

PROVINCIAL RESOURCES

Family Information Liaison Unit, Manitoba Justice Victim Services

Phone: 204-945-5456. Winnipeg Region: 204-984-0504.

Website: <https://www.gov.mb.ca/justice/vs/pubs/supportvictims.pdf>

Not connected to a particular First Nation

Mission: Receiving information about a missing and murdered loved one is an important part of a family's healing journey. Some families have questions about the investigations into individual cases, and the decisions made by government agencies. At times, families may not know where to turn to get answers, may have trouble accessing information, or may not be satisfied with the answers they have received. FILUs help families in these situations

Overview: Family Information Liaison Units are a "one-stop information service" for all families of missing and murdered Indigenous women and girls. Families do not need to have participated in the National Inquiry to contact a FILU for assistance.

FILUs work directly with families in a culturally grounded and trauma-informed manner to gather the information they seek from government agencies and address outstanding questions about the loss of their loved ones. FILUs work directly with family members to coordinate information gathering from government agencies and services

Topics covered:

- The criminal justice system (police, prosecutions, corrections)
- Social services
- Child protection
- Health services
- Other Family Information Liaison Units across the country

Founded in 2016

Manitoba Association of Friendship Centres (MAC)

Location: Winnipeg, MB

Email: info@friendshipcentres.ca

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Phone: (204) 942-6299

Website: <https://friendshipcentres.ca/>

Overview: MAC unifies the existing Friendship Centre members into one voice to advance issues between partner organizations, and within all levels of government, for the betterment of the populations they serve.

Topics Covered:

Urban Programming for Indigenous People- The purpose of this program is to help First Nations, Inuit, and Metis make the transition into the urban way of life, through urban centres.

Parent Child Centres- This program is for early Child and Parent resources, and support. Bringing together parents, educators, and other community organizations to support the healthy development of children 6-12 years of age.

Founded in 1971

Non-Insured Health Benefits

Indigenous Services Canada

Phone: 1-800-665-8507 or 204-983-4571

Not connected to a particular First Nation

Mission: To work towards the development of a coordinated and comprehensive approach to mental health and addiction programming. Mental health counselling coverage is offered in a way that:

Overview: The NIHB program's mental health counseling benefit is intended to provide coverage for professional mental health counseling to complement other mental wellness services that may be available to clients or in communities. The provision of this benefit is part of Indigenous Services Canada's commitment

- Recognizes NIHB mental health counselling benefit as a component of a mental wellness continuum that includes other Indigenous Services Canada, community-based and provincial or territorial mental health programming and services
- Supports culturally competent mental health counselling

Topics covered:

- Mental Health counselling,
- Prescription medication and equipment

Founded in 2019

Other information: This is a government-run service

REGIONAL RESOURCES

Aurora Family Therapy Centre

Location: Winnipeg, Manitoba

Contact Person and email: Vaska Miteva-Karamanova v.miteva-karamanova@aurorafamilytherapy.com

Phone: (204) 789-4264

Website: <https://www.aurorafamilytherapy.com/therapy-services/unresolved-loss-program/>

Not connected to particular First Nations

Mission: The Aurora Family Therapy Centre is committed to providing systemic therapy to strengthen family relationships, individuals, and communities through cross-cultural and trauma-informed care.

Overview:

- **The Homicide Bereavement Program:** We will work with you to reduce the impact of traumatic imagery, nightmares, flashbacks, and other traumatic symptoms that may have affected you since the loss. We will support you as you negotiate the complexities of the justice system and deal with the attention of the media during the trial and hearing process. We will help you connect with other agencies and services in order to provide you with as many resources as possible. Most importantly, your therapist will create a confidential and secure place for you to share your grief and commemorate your loved one. We work in cooperation with Manitoba Justice – Victim Services to offer this program at no cost to the participants. We will also provide bus tickets for transportation if required.
- **The Unresolved Loss Program:** offers ongoing counselling to adults, children and families who have suffered the loss of family member. When a loved one goes missing, families go through different stages of guilt, anger, fear but also hope and

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hopelessness. Sometimes there is no resolution, no closure and the challenge is to learn to live with an ambiguous loss. We work closely with the families by creating a safe space and helping families cope with lasting uncertainty. We work in cooperation with Manitoba Justice – Victim Services to offer this program at no cost to the participants. We will also provide bus tickets for transportation if required.

Topics covered:

- Traumatic Imagery
- Nightmares
- Flashbacks
- Other traumatic systems
- Resource connection
- Support with the Justice System

Founded in 1972

Bear Clan Patrol Inc.

Location: Winnipeg, Manitoba

Email: contact@bearclanpatrol.org

Website: <https://bearclanpatrol.org/about/>

Not connected to a particular First Nation

Mission: To provide restoration and maintenance of harmony within the community by:

- Promoting and providing safety.
- Conflict resolution.
- Mobile witnessing and crime prevention.
- Maintaining a visible presence on the streets.
- Providing an early response to situations

Overview: Bear Clan Patrol came about as a result of the ongoing need to assume our traditional responsibility to provide security to our Aboriginal community. Given that the Aboriginal population in Winnipeg is anywhere from 60,000 to 80,000, and is heavily concentrated in certain inner city neighborhoods, it was felt that the community must organize to keep the peace and to assist community members. The concept behind the patrol, then, is community people working with the community to provide personal security in the inner city in a non-threatening, non-violent and supportive way. The Patrol

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operates out of 584 Selkirk Ave in the North End, The Broadway Neighbourhood Centre @ 185 Young St. in West Broadway, and 485 Sherbrooke Ave in the West End.

Founded in 1992

Dignity House

Location: Winnipeg, MB

Email: admin@dignityhouse.ca

Phone: 1-855-812-0136

Website: <https://dignityhouse.ca>

Not connected to a particular First Nation

Overview: Dignity House is a safe refuge representing hope and a future for women who are bravely seeking a better life. These women have walked through fearful challenges that no one should face. Our ministry guides them to a brighter path and away from the darkness. They are given a chance to rewrite their story through healing and dealing with past trauma and barriers.

Ikwe Safe Rides

Location: Winnipeg, Manitoba

Website: <https://ikwesaferrides.ca/request-a-ride/>

Not connected to any particular First Nation

Mission: Ikwe Safe Ride aims to provide a safe means of transportation for female members and children of our community through a volunteer run initiative. We are an alternative to taking a taxi. We embrace diversity and promote equality in our community. The safety of our volunteers and passengers is our number one priority.

Overview:

- Passengers make a post for themselves in the Facebook group (please post in advance if you can as much as possible.) Please allow lots of time before you need to be somewhere as the drivers availability and the number of available volunteer drivers change daily.
- Pickup/drop off locations including any stops (bank, store, drive thru etc.) must be discussed via inbox with the volunteer driver at the time of booking the ride.
- Passengers are suggested to contribute for the volunteer drivers fuel costs and this should be discussed via inbox before the ride is confirmed. Please also let the

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volunteer driver know if you need change for your donation, a stop at the bank, EMT, etc. Some drivers are able to accept credit and debit cards as well, but this is only a few. If you will need either of these options, please mention it in your ride request post.

Indigenous Family Centre

Affiliated with the Christian Reformed Church

Location: Winnipeg, MB

Email: indigenousfamilycentre@gmail.com

Phone: (204) 586-8393

Website: <http://www.ifcentre.com/>

Not connected to a particular First Nation

Overview: Indigenous Family Centre - IFC is a non-profit organization, serving Winnipeg's north end. We provide families with opportunities to build communities, learn about Indigenous culture, develop positive life skills, and experience healing. Various programs of support and service to indigenous communities

Ka Ni Kanichihk

Location: Winnipeg, MB

Phone: (204) 953-5820

Email: admin@kanikanichihk.ca

Website: <https://www.kanikanichihk.ca/>

Overview: Ka Ni Kanichihk (pronounced Ga Ni Ganichick) means “those who lead” in the Ininew (Cree). Ka Ni Kanichihk is a trusted heart of Winnipeg’s Indigenous community. Our vision is to lead our people back home to a place where we are self-determining, healthy, happy, and respected for our cultural and spiritual strengths and ways of being. Ka Ni Kanichihk provides education and job-skills training, support for women and families, and mentorship. We walk with people on their path of recovery from trauma.

Topics covered:

- Medicine Children’s Lodge (Ka Ni Kanichihk Day Care)
- The Butterfly Club
- Heart Medicine Lodge
- Honouring Gifts

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- The Mushkowzee Ikwé Empowerment Project
- Social Innovation/Community Development (SICD)
- The Manitoba Mino Pimatisiwin Model of STBBI Care
- Kistesimaw “My Eldest Brother”
- Youth Hub
- Manitoba Youth Transitional Employment Assistance and Mentorship (MYTEAM)
- “UMatter” Stop Youth Dating Violence Project
- Restoring the Sacred (RTS)
- Medicine Bear Counselling, Support & Elder Services Program
- Velma’s House: 24/7 Safe Space

Founded in 2001

Ma Mawi Wi Chi Itata Centre

Location: Winnipeg, Manitoba

Phone: 204-925-0300

Website: <https://www.mamawi.com/>

Name of Centre is in the Ojibway language

Mission: Strengthening children, families and community...investing in our future

Overview: Ma Mawi Wi Chi Itata offers programming in areas of community care, care for relatives, care for youth, and Indigenous knowledge. The elements of each of these programs involve honouring the voices of the community, building relationships, creating learning opportunities and encouraging leadership in action.

Topics covered:

- Community Care
- Care for Relatives
- Care for Youth
- Indigenous Knowledge

Founded in 1984

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Manitoba Inuit Association

Location: Winnipeg, Manitoba

Email: info@manitobainuit.ca

Phone: (204) 774-6848 ext. 206

Website: <https://www.manitobainuit.ca/>

Inuit

Mission: Enhancing the lives of Inuit in Manitoba by promoting Inuit values, community and culture while connecting to services that meet our evolving needs.

Overview: There is a need for services that recognize the requirements of Inuit residing in Manitoba. Inuit culture is unique in Canada - and unique within the Aboriginal population. Inuit need culturally specific support, particularly in health, housing, education, and development of cultural programs.

Topics covered:

- Health
- Wellness
- Education
- Training
- Cultural Supports

Founded in 2008

Manitoba Keewatinowi Okimakanak Inc.

Location: Winnipeg, Manitoba

Email: Hilda Anderson-Pyrz, anderson.pyrz@mkonorth.com

Phone: 204-307-5919

Website: <https://mkonation.com/advocacy-areas/mmiwg/>

Grand Chief is Cree, Inniniw

Mission: MKO is a non-profit, political advocacy organization that provides a collective voice on issues of inherent, Treaty, Aboriginal and human rights for the citizens of the sovereign First Nations we represent. The MKO First Nations are signatory to Treaties 4, 5, 6 and 10.

Overview: MKO continues to explore ways to strengthen and promote the interests of First Nations by achieving autonomy and self-sufficiency with respect to all areas that

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affect the lives of Northern First Nations' citizens. Our view is that the government powers of the MKO First Nations must be recognized as inherent and our governing systems must have an administrative branch or "civil service" to address the technical and program aspects of the First Nations governments.

Topics covered:

- Finance
- Administration
- Employment
- Education and Economic Development
- Child Welfare and Women
- Health
- Housing
- Roads
- Transportation and Capital
- Justice
- Land Claims
- Treaty Land Entitlement
- Self-government, Treaty and Bill C-31;
- Natural Resources
- Social Development, Youth and Recreation
- Special Projects
- MMIWG
- Policing
- Thompson Urban Aboriginal Strategy

Founded in 1981

Medicine Bear Counselling, Support & Elder Services Program

Ka Ni Kanichihk

Location: Winnipeg, Manitoba

Email: medicinebear@kanikanichihk.ca

Phone: (204) 953-5820

Website: <https://www.kanikanichihk.ca/programs/>

Not connected to a particular First Nation, though the group name is in the Cree language

Mission:

- We lead women, men, children, youth, and our 2 Spirit community to health and balance through learning and healing programs grounded in traditional Indigenous knowledge and trauma informed practices.
- We lead our people to financial independence through skill-building and educational programs that celebrate and build up each person's value and strengths.

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- We lead our youth to a sense of pride, connection, belonging, and responsibility through youth mentorships and risk prevention programs.
- We lead families back to their home fires with life skills training, a culturally based daycare centre, food and housing security initiatives, and violence prevention and intervention programs.
- We lead the broader community to reconciliation through outreach and engagement, advocacy, and training on anti-oppression and decolonization practices.

Overview: A program developed at the request of the families of Missing and Murdered Indigenous women and girls, the Medicine Bear program builds on the strengths and resilience of families impacted by the tragic loss of missing and murdered loved ones. Offered in partnership with the Province of Manitoba's Action Group on Exploited & Vulnerable Women, Manitoba Justice's Victim Services, the Department of Justice Canada, and others.

Topics covered:

- Individual counselling sessions (trauma, complex, trauma, grief, family wellness, anxiety, depression, etc.)
- Developing supports with weekly circle check ins
- Referrals and advocacy
- Support within the Justice System, Child and Family Services, Winnipeg Regional Health Authority and other Agencies
- Elder Support Services (when requested)
- Traditional Ceremonies and Teachings
- Training and workshops
- Mediation services for families, police and justice officials
- A comprehensive Tool Kit of information to assist families of Missing Persons & Persons at Risk is now available through Medicine Bear Counselling, Support & Elder Services program at Ka Ni Kanichihk Inc. and is available for download [here](#).

Founded in 2001

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Selkirk Friendship Centre

Affiliated with Manitoba Association of Friendship Centres (Winnipeg)

Location: Selkirk, MB

Email: sfc@mts.net

Phone: (204) 482-7525

Website:

<https://www.facebook.com/TheSelkirkFriendshipCentre/?rf=287247654721948>

SERDC Health Services

Southeast Resource Development Council Corp. MMIWG & 2SLGBTQ* Program

Location: Winnipeg, Manitoba

Phone: (204) 956-7500

Website: <https://www.serdc.mb.ca/programs-and-services/health-services>

<https://health.serdc.mb.ca>

Not connected to a particular First Nation

Mission: Supporting the strengths and traditions to live a good life

Overview: SERDC Health Services was established in 1984 to provide health services and promote wellness to the over 14,000 community members of our 8 member communities. This website is designed to provide our community members with more information about our programs, services, and activities, as well as a platform to share resources from other services that may benefit community members in their pursuit of living a good life.

Founded in 1984

LIST OF INDIGENOUS CHURCHES

Anishinabe Fellowship

287 Laura St, Winnipeg, MB R3A 1C4

(204) 942-8682

Bethlehem Aboriginal Fellowship Church

467 Manitoba Ave, Winnipeg, MB R2W 2G4

(204) 586-5707

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Epiphany Indigenous Anglican Church

730 McPhillips St

Winnipeg, Manitoba R2X 2H8

<http://www.rupertsland.ca/>

(204) 992-4202

<https://www.facebook.com/Epiphany-Sacred-Circle-403996733291058/>

First Nations Community Church

44 Tentler Steet R2R 0L1

(204) 632 5100

<http://www.firstnationscommunitychurch.com>

First Nations House of Prayer

1061 Ellice Ave, Winnipeg, MB R3G 0C9

(204) 889-1739

ST. KATERI TEKAKWITHA ABORIGINAL CHURCH

Pastor: Reverend Arokia Vijay Deivanayagam, OMI

265 Flora Ave R2W 2R2

204.783.7215

st.kateri@shaw.ca

SELKIRK

Selkirk Aboriginal Redemption Centre Church

209 Dufferin Ave, MB

204-785-8515

The Sandy-Saulteaux Spiritual Centre MB

Affiliated with the United Church of Canada

<https://sandysaulteaux.ca/cross-cultural-learning/>

Customizable Educational opportunities on variety of topics

"Educators available on a wide variety of topics including, decolonization

Indigenization, the UN Declaration on the Rights of Indigenous Peoples, TRC's Calls to action, history of treaties, indigenous traditional teachings and indigenous ceremonies.