/pimatisiwinmb>

Instagram - <https://www.instagram.com/pimatisiwinmb/>

Laverne Gervais,
Program Manager

Community Development

Ka Ni Kanichihk is pleased to reconnect with Red River College and continue its partnership with Neeginan College of Applied Technology to offer a new education program: Community Development/Community Economic Development. This is a 10-month, post-secondary certificate program that includes a work practicum component. In the CD/CED program students will cover topics such as Culture and Aboriginal History, Computers and Business Technology, Community Development and Event Planning/ Fundraising. With a focus on personal growth and overcoming barriers, CD/ CED is aimed to bridge the gap and increase Indigenous participation in the community services sector of the job market. First intake will begin Fall 2019.

Rhonda Klippenstein,
Team Lead for the Education Department

UMatter

This new 2018-2023 project is developing and piloting a 12-week Teen Dating Violence Prevention curriculum and a promising Best Practice delivery model using a decolonizing, anti-oppression, and strength based approach. With a "culture as prevention" base, the project is focused on educating, building skills, increasing awareness and safety, and in providing support. Delivering to seven of Ka Ni Kanichihk programs, this project is targeted to 9-24 year olds and will also include peer training and community capacity building in the spirit of truth and reconciliation to combat the social contexts in which teen dating violence exists. The project has a research component to measure transformational impacts assessing participant changes in knowledge, attitudes, behaviors and skills and to positively improve health outcomes both short and long term for participating Indigenous youth in Winnipeg and Manitoba. UMatter has community and First Nation partners to expand project reach in rural and First Nation Manitoba communities.

Cathy Menard,
Program Coordinator

Because
I
matter

Have better
self
esteem

Keeping the Fires Burning

Honoring our Elders and Knowledge Keepers

An annual ceremony filled with love and beauty brought over 750 Manitobans together on June 16th to honor 9 First Nations and Metis Elders and Knowledge Keepers who have contributed to keeping the “fires” of our Indigenous cultures alive, often at great personal sacrifices.

The 2019 recipients included two Elders who are now Ancestors who were honored posthumously. Sioux Valley, Dakota Elder, Doris Pratt, dedicated her life to Dakota language and culture in her Dakota communities. Dene Elder and Veteran Joseph Meconse, spent 10 years in the Canadian Guards, 2nd Battalion and the Princess Canadian Light Infantry; Battalion and he is fondly remembered for proudly carrying the Eagle Staff at countless Manitoba Pow Wows. Families of Elders Pratt and Meconse were gifted Star Blankets created by Cree artist Chantel Daniels.

Hosted by Ka Ni Kanichihk’s youth council member Sydney Puhach and T-Dre Player, our community also recognized Elders and Knowledge Keepers Harry Bone, Marie Ballentyne, Carl Stone, Chickadee Richard, Madeline Mousseau, Eldon Campbell and Gayle Pruden. Recipients are selected by Manitoba’s First Nations Representative and Community Based organizations.

The 2019 Oscar Lathlin Memorial Award was awarded to talented Anishinaabe artist, Jackie Traverse, in recognition of her unique contribution to community organizing including founding Ikwe Safe Rides.

Ka Ni Kanichihk also recognized the work of Sandra Delaronde and Hilda Anderson-Pryz for their leadership in the Manitoba MMIWG Community Coalition as well as Jennifer Rattray, Executive Director of the MMIWG National Inquiry and her team for ensuring that family and survivor’s voices were heard and included in the MMIWG Final Report and in its Calls to Justice.

Keeping the Fires Burning Organizers are grateful to the Ivan Flett Memorial Dancers, Kind Hart Singers, Roger Green and White Horse Drum Group, Co Co Stevenson and Ray Hotonomi, for ensuring that our protocols were respected and to the RCMP and to the Winnipeg Police Services for their assistance throughout the evening. Ka Ni Kanichihk also acknowledges the 2019 Patron, Indigenous and Northern Relations and our Partners, All Nations Print, Avent Pro, Tipi Insurance Partners, University of Manitoba – Office of Indigenous Engagement, Wawanesa Insurance, Victoria Inn Hotel and Convention Centre and all the organizations and individuals who participated in the 2019 ceremony.

Keeping the Fires Burning, an annual event that celebrates Indigenous cultural survival was started 18 years ago, to lift up our own Indigenous people as role models so that our children and youth can feel pride in their unique cultural identity and nations. All proceeds from Keeping the Fires Burning are invested in youth and Elder cultural programming.

The 19th Annual Keeping the Fires Burning will be held on June 16th, 2020.

Deb Radi,
Chairperson, KFB Planning Committee



Ka Ni Kanichihk Governing Council

Elder..... Jessie Howell

Executive Members

Co-Chair..... Sharon Parenteau
Co-Chair..... Sydney Puhach
Treasurer..... Carter Wilson
Secretary..... Brett Huson

Regular Members

Helen Robinson-Settee
Edith Turner
Ken Sanderson
Audrey Richard
Jeremy Mckay
Eman Agplaza
Nike Bello
Emily Turner
River

Management & Operations

Executive Director Dodie Jordaan
Associate Director Dana Connolly
Director of Programs & Services..... Denise Cook
Finance Controller Joy Valencerina
Program Accountant Lorena Aquino
Finance Clerk Maternity Leave
Human Resource Administrator Fio Pasquarelli
Office Manager/Administrative Assistant Jessica Macaig
Executive Assistant..... Jeannine Bruce
Network Administrator..... Shawn Webster

5 Year Recognition

Laverne Gervais
September 2014 – 2019

Patrick Thomas
May 2014 – 2019

Isca Spillett
June 2014 – 2019

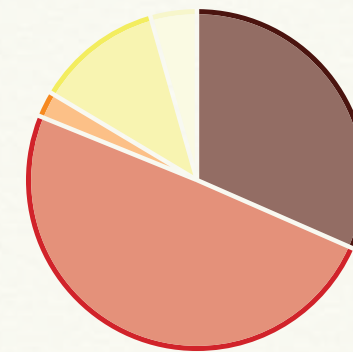
Jordan Skipper
October 2014 – 2019

Claudia Boudreau
Aug 2014 – 2019

Our Funders and Partners

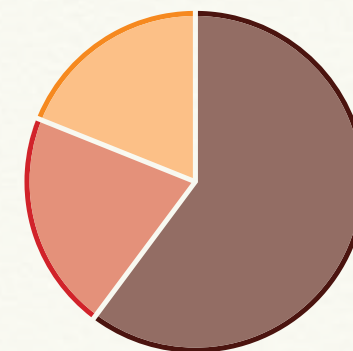
Centre for Aboriginal Human Resources Development Inc.	Minister of Justice & Attorney General
Child & Family Services	National Crime Preventions Strategy
City of Winnipeg – Community Services	Public Health Agency of Canada
Co-operatives and Mutual Canada	Public Safety Canada & Emergency Preparedness
Department of Justice Canada	Sexuality Education Resource Centre
Department of Manitoba Justice	Status of Women Canada
Employment & Social Development Canada	Tricia’s Trust: Manitoba’s Strategy to Prevent Sexual Exploitation and Human Trafficking
First Nations & Inuit Health Branch Government of Manitoba Children & Youth Opportunities MB4 Youth	United Way of Winnipeg
Indigenous Services Canada	Urban/Hometown Green Team
Indigenous Crown Relationships	Winnipeg Committee for Safety Crystal Van
Manitoba Justice – Crime Prevention Branch	The Winnipeg Foundation
Manitoba Family Services – Manitoba Status of Women	Winnipeg Regional Health Authority
Manitoba Institute of Trades & Technology	Lighthouses Manitoba Justice
Manitoba Justice – Victim Services	Red River College
Manitoba Growth, Enterprise & Trades	Government of Canada – Department for Women & Gender Equality
Manitoba Education & Training	Healthy Child Manitoba
	University of Victoria

2018-2019 Revenue



■ 50%	Government of Canada
■ 32%	Province of Manitoba
■ 12%	Foundations & Other Organizations
■ 4%	Other
■ 2%	City of Winnipeg

2018-2019 Expenses



■ 60%	Salaries and Benefits
■ 21%	Programming
■ 19%	Operating

Our Vision

We are living *Mino Biimadziwiiwin* (The Good Life)

We honor the spirit of our ancestors and seek their wisdom to guide our Peoples back to balance and wellness.

We are happy, healthy, respected and self-determining.

Our Mandate

We provide culturally safe programs and services that focus on wholeness and wellness and that build on the strength and resilience of Indigenous Peoples.

Our Values and Beliefs

Indigenous Traditional Knowledge is enshrined into the heart of our organizations' practice.

The laws of our Creator and the knowledge of the Ancestors is incorporated into the work that we do.

We honor our responsibility to the children, those who are here now, and those still waiting to come - seven generations from now.

We understand that our attitudes, actions, behaviors and practice constitute the "sum of the whole" and that these reflect greatly on the reputation of Ka Ni Kanichihk.

At Ka Ni Kanichihk

- We walk our talk
- share the strength, health and wellness of Indigenous Peoples
- Provide welcoming and culturally safe spaces
- Walk in balance, with strength, values and Indigenous Knowledge
- Value reciprocity, belonging, mastery and generosity
- Believe in independence and interdependence with all our relations
- Deliver high-quality and culturally-informed programs in partnership with our community
- Develop resilient and authentic leadership

