



ANNUAL REPORT
2017-2018

*Indigenous
Women's
Healing Centre*

Our Mission

Indigenous Womens' Healing Centre provides a safe place for women to live, heal and grow through our Indigenous teachings, values and beliefs.

Our Vision

Confident women who are motivated and determined to achieve their life goals and find their belonging in our community.



Our Roots

Since 1979, the Indigenous Women's Healing Centre (IWHC), formerly known as Native Women's Transition Centre Inc. (NWTC) has worked to support and strengthen Indigenous women and mothers on their journey of healing and recovery from the impacts of colonialism, residential schools, generational trauma, lateral violence, substance abuse, poverty or homelessness, institutionalization and/or other systemic issues.

Since opening our doors, IWHC has provided a long-term safe housing option for over 20,000 Indigenous women and their children. During their stay with us, women are encouraged to return to their cultural roots to meet life's challenges, build on personal gifts and strengths and undergo healing transformation by learning together as a collective.



MESSAGE FROM OUR CHAIR

I am pleased to welcome everyone to the 2018 Annual General Meeting, our first under our new name of Indigenous Women's Healing Centre. In line with the renewal of our name, vision and mission, the past year has focused strengthening the organization to ensure we are meeting our commitment to women to provide a place of safety for women to heal and grow.

Ensuring the safety, healing and wellbeing of Indigenous women in our community remains inherently important to the health and wellbeing of our community. In March 2018, the work of Indigenous Women's Healing Centre was highlighted internationally as our Executive Director, Annetta, had the opportunity to participate in a parallel panel presentation at the United Nations in New York City. She shared the challenges faced by Indigenous women, especially around incarceration. Through sharing a resident's personal story she also shared the incredible strength, and resilience of Indigenous women. The opportunity to create awareness and start conversations on the realities of Indigenous women in Canada on an international level is so important to moving towards true reconciliation.

I would like to gratefully acknowledge all our community partners, donors and funders who play a significant role in the ongoing success of the organization and who contribute to the wellbeing of our community. I would also like to express my deepest appreciation for commitment of the staff of Indigenous Women's Healing Centre and my fellow board members who have demonstrated day in and day out their love for our community, our women and our children.

Respectfully,

**Tammy Christensen,
Board Chair**

MESSAGE FROM OUR EXECUTIVE DIRECTOR

2017-2018 is the first year for our official name change as the Indigenous Women's Healing Centre. We are proud of our new name and logo. Our three locations, North Star Lodge, Eagle Women's Lodge and Memengwaa Place have had another successful year providing housing and support for over 100 women and 60 children.

I would like to say a big thank you to all the Staff for being dedicated to coming to work every day to provide the residents with support, compassion and encouragement. It is not always an easy job but I appreciate the guidance you bring to our women in their difficult times. Knowing that every woman deserves to be nurtured and respected despite life circumstance allows us to work together to empower our women.

A big thanks as well to all our funders and supporters. We really work hard to ensure that we can make a positive impact in the community.

And finally, I would like to thank the Board of Directors. It has been a busy year, and I appreciate the commitment and volunteer hours that you dedicate to our organization.

I am honored to be a part of this organization.

Respectfully,

**Annetta Armstrong,
Executive Director**

OUR BOARD OF DIRECTORS



Tammy Christensen
Chairperson



Trudy Martens
Treasurer



Chantal Fiola
Secretary



Velma Orvis
Director



Susan Swan
Director



Carla Kematch
Director



Tannyce Cook
Director



Chantell Barker
Director



Vacant
Director



Vacant
Staff Representative

OUR ELDERS

"They strive to teach by example – by living their lives according to deeply ingrained Indigenous principles, values and teachings and show us the path to our traditional roots"

– Miigwetch to **Jo Jo Sutherland, Pat and Ovide Caribou**
and **Velma Orvis**

OUR STAFF

NORTH STAR

LODGE

Annetta Armstrong

Maureen Campbell

Tracy Noga

Gloria Nobiss

Jennifer Boyle

Danielle Rocher-Geurts

Linda Migwans

Alexandra Beasse

Rosemary Lands

Pamela Olson

Marie (Jo Jo) Sutherland

Jeanette Monkman

Crystal Spence

Hope Fitzgerald

Robin Roberts

Murray Kull

George Lowe

EAGLE WOMEN'S

LODGE

Stephanie Eyolfson

Charmaine Gabriel

Eileen Kriskovic

Lori Ann Tulk

Debra Edmonds

Karen Thomas

Joan Hay

Cynthia Courchene

Tracy Booth

Linda Kempers

CASUAL STAFF

Jenily Bacay

Juliet Beardy

Rachel Burant

Claudette Bighetty

Cynthia Broadfoot

Ocean Bruyere

Desiree Buhler

Tracy Beurgel

Lydia Bushie

Maryann Constant

Jade Campbell-Bowers

Amber Chartrand

Caroline Clearsky

Joyce Clyde

Sherri Derksen

Pat Desjarlais

Andrea Dunbar

Josephine Fagnon

Courney Gossfeld

Myrna Harper

Brittany Hay

Isabel Heide

Jennipher Huppe

Ayaana Kapoor

Rosiline Kipling

Jasmine Lotfi

Julie Luner

Cheryl Major

Andrea McLeod

Rosalyn McKinney

Kahleena Miller

Angela Myran

Roberta Nepinak

Pauline Poortenaar

Gina Settee

Genevieve Sinclair

Bonnie Thompson

CHILD MINDERS

Armanpreet Kaur

Simranjit Kaur

PROJECT MANITOUWABE

Rhonda Gosselin

Michaela Finch

OUR AUDITORS

Thornton and Co.



NORTH STAR LODGE

The Aikins site is a "first stage" facility. It is a one year voluntary residential safe and supportive home for women who are committed to making significant life changes. This site offers a full schedule of in-house programs including parenting, relapse prevention, healthy relationships, addiction awareness and practical/ life skills. All residents are required to attend counselling as well as work closely with a case manager to identify short and long term goals. If there is any CFS involvement with children, IW/HC is committed to working closely with our residents and their assigned worker to reach their identified goals.

North Star includes a shared residential living room, commercial kitchen, dining room, classroom, exercise room, children's play area, board room and a healing room which is available for smudging, praying and/or singing at anytime. For added security, video cameras are located inside and outside of the facility.

MEMENGWAA PLACE

Memengwaa Place is considered a "second stage" building that offers seven fully furnished apartment units. Memengwaa provides an independent living setting for women who have children in their care, while still having complete access to the support offered at North Star Lodge.

This facility includes a resident house mom who is available to the residents of this building. Memengwaa also offers added security with cameras located inside and outside of the facility.





EAGLE WOMEN'S LODGE

Eagle Women's Lodge is a three-story building consisting of fifteen fully-furnished apartment suites for women who are involved with the justice system. This unique lodge offers a safe, secure and structured environment for up to 45 residents (including children). Eagle Women's Lodge offers programs such as resident sharing circles, basic life training skills, group learning with our Elder that can consist of bead work, sewing ceremonial skirts and the option of attending sweats. The unique goal of this building is to re-integrate women into society with the tools and knowledge they need in order to live a healthy lifestyle.

The case managers work closely with each resident to identify, define and achieve short and long term goals. Proactive relationships with collateral partners such as Correctional Services Canada (CSC), Manitoba Justice Probation Services, Child & Family Services, Employment & Income Assistance are made to ensure the needs of all the residents are being met; correctional plans or bail and probation orders are being adhered to; and individual case plans are being worked on.

SPOTLIGHT: JANET'S STORY

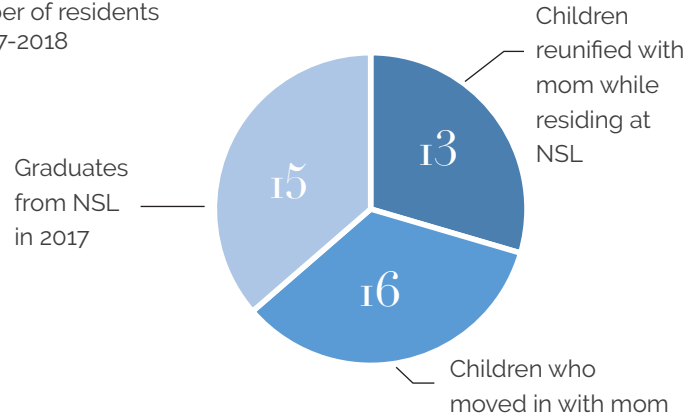
I am so thankful for being accepted into the Indigenous Women's Healing Center. The staff here have been so supportive and they are teaching me many things. I am learning how to bead and make star blankets which I feel is an important part of my healing journey because it is bringing me closer to my cultural roots.

Janet M,
Resident at Eagle Women's Lodge



NORTH STAR LODGE STATISTICS

42 Number of residents in 2017-2018

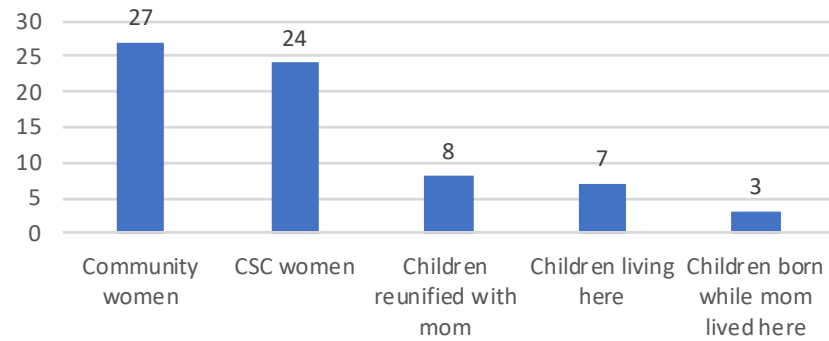


MEMENGWAA PLACE STATISTICS

7 Average number of residents in 2017-2018

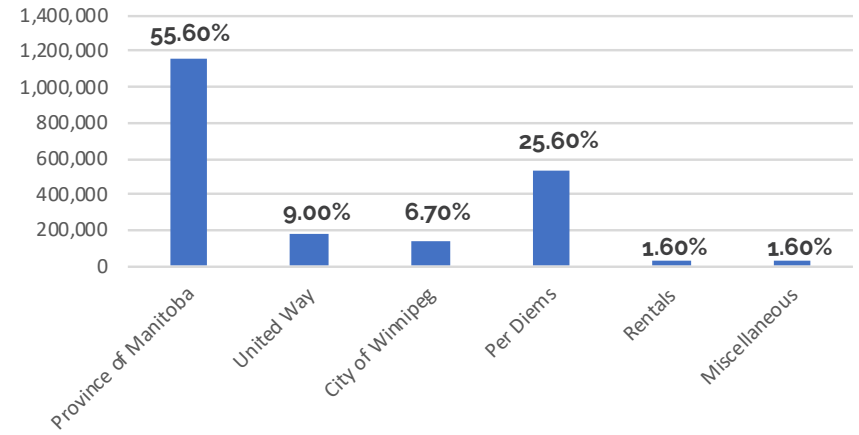
16 Average number of children residents in 2017-2018

EAGLE WOMEN'S LODGE STATISTICS

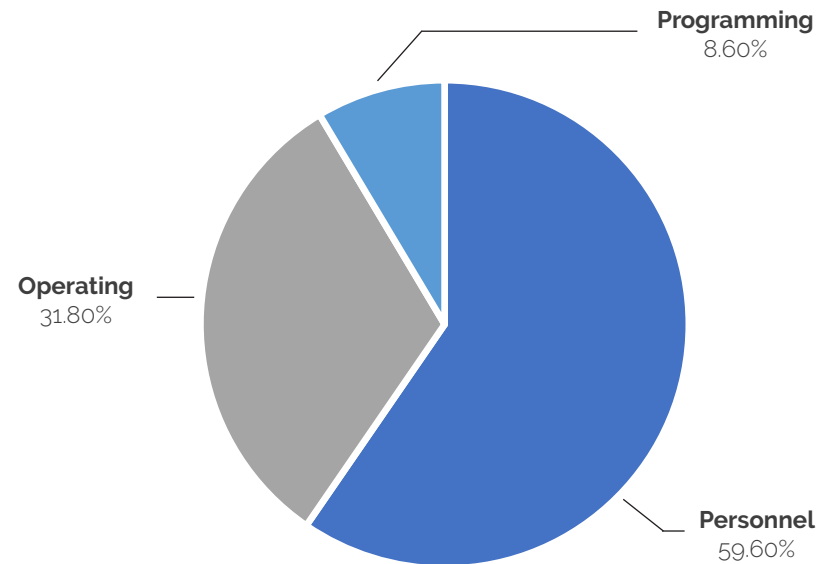


FINANCIALS

Breakdown of Revenues



Breakdown of Expenses





SPOTLIGHT: VICTORIA'S STORY

I moved into Eagle Women's Lodge in April 2016 after I realized I had hit rock bottom. I was dealing with an abusive relationship with my sister whom I was staying with before I made the move to come to EWL. My sister was trapped in the cycle of violence with her partner. The manipulation, control, anger and abuse that was being projected on her, she projected towards me. During my stay with her there were some days that I was confined to my bedroom, scared to leave those four walls.

There were some days where I was denied access to the fundamental needs I needed to survive, including access to the bathroom. I could not live like this for one more day.

An ex-friend of mine gave me the option to leave the abusive living situation I was stuck in. After moving in with her for a few days, the living situation turned out to be just the same, if not worse than my sister's. I found external resources that directed me to the Indigenous Women's Healing Centre. While I was waiting to hear if I was accepted to become a resident at Eagle Women's Lodge I was scared, anxious and depressed of what my life had come to. I had no direction; no support and my children were apprehended on a permanent ward by CFS, with no access to visitation.

I remember that Friday so clearly. The day I was accepted into EWL. I remember I was so relieved, excited and thankful.

I knew this would be a new beginning for me. When I arrived, I was trying to obtain my G.E.D. and the staff at EWL encouraged me to push harder and to not give up.

It was June 2016 that I received my grade 12. I wouldn't have been able to do it without the support I received at EWL.

I have learnt practical skills during my residency with IWHC including how to cook and clean. When I first came in, I had low self-esteem and was scared to engage into conversations.

As of May 2018, I was accepted for a job position with West Central Women's Resource Center as a mentor to those who are in the position I was once in. With the support I received at EWL, I have learned how to maintain a healthy lifestyle, including respect for myself and how live independently.

I accomplished so much during the two great years I stayed at EWL that I did not think was possible before. I am now living in independent housing and have visitations with my children up to three times a week. Without IWHC, I don't know what my life would consist of. I will always be grateful for the staff who helped me have a second chance at life.

Victoria M,
Former resident at Eagle Women's Lodge



SPOTLIGHT: TARYN'S STORY

I have been a resident at North Star Lodge for over a year and I can honestly say this place has been a life changing experience. From the first day that I walked in these doors I have felt welcomed and at home. My daughter Sharlayna said her first week here that she loves how safe we are and that the staff really care about us. The programs and counselling the organization offers has helped my family to grow and heal together and even though we have some obstacles to overcome, I have more courage, strength and wisdom to work through any challenges that come my way, I know my self confidence has improved and I am very confident I will have much success in my future! I never thought I would go back to school, now I am on practicum and soon going to graduate from the addictions and community service worker program at CDI and my wish is to give back and help others the way I have been helped at North Start Lodge, with love and compassion!

Taryn B,
Resident at North Star Lodge



SPOTLIGHT: AMELIA'S STORY

Indigenous Women's Healing Center has helped me heal. During my stay here I have been able to have more visits with my children who are in CFS and I am even getting custody back of one of my kids. They have helped me find resources to maintain my sobriety. With the support of the staff, I am learning how to maintain a healthy lifestyle and how to live in a traditional way.

Amelia B,
Resident at Eagle Women's Lodge



"Reconciliation is the goal. To obtain reconciliation, collective efforts from all peoples is needed in order to revitalize the relationship between Indigenous peoples and Canadian society. It will take the commitment of multiple generations but once it is achieved, it will make for a better, stronger Canada."

Truth and Reconciliation Commission of Canada,
Report, 2015

EVERY LITTLE BIT HELPS

A special acknowledgment to our sponsors and donors. With your support, you have helped grant thousands of women and their children a second chance in life.

GET INVOLVED

You can donate by visiting online at www.canadahelps.org/en/charities/native-womens-transition-centreinc/

Or mail any donation to: **Indigenous Women's Healing Centre**
105 Aikins Street
Winnipeg, MB R2W 4E6

MIIGWETCH TO OUR FUNDERS



Sponsors of the Furniture Replacement Program





NORTH STAR LODGE

105 Aikins Street
Winnipeg, MB R2W 4E6

MEMENGWAA PLACE

116 Robinson Street
Winnipeg, MB R2W 5N4

EAGLE WOMEN'S LODGE

667 Ellice Avenue
Winnipeg, MB R3G 0A8

P (204) 989-8240 TF | (888) 881-0710 F (204) 586-1101