



KNOWLES CENTRE INC.

Helping Individuals Find Their Path: Yesterday, Today, and Tomorrow



**2018 - 2019
Annual Report**

Crafts remain a timeless and favorite recreation activity. It allows young people to express their creativity while connecting with their peers as well as staff in fun and relaxed manner.

Cover photo by Pam Jansen

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Who We Are

Knowles Centre is a community-based, non-profit social service agency for children, adolescents and young adults facing difficult times in their lives. It began as a home for boys in 1907 and was incorporated in 1910. It became co-ed in 1981. Today, Knowles Centre provides group care treatment, treatment foster care, independent living, day treatment, sexual abuse treatment and counselling programs plus a range of support services to young people from Manitoba.

These therapeutic and skills-based programs help young people and their families to address past struggles, to develop healthier relationships and ways of life, and to reach their full potential in the future.

Knowles Centre is governed by an elected Board of Directors made up of dedicated members of the community, who contribute their knowledge and insight to making Knowles Centre a welcoming and respected place of healing.

Mission Statement

Helping young people and their families to fulfill their potential

Vision Statement

To be a recognized leader in the delivery of quality care and skill-based services for at-risk young people and their families

Value Statements

We believe in:

- the right to a safe, stable, nurturing, and healing environment;
- the right to be treated with dignity and respect;
- the uniqueness and strength of individuals;
- providing individuals with the skills needed to make positive choices;
- healthy relationships;
- meeting the spiritual and cultural needs of individuals;
- the importance of family;
- assisting individuals to achieve independence in the community;
- promoting best practices; and
- advocating for individuals.

Philosophical Statement

Knowles Centre is committed to developing collaborative relationships, providing holistic care, responding to unmet needs, and adhering to best practice standards.

2018 - 2019 By the Numbers

Total number of clients who received services between April 1, 2018 and March 31, 2019:

221

Number of clients by gender based on the gender by which clients identify:

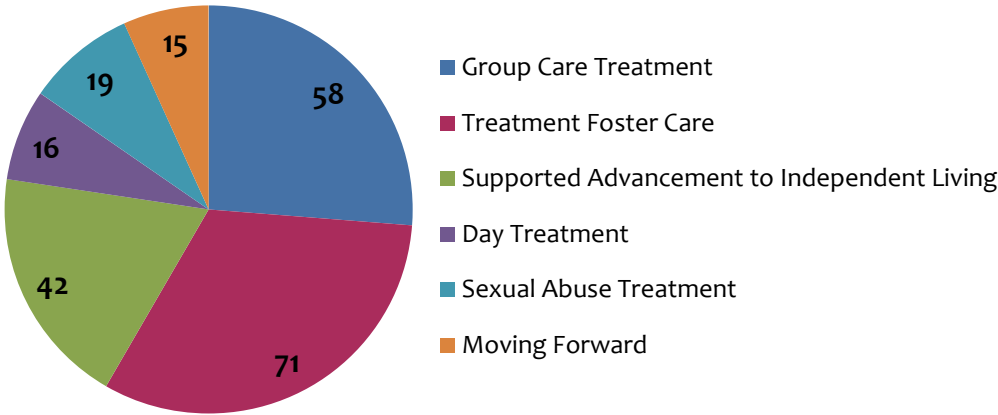


Females: 116 (52%)

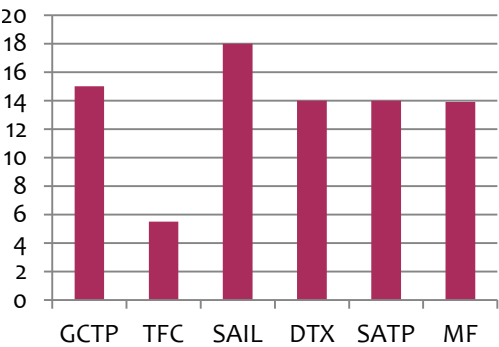


Males: 106 (48%)

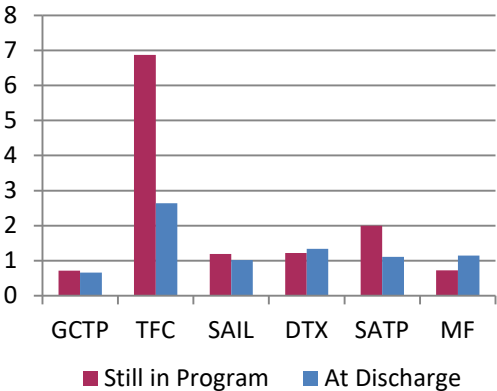
Number of clients by program:



Average age at admission (years):



Average length in program (years):



Most common concerns at admission:

GCTP

- Anger
- AWOLs
- Mental health
- Self-harm
- Substance use/abuse
- Suicidal ideation
- Trauma

TFC

- Birth family issues
- Development issues
- Behaviour concerns
- Neglect
- Trauma

SAIL

- Community living preparation

DTX

- Anger
- School issues

SATP

- Sexual abuse
- Support for caregivers

MF

- Anger
- Grief/loss

President's Message



As another year comes to a close, I am moved by all the initiatives – and achievements! – of the clients, staff, and Board of Knowles Centre. It was a year of learning, growth, change, and a lot of resiliency for which we can all be proud. Each person has had their successes, but it is when we worked together on common goals that the results were genuinely astounding.

However, as our knowledgeable and experienced members of our Board of Directors, management team and committed staff remind us, we cannot forget our struggles amid our celebrations, as we are sure to face similar ones to those we left behind.

This is the same wisdom that we wish to impart on the young people that come to us when they are facing their own challenges. The lessons learned when things aren't going well, adapting to change, finding the strength to overcome fear, and remembering tomorrow can be a better day will serve young people well long after they have left Knowles Centre. We know our clients can do this. We have seen it immeasurable times in day-to-day situations as well as life-altering circumstances. Here are just a few examples:

- Clients in the Supported Advancement to Independent Living (SAIL) program continue to do well, often going to school and holding down a job at the same time.
- Our Sexual Abuse Treatment program expanded by 20% (15 to 18 clients) to serve more young people bravely overcoming the effects of abuse.
- Over the winter, Knowles Centre Group Care and Day Treatment clients worked with local therapist Becky Thiessen to share their vision of the seven sacred teachings. Their work has now been installed along the Bunn's Creek Trail as a display of public art.
- Overwhelmingly, our Treatment Foster Care clients have been doing well with their foster families. They have shown that sometimes the greatest measure of success is just living a happy, stable life.
- Moving Forward continues to work with new clients, as well as those leaving other Knowles Centre programs, as they continue to work towards wellness.
- Students from the Culinary Arts program (offered in partnership with John G. Stewart School) are using their skills in the community, part-time casual work in MTS Centre, RBC Convention Centre.

Of course, as an agency, we continue to deal with issues related to funding, staffing, as well as the multitude of issues affecting young people today. We know we are not alone. Our Board and staff, our funders, our partners in social service and government, and our community are behind us, rooting for us and our clients to succeed.

It has been a rewarding year as President of the Board of Directors, and I am honoured, along with all our members of the Board, to play a role in enriching the lives of young people. We look forward to the year ahead.

Thank you,

A stylized, handwritten signature in blue ink, appearing to read 'Richard Petri'.

Richard Petri
President
Board of Directors

CEO's Message



It was another busy year at Knowles Centre (KC). I would like to take this opportunity to share some of the highlights with you:

1. The Group Care Program, Sexual Abuse Treatment Program (SATP), and Day Treatment Program were consistently full. Moreover, the SATP increased its capacity from 15 spaces to 18 spaces, as many clients prefer to attend biweekly, allowing the program to expand. As well, the Moving Forward Program (outpatient counselling service) had up to 10 clients at a time during the year.
2. The vast majority of Independent Living (SAIL) clients did well in the program, attending school (whether university, Red River College, vocational programming, public high school) or working at various jobs.
3. One Treatment Foster Care (TFC) client and one SAIL client each won a \$10,000 university scholarship.
4. Six group care clients were successful attending public school (not requiring John G. Stewart School), which is a high number for the program.
5. Four students in the Culinary Arts Program worked at Winnipeg Jets games, and one student worked both at Jets and at Moose games.
6. The Creative Arts Program at John G. Stewart School (JGS) created seven carvings, reflecting the seven Indigenous sacred teachings and commemorating the Truth and Reconciliation recommendations. These signs were installed along Bunn's Creek. The comments from the community were positive and the students were proud of their work.
7. The TFC Program had a successful foster parent appreciation dinner, recognizing those foster parents who reached 5 and 10 years of service in our TFC Program.
8. KC hosted a successful job fair, hiring good candidates to replenish our relief pool of youth care workers.
9. KC had its largest and most successful croquet fundraising tournament.
10. JGS School celebrated its 20th anniversary.
11. Minister Heather Stefanson toured KC. We were able to provide her with an overview of our various services and to share with her the major concerns in our sector.

Despite these multiple successes, there were also some challenges during the past year:

1. The number of beds in our TFC Program decreased, a trend reported by other treatment centres. The difficulty at KC was finding foster parent applicants who could successfully complete the screening process.
2. The SAIL Program was unable to grow at the rate desired because of difficulty finding qualified frontline staff.
3. KC and the other treatment centres were unable to achieve any financial relief from the province to address the reality of increasing costs, but no change in per diems for many years.
4. MGEU and KC negotiations were protracted and reached an impasse, as it is unclear how Bill 28 and any potential salary increase could apply to KC.

Going forward, KC will be taking the following steps:

1. Preparing for a marketing campaign to recruit new foster parents.
2. Developing and implementing some new programs to address unmet needs in the child welfare system.
3. Hiring a new Indigenous Cultural Coordinator.
4. Preparing for COA re-accreditation.

A handwritten signature in black ink, reading "Michael Burdz". The signature is fluid and cursive, with the first name "Michael" and last name "Burdz" clearly distinguishable.

Dr. Michael Burdz, C. Psych.
Chief Executive Officer

Board of Directors

(Date elected to Board)

Richard Petri
President
(January 25, 2007)

Ihor Wenger
Vice-President
(November 6, 2017)

Kristin Kersey
Secretary/Treasurer
(October 2, 2017)

Jim Hoddinott
Past President
(January 27, 2011)

Richard Gooch
(January 24, 2012)

Renée Greyeyes
(May 23, 2018)

Mark Lubosch
(May 15, 1997)

Patricia Schroeder
(March 27, 2019)

Rik Skelton*
(May 26, 2011)

Stacey Soldier
(June 28, 2013)

* Resigned during 2018-2019 term

Performance & Quality Improvement

Each year Knowles Centre completes and analyzes several measures that provide an indication of our capabilities and successes as an agency. Through this process, we work to ensure that our programs and services are effective and efficient, and responsive to the ever-changing needs among our various stakeholders. We invite you to review our most recent PQI report at https://www.knowlescentre.org/performance_quality_and_improvement.

Council on Accreditation



We are proud to be one of the few agencies in Manitoba accredited by the Council on Accreditation.

Accreditation is an objective and reliable verification that provides confidence and support to our organization's service recipients, Board members, staff, community partners, and funders.

The standards assure Knowles Centre's services are accessible, appropriate, culturally responsive, evidence-based, and outcomes-oriented. In addition, these standards confirm that Knowles Centre's services are provided by a skilled and supported workforce and that all individuals are treated with dignity and respect.

COA reviews and re-accredits the entire organization, not just specific programs. The community we serve can be confident in the credibility, integrity and achievement of our entire organization.

Knowles Centre Staff

(As of March 31, 2019)

Senior Management

Dr. Michael Burdz, C. Psych.
Chief Executive Officer

Grant Obirek
Director of Finance & Administration

Lesley Gosselin
Acting Director, Group Care Treatment

Lauren Hershfield
Clinical Director

Andrea McKenzie
Director, Treatment Foster Care

Dawn Vandal
Director, Supported Advancement to Independent Living

External Professionals:

Dr. H. Casiano, F.R.C.P.C.
Psychiatric Consultant

Administration

Maureen Britton
Senior Administrative Coordinator

Marie Feakes
Receptionist

James Jeon
Accountant

Ying (Ada) Gao
Assistant Accountant

Oliver Miaral
Building Cleaner

Jo Punongbayan
Maintenance Worker

Elfren (Ding) Raquin
Maintenance Coordinator

Ginette Sabourin
Development Manager

Maximo Setosta
Maintenance Worker

Lee Thomas
Maintenance Worker

Sandie Wagner
Human Resources Coordinator

Group Care Treatment Program

Douglas Baba
Night Grounds

Kyla Doll
Night Off Grounds Support

(vacant)
Night Grounds Support - Weekends

Pam Jansen
Recreation Supervisor

Cletus Joseph
Assistant Supervisor

Samantha Warren
Outreach Worker

Jason Silk
Kitchen Coordinator

Tiffany Waite
Program Assistant

Unit 1

Craig Calancia
Unit Supervisor

Youth Care Workers:
Randy Carr
Brooke Evans
Celena Roberts
Walter Taras

Christine Delveaux
Recreation Programmer

Roger Endaya
Night Staff

Unit 2

Stephanie Bartelette
Unit Supervisor

Youth Care Workers:
Chris Bowden
Melissa Fetter-Turner
James Paulson
Tanya Szwed
Shelley Thomas

Brad Ross
Unit Recreation Programmer

Marilyn Penner
Night Staff

Marshall's Place

Juana Schoch
Unit Supervisor

Youth Care Workers:
Cynthia Bergen
Lindsay Cloutier
Taura Gentle
Shanda Kerman
Ecko Zimmer

Enoruwa Uhuangho
Night Staff

Respect House

Ashley Parker
Acting Unit Supervisor

Youth Care Workers:
Michelle Bazinet
Lamin Colly
Abraham Duot
Brad Esslinger
Anna Zyla

Ebenezer Nyamekye
Night Staff

Edison House

Colleen Keating
Unit Supervisor

Youth Care Workers:
Kirby Bater
Chelsea Welch
Steven McDonald
Victoria Skovrlj
Teighan Francis

Tammy Neumann
Night Staff

Treatment Foster Care Program

Pam Freeth
Acting TFC Coordinator

Tiffany Krueger
TFC Coordinator

Marianne Carroll
TFC & SAIL Receptionist

Tina Case
Program Assistant

Clinical Case Managers:
Carmella Caputo-Birori
Tammy Delarosa
Roni Dhaliwal
Marijana Dumbovic
David Hayward
Nikki Spigelman

Supported Advancement to Independent Living (SAIL) Program

Case Managers:
Paul Clarke
Kendall Mulligan
Kim Sawchuk
Kathleen Williamson

SAIL Support Workers:
Andrea Dell
Diko Galgalo
Leah Kasdorf
Jack Lima
Lee Mistelbacher
Randi Mistelbacher
Heather Poll
Meghan Scammell

Cyril Gbeve
On-Site Supervisor

On-Site Staff:
Dave Ajuwon
James Attah
Desmond Essien
Maria Ibanez
Joseph Le
Solomon Negash
Johnson Nkansah
Jennie Sarifa

Facility Workers:
Bridget Johnson
Joshua Malyk

Clinical Services

Liezel Ambalina
Therapist ^{1, 2, 4}

Alex D'Aoust
Day Treatment Support Worker

Raul Dimaculangan
Therapist ^{1, 2, 4}

Andrea Moore-Melville
Therapist ^{1, 4}

Shirin Riahi
Therapist ^{1, 4}

Kristi Venton
Coordinator/Therapist ³

1 Group Care Treatment
2 Day Treatment
3 Sexual Abuse Treatment Program
4 Moving Forward Counselling

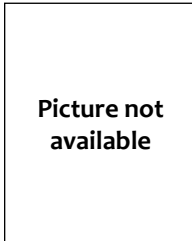
Biimautaziwin Cultural Program

(vacant)
Cultural Coordinator and Spiritual Advisor

Staff Recognition

Long-Service Awards

Knowles Centre is pleased to recognize staff who reached a milestone year of service. Thank you for your dedication and exceptional service through the years.



Tina Case
10 years



Steven McDonald
10 years



Walter Taras
10 years



Brad Esslinger
15 years



Cynthia Bergen
15 years



Shelley Thomas
20 years



Tiffany Waite
25 years

Farewell and Good Luck

We offer our best wishes to employees who have left us over the past year.

Troy Fontaine

Bradley Gilbert

Hannah Guthrie

Jayde LaPlante

Dave Purpur

Gregory Pusztay

Marge Richards

Corene Simmonds

Keran Storm

Rodger Rieu

Trudi Tinant

Program Reports

Group Care Treatment

The Knowles Centre Group Care Treatment Program serves 28 youth aged 12 to 17. It offers four 6-bed and one 4-bed units, including on-site and in the community.

The program is suited to clients who have been affected by neglect, emotional, physical, and/or sexual abuse, impacts of intergenerational trauma and racism, and feelings of hopelessness, which often contribute to emotional and behavioural difficulties.

Knowles Centre's Group Care Treatment Program worked with 58 different young people between its five separate units over the past year. While the program strives to honour on each youth's unique strengths, ideas, and personality, some of the kids can feel lost in the system.

Recreation and extra-curricular activities at Knowles Centre and in the community are one of the many ways that each client can express his or her individuality. The options are as varied as our clients—sports like boxing, basketball, swimming, and hiking; singing and playing musical instruments; crafts of all kinds; and even volunteering in the community.

Chris* joined a community U16 hockey team this past year. Here he was able to demonstrate his skills on ice as well as the noticeable impact on his maturity and development. He says, "even though we didn't win at first, it was so much fun getting out on the ice and playing against other teams. Even the practices were fun."

"I was pretty quiet when I tried out because I didn't know anyone but I liked making new friends and learning new things from the coaches," he says. "I also liked it when the staff and other kids came from my unit to cheer me on."

Upon reflection of his experience, Chris says, "I learned what it meant to be a team player. We all screwed up but we all still cheered each other on." The staff saw this too as Chris became more supportive of his peers in the unit. "I hope others feel brave enough to try out for things. I bet if they do, they will probably just love it and learn a lot!"

If hockey wasn't enough, Chris also moved from the on-site John G. Stewart School to a community school, began a part-time job in a restaurant, and earned his beginner's driving license – all important steps towards his future independence. "I had to learn to manage my time," he says. "I was busy, but that was good for me."

Acting program director Lesley Gosselin reiterates the importance of recreation to client wellness. Sports and games help teach conflict resolution, fairness, cooperation, and moral behaviour. This is in addition to the enhancements to cognitive and motor skills, which promote both improved physical and mental health.

*Name has been changed.



Treatment Foster Care

Treatment Foster Care provided services to 71 special and unique children and youth and their foster parents this past year. We are pleased to share the story of one of our families.

Lake*, 16, and her brother Phoenix*, 15, joined foster parents Bev and Leo six years ago. Back then Bev gushed that they were “the sweetest littles ones I ever did see!” Today, she chuckles remembering her words which she knows aren’t as welcome to teens, but clearly the sentiment is still there.

Like many other parents, Bev flinches recalling some of the some growing pains and phases Lake has gone through along the way: anger and aggression; dark, baggy clothing; and an interest in some “really crappy” stuff. TFC’s team was always there to provide guidance and support. Today, however, Bev beams knowing Lake has blossomed into the confident young lady who recently strutted down the runway at her school’s premiere fashion show. “She glowed!” says Bev. “I teared up watching her walk with such confidence.”

Phoenix also has his days where homework is a low priority and chores seem like punishment. Still, Bev and Leo see through their frustrations and appreciate his incredible artistic ability and the big heart they know he has. “Phoenix has so much love to give,” says Bev. “Sometimes he will just sit on my feet as a way to quietly connect.”

As part of her high school studies, Lake is interning at a local art gallery. She was thrilled to show her clinical case manager Roni around when he and Phoenix stopped in to surprise her and take her to lunch. Phoenix is also interning as part of his school program at a bookstore which he proudly shows off.

“They are good kids who are full of life; we want the best for them,” says Bev. This caring means prompting Lake and Phoenix to take on more responsibilities in preparation for adulthood, supporting their quest to earn driver’s licenses, and encouraging them to consider post-secondary education.

Bev and Leo have been foster parents for almost 12 years, beginning when their own children were teens. “We started because we wanted to make a difference in children’s lives. We had no idea what a difference they would make in our lives!” says Bev. “It has been a journey of heartbreak and joy. It isn’t always easy, but it is always worth it.”

*Names have been changed.

Knowles Centre’s Treatment Foster Care Program employs an effective model of care that brings together Knowles Centre’s professional treatment services with the strength of caring families from the community.

The Program serves both boys and girls of all ages. Children referred to the program have specialized behavioral or emotional needs and may be depressed, acting out, suffer from a psychiatric illness, or a family crisis. They may have trouble forming relationships, or may be struggling to work out past relationships. Where possible, siblings are placed together.



“Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be.”

Rita Pierson, Educator

Supported Advancement to Independent Living

The SAIL Program helps youth living in care of the child welfare system to transition to living in the community as young adults.

With guidance from a support worker, clients build on the skills and competencies needed for future independent living. Once on their own, their support worker continues to follow-up and provide guidance as their confidence and abilities grow.

SAIL welcomes young people ages 16 and over who are living in care and have no plans to live at their family home after they reach the age of majority.

Many teens approaching adulthood often focus on preparing for the next, exciting phase of life. Those living in care are more likely to be focused on the realization that they may soon be out on their own, and feeling the anxiety of an unknown future.

A few years ago, James* knew what it was like to live with worry. Even though he was only in Grade 9, he was almost 17, a new father, and knew almost nothing about living on his own. Together with his CFS agency, James explored the SAIL program and decided it was a good option for him. At the time, he could not have imagined how his life was going to change.

James admits he wasn't as active in SAIL as he should have been at first. His school attendance was poor and his participation in the program was minimal. The staff had patience with him—they could see he was frozen with fear. But James stuck it out and soon began to work hard.

SAIL support worker Lee was alongside James through many tough times and when things got better. With Lee's guidance, James learned to cook new recipes, budget and manage his finances, make time for fitness and recreation, access community resources, and still succeed in school. Underlying all this, James learned to manage his time and take his responsibilities seriously.

More recently, James proudly graduated from high school, worked hard toward his security guard license, and earned his driver's license. Finally, in September 2018, James moved into his own place in the community, with the SAIL team still behind him. To help support himself, James worked at a pizza restaurant and then at a bakeshop. Later he enrolled in the BUILD program, a pre-construction trades training program that led to his current full-time job.

James credits SAIL's help in his achievements. "SAIL shows you how to be an adult and how to prepare for the real world," he says. The future is no longer scary for him. This summer, he and his girlfriend Marcy plan to move in together to raise their children; he is confident he can support them. In preparation, he is hunting for a vehicle to get to work, and to take his family shopping and to appointments, and hopefully to the beach.

Marcy* is excited too. She agrees James was quite slow to start, but says she's seen a big change since then. "He's more responsible, he takes on a lot more," she says. "He's a great

role model for our kids."

Marcy proudly says James is going down the right path, and has inspired her to do more for herself, including volunteering.

* Names have been changed.



Day Treatment

Just as you can count on Winnipeg winters to be long, cold and snowy, you can count on the Day Treatment Program to fill that time with learning, adventures, laughter and growth.

Student Kodak* personified these experiences over the past year. September started with a challenge for Kodak as he transitioned from middle school to high school classes. Along with the more demanding classwork, students in the higher grades are expected to have higher behaviour standards. With the support of his Knowles Centre therapist and support worker and John G. Stewart teachers Kodak was more successful than ever in earning his academic credits, and became a role model for other students.

The Day Treatment Program recognizes that young people may have a variety of different learning styles, and in particular, students can gain a lot from experiential learning. Kodak was keen to take part in a number of outings. In November, Kodak and his peers exercised their logic and teamwork skills to breakout of an escape room—and Kodak was an integral part of helping the team escape! For the holiday season, students and members of the Day Treatment team enjoyed laser tag and a pizza lunch—a welcome break from the classroom.

When asked what he enjoys most about being in the Day Treatment Program, Kodak says having a therapist nearby and support worker in the school helps him get through his day. However, his favorite perk is during the summer when, once a week, he and the Day Treatment support worker do activities such as play basketball, mini golf, or even hit the beach! When asked how the program could improve, Kodak jokingly stated, “get a school bus to drive us to school and home at the end of the day or whenever we wanted!” Wouldn’t that be nice.

* Name has been changed.

The Day Treatment program is offered in partnership through Knowles Centre and the River East Transcona School Division.

Students attend John G. Stewart School located on the grounds of Knowles Centre in addition to meeting on a regular basis with a Knowles Centre therapist.

The program is directed toward adolescents (aged 12 to 17) experiencing emotional and behavioral difficulties in school and the community. Students may be living at home, in foster care, or a group home.



Sexual Abuse Treatment

The Sexual Abuse Treatment Program provides treatment services at no cost to clients referred through a variety of sources. Clients may be male or female, aged 4 to 21 years, who have previously made a disclosure of sexual abuse or have a sibling who has made such a disclosure. Non-offending parents or caregivers may be referred to the program if they are caring for or have cared for a child who has made such a disclosure

17-year-old Skylar* was at a friend's house party. She had been drinking and went into a room with another person at the party – a peer from her school – and was sexually assaulted.

“I remember thinking, I should have screamed ‘no’ or stopped sooner,” she said.

Skylar felt because she was intoxicated and didn't take action to stop the incident it would not be deemed a sexual assault. Regardless, Skylar took steps to receive medical care after the incident and eventually decided to go to the authorities. The investigation did not go as Skylar had hoped, and the person was not charged.

Skylar felt that no one believed her story, which contributed to a sense of shame. “I had many people tell me for various reasons the assault was my fault, and that became how I felt,” she said.

Skylar became depressed, anxious, and angry. She couldn't sleep without reliving that night. She was suicidal and began self-injuring by cutting. Skylar also began using substances to cope. She started obsessing about her schoolwork and would do the same assignments repeatedly. It got to the point where she couldn't keep up with her workload and was at risk of not graduating. Going to school was also traumatic for her as she frequently saw the person who she said had sexually assaulted her. Skylar lost many friends who didn't believe her.

A doctor told Skylar about Knowles Centre's Sexual Abuse Treatment Program, a program funded by the United Way of Winnipeg so there is no cost to participants. With assistance from her mother, Skylar enrolled in the program and attended bi-weekly individual counselling sessions.

“Therapy provided me with an opportunity to surround myself with someone who empowered me and believed me. I would encourage other victims not to stop talking until they are heard,” Skylar said.

Skylar said the real healing occurred when she believed she was not responsible for the sexual assault. She stopped using substances to cope; her anxiety, obsessions, and anger became manageable; she no longer felt depressed; and she stopped self-harming and was no longer suicidal. Skylar began sleeping better, and her concentration improved. It also became easier for Skylar to attend school, and she looks forward to graduating from high school.



* Name has been changed.

Moving Forward

Knowles Centre's Moving Forward Program worked with 15 young people from age 8 to 17 in 2018-19. Of these, six clients transferred to Moving Forward following discharge from our Group Care Treatment Program; this meant they could continue working with their familiar therapist. The success of the program underlies the importance of trust and a positive professional relationship on a journey to wellness. On average, clients stay in the program for about 14 months, meeting with their therapist once every week or two.

Therapist Liezel Ambalina worked with seven Moving Forward clients over the past year. Effectively working with young people includes finding the best ways to engage them. Liezel strives to involve her clients through a variety of therapeutic modalities, including hands-on tools and creative activities. One focus for her clients has been learning positive coping strategies they can use to face day-to-day struggles. Clients have been eager to take part and have been able to implement the new approaches in their daily lives. In addition to providing therapy sessions on Knowles Centre's campus, Liezel has also travelled to different schools to provide therapy to clients in a familiar environment.

The Moving Forward Program was delighted that Liezel could accompany her client Melanie*, 10, for a special trip this spring. Melanie was selected to participate in Dreams Take Flight, a one-day whirlwind trip to Disney World, Florida. Melanie was nervous at first, mostly about her first flight on an airplane, but with some advance discussion about what to expect, and especially having Liezel by her side, the trip became an adventure that she will remember for life. Melanie's grandmother, who has been supportive of Melanie's work with Liezel, was especially grateful for Liezel's commitment.

Liezel and other therapists from Knowles Centre are excited to continue to work with more clients in the future.

* Name has been changed.

Moving Forward is a community-based therapeutic counselling program. It is open to young people who are dealing with mental health challenges, as well as emotional or behavioural issues arising from current and past experiences.

The program is offered on a fee-for-service basis, and takes referrals from families, CFS agencies, victim service agencies and other organizations that work with young people facing adversities.

Moving Forward therapists can also work with the families or caregivers of young people registered in the program.



Culinary Arts

The Culinary Arts Program combines education, training and experience to prepare students for future employment in a restaurant kitchen. Students begin working in the protected environment of the Knowles Centre kitchen, and will progress to working in a community setting. In addition to vocational skills, clients will develop personal and employability skills necessary to gain and maintain employment.

Students in the Culinary Arts program had an exciting year – both in the kitchen classroom and in the community.

The school year started with the students' culinary contributions to the welcome back school BBQ and later the fall feast to celebrate the equinox.

In October, the culinary team helped at the Jets Gala dinner served on the Jets home ice at the Bell MTS Centre.

December saw the Culinary team at the RBC Convention Centre for work experience; back at school, they helped prepare the Knowles Centre Family Christmas dinner.

In February the Culinary students had the opportunity to help cater and serve hundreds of hungry guests at the Sportsmen's Dinner at the Selkirk Recreation Centre. The meal was a test of the students' learning as they prepared a variety of seafood dishes, including Red River clam chowder, pickerel cheeks in pernod sauce, battered perch, frog legs Mediterranean-style, Selkirk lobster Newberg, and breaded whitefish. The students also had the pleasure of trying some of the smoked venison, roast beaver, moose sausage, elk chili and antelope curry served at the event. In addition to the great experience, the students received overwhelming applause plus gift cards for their work.

In March, students took part in the annual Stone Soup competition at the Manitoba Hydro headquarters in support the Child Nutrition Council of Manitoba. The students won raves for their soups, plus give back to the organization that has helped fund the John G. Stewart breakfast program for the past four years.

In June, students will help host the annual Knowles Centre AGM and the National Indigenous Day meals before finishing off with several school-end festivities. Finally, the students will take a couple days to go fishing to catch their lunch, and then to enjoy a meal prepared for them at a local restaurant,

Between these events, the students worked hard in the kitchen learning and practicing their culinary abilities and general employability skills. This meant making lunches and dinners for their peers and staff, and baking countless orders of fresh bannock ordered by several local schools.



Awards

Vicki Whitehead Memorial Award

Vicki Whitehead was the Supervisor of Unit 1 and an adamant supporter of indigenous cultural programming at Knowles Centre. Vicki passed away in 1997. In honour of Vicki's memory, an annual award was established to recognize participants in the Biimautaziwin Cultural Program who have embraced the spirit of the indigenous culture.

In 2018-2019, the award was presented to **Russell R.** This deserving young man actively participates in many cultural events including pow wows, sweat lodge ceremonies, and drumming. In addition, he helps set up for other groups to attend the sweat lodge, as well. Russell has actively collected many items over the years which symbolizes his interest and participation in his culture.



The Marshall Gardner Music Scholarship

This scholarship celebrates the memory of Marshall Gardner, a long-time employee of Knowles Centre, who passed away in 2013. Throughout his 34-year career in the Group Care Treatment Program, Marshall shared his love of music with the youth, many of who developed their own passion for singing and playing an instrument. The scholarship is awarded to a Group Care client who displays musical talent or interest in learning, and has demonstrated commitment to practicing.

The recipient of this year's award is **Natalee W.** She has been taking music lessons the past three months and is very committed to practicing. She has a keen ear for music and uses playing as a means to reduce stress and centre her focus through this creative source.



Education Awards

High school can be a difficult time. It can be even more challenging for a youth in the Day Treatment who is transitioning back to a community school, or a youth in Group Care Treatment who is attending a community school while in care, or transitioning back to a community school from the specialized environment of John G. Stewart School. High school and university can also be especially challenging for those in the SAIL program who must balance their studies with managing their own home and possibly working part-time. Education Awards recognize those students who take on this responsibility and succeed.

We are pleased to recognize the following recipients of the 2018/2019 Education Awards:

Sterling T., Group Care Treatment
Megan M., Group Care Treatment
Jordan F., Group Care Treatment
Mallory B., SAIL Program
Brianna D., SAIL Program
Kianna G., SAIL Program
Faith H., SAIL Program
Katrena J., SAIL Program

Kaylee L., SAIL Program
Cassie M., SAIL Program
Justin P., SAIL Program
Nic R. SAIL Program
Cameron S., SAIL Program
Spencer V., SAIL Program
Plus one anonymous SAIL client

The Justice Jim Smith Memorial Award

The Knowles Centre Board of Directors established the Justice Jim Smith Memorial Award in 2001. Jim Smith was a long-time member of the Board and a well-respected and caring member of the community. The award is presented to a graduate of RRC's Child and Youth Care program who has demonstrated a commitment to the profession through volunteering in a school, agency or organization that provides services for at-risk children and youth.

The recipient of this year's award is **Madison Kaatz.** Knowles Centre was fortunate to have hosted Madison for a practicum placement, and now employs her as a relief staff member.



Fund Development Report

What a year! Again our community supporters amazed us with their generosity.

Knowles Centre achieved so much thanks to your help. First, the cash and equipment donations helped us complete capital projects such as replacing and repairing the boilers in our SAIL apartment buildings. As well, we completed our multi-year project to resurface our driveway and parking lots. Perhaps unexciting but definitely necessary projects!

Thankfully, the support that directly benefits our clients was even greater. Youth from all programs enjoyed attending sporting events, Manitoba Opera, Assiniboine Park Zoo, Cavalia Odysseo, Cirque du Soleil, concerts and more.

Donations meant we could also provide extra enrichment programming to youth through our art, camp, recreation, culinary, and cultural programs. This would not be possible without our many supporters.

It seems there are never enough words to say thank you. We appreciate everyone's support this past year. You have truly made a difference in the lives of young people.

We are excited to see what this next year brings us with all of you by our side.

Knowles Centre

From:
Sent:
To:
Subject:

CD (Foster mom of two)
Wednesday, June 6, 2018 11:46 AM
Ginette, Manager of Fundraising
No show like it! Thanks for the Cavalia tickets

Hi Ginette

What an AMAZING show. We were hesitant right to the last minute to take our youngest foster daughter who has a very hard time self-regulating, especially in setting like that. But I can honestly say it was the best thing we ever did. We felt it was almost therapeutic for her.

I would say the majority of the evening she was totally focused on the show, which we don't see too often with her. You can see she soaked up the beauty of the horses and their trainers. The sweetest part of the evening was her performance during intermission. She spent the entire time trying to re-enact some of the dances and acrobatics from the show. It put a smile on so many people who were watching her put on her own little show. She loved the attention and it made my heart bigger seeing her so happy.

My other little guy showed some anxiety at the beginning of the show but once the horses started coming out, he was mesmerized and calm. For most of the kids, an opportunity like this doesn't come too often.

A million THANK YOU's to the person who donated the tickets. It's a show and time spent together that we will remember forever.

CD

Thank You

Thank you for the Manitoba Moose hockey tickets! What a surprise to find out the tickets were suite tickets! The kids were in heaven and kept saying they felt like they were watching the game from a nice hotel...lol!

It was awesome to see them so excited! They are big fans of the Moose and loved watching the game! Thanks again for the great opportunity! We whole heartedly appreciated the tickets!



Knowles Centre's Supporters

Air Canada Foundation	Henderson Vision Centre	D. Purpur
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APTN	Isco	River East Healthy Together Now
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Assiniboine Park Zoo	John G. Stewart School	Rotary Club of Fort Garry
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D. Vandal	Moxie's Bar and Grill	Tim Hortons
DFL Pickseed Canada	Mr. Sub	R. Tonn & S. Devine
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Fabutan	G. Obirek	Urecon
D. Fahey	Old Navy Store (Outlet Collection)	VIA Rail
Fit Body Boot Camp	Old Spaghetti Factory	Vickar Community Chevrolet
Folklorama	Oxygen Technical Services	Victaulic
C. Gardner	PCL	S. Wagner
GB Group Benefit Planning Service	M. Penman	S. Walsh
Gem Plant Design	G. Poirier	Wawanesa Insurance
V. Globush	Pollard Family Foundation	Western Financial Group
R. Gold	Praxair	S. Whitwell
Golfing in style	Price Industries	Winnipeg Art Council
Good360	P. Priestner	Winnipeg Blue Bombers
Gordon Food Services	Province of Manitoba Community	The Winnipeg Foundation
Graham C. Lount Family Foundation	Support Small Grant Program	WOW Hospitality
J. & C. Gray	Province of Manitoba	G. Wuirch
B. Greschuck	Urban Green Team	J. Youngman
Harley-Davidson Winnipeg	A. Prymak	Zep Superior Solutions

Youth artwork along Bunn's Creek Trail

Youth and staff from Knowles Centre and John G. Stewart School began the 2018-2019 year proudly witnessing the installation of their year-long public art project. The seven works can be found along Bunn's Creek Trail.

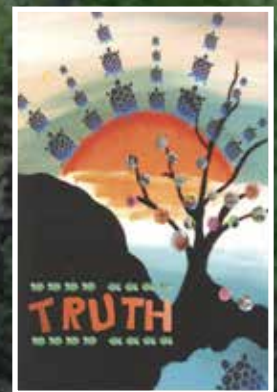
Each installation includes a traditional carving of one of the Seven Sacred Teachings as embodied by an animal to underscore that our all actions and decisions impact the land and its inhabitants. The carvings were hand-crafted at John G. Stewart School by staff and students.

The reverse of each carving features a digital collage by Becky Thiessen incorporating the contemporary artwork created by youth at Knowles Centre. Working together through the Winnipeg Arts Council's Youth WITH ART community public art program, Knowles Centre youth experimented with a range of materials and techniques to create individual art pieces in response to each of the teachings. The youth's intelligence and thoughtfulness are apparent in the art-making process.

Thank you to students MA, SB, EB, GB, AC, KC, PF, GF, MK, KK, AL, CM, KM, GM, IS, MS, ST, and SY for sharing your talents. Thank you to Becky Thiessen, Pam Jansen, Rob Unik, Trevor Holroyd, Dan Kulas, and Troy Fontaine for your guidance.

This project is a collaborative effort of Knowles Centre, artist Becky Thiessen, the Winnipeg Arts Council, John G. Stewart School, and the City of Winnipeg Parks and Open Space Division with project support from City Councillor Jeff Browaty.

Bunn's Creek, which runs along Knowles Centre's south grounds, crosses Bonner Avenue and continues east of Rothesay Street, provides youth with a connection to the land that is critical to their spiritual well-being. Not only is it a place for study about the connections between plants and animals and the world around them, it is also a haven where they can be alone or connect with their peers, mentors, teachers, and therapists.







KNOWLES CENTRE INC.

Helping Individuals Find Their Path: Yesterday, Today, and Tomorrow

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