



42<sup>nd</sup> Annual Report

2020-2021

*Indigenous  
Women's  
Healing Centre*



# *OUR MISSION*

*Indigenous Women's 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 motivate 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 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 10,000 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 EXECUTIVE DIRECTOR*

COVID 19 has been exceptionally difficult for Indigenous Women's Healing Centre. However, thanks to the dedication of staff and the commitment by the residents to maintain protocols we were able to avoid any outbreaks in our buildings.

The Residents of both North Star Lodge and Eagle Women's Lodge experienced periods of quarantining due to exposures at times but we were still able to provide programs and counselling to all the residents. Staff and Management learned a lot about being resilient and how to better support each other especially through any increased mental health issues that resulted from the pandemic.

Memengwaa Place residents did not experience any isolation periods, but were able to schedule time for their children to come to play at North Star Lodge while maintaining separation from other residents.

Now that it looks like the worst of Covid 19 is over we can begin to look forward to loosening all restrictions and get established with the "new normal".

To all the staff and management team: Thank you for remaining committed in providing support to all our residents as they move forward in their journeys.  
Kichi Miigwetch – Akosi

We would also like to thank all of our committed funding partners who continue to support us including The Province of Manitoba-Dept of Families, Correctional Service of Canada, Manitoba Housing, United Way, Province of Manitoba -Dept of Health, Seniors and Healthy Living, and the City of Winnipeg.

And finally, thank you to our Board of Directors who continue to volunteer their time for Indigenous Women's Healing Centre and for all the support, guidance and insight they bring at the governance level.

Thank you for your support of the Indigenous Women's Healing Centre.

Respectfully

Tammy Christensen, Board Chair  
Annetta Armstrong, Executive Director

## *OUR BOARD OF DIRECTORS*



*Tammy Christensen*  
*Chairperson*



*Marnie Johnston*  
*Vice Chair*

*Trudy Martens*  
*Treasurer*



*Tannyce Cook*  
*Secretary*



*Sheila North*  
*Director*



*Lesley Monkman*  
*Director*

*Laverne Contois*  
*Director*



*Rachel Charette*  
*Director*



*Bonnie Emerson*  
*Director*

## *OUR AUDITORS*

*Thornton & Co. Ltd*

## *OUR ELDER*

*“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 JoJo Sutherland*

## *OUR STAFF*

### *North Star Lodge*

*Annetta Armstrong  
Maureen Campbell  
Tracy Noga  
Darlene Hall  
Gloria Nobiss  
Marie (Jojo) Sutherland  
Danielle Rocher- Guerts  
April Linklater  
Linda Migwans  
Sarah Williams  
Deanna Ducharme  
Rosemary Land  
Josephine Fagnon  
Andrea Cloud  
Songgirl Reyes-Starr  
Denise Moose*



*Lydia Bushie  
Amy Dumas  
Jenilyn Bacay  
Lori Bignell  
Tia Dumas  
Isabel Heide  
Paul Ozten  
Joyce Clarke  
Pam Nabess  
George Lowe  
Helen Beaulieu  
Rosalyn McKinney  
Cynthia Broadfoot  
Donna Slater  
Desire Murdock*



### *Eagle Women's Lodge*

*Robin Roberts  
Aubrey Roche  
Joan Hay  
Tracy Booth  
Eileen Kriskovic  
Cherly Major  
Elizabeth Linklater  
Marilyn Ross  
Jasmine Forest  
Charmaine Gabriel  
Ashley Sutherland  
Jade Campbell-Bowers*



*Olivia Schultz  
Hope Fitzgerald  
Carol Cuss  
Lisa Licroix  
Evelyn Crate  
Renee Dueck  
Theresa Sandy  
Sarapreet Sidhu  
Desiree Buhler  
Beverly Dahn  
Genevieve Sinclair  
Quintelle Simmons*

### *Child Minders*

*Armanprett Kaur  
Simranjit Kaur*

### *Project Manitouwabi*

*Eric Perez*



## NORTH STAR LODGE

**North Star Lodge** 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.

North Star Lodge 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 any time. For added security, video cameras are located inside and outside of the facility.

### **Program Overview:**

Holistic and comprehensive supports and services are provided to Indigenous women and their children. North Star Lodge strives to provide opportunities for women to heal and grow through programming, counselling and traditional Indigenous teachings and ceremony.



## 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 supports 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 LODG E

**Eagle Women's Lodge** is a Section 81 Healing Lodge able to accommodate up to 30 women involved with the Correctional Service of Canada. This setting promotes community re-integration in a safe and supportive environment. Culturally relevant programs and services and family reunification will be offered to residents to promote healing and transformation.

### **Our facility provides:**

Basic security and safety of residents monitored by security cameras and 24/7 residential support staff;

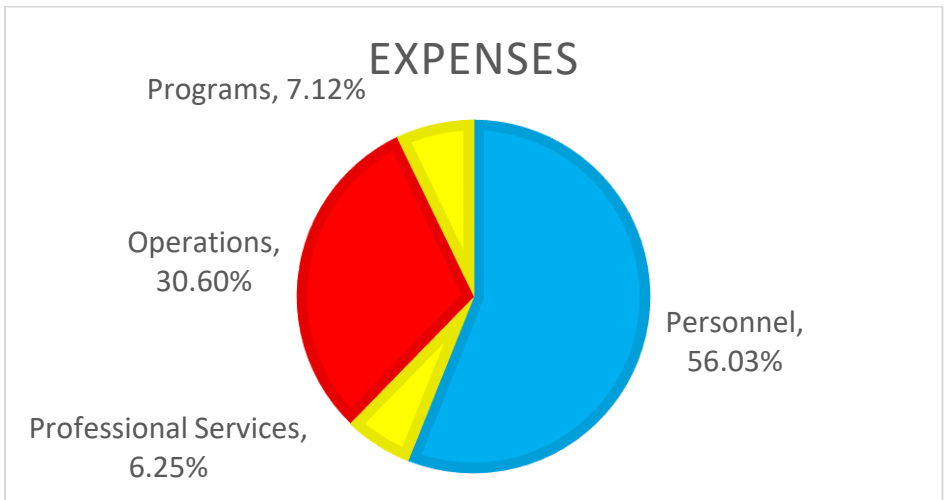
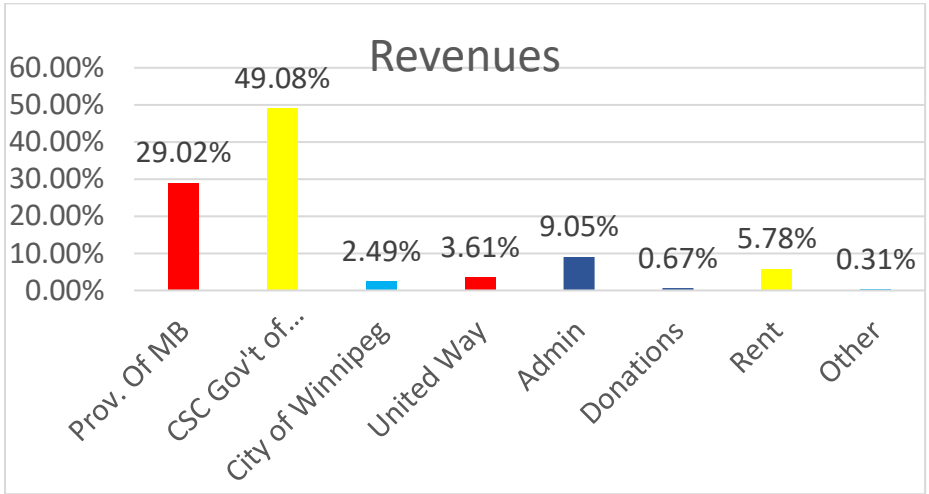
Access to basic needs such as food, clothing, bedding and hygiene products;

Access to clean housing – a semi/fully furnished suite or room with a bed, dresser, washer/dryer, kitchen access, Healing Room, and common area spaces;

Access to individual supports and group programs with in-house Healing Plan Coordinators, Counseling, Peer Mentorship, Outreach Services and traditional ceremonies and activities;

Access to external services and supports when the need is indicated in resident Healing Plans

## FINANCIALS



## *STATISTICS*



*North Star Lodge*

*Number of Residents – 21*  
*Graduates from NSL – 10*  
*Children reunified with mom – 14*  
*Stage two - 10*



*Memengwaa Place*

*Number of Residents - 10*



*Eagle Women's Lodge*

*Number of Residents – 34*  
*Completed - 19*

**“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 acknowledgement to our sponsors and donors. With your support, you have helped grant thousands of women and their children a second change in life.

**GET INVOLVED**

You can donate by visiting online at **[Canadahelps.com](http://Canadahelps.com)**

**Or mail any donation to:**

**Indigenous Women’s Healing Centre**

105 Aikins Street

Winnipeg, MB R2W 4E6



# MIIGWETCH TO OUR FUNDERS



Government of Canada  
Gouvernement du Canada

Canada

Manitoba



## ***MIIGWETCH TO OUR DONORS***

In Memory of Heather Wilson

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