



OUR RELATIVES' HOME



Spence Neighbourhood Association
Notre Dame • Balmoral • Portage • Agnes



Immigrant and Refugee
Community Organization of Manitoba



UNIVERSITY
OF MANITOBA



Wahkohtowin

Strengthening Families Program

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

14 week skills development program, for families of youth aged 11-17, to attend together. Each week, families participate in a 3 hour workshop at the location of their choice. There is no cost for families to attend this fun, voluntary, and culturally informed program.

A meal (all dietary restrictions including halal are observed), childminding for children under 10, and assistance with transportation are provided. Cultural events, interpretation services, and in-home mentorship are also offered.

Ka Ni Kanichihk (455 McDermot Ave): Tuesdays from 5 – 8pm

IRCOM (95 Ellen St., 215 Isabel St., 441 Carlton St.):

Saturdays from 11am – 3pm (Interpreters available)

Spence Neighbourhood Association (365 McGee St.):

Thursdays from 5 - 8pm

Ndinawe (472 Selkirk Ave.): Mondays from 5 – 8pm

This program may be a great option for your family if you are:

- ✓ Part of a family with at least 1 youth between the ages of 11 - 17
- ✓ Able to come to program for 3 hours each week, for 14 weeks
- ✓ Experiencing high levels of conflict within the family or community
- ✓ Willing to complete an anonymous survey before and after program

For more information, please contact one of our Site Coordinators:

IRCOM: Anteneh Abraha, 204-880-2483

Ka Ni Kanichihk: Jordan Lidster 204-953-5820, ext. 244

SNA: Amber Ongenae, 204-894-4288

Ndinawe: Kelly Grunsten, 204-586-2588, ext. 9

Project Manager: Amy Graham, 204-953-5820, ext. 243

Program begins each Spring, Summer and Winter, so register today!

Visit us at www.wahkohtowin.org