

Indigenous Women's Healing Centre



44th Annual Report
2022-2023

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 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 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 thousands of 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 the Chair of the Board and the Executive Director

2022-2023 has been an exciting year for the Indigenous Women's Healing Centre.

All three sites have been working hard to continue to provide the best support for our women and children. North Star Lodge, Eagle Women's Lodge and Memengwaa Place have continued to provide support for women and their children. We have had a focus on increasing the cultural programs for all our residents.

Our sweatlodge grounds landscaping has begun and our new Tipi has been put up. The energy at all the sites have been impacted by the increase in ceremony and cultural activities. It is an exciting time.

A heartfelt thank you to the Management Team and all the Staff for their hard work and commitment. I appreciate all the support, kindness and caring that is shown to our residents and to each other.

Thank you to our Board of Directors who have been volunteering their time to provide support and guidance this past year.

We would also like to acknowledge the support we have from our funders. The Province of Manitoba, Corrections Canada, United Way of Winnipeg and of course our partnership with LITE.

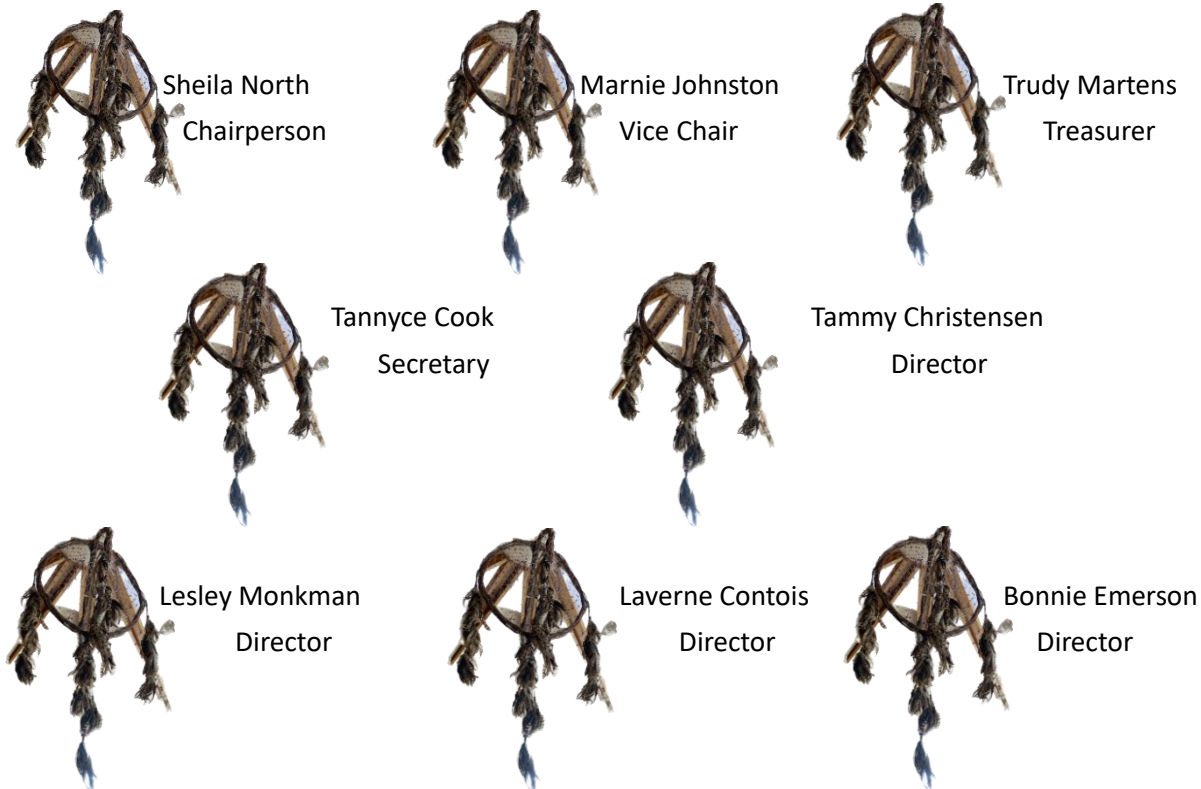
As always, we would like to acknowledge our residents and the commitment they continue to make in their growth and wellbeing.

Respectfully,

Sheila North, Board Chair
Annetta Armstrong, Executive Director



OUR BOARD OF DIRECTORS



OUR AUDITORS

Thornton & Co. Ltd

MESSAGE FROM OUR CULTURAL SUPPORT

I write this from the Nookomis Sundance...a deep Blessing to be a part of this sacred ceremony hearing the heartbeat of the drum, the singers songs, the Eagle whistles, seeing the Dancers giving everything of themselves for the dance of life, the beautiful living tree of life and arbour, all the wise and beautiful Grandmothers and all the wonderful Helpers giving of themselves to Love, support and help this sacred Dance of Life and All There Is, The Great Mystery it all starts with yourself ...Believe in yourself, Love yourself, you are perfect then your family , who ever is family to you...Believe in each other, Love each other, accept each other Believe in your community, Love your community, help your community. Believe in what you do, Love your work, help each other, be kind...show up, people rely on you. Believe in the world and the good in people...pray for humanity and all there is. Know we are all connected in this web called Life and to All There Is...choose each step you make in each moment to be loving, gentle and kind...all we have is moments.

Maarsi , Ch-Miigwech – Debbie Laramee

OUR STAFF

North Star Lodge

Annetta Armstrong
Lori Bignell
Danielle Rocher-Geurts
Maureen Campbell
Tracy Noga
Melanie Hill
Stacey Sayese
Linnea Thomsen
Kelsey Trumbla
Ashley Wade
Jowell Richardson
Tia Dumas
Shandy Clemons
Dawn Simmons
Rachel Willan



Phoenix Castel
Lynsay McKinney
Cherilyn Catchaway
Trina White

Isabel Heide
Josephine Fagnan
Rosemary Land
Gloria Nobiss
Joyce Clyke
Jenilyn Bacay
Amy Dumas
Andrea Cloud
Donna Slater
Linda Migwans
Paige Spence
Joanne Ballantyne
Iesha Carter
Gwen Smith
Melodee Joseph

Eagle Women's Lodge

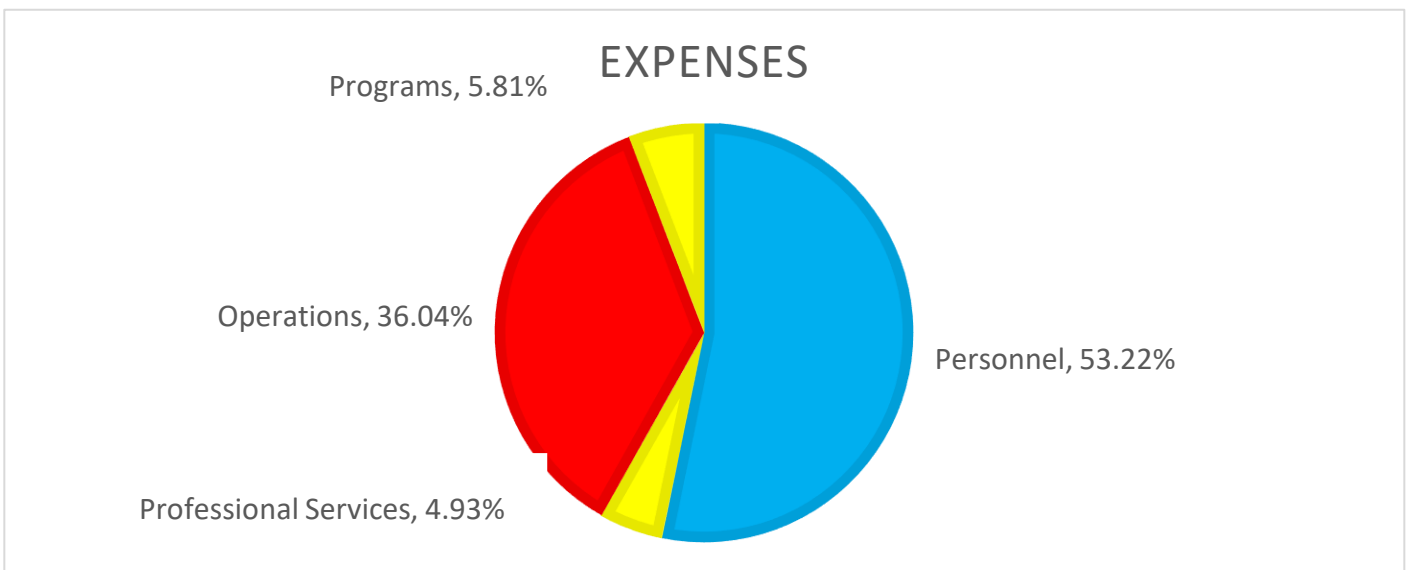
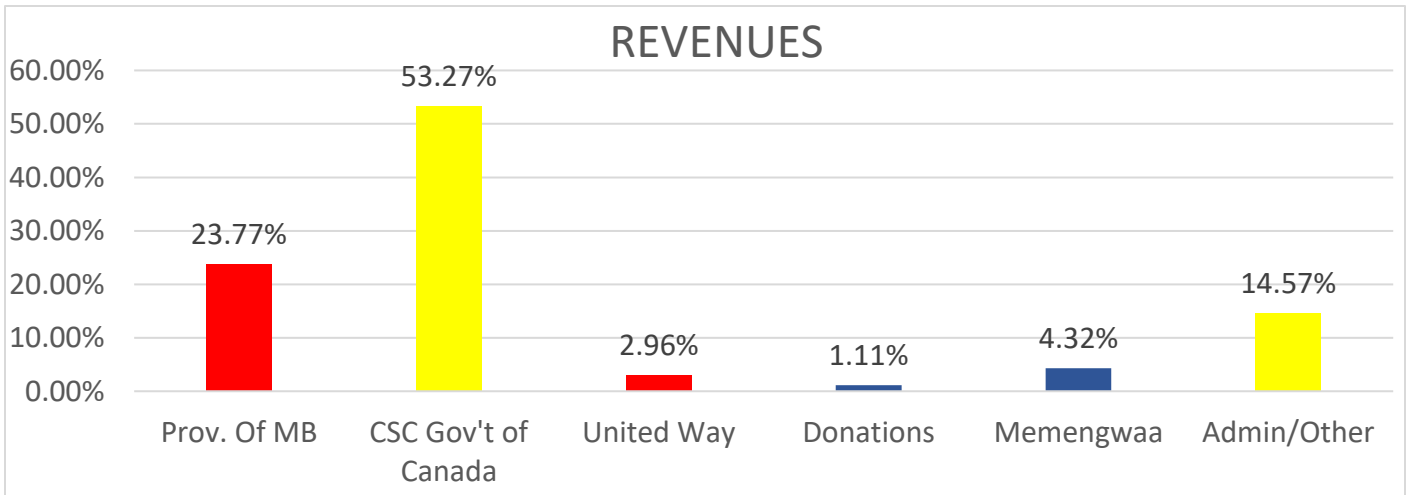
Aubrey Roche
Darlene Hall
Kayla Ducharme
Joan Hay
Nicole Salsman
Carol Guss
Stephanie Miles
Emily Munro-St. Godard
Natasha Reske-Naurocki
Charity Sanderson
Meghan Scammell
Caitlyn Hansey-Nayanookeesic
Elizabeth Feldschmid
Brenda Spade
Dawnae Francois
Amanda Nepinak
Katherine McGregor



Beverley Danha
Tatiana McFarlane
Ebere Maduanusi
Colleen McKay
Debbie Laramee

Evelyn Crate
Meagan Dutka
Marie Kipling
Marilyn Ross
Cynthia Hasting
Cheryl Major
Kristy McKay
Robin Roberts
Natasha Peterson
William Peebles
Caley Henderson
Kayla Doucette
Mary Yoder
Deserri Murdoch
Nicole Salsman
Hazel Wittering

FINANCIALS



NORTH STAR LODGE

26 Residents
2 Graduated to Second Stage
7 Children Reunified with Mom

MEMENGWAA PLACE

6 Residents

EAGLE WOMEN'S LODGE

36 Residents
18 Successfully Completed

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 communal 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. Video cameras are located inside and outside of the facility, for added security.

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 Place 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.

Case Managers provide support and regular house checks. In addition to a house mom who lives on site and is available for added support. Memengwaa Place is equipped with cameras located inside and outside of the building, for added security.



EAGLE WOMEN'S LODGE

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



“Reconciliation is a way of life, continuous, with no end date. It is learning from our lived experiences and understanding one another. It is creating the necessary space for us to heal. It is planting seeds of hope and respect so that our garden blooms for our children.”

Truth and Reconciliation Commission of Canada, Report, 2015



NORTH STAR LODGE

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Fax 204-586-1101

MEMENGWAA PLACE

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Fax 204-586-1101

EAGLE WOMEN'S LODGE

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Fax 204-415-0934

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Toll Free 1-888-0710
Website www.iwhc.ca



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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 chance in life.

GET INVOLVED

You can donate by visiting online at **Canadahelps.com**

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



MIIGWETCH TO OUR FUNDERS



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MIIGWETCH TO OUR DONORS

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