

2020-2021

KA NI KANICHIHK

Annual Report

Wellness For All We Love



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Ka Ni Kanichihk Inc.

"those who lead"

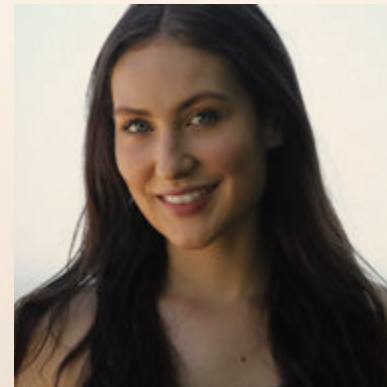
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Co-chairs' Report

Wellness For All We Love

The Ká Ní Kánichihk Council is honoured to be part of the important work being done for our community. As we write this, the world is continuing to struggle through what we all hope are the final months of the COVID-19 pandemic - a struggle that is mirrored among our relatives in the community. It is for them that we do our heart work.

This year saw many changes as our programs shifted to online learning, virtual gatherings, and socially distanced connections. We commend the Ká Ní Kánichihk staff for being incredibly resilient and flexible. They found such creative ways of working with our community and stakeholders and we are incredibly proud and grateful for their dedication.

As we emerge from these difficult times, we draw strength from focusing on Ká Ní Kánichihk's vision for the future, including moving forward on our exciting and much-needed Building Expansion project. We've engaged highly qualified Indigenous partners to design our dreams and are delighted to see them coming closer to fruition. With the help of generous donors and the love and support of our community, we look forward to building a new Ká Ní Kánichihk that will offer an expanded daycare and a unique cultural space to bring ceremony to the inner city.

The past year has been so challenging, and we share our community's desire to return to being close and connected with our relatives. Let's all support each other in our collective perseverance during these trying times, to ensure that our eventual return to closeness can resume sooner rather than later.

We continue to wish wellness for all we love.

Miigwetch, Marsi, Ekosi,
Sharon Parenteau & Sydney Levasseur-Puhach,
Co-chairs

Executive Director's Report

This was an extremely challenging year that brought out the best in our staff and organization as they rose to the occasion to meet the needs of our community throughout the pandemic.

Since COVID-19 entered Manitoba in early 2020, organizations and community members have lived through so much uncertainty. At Ká Ní Kánichihk, we quickly changed all our programming and operations to follow government guidelines on remote work and service delivery, and everyone in our community anxiously awaited updates on pandemic waves and ever-changing rules around gathering for celebrations, ceremonies, and holidays.

Many of our teachings describe how interconnected we are to one another as human beings. These teachings are so relevant to describe this past year. It has truly been a gift to see how everyone coped with distance from loved ones, and hear the countless stories of 'all our relations' coming together to protect one another.

At Ká Ní Kánichihk, we've had to be flexible and creative in our approach to continue meeting our participants and community members where they were at. Early in the pandemic, we opened our doors even wider to the community to help get people through the difficult times. We were able to prepare wellness bundles in the form of food hampers, activity packages, and health and wellness materials and safely deliver them to those in need. Our response has been ever-shifting to ensure we work safely within restrictions while keeping staff and community members safe, cared for, and remembered. It is important that during these times, no one is left behind.



This was all possible due to the leadership of our Council (Board of Directors), our dedicated volunteers, committed sister organizations, and generous donors and funding partners who all joined us in supporting our community. And we would like to honour our inspirational staff and operations team, who continued to provide interactive, virtual care and programming to our children and families, on-going support in the form of 13,355 wellness bundle deliveries, and countless hours dedicated to the community we serve. We are endlessly grateful to all who faced the pandemic together!

Everyone at Ká Ní Kánichihk deeply misses our valued relationships and connections, ceremonies and celebrations. We especially look forward to once again sharing our love and caring with our community members in person, and walking alongside them on their healing journeys.

Chii Miigwetch,
Dodie Jordaan

Associate Executive Director's Report

Aniin, Boozhoo!

What a year it has been! As I reflect on the past twelve months, the feeling is bittersweet. Although Ká Ní Kánichihk faced many challenges due to the global pandemic, the one thing that was absolutely evident and inspiring was the love and commitment demonstrated by our staff.

This year's Annual Report theme, "Wellness for all we love" was selected by Ká Ní Kánichihk staff to reflect their experiences during the 2020/2021 program year. The theme is fitting, considering that our primary focus this past year was on the wellness and safety of our participants, staff and the greater community. When employers were encouraged by the province to have employees work remotely, Ká Ní Kánichihk embarked on our working from home journey. We are service providers who ground our practice in Indigenous Ways of Being, including connecting in-person and building relationships with community, so working remotely was a huge challenge. But experiencing these barriers did birth some brilliant and innovative ways to support and love our community during these trying times.

Even a global pandemic cannot take away Ká Ní Kánichihk's commitment to meeting our community's needs, including expanding our programs and services as needed. We are thrilled to be offering three new programs developed over the past year: Velma's House, Mushkowzee Ikwe (Strong Women's Program) and an Indigenous-led youth hub. While starting new initiatives is exciting and inspiring, we are reminded that we can't yet ceremony or celebrate together as a community as we

normally would. In keeping with the theme "Wellness for all we love", we will continue to design and deliver innovative, Indigenous-led services in the safest manner possible. I know we will all gather again soon to celebrate these milestones.

Lastly, I want to publicly acknowledge our amazing team of loving, selfless staff who always go above and beyond their roles to walk alongside community and ensure quality programs and services are there for our relatives. You are all very loved and appreciated! Gitchi-Miigwetch for everything you do and everything you are.

Looking ahead, Ká Ní Kánichihk will continue to strive for excellence and prioritize wellness for all we love. Our people deserve nothing less.

In love & solidarity,
Dana Connolly



Keeping the Fires Burning

Honouring our Elders and Knowledge Keepers

On June 21, 2021, Indigenous Peoples Day, the Keeping the Fires Burning event celebrated its 20th anniversary with 650 guests in attendance to honour eight Indigenous Elders and Knowledge Keepers, and this year's recipient of the Oscar Lathlin Memorial Award. The nearly 2-hour virtual event began with a 2 minute and 15 second silence to acknowledge the 215 children buried in unmarked graves on the grounds of the Kamloops Indian Residential School. The announcement reopened painful memories of IRS and, for many survivors and their families, touched off a wave of sadness and ongoing trauma. We will remember all of the children who did not return home from IRS, the 60's Scoop, and the Child Welfare system, and will do our very best to prevent the harmful systems that still exist from continuing.

Keeping the Fires Burning – a celebration of Indigenous cultural beauty and strength - was a needed counterpoint to this reminder of the losses of Indian Residential Schools and to the myriad ways that the COVID-19 pandemic has impacted all our lives. We have lost valued Elders, ceremony leaders, and community members. We have had long periods of restricted contact with family, friends and colleagues. We haven't been able to attend ceremony, social activities and celebrations for the past 15 months. Taking this time to celebrate together was good medicine.

The event opened with the Victory Song sung by Coco Stevenson and Rhonda James and was followed with a prayer by Ká Ní Káníchiik Elder, Jessie Howell and the lighting of the qulliq by Elder Martha Peet. The 20th Anniversary KFB celebration featured songs, dance, ceremony and the "rising up" ceremony, much of which was pre-recorded to ensure the recipients were safe. The 2021 hosts, Vanessa Tait and Nikki Komaksiutiksak started the "rising up" ceremony by announcing the recipient of the Oscar Lathlin Memorial Scholarship, Ashley Richard. Ashley is the

granddaughter of the late Mary Richard, who, in 2001 was one of the first grandmothers to be inducted as a "keeper of the fire".

This year's honorees included:

Therese Somerset – Manitoba Metis Federation
Florence McLean – Southern Chiefs' Organization
The late Don Robertson – Ká Ní Káníchiik
Dennis Daniels – Indigenous Languages of Manitoba & Manitoba Indigenous Cultural Education Centre
Louise Lafreniere-Chippeway – Manitoba Moon Voices
Florence Paynter – Assembly of Manitoba Chiefs
Don Robinson – Aboriginal Council of Winnipeg
Margaret MacKinnon – Ma Mawi Wi Chi Itata Centre

Performances by the dynamic family trio, the Ivan Flett Memorial Dancers kicked off the celebration with a lively rendition of the Red River Jig, hip hop style, and was followed by Oji Cree recording artist, MATTMAC who performed his breakout song Break Me Down.

Dr. Lisa Kinew sang an honour song while a short video was shown, featuring images of front-line workers who, for the past 15 months, have done their best to keep Elders and community members safe, fed and connected. The evening ended with a final honour song rendered by Sarah Delaronde and the extinguishing of the Qulliq. View the KFB 20th Anniversary event at [Keeping the Fires Burning 2021 on Vimeo](#).

Ká Ní Káníchiik and the Keeping the Fires Burning Organizing Circle acknowledge all those who supported the 20th Anniversary event including:

- Province of Manitoba – Indigenous and Northern Relations
- CTV
- sákihiwē Festival
- NCI



Honorees

(in order of appearance):
 Ashley Richard
 Therese Somerset
 Florence McLean
 The late Don Robertson
 Dennis Daniels
 Louise Lafreniere-Chippeway
 Florence Paynter
 Don Robinson
 Margaret MacKinnon

- All Nations Print
- Avent Pro
- Tipi Insurance Partners
- Wawanesa Insurance
- The Winnipeg Foundation

Our organizing committee was particularly pleased to welcome the creative Alan Greyeyes and the sákihiwē Festival to provide both creative and technical support. The sákihiwē festival takes music to Winnipeg's core so Indigenous families can participate in the arts without sacrificing their family responsibilities, personal safety, and ability to make ends meet.

We are grateful for the Ká Ní Káníchiik team that organized the online raffle and for all the organizations, businesses and individuals that donated beautiful items.

As we move forward, we remain optimistic that Keeping the Fires Burning will be "live and in person"

in 2022 so that we can renew relationships with hugs and handshakes. The Keeping the Fires Burning Organizing Circle will continue to plan and organize the 21st Annual ceremony. Until then, we hold you in our hearts.

Deb Radi, Chair, Organizing Circle
 Nike (NIKKI) Bello
 Dana Connolly
 Alan Greyeyes
 Shannon Kraichy
 Krishna Lalbiharie
 Lisa Lewis
 Jeremy McKay
 David McLeod
 Cathy Menard
 Sydney Levasseur-Puhach
 Audrey Richard
 Helen Robinson Settee
 Leslie Spillet
 Rhonda Taylor



Looking Forward

Ká Ní Kánichihk has walked with our community on the path to healing since we were established more than twenty years ago. Since then, Ká Ní Kánichihk has remained dedicated to responding to the changing needs of the community as it evolves.

Last year, COVID-19 took the whole world by surprise and Ká Ní Kánichihk had to respond quickly to ensure we could serve and take care of our community in whatever ways were possible. But the pandemic didn't change the existing and evolving needs that were here before it arrived, and Ká Ní Kánichihk continued working in partnership with the community to develop some exciting new programs and initiatives.

We are thrilled to tell you about three new initiatives developed over the past year, and how Ká Ní Kánichihk is growing its space to meet our community's needs.

Velma's House

For 40 years, people in our community advocated for a 24/7 place of safety, comfort and connection for women experiencing homelessness, violence or exploitation.

Finally, on March 15, 2021, Velma's House opened its doors to serve women aged 18+, and members of the 2SLGBTQ+ community who identify as female.

Here, women have access to basic needs such as meals, a safe place to rest, laundry and shower facilities, and hygiene supplies. They are also provided with supports such as employment counselling, housing support, and assistance navigating the health care system. There is an Elder onsite, along with access to traditional medicines, ceremony, and cultural ways of healing. It is a place without judgment or assumptions, where people are welcomed and valued just as they are and recognized as the experts in their own lives.

Velma's House is a joint initiative led by Ká Ní Kánichihk, in collaboration with the 24/7 Safe Space Planning Committee, consisting of: Missing and Murdered Indigenous Women and Girls Manitoba-Coalition of Families, Lived Experience Advisory Committee of Survivors, Aboriginal Health and Wellness Centre, Ma Mawi Wi Chi Itata Centre, End Homelessness Winnipeg and West Central Women's Resource Centre.

For now, Velma's House is open from 9 a.m. to 6 p.m., but it will eventually be operated 24/7 as the staff team builds up.

The space is named in honor of Velma Orvis, an Elder who provided cultural supports and services for exploited women until her passing in 2020. It is our hope that it embodies the unconditional love Velma showed to everyone she met.

Mushkowzee Ikwe - Strong Woman Empowerment Project

This is a three-year, community-based project geared to 14 to 29-year-old Indigenous female and non-binary people who are at-risk of sexual exploitation or being sex trafficked, who are becoming or already involved with the justice system, and/or who live in poverty.

Launched in April 2021, Mushkowzee Ikwe is grounded in a philosophy of "Culture is Prevention", with participants receiving individualized learning programs that recognize, honour, and build on their individual strengths.

Mushkowzee Ikwe aims to increase participants' resilience and resistance to negative influences of gang involvement and sexual exploitation by focusing on four pillars of strength: life skills, cultural reclamation, empowerment & healing, and pre-employment training. It uses community-based resources, one-on-one mentoring and role-modeling to forge links between healing, treatment, belonging and empowerment.

Ká Ní Kánichihk Youth Hub

Scheduled to launch in the fall of 2021, Ká Ní Kánichihk's Indigenous-led Youth Hub will be a one-stop place where youth in the Centennial and South Point Douglas neighbourhoods can access youth-centered primary care, mental health care, harm reduction supports, community resource social supports, peer support, advocacy, and Indigenous wellness services.

Ká Ní Kánichihk will deliver some services on-site while working with off-site community partners to ensure youth have access to a comprehensive range of medical, nutrition, pregnancy, parenting, employment, training, skills development, and counselling services.

Social supports offered through existing Ká Ní Kánichihk programming will include help in dealing with trauma, STBBI counselling and health support,

healthy dating relationship programming, advocacy, and one-on-one mentorship.

Delivery will combine cultural Indigenous wellness and modern western best practices in a youth centered environment.

Expanding to Meet the Needs of our Community

Almost since the day Ká Ní Kánichihk opened at 455 McDermot Avenue in Winnipeg, it became too small to accommodate those who wanted and needed its Indigenous-led services.

We have always looked to our community to tell us what they need, and with Winnipeg's Indigenous population rapidly growing, there is an urgent need for additional training programs, more healing opportunities for youth and families, and an accessible, safe community gathering place – all centred around ceremony and Indigenous ways of being.

We are excited to say that after years of envisioning and planning, the expansion of Ká Ní Kánichihk's existing home is moving forward. This year, Verne Reimer Architecture, in collaboration with the Indigenous Design Studio at Brook McIlroy and Woven Collaborative, was brought on board to create the designs and construction plans for tripling Ká Ní Kánichihk's space. Before plans were finalized, the community was invited to gather virtually and provide input on shaping Ká Ní Kánichihk's new spaces. We are thrilled with your vision of a true community gathering place, and now the architecture team is bringing that vision to life.

Fundraising is underway and we hope to begin construction in late 2021. If you are able, we invite you to consider contributing to Ká Ní Kánichihk's expansion. Every gift, no matter what size, adds space and programs for our community. To donate online, visit kanikanichihk.ca/donate/ or call us at (204) 953- 5820. Thank you!



Restoring the Sacred

Restoring the Sacred (RTS) is a youth centered, culturally based, peer mentorship program for Indigenous youth, 14 – 21 who are relocating to Winnipeg to continue their education. The program supports the development of healthy, happy, resilient and motivated youth leaders and achievers.

“The program gave me a lot of help and support when I needed it. I made new friends and I feel like I’ll know them forever.”

Before I came to Ká Ní Kánichihk, I was feeling shy and nervous. My high school grad coach informed me about the RTS program and other programs at Ká Ní Kánichihk. I came [to RTS] because I wanted to be more talkative and be able to have good ideas.

I was quiet the first couple of times, until I got used to everything around me. Then it made me feel even better than before.

The program gave me a lot of help and support when I needed it. My favorite part was going on outings - they were always fun. I made new friends and I feel like I’ll know them forever.

My hope is that more youth going from their community to the city for school can attend this program.

- Roderick, RTS participant

When Roderick first started and was new to living in Winnipeg, he was shy and kept to himself during program nights. As he started building relationships with other participants and staff, Roderick opened up and became an always present voice and face in RTS.

Roderick has now graduated from High School and is one of many RTS participants who want to help out wherever they can and give back to the community. Even after graduation, Roderick continues to be a part of the RTS program by mentoring new participants.

- Jordan Skipper, RTS Coordinator

This year, along with one-on-one and group mentorship, RTS participants received support ranging from COVID-19 information to health & wellness supplies and counselling.

In 2020-21, Restoring the Sacred:

- connected 27 participants with 26 mentors
- conducted 20 in-person and 46 virtual workshops that allowed participants to access cultural resources & ceremony; gain life skills & training; build relationships, and access harm reduction supports
- saw 5 participants graduate from Grade 12 in June 2020, after which some applied for university and some found employment.
- had 12 mentees graduate in June 2020 who could then apply to be mentors for the 2021 program year
- delivered 266 Take Home Meal Kits to participants, allowing them to gain cooking skills and provide meals for themselves and their families

Butterfly Club

The Butterfly Club (BFC) is a weekly program that aims to engage, motivate, and support Indigenous girls and Two Spirit youth, 9-13 years of age, in cultural, social, and leadership development activities that build self-confidence and a sense of belonging.

“I didn’t feel so alone anymore”

My mom wanted me to go to Butterfly Club to learn about my culture more in a fun way. It was a good decision, because I had nothing to do after school and on weekends, and I wanted to be more social and connect to my Indigenous heritage.

On the weekends there would be field trips, or we would just hang out. Sometimes I volunteered for cleaning the dishes. At first I felt a little alone, but eventually I got out of my comfort zone and had friendships I would never usually have at school or other programs.

I became social to everyone in the program and didn’t feel so alone anymore.

- Honey, Butterfly Club participant

The Butterfly Club stayed active last year through a combination of virtual and socially-distanced, in-person connections. It was important to everyone to stay connected to our cultural activities.

In 2020-21, The Butterfly Club:

- engaged 15 program participants in 97 cultural learning sessions
- made 219 connections with participants through our in-person, “Social Distance” Drop-In Program
- kept the group connected through 66 Zoom meets
- supported food security for participant families by delivering 129 food hampers



Kistesimaw “My Eldest Brother”

Kistesimaw “My Eldest Brother” is a risk prevention program that supports boys under 12 through one-on-one and small group mentorship.

“My mentor has stayed consistent with me, which feels good.”

Before getting my Kistesimaw mentor, I was influenced by other kids and got into a lot of trouble. It was damaging my relationships, often with my mother. I felt very upset with myself, lost, and sort of alone. I felt I had no one I could speak with or who would listen to me.

Kistesimaw is helping me have a better relationship with my mom and my brother, who was in Kistesimaw a year before me. Sometimes it’s hard to focus in school and I’m getting help to do better there too.

My favourite parts of Kistesimaw are connecting to my cultural identity and learning more. I’ve done things I don’t usually get to do, like sweat lodges and powwows outside the city and cultural events at the office. I like to colour, draw and play on the computer and I feel safe at the office.

My family has had to move often so I’ve changed schools a lot and always have different friends. But my mentor has stayed consistent with me, which feels good.

I hope other kids get to take part in their culture and learn to communicate in a positive way and respect each other.

- Tyrell, age 11



This year, Kistesimaw participants kept in contact with their mentors online, through Zoom or Skype. Discussions ranged from COVID safety to healthy eating habits and positive relationships. We couldn’t go out for recreation activities, but we had fun online through age-appropriate video games.

In 2020-21, Kistesimaw:

- had 9 participants (Full capacity is 10)
- delivered 590 hours of online mentorship over 274 sessions.
- regularly delivered Scholastics club books to participants’ homes
- helped support our community’s food security by delivering 253 food/hygiene hampers to Kistesimaw families throughout the year and Christmas hampers in December.

COVID-19 Emergency Community Response

“The hampers that Ká Ní Kánichihk have given me have been really helpful. I have twin infants, and when I’m running low on money and food it makes everything easier. I appreciate that they are helping me, as well as others in the community.”

- Ana, MYTEAM program participant

“I have no family in Winnipeg except for my son, daughter-in-law and my grandchild. You are my family.”

- Elderly community member

“I am so thankful for Ká Ní Kánichihk for all the help that I have been given. I don’t need to worry about feeding my daughter when I am at the hospital with my son.

- Community member

Ká Ní Kánichihk has always looked to our community to tell us what they need. We are grateful that many of our relatives facing urgent issues reached out to us, and that we were able to help them over the past year.



COVID-19 has had a significant impact on our community, with many people struggling with issues such as their family’s health, sudden unemployment, lack of access to important COVID public health information, isolation, and food insecurity.

Two community lunches per week were made available for pick up, and youth wellness self-care kits and access to cultural resources were distributed during various stages of the pandemic.

Ká Ní Kánichihk’s Emergency Coordinator noticed a need for people experiencing houselessness to receive food kits containing items that did not require cooking and came up with a creative approach. Special kits were put together containing pre-made and pre-packaged food, reusable utensils, a drink, hand warmers, and masks.

Once the community knew Ká Ní Kánichihk had these kits, we started getting many requests for them at our door. One of the participants stated, “Now I can keep the food in my backpack, it won’t go bad and no one will take it.”

In 2020-21, Ká Ní Kánichihk’s COVID Emergency Community Response resulted in:

- community food security being supported with 13,335 food bundles delivered to families
- 9,500 cleaning supplies and 2,500 hygiene kits provided so families could keep themselves and their homes clean and healthy
- food security, self-care and wellness, and education for children being supported with 500 Make and Take kits
- 2,000 houselessness kits provided to help with food security, personal safety, and hygiene



Medicine Children's Lodge Day Care

Medicine Children's Lodge Day Care is a licensed childcare centre, providing safe, healthy and nurturing care, primarily for children of people participating in Ká Ní Kánichihk's programs.

This past year the daycare assisted many families struggling with food security because of the pandemic. In one case, emergency support was needed when an entire family in our community came down with Covid. First the single parent tested positive, and then her two daycare children, including an infant. No family support was currently available, so Ká Ní Kánichihk staff prepared and delivered four food hampers to the family as they were self-isolating. The mother was extremely thankful!

Medicine Children's Lodge was able to remain open during the pandemic, thanks in part to Red River College placing an Early Childhood Education student here for their practicum.

In 2020-21, Medicine Children's Lodge:

- cared for 8 infants, 30 preschool children and 3 school-age children of Ká Ní Kánichihk program participants and essential workers
- supported families at home by sending Seven Sacred Teaching cultural learning packages home with 16 children, to work on with their parents
- supported food security in our community by providing 180 hampers to daycare parents
- held a smudge, cultural teaching and community gathering to honour the 215 children discovered in unmarked graves in Kamloops

MYTEAM

Manitoba Youth Transitional Employment Assistance and Mentorship (MYTEAM) supports youth leaving the care of Child and Family Services with one-on-one mentorship, group activities, guidance and other opportunities as they work toward their personal goals and greater independence.

MYTEAM provides skill development in the areas of education, training, finances, housing, employment, self-development, childcare, and basic living skills.

"I now have a vision to go to university and earn a degree so I can go back and support youth who have also been through the child welfare system."

When I started the MYTEAM program, I was leading a negative lifestyle. I had no goals for myself and didn't have a lot of hope for my future.

I heard about MYTEAM through a friend who is a participant, and I came because I wanted to feel better about myself.

Going to program, I connected with other youth and felt like I had a place to belong and had a purpose. Meeting with my mentor, accomplishing goals, and thinking about my future helped me become more focused, confident, and determined.

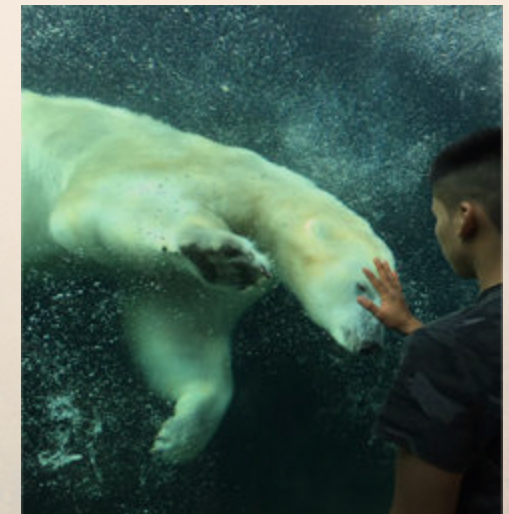
I'm proud that I went back to school. I now have a vision to go to university and earn a degree as a counsellor or therapist so I can go back and support youth who have also been through the child welfare system.

There are a lot of people who say Indigenous youth who are in CFS can't be successful. My hope is that more of them will find their purpose like I did at MYTEAM.

- Breena, MYTEAM program participant

In 2020-21, MYTEAM:

- had 3,235 contacts with our 20 participants, including daily check-ins and weekly one-on-one sessions
- delivered 65 Life Skills sessions where participants gained skills in problem solving, decision making, healthy relationships, and communication
- provided 125 cultural learning opportunities through sessions and resources
- celebrated the graduation of 15 youth participants
- supported participant families by delivering 85 hampers, making 50 home visits, and providing COVID-19 health information





Honouring Gifts

Honouring Gifts is an employment readiness skill-building program for Indigenous single mothers, 18-30 years of age.

“Honouring Gifts helped me solidify my decision to pursue a career in Social Work.”

I had thought about a career in Social Work but was hesitating because I wasn't sure. When I came to the Honouring Gifts Program I learned more about it through career exploration, and that helped me solidify my decision to pursue a career in Social Work.

The supports I received during the Honouring Gifts Program made a huge difference in making it possible to reach graduation. Being able to have my son in the Ká Ní Káníchiik Daycare meant I didn't have to worry about childcare, and I could keep up with my program attendance and focus on my learning every day.

I even received supports and referrals from Ká Ní Káníchiik staff when I had health care concerns, which was help I didn't have before.

I really enjoyed learning things about our Indigenous culture I didn't know before and I feel proud that I made my first ribbon skirt this year!

After graduating from Honouring Gifts, I wanted to further my education, so I was pretty excited to be accepted into the Inner City Social Work program starting in September 2021.

I feel very grateful to Ká Ní Káníchiik and Honouring Gifts for helping to get me onto my career path.

- Alex, 2021 Honouring Gifts graduate

Social Innovation/Community Development Program (SICD)

The Social Innovation/Community Development (SICD) program is a Red River College-accredited course designed to prepare Indigenous women for a career in community development. SICD supports learners on their personal and professional journeys by helping them develop strengths and overcome barriers.

“I wanted to not only change my life for the better, but show my daughters that determination leads to success.”

Nadine's story embodies the struggles, sacrifices and odds that many Indigenous mothers must overcome to pursue their life dreams.

For a long time, Nadine lived between Winnipeg and her home community, struggling with addiction, abuse, and mental health challenges. She faced a lot of tough realities and life changing situations until, after years of battling with her personal conflicts, Nadine decided to settle in Winnipeg and focus on building a better life for herself and her two daughters.

As a former student in Ká Ní Káníchiik's Honouring Gifts, Nadine decided to enroll in the Social Innovation and Community Development (SICD) program.

She says, “What I did not anticipate was suddenly trying to complete a full time, college level program remotely because of the COVID-19 pandemic.”

But being the intelligent, resourceful, and committed student she is, Nadine not only overcame the challenges of remote learning, but she excelled in her academics and will graduate with the highest GPA in her class.



Not wanting to stop there, Nadine is now considering returning to full time school for her second year in the program so she can upgrade her certificate to a diploma.

As an Indigenous single mother, Nadine has had to overcome a lot of adversity to become a successful full-time student. But she sees herself as a caregiver and a change-maker, and she is excited to make an impact in her community. We know the community will benefit from her passion and dedication.

- Emily, SICD Instructor with Nadine

Education & Training

This year, the Education & Training Department met learning outcomes by delivering programming, educational materials, and life-skills supports through email, Zoom, mail, and drop off. We're pleased to celebrate twelve students and participants who will be graduating after successfully completing their chosen program in such a challenging year.

In 2020-21, the Education & Training Department:

- served 14 student participants
- hosted 485 Zoom calls to provide learning programs, build relationships, and accommodate guest speakers
- provided 429 counselling support/referrals to ensure participants' emotional, mental, physical, and spiritual needs were addressed so they could successfully complete their programs



Medicine Bear Counselling

Medicine Bear Counselling, Support and Elder Services (MBC) provides families of murdered and missing women the opportunity to heal from complicated grief and trauma in a culturally safe and supportive environment. The program builds on the strengths and resilience of families impacted by the tragic loss of missing and murdered loved ones.

This year, MBC added ongoing and emergency COVID-related supports to its services for participant families.

In 2020-21, MBC:

- served 450 family members of missing or murdered women
- provided 546 individual or group counselling sessions, elder supports, grief and loss sessions, art therapy sessions, or traditional medicines
- helped 200 participants with advocacy and/or support navigating systems such as housing, social and justice systems, and mental health
- delivered or provided 1,770 COVID-related items, including food and cleaning supplies

Medicine Bear Counselling

Medicine Bear family honours their sister's memory with a student bursary

In 2015 I walked into Ká Ní Kánichihk and was guided to Medicine Bear Counselling, Support and Elder Services. The last time I went to Ká Ní Kánichihk was to visit my sister Jennifer at work, but this time it was seeking counselling on the bereavement of her death.

Our family was welcomed with the most loving councillor who provided us with the utmost care. We were counselled with beautiful traditional teachings, and the smell of Sage and Sweetgrass medicines lingered around us as we shared our grief and pain. We were provided with precious tools to grieve and heal in a good way. Medicine Bear program has walked hand in hand with my family for many years. We were provided quick access and connected to Victim Services, and Medicine Bear program reintroduced us to our beautiful culture through ceremonies such as sweats, sundance, and pipe ceremonies. Medicine Bear program also provides weekly group sessions for MMIWG Families where we come together by sharing our gifts of beading and feasting together.

Medicine Bear also organizes the annual Wiping Away the Tears gathering which is always a special time for me and for all the families. It lifts our spirits as we share in a safe space together as we continue to go through the pain and healing.

I'm grateful today and always for the loving community that Medicine Bear provides to MMIWG families. No family should ever have to walk this

journey alone and it is very important that programs like Medicine Bear continue today and tomorrow. I'm also thankful for the Missing Persons & Persons at Risk Tool Kit as my family used these important resources and information in the time my sister Jennifer went missing.

I don't know how I could have managed on my own with the grief that I had to carry, especially through other obstacles in my daily life.

Medicine Bear also offers holistic help with everyday needs and other personal supports. Through the pandemic, Medicine Bear has poured out their love even more with food hampers, health & wellness kits, online sessions, and bringing medicines if needed. Because of the love and support we received from Medicine Bear my sister Kim and I want to express our love and gratitude by developing a bursary to honour the memory of our sister Jennifer Dawn McPherson. We want to give back to Ká Ní Kánichihk and provide a small honorarium to students who have also been impacted by MMIWG, to help in their education.

Because Medicine Bear has made such a big impact on my life today I've become a strong advocate for my sister Jennifer and will always honour her memory.

Gerri-Lee, Medicine Bear participant



Heart Medicine Lodge

Heart Medicine Lodge is a culturally-based, healing centred and trauma-informed program that supports individual transformation and healing for female identified Indigenous survivors of sexualized violence and sexual assault.

The Heart Medicine Lodge program had to undergo significant changes due to the COVID-19 pandemic. Other than delivering health and wellness supplies to participants' homes, all activities were done virtually, including counselling on Zoom, check-in phone calls, and messaging through Facebook.

In 2020-21, Heart Medicine Lodge:

- engaged 446 participants in virtual programming
- made 518 personal (virtual) contacts with participants, including check-ins, legal support and 233 counselling sessions
- delivered 124 food hampers and 250 wellness packages to participants
- held the annual HML gathering virtually, with almost 200 hundred participants
- began a project to build program capacity to provide ongoing support to women in their home communities
- established a Peer Advisory Group Committee to gather opinions and advice from HML program graduates

Mino Pimatisiwin

The Manitoba Mino Pimatisiwin Model of STBBI Care engages Indigenous organizations and leaders, Indigenous and non-Indigenous health and social service providers, and others in creating a model of STBBI (sexually transmitted and blood-borne infections) service delivery. The focus is on changing systems to offer culturally safe care and increase treatment participation rates among Indigenous people in Manitoba.

"I am truly grateful to have found this place."

When I moved back to Winnipeg from Edmonton, I needed someone to connect with other than my family as I know that you have to build a community network as well as family network. So I took a program for woman living with HIV at Ká Ní Káníchiik. That's where I met my beautiful Strong Women from Sisters of Fire.

I am so grateful to have such a loving and caring bunch of women standing beside me. I cannot forget Laverne. She has taken us Sisters of Fire and worked with us in her heart and continues to do so to this day. She goes above and beyond for us.

Through Laverne and Sisters of Fire I have had lots of opportunities to get into something I am passionate about, and that is telling my story and working with individuals living with HIV. I am truly grateful to have found this place.

- Ann, Mino Pimatisiwin Participant

"Before I joined the Mino Pimatisiwin Sisters of Fire group, I felt alone and isolated. I wanted to connect with others that share my living experience and to broaden my support system. I now feel connected, whole, supported and able to recognize my value and worth."

- Melissa, Mino Pimatisiwin Participant

Over the last year, we completed another training course, offered regular community engagement and knowledge exchanges, and provided agencies and participants with cultural experiences and resources.

In 2020-21, Mino Pimatisiwin:

- worked with 9 partner and target agencies to provide wellness services and training
- hosted 41 weekly sharing circles to maintain cultural connectivity and access to cultural resources, and help agencies increase their understanding of Indigenous health concerns
- distributed 16 grieving bundles, filled with cultural teachings and tools in recognition of the incredible loss many are experiencing, such as loss of physical closeness, of loved ones, of resources, and more
- distributed 15 wellness bundles filled with traditional medicines such as cedar and sweetgrass



Wahkohtowin Strengthening Families Program

Wahkohtowin is a family skills development program that improves family relationships, decreases youth substance use, and improves school competencies. During the 14-week program, families with youth aged 11 to 17 increase bonding and boundaries through the development of at least 37 essential skills.

The Wahkohtowin Strengthening Families Program is a research project and partnership between:

Ká Ní Kánichihk, Bilal Community & Family Centre, Ndinawemaaganag Endaawaad, Spence Neighbourhood Association, and University of Manitoba.

“I wanted to be proactive in guiding my kids during their teen years.”

I was having issues with my son and managing his ADHD. He was not making wise choices and we needed help. I felt so frustrated, and I wanted to be proactive in guiding my kids during their teen years. When I was looking for resources to help my kids, I found out about the Wahkohtowin Strengthening Families program at Ká Ní Kánichihk.

We attended Wahkohtowin twice a week and always looked forward to time with our mentors and connecting with others who shared similar experiences. At the family fun nights, we played games and had healthy meals together, which really helped us bond as a family.

Ká Ní Kánichihk is a great organization and it made a big difference to me and my kids.

- Jade, program participant



Typically, Wahkohtowin is delivered in person. However, due to COVID-19, all programming was offered virtually via online video, chat groups, etc.

In 2020-21, Wahkohtowin:

- made 116 drop-offs of program materials for families
- held 276 group programming sessions, modified to meet pandemic restrictions
- provided 1,248 parenting/life skills/mentorship learning sessions
- delivered 404 hampers and 1,264 meals to program families

White Wolf Speaking

White Wolf Speaking is an Indigenous-led sexual and reproductive health education program.

Ká Ní Kánichihk will be expanding White Wolf Speaking in the coming year to include workshops and opportunities for capacity development within the organization and in the community. We look forward to continuing to bring sex positive health care and education into our community.



UMatter

UMatter Stop Youth Dating Violence Prevention Project is a teen/youth project aimed at preventing dating violence within high-risk Indigenous youth populations aged 12-24.

UMatter integrates culturally safe, trauma and violence-informed dating violence prevention curricula into existing youth programming at Ká Ní Kánichihk. UMatter focuses on increasing youths' sense of self and belonging and guiding them towards making positive changes in their lifestyles and behavior choices.

In 2020-21, UMatter did not undertake any participant programming. Instead, the focus was on adjusting and enriching the curricula in preparation for integrating the project into Ká Ní Kánichihk's youth programming in the coming year.



Ká Ní Kánichihk Governing Council

Elder Jessie Howell

Executive Members:

Co-Chair Sharon Parenteau
 Co-Chair Sydney Levasseur-Puhach
 Treasurer Carter Wilson
 Secretary Ken Sanderson

Regular Members:

Eman Agpalza
 Nike Bello
 Brett Huson
 Jeremy McKay
 Audrey Richard
 Helen Robinson Settee
 River Turner

Management and Operations

Executive Director Dodie Jordaan
 Associate Director Dana Connolly
 Director of Programs & Services (interim) ..Jen Meixner
 Finance Director Asif Siddiqui
 Program Accountant Sheila Chua
 Finance Clerk Janel Marion
 Human Resources Administrator Jess Macaig
 Office Administrative Assistant Christine Harper
 Executive Assistant Kayla Tanner
 Network Administrator Shawn Webster

We are pleased to recognize and thank these long-serving Ká Ní Kánichihk staff members for their years of dedication and service to our community:

5 Years:

- Matthew Baer
- Cathy Menard

10 Years:

- Amy Graham



Welcome to Ká Ní Kánichihk's New Finance Director

Ká Ní Kánichihk is very pleased to welcome our new Finance Director, Asif Siddiqui, who joined us in November 2020. This was following a very difficult year for the Finance team due to the pandemic, but Asif quickly bonded with and strengthened Ká Ní Kánichihk's Finance team for a strong comeback.

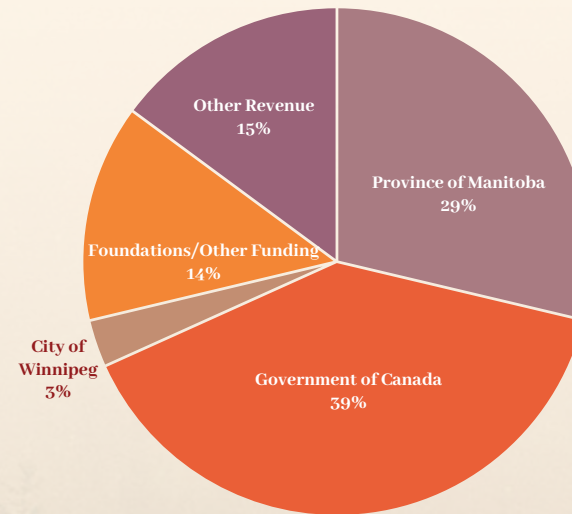
Asif holds a Bachelor of Commerce Degree from University of Karachi, Pakistan, is Part Qualified ICMA (Institute of Cost and Management Accountant of Pakistan) and PIPEA (Pakistan Institute of Public Finance Accountant), and has 21 years of experience in financial management and accounting. Asif is eager to continue meeting with program teams, developing new financial tools, and getting to know the community we call home. Not only does Asif have a passion for the work we do, but he has been very gracious in teaching us about his culture, which has many similarities to ours!

Our Funders and Partners

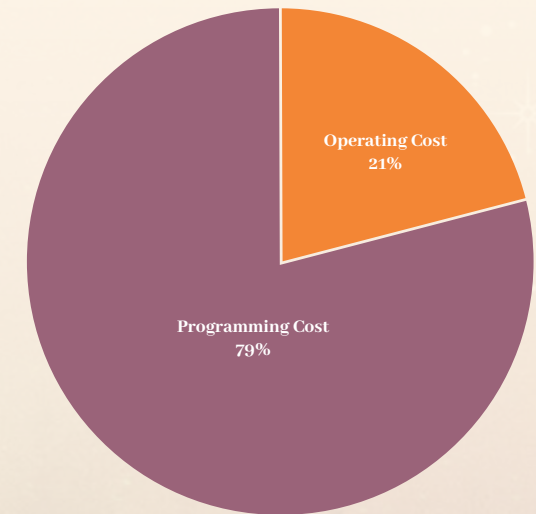
Ká Ní Kánichihk is grateful for the support and friendship of our funders and partners who share our vision for building a better community for all.

- Breakfast Club of Canada
- Canadian Women’s Foundation
- Catherine Donnelly Foundation
- Centre for Aboriginal Human Resources Development Inc.
- Child & Family Services
- City of Winnipeg – Community Services
- Community Food Centres – Good Food Access Fund
- Co-operatives and Mutual Canada
- Department of Justice Canada
- Employment & Social Development Canada
- Ending Homelessness Winnipeg
- First Nations & Inuit Health Branch
- Government of Canada – Canadian Heritage
- Government of Canada – Public Safety and Emergency Preparedness
- Government of Canada –Women & Gender Equality
- Government of Manitoba - Children & Youth Opportunities MB4 Youth
- Harvest Manitoba
- Healthy Child Manitoba
- Indigenous Crown Relationships
- Indigenous Peoples’ Resilience Fund
- Indigenous Services Canada
- Manitoba Department of Families- Early Learning and Child Care
- Manitoba Economic Development & Training
- Manitoba Family Services – Manitoba Status of Women
- Manitoba Growth, Enterprise & Trades
- Manitoba Institute of Trades & Technology
- Manitoba Justice
- Manitoba Justice – Crime Preventions Branch
- Manitoba Justice - Lighthouses
- Manitoba Justice – Victim Services
- Minister of Justice & Attorney General
- National Crime Preventions Strategy
- Public Health Agency of Canada
- Public Safety Canada & Emergency Preparedness
- Red River College
- Second Harvest
- Sexuality Education Resource Centre
- Status of Women Canada
- Street Connections
- Tricia’s Trust: Manitoba’s Strategy to Prevent Sexual Exploitation and Human Trafficking
- United Way of Winnipeg
- University of Victoria
- Urban/Hometown Green Team
- Winnipeg Committee for Safety - Crystal Van Den Bussche
- Winnipeg Foundation
- Winnipeg Regional Health Authority

2020-2021 Revenue



2020-2021 Expenses



Our Vision

Our Vision

We are living Mino Biimadziwiwin (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 Beliefs

Indigenous Traditional Knowledge is enshrined into the heart of our organization's 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 Ká Ní Kánichihk.

Our Values

- 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