

## Other Sites & Schedules

### Immigrant and Refugee Community Organization of Manitoba

Site Coordinator: Anteneh Abraha

Ph.: 204-880-2483

Email: [anteneha@ircom.ca](mailto:anteneha@ircom.ca)

95 Ellen St., 215 Isabel St, 441 Carlton St.

Saturdays from 11am – 3pm

(\*sometimes time changes)

### Ka Ni Kanichihk

Site Coordinator: Jordan Lidster

Ph.: 204-953-5820, ext. 244

Email: [jlidster@kanikanichihk.ca](mailto:jlidster@kanikanichihk.ca)

455 McDermot Avenue

Tuesdays from 5pm – 8pm

### Ndinawemaaganag Endaawaad

Site Coordinator: Kelly Grunsten

Ph.: 204-586-2588, ext. 9

Email: [wahkohtowin@ndinawe.ca](mailto:wahkohtowin@ndinawe.ca)

472 Selkirk Ave.

Mondays from 5pm – 8pm

## Partners

This project is a proud partnership between:

Immigrant and Refugee Organization of Manitoba Inc.

Ka Ni Kanichihk Inc.

Ndinawemaaganag Endaawaad Inc.

Spence Neighbourhood Association Inc.

The University Of Manitoba



UNIVERSITY OF MANITOBA

# Wahkohtowin Strengthening Families Program

Strengthen Bonds.  
Decrease Conflict.  
Improve Communication.  
Connect with Culture.



## What is the Program?

The Strengthening Families Program is based on research that shows it works. It helps families communicate better and have less conflict.

A family is any group of 2 or more people, including 1 youth and 1 adult who is a caregiver.

In this voluntary and no-cost program, the **whole family** attends every week:

- 14 weeks, 1 class every week
- Each class is 3 hours long
- Each set of classes starts in Spring, Summer and Winter
- 1 cultural event per session
- Interpreters available (IRCOM location)
- Child care for children under 10
- Family meal and snacks
- Bus tickets or a ride may be given in special circumstances
- Graduation Ceremony with Certificates
- Weekly home visits to provide support and mentorship (optional)

## Who can attend?

- Must live in Winnipeg
- The family must have at least one youth who is 11-17 years old
- Experiencing family conflict that is affecting relationships
- Willing and able to attend 14 weeks of program
- Willing to complete an anonymous survey before and after program
- If a session is full, you may choose to attend another site, or have your name placed on a wait list.

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Wahkohtowin (pronounced Wah-KOH-toh-win) is a Cree word. It refers to kinship, or the state of being connected. Our program honors the unique and complex connections between family members, and seeks to strengthen bonds.

## How do you get into the Program?

1) Call our Site Coordinator, Amber, at 204-510-3780, during the day. Or you can email her at [amber@spenceneighbourhood.org](mailto:amber@spenceneighbourhood.org)

2) Agencies can make referrals – please contact Amber or Amy, Project Manager.

### Project Manager

Amy Graham

Ph.: 204-953-5820 ext. 243

Email: [amyg@kanikanichihk.ca](mailto:amyg@kanikanichihk.ca)

## Where & When is the Program?

### Spence Neighbourhood Association (West End Commons Building)

365 McGee Street.

Thursdays from 5pm – 8pm

[www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)

[www.wahkohtowin.org](http://www.wahkohtowin.org)



SpenceNeighbourhoodAssociation



SNACommunity



SNACommunity