



# KNOWLES CENTRE INC.

Helping Individuals Find Their Path: Yesterday, Today and Tomorrow



2017 - 2018  
Annual Report



This mixed media art piece on the cover was created by Maria A. in an art therapy workshop hosted by art therapy doctoral candidate Tzafi Weinberg. Maria says she was inspired by superheroes, because she believes each of us has a bit of superhero in ourselves.

Photo by Liezel Ambalina

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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;
- 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.

# A Look Back At 2017-2018

**TOTAL NUMBER OF CLIENTS**  
WHO RECEIVED SERVICES  
BETWEEN APRIL 1, 2017 AND MARCH 31, 2018:

231

## NUMBER OF CLIENTS BY GENDER\*

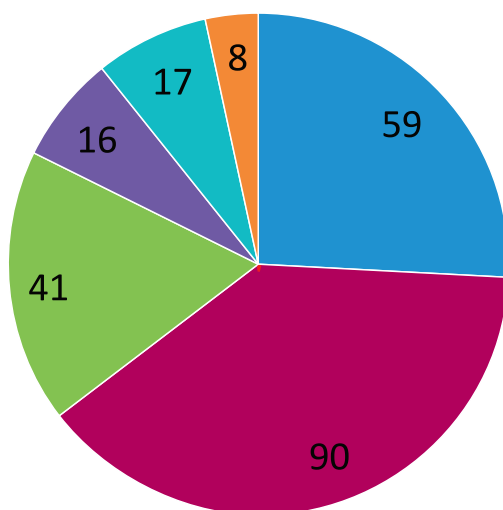
\*BASED ON GENDER BY WHICH CLIENTS IDENTIFY



FEMALES: 112 (48%)

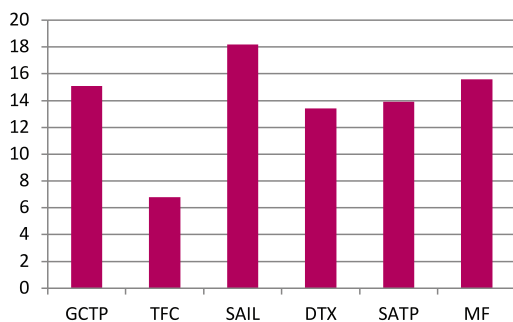
MALES: 119 (52%)

NUMBER OF CLIENTS  
BY PROGRAM

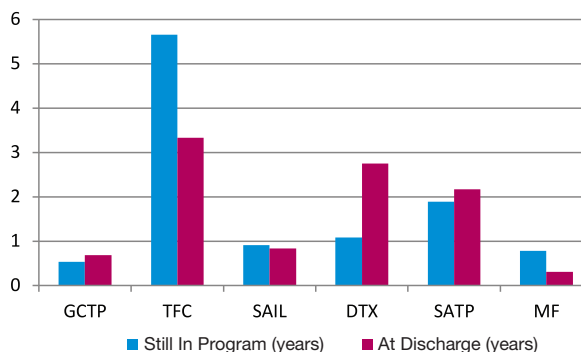


- Group Care Treatment (GCTP)
- Treatment Foster Care (TFC)
- Supported Advancement to Independent Living (SAIL)
- Day Treatment (DTX)
- Sexual Abuse Treatment (SATP)
- Moving Forward (MF)

## Average Age at Admission (years):



## Average length in program:



## TOP REASONS FOR REFERRAL:

### GCTP

Substance abuse  
Anger issues  
School issues  
Mental health concerns  
AWOLS

### TFC

Birth family issues  
Previous placement breakdown  
Emotional and/or physical abuse

### SAIL

Community Living Preparation

### DTX

School issues  
Anger issues

### SATP

Sexual abuse  
Emotional and/or physical abuse  
Anger issues

### MF

Anger issues  
Emotional, physical  
and/or sexual abuse





## President's Message

Knowles Centre is celebrating its 111th year in 2018. It started when Wilfred Knowles took in one boy in need of help. Knowles was humble in his motivation; he simply believed that this boy was worthy of a better life, one that would set him on a path to a better future. Soon after, Knowles was joined by members of the community that shared his vision. Together they established a centre of caring. This past year, we upheld our mission for each of the 231 youth who came to us for care.

Knowles Centre has grown and evolved to meet the changing needs of youth facing challenges in life across Manitoba. What began as a home for boys still exists—albeit now co-ed—as our Group Care program. Our Day Treatment, Sexual Abuse Treatment, Treatment foster Care, Supported Advancement to Independent Living (SAIL), and Moving Forward programs have all come onboard in the last quarter century, each filling a unique niche in the child welfare system. The last year, however, we experienced some additional growth:

- Our newest counselling program, Moving Forward, has become fully established and is working with several youth.
- Our Sexual Abuse Treatment Program has expanded to serve 20 percent more children and young adults.
- We are working closely with John G. Stewart School to improve the outcomes for youth in our Day Treatment Program.
- Treatment Foster Care has begun working with Manitoba's Community Living Disability Services and current foster families to help keep young adults with cognitive disabilities with their foster families, when appropriate.
- The SAIL program opened its third apartment building, increasing the number of young people we can help transition out of care by more than 50 percent.
- The Group Care Treatment Program opened its fifth unit—a four-bed home for girls—in the nearby community.

We believe that the evolution of our programs is an investment in youth. The importance of youth's impact on the future has not changed from 111 years ago. They will be tomorrow's parents, workforce, and leaders.

Youth are the focus as the Board and management team chart the course for the agency. They are the motivation for frontline, therapeutic and administrative staff who undertake regular career training based on best practice standards. And youth are in the hearts of our partners and funders who trust in Knowles Centre to steward their support to make the greatest difference. On behalf of the Board of Directors, thank you all for what you do.

In closing, however, I especially want to recognize the young people of Knowles Centre. You display courage every day. It may be by opening your mind to different ideas, challenging yourself to try something new, overcoming the urge to hide from your fears, or sometimes just getting out of bed and facing the day. You are our heroes.

A stylized, handwritten signature in black 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:

- KC purchased two apartment blocks that comprise part of its Independent Living Program (SAIL). The majority of the SAIL clients made progress during the year, whether by attending school, by holding onto jobs, or by achieving extensions of care to age 21.
- The Group Care Program implemented a one-year trial of open doors in the two semi-secure units. This change has shown early

positive benefits: 1) false fire alarms within the two units disappeared immediately; 2) the number and duration of AWOLs decreased significantly; and 3) the stress level within the units decreased for both clients and staff. The Group Care Program also developed and implemented its new group home (Edison), which was ready to admit clients at the end of the fiscal year.

- Moving Forward, a new outpatient counselling service for kids in care, was developed and implemented, and reached its original target of six clients. The program is now pursuing expansion.
- The Biimautaziwin (Indigenous Cultural) Program had a cover built over its sweat lodge, allowing for sweats throughout the year, regardless of the weather.
- KC and MGEU reached agreement on a two-year contract for SAIL staff. KC and MGEU also commenced negotiations toward a new contract for Group Care staff.
- KC had a successful fundraising year, allowing it to make infrastructure improvements in its various programs. For example, KC's annual croquet tournament was the largest and most successful to date.
- KC hosted a successful job fair and identified a number of new casual staff.
- The Culinary Arts Program helped feed the evacuees from the Northern Manitoba forest fires, during their stay at the RBC Convention Centre.
- The students in the school's Creative Arts Program received a \$14,000 commission from the City of Winnipeg to create seven wood carvings for the Bunn's Creek pathway. This project is part of the city's response to the Truth and Reconciliation recommendations. The seven wood carvings will represent the seven Indigenous sacred teachings.

The one major disappointment this year was that KC failed to expand at the rate that was anticipated at the beginning of the fiscal year, which was due to various reasons. First, the Treatment Foster Care Program had difficulty finding new foster parent applicants who could complete successfully the screening process to become a foster parent within the program. Second, the SAIL Program had difficulty hiring new qualified staff. Third, the provincial government canceled the Eastman and Interlake proposal; KC was selected originally to create new resources in these regions, but this proposal was canceled ultimately, as the province deemed there was no need for these new resources.

Going forward, KC and John G. Stewart School will continue to problem-solve how best to increase school attendance for both Day Treatment and Group Care students. KC will also continue to explore expansion opportunities, addressing any unmet needs in the provincial child welfare system.

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

# Board of Directors

(Date elected to Board)

Richard Petri  
President  
(January 25, 2007)

Andrea Sherry\*  
Treasurer  
(September 24, 2014)

Lisa Rowe\*  
Secretary  
(October 22, 2014)

Jim Hoddinott  
Past President  
(January 27, 2011)

Richard Gooch  
(January 24, 2012)

Kristin Kersey  
(October 2, 2017)

Mark Lubosch  
(May 15, 1997)

Rik Skelton  
(May 26, 2011)

Stacey Soldier  
(June 28, 2013)

Ihor Wenger  
(Nov. 6, 2017)

Julia Wilkins\*  
(June 7, 2016)

\* Resigned during 2017/18 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](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 reaccredits 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, 2018)

## Senior Management

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

Grant Obirek  
Director of Finance & Administration

Lauren Hershfield  
Clinical Director

Andrea McKenzie  
Director, Treatment Foster Care

Dave Purpur  
Director, Group Care Treatment Program

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

James Jeon  
Accountant

Emma Jeon  
Assistant Accountant

Oliver Miaral  
Building Cleaner

Ginette Poirier  
Development Manager

Jo Punongbayan  
Maintenance Worker

Elfren (Ding) Raquin  
Maintenance Coordinator

Marge Richards  
Receptionist

Maximo Setosta  
Maintenance Worker

Lee Thomas  
Maintenance Worker

Sandie Wagner  
Human Resources/Payroll Administrator

## Group Care Treatment Program

Douglas Baba  
Night Grounds

Kyla Doll  
Night Off Grounds Support

Abraham Duot  
Night Grounds Support - Weekends

Pam Jansen  
Recreation Supervisor

Cletus Joseph  
Assistant Supervisor

Jayde LaPlante  
Outreach Worker

Jason Silk  
Kitchen Coordinator

Tiffany Waite  
Program Assistant

### Unit 1

Craig Calancia - Unit Supervisor

Youth Care Workers:

Randy Carr  
Colleen Keating  
Steven McDonald  
Celena Roberts  
Walter Taras

Christine Delveaux, Recreation Programmer  
Roger Endaya, Night Staff

### Unit 2

Paul Clarke - Unit Supervisor

Youth Care Workers:

Brad Esslinger  
Rodger Rieu  
Victoria Skovrlj  
Keran Storm  
Tanya Szwed  
Shelley Thomas

Brad Ross, Unit Recreation Programmer  
Marilyn Penner, Night Staff

## Respect House

Lesley Gosselin - Unit Supervisor

Youth Care Workers:

Stephanie Bartelette  
Kirby Bater  
Michelle Bazinet  
Nicole Masi  
Ashley Parker

Tammi Neumann, Night Staff

## Marshall's Place

Juana Schoch - Unit Supervisor

Youth Care Workers:

Cynthia Bergen  
Lindsay Cloutier  
Taura Gentle  
Shanda Kerman  
Chelsea Welch  
Ecko Zimmer

Enoruwa Uhuangho, Night Staff

## Clinical Services

Liezel Ambalina  
Therapist <sup>1, 2, 4</sup>

Alex D'Aoust  
Day Treatment Support Worker

Raul Dimaculangan  
Therapist <sup>1, 2, 4</sup>

Andrea Moore-Melville  
Therapist <sup>1, 4</sup>

Shirin Riahi  
Therapist <sup>1, 4</sup>

Kristi Venton  
Coordinator/Therapist <sup>3</sup>

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

## Treatment Foster Care Program

Pam Freeth  
Acting TFC Coordinator

Tiffany Krueger  
TFC Coordinator

Marianne Carroll / Sonja Whitwell  
TFC & SAIL Receptionist

Tina Case  
Program Assistant

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

## Supported Advancement to Independent Living (SAIL) Program

Case Managers:  
Paula Moynihan  
Kendall Mulligan  
Kim Sawchuk  
Kathleen Williamson

SAIL Support Workers:  
Hannah Guthrie  
Bridget Johnson  
Jack Lima  
Lee Mistelbacher  
Randi Mistelbacher  
Heather Poll  
Gregory Pusztay  
Meghan Scammell  
Corene Simmonds

Cyril Gbeve - On-Site Supervisor

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

Joshua Malyk - Facility Worker

## Biimautaziiwin Cultural Program

Troy Fontaine  
Cultural Coordinator and Spiritual Advisor

## Staff 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.



Tammy Neumann  
10 years



Ding Raquin  
10 years



Nikki Spigelman  
10 years



Colleen Keating  
20 years



Dave Purpur  
25 years

## Farewell and Good Luck

Joshua Gatta  
Joy Koczka  
Inna Landa  
Marcel Lemire  
Melissa Levigne  
Tiffany Rios  
Melissa Santos  
Norman Vawryk  
Sheela Vivier



# Program Reports

## Group Care Treatment Program

*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 two onsite and three 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.*

The past year was one of change in the Group Care Treatment Program. We were thrilled to open the first new home in 20 years in early spring 2018—a four-bed unit for girls located in the nearby community. The unit responds to the growing need for placements for troubled teen girls in Manitoba, while still maintaining a smaller, more responsive treatment environment.

On grounds, our two semi-secure units moved to unlock their doors from the inside during the day. This allows youth to leave the unit without requiring a staff to unlock the door. We have seen tensions in each unit lessen, especially for youth who may be having a rough day and need some space to calm down.

The onsite units also eliminated the containment rooms, previously used to secure youth at risk of hurting themselves or others. These have been replaced with less imposing quiet spaces where youth have access to safe furnishings and creative supplies that promote self-calming.

These changes were a departure from the norm for many staff and clients, but all have done a wonderful job adapting. We have also seen measurable reductions in the number of days clients are AWOL, damage to the units, and false fire alarms.

As well, we added two emergency beds in each of our onsite units. The beds are open to all our Group Care youth, and provide respite for those who may be facing a difficult period or situation that requires a temporary move from their regular placement. Again, the result has been positive as calls to the Province's Crisis Stabilization Unit have become rare.

A few clients have been with us during the changes. One youth commented that he no longer feels 'caged up' or feels the need to pull the fire alarm when he just wants a little distance from rising stresses in the unit. He acknowledged some kids would sometimes hit the walls, doors and windows in anger, but the unit is much more peaceful now. Having more freedom has also made him realize being on the run isn't so great after all. Overall, he is pleased at his own progress, and sees a positive future for himself ... and so do we.



## Treatment Foster Care Program

Knowles Centre's Treatment Foster Care program worked with 90 young people in the 2017/18 year. On average, half of the young people who continue in our care have been with us for more than five years. More importantly, most were with the same family—a testament to the dedication of the TFC team, and the perseverance of families in our program and the lasting bonds they make with the children in their care.

Carly\*, a beautiful indigenous woman who will turn 21 in June, has been with her foster mother Kerry since age 13. Today, Carly and Kerry are still together as Carly works part time and pursues post-secondary education with hopes of becoming a nurse.

Carly recognizes how helpful TFC has been for her and her sister. "It felt natural, just like my own home," says Carly. Previously Carly says she felt closed-in as a youth in the child welfare system. In Kerry's home, both girls were encouraged to find their voices and explore their interests, such as dance classes, which Carly excelled at and won awards.

She says she also felt supported to have safe contact with her biological family, and explore culture through pow wow club, Moon Ceremony, and other activities her Clinical Case Manager Trudi let her know about. Carly says that Trudi "is always on top of everything!" including helping her connect with counselling and other supports to help deal with her past.

Trudi has been supporting Carly and Kerry since the beginning, and Carly sees her as part of her extended foster family. "She has a good heart and is always trying her best," says Carly. "We could always talk things through when we didn't agree."

Over the years, Carly has become an ambassador for TFC. She recommends the program to other youth, and has suggested some adults look into fostering with Knowles Centre. Even though Carly will be leaving the program soon, she is confident about her future. She plans to see her career plans through, travel (she recently visited the Philippines for a memorable trip), and enjoy life.

"Knowles helped put me on a different path," says Carly. "I've found success in my past, and I know my future goals are within reach!"

\*Name has 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.*



## Supported Advancement to Independent Living (SAIL) Program

*Knowles Centre's 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.*

Jennifer\* entered the SAIL program following several years living with a family in Knowles Centre's Treatment Foster Care program. Looking back, she appreciates that her foster family welcomed her and her two younger siblings into their home. During this time she enjoyed new experiences (her favorite was camp!) and felt safe to take the normal risks that moved her toward adulthood knowing there was a safe place to return. But as she grew older, Jennifer was eager to move on with her life, and experience independence like other young adults.

Jennifer started taking charge of her future by looking into the SAIL program. Together with her CFS worker, TFC clinical case manager, and case manager from the SAIL program, it was decided that SAIL was the right move for her.

Soon she met with her SAIL support worker and moved into her own suite in one of SAIL's supervised apartment buildings. From the start, she enjoyed having her own space and the freedom to manage her own schedule. This did not mean she had no responsibilities. Jennifer continued to work closely with her support worker to build her independent living skills at a pace that was comfortable for her. She learned how to budget, pay bills, grocery shop and try new foods (including a mostly vegan diet), do laundry, and access community resources. This is no small feat for any young person, but Jennifer is especially proud she graduated high school and finished her first year of university while also in SAIL.

If this wasn't enough, Jennifer also finds time to pursue her love of skateboarding and visual arts. She attends Studio Central's free art workshops, and has applied to the Artbeat Studio mentorship program where she can focus on her creative expression.

Looking back on her accomplishments gives Jennifer the confidence to pursue her dream to travel and possibly move to a major metropolis where she can exhibit her work. For now, she is looking for a job and an apartment outside the SAIL program. While the future can be scary for anyone, Jennifer knows she is ready to take it on.

\*Name has been changed.





## Day Treatment Program

It has been an incredible year for the Day Treatment program. Every child who comes into the program has a unique story that displays strength and resiliency when faced with adversity. We are proud to share Charlie's\* story.

It would be impossible to write about Charlie without mentioning his love of nature. One of his favourite parts of the Day Treatment Program is the proximity to Bunn's Creek Trail, a beautiful path and waterway where one can watch turtles, fish, and dozens of bird species. "Being by the creek alone or with staff is very calming for me," Charlie explains.

Charlie's time at John G. Stewart School is steeped with accomplishments, including the annual Room 1 Award, given to the student who has displayed great resiliency in the face of adversity and has shown tremendous improvements in behaviour. However, Charlie is most proud of spearheading the John G. Stewart Gay-Straight Alliance with the support of two staff. Charlie planned school events, and volunteered at the Pride Parade and Rainbow Resource Centre. Also quite a philanthropist, Charlie raised the most money per capita for Rainbow Resource, winning tickets to its gala at the Fairmont Hotel. Amazing!

Charlie appreciates the easy access to therapists for Day Treatment students. "It is really nice to have someone to talk to right next door to your school," he says. "It is perfect for when you're feeling stressed and weighed down. In fact," he adds, "the therapists and school staff are always very nice and easy to talk to."

Charlie's favourite part of the year, however, is Day Treatment Camp. Every June, students and staff head to the Big Whiteshell Lake for four days of adventure, including fishing. Last year he spent his days on the paddle boat, catching and releasing all kinds of fish. Like others, Charlie enjoys the freedom that camp offers, and his greatest wish is to make it longer. Many agree!

Charlie is a one-of-a-kind person. He always takes the time to say hello and ask how others are doing. His kindness and generosity are seen wherever he goes. The future can sometimes be scary, but Charlie knows that with a good attitude and support from others around him, he can accomplish anything he puts his mind to.

\* 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 Program

*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 parent(s)/caregiver(s)/guardian(s) may be referred to the program if they are caring for or have cared for a child who has made such a disclosure.*

Lily\* was struggling and felt alone when she began attending the Sexual Abuse Treatment Program 2-1/2 years ago. She had been sexually abused by her uncle from the time she was seven until her teenage years, only ending when she gathered the courage to tell her family about it. The trauma did not end when the abuse stopped. Lily's pain was compounded by the silence within her family over her experience.

Lily continued to feel like a victim, powerless to manage her own life, never mind dream about a future. Instead, depression and posttraumatic stress symptoms were taking over and making it hard for her to function socially. Lily rarely left her house and had few interests. She turned to drugs to dull the pain.

Lily's mother called the SATP to learn more, and encouraged Lily to attend. Once she committed to attending therapy, Lily found it provided her with a safe place to express her feelings and receive the support she needed to grow and heal. Soon, she began experiencing healing insights. It was the first time she ever felt understood and accepted.

Now 22, Lily no longer isolates herself. She socializes with friends again, and, for the first time in her life, she is building strong, healthy relationships with others. Her days are full, working part-time and pursuing a degree in a field for which she has a real passion. She no longer uses drugs to cope with the abuse. Best of all, Lily is hopeful about her future.

\* Name has been changed.

“The SATP has taught me to see myself as a survivor and that it is never too late to recover from abuse and to take charge of your life.”  
Lily



## Moving Forward

Trust. It is the foundation of every important relationship we have in life. It is no different in the professional relationship between a Knowles Centre client and his or her clinical therapist. Only when trust exists can a client feel comfortable opening up about his or her experiences, fears, and dreams for the future, and this is when healing and wellness begins.

Preserving positive client-therapist relationships was the impetus behind the development of Knowles Centre's MOVING FORWARD program in July 2016. The therapeutic counselling program specializes in working with youth who are living in care and their families and caregivers. The program is also supported by Dr. Casiano, Knowles Centre's consulting psychiatrist.

The program was originally created to help support clients who had moved on from other Knowles Centre programs. Maintaining a consistent therapist during the youth's transition to a new placement or return home is important to support youth success. Soon it became clear that other youth in CFS care could benefit from the program, and MOVING FORWARD was expanded. To date, the program has worked with nine youth in total.

Fred\* has been part of Knowles Centre for more than two years, first in the Group Care program, and later in the SAIL program. Her clinical therapist Shirin has been a constant support during this time. Smiling, Fred says, "It makes me happy, I didn't have to talk to someone else." Living in care is difficult for youth who witness staff come in and out of their lives regularly. Fred reflects, "It is hard to trust new people; they can be very untrustworthy. Shirin is different, explains Fred. "She is a person everyone needs in their life."

\* Name has been changed.



Shirin's dog Muffin joins the sessions most days, and works to provide a calming influence



## Biimautaziwin Program

*Knowles Centre believes that Aboriginal youth and their families have an inherent right to practice their culture and traditional healing methods to obtain holistic health and wellness. Through the Biimautaziwin Aboriginal Cultural Program, clients are assisted in their exploration of all aspects of Aboriginal culture so they may develop and maintain self-esteem and self-identity.*

*The voluntary program is open to all children and youth receiving services from Knowles Centre but was established primarily for the 60 to 70 percent of clients who are of Aboriginal descent. However, everyone is encouraged to participate and benefit from the teachings provided.*

The Indigenous People of Canada currently face an identity crisis arising from multiple factors. For many, negative stereotypes rush in to fill this void instead of their ancestor's proud identity. Never learning or being denied the opportunity to learn the truth of their past helps perpetuate this crisis. The *way of life* (or in Ojibwe language, *Biimautaziwin*) that sustained Indigenous people since time immemorial was prohibited for generations, disconnecting the Anishanaabe from their essential ways. Even today, such values, knowledge and wisdom that make each individual unique are often feared and discredited. Added to this, modern distractions continue to keep individuals from living their true self, and introspection, patience and commitment are made more difficult. To begin to address this, we must retrace the footsteps of our ancestors, and re-blaze a path that leads us back to our *way of life*. Knowles Centre's *Biimautaziwin* Program is committed to be a part of this healing and change.

The *Biimautaziwin* Program continues to assist Indigenous youth reclaim their true identity. This is accomplished through sharing and teaching circles, drumming, sweat lodge ceremonies, sacred fires, crafts and spending time on the land. We believe supporting youth to experience rites of passage ceremonies plays a large role in helping forge identity.

During the months there are no community ceremonies or gatherings we facilitate healing ceremonies on-site to fill in the gaps. Following a recent healing ceremony, a young man left feeling happy, proud and excited for the future for the first time in his life, emotions carried to him through the heartbeat of the sacred drum. Experiences like this are vital in the restoration of young lives and must always be part of programming. We are grateful to the Graham C. Lount Family Foundation for sharing this belief and helping to make healing ceremonies possible.

As well, this past fall we enclosed our sweat lodge in a shelter that makes it possible for it to be used to hold sweats in any kind of weather. Thanks to the Graham C. Lount Family Foundation, Winnipeg Foundation, and an anonymous donor for making this happen.

Thank you to all who supported our Indigenous youth in their journey towards health and balance. Together we can create a brighter future.

*Meegwetch!*



## Culinary Arts Program

The Culinary Arts program, offered in partnership with River East Transcona School Division's John G. Stewart School, continued to excel in 2017/18. In fact, the program was pleased to boast of a growth spurt, moving from four to ten full- and part-time students over the past year.

At the core of the program, students combine culinary arts training with academic learning, enabling them to earn credits toward graduation. Along the way, students also gain valuable employment skills like teamwork, responsibility, customer service, and self-confidence.

Highlights from the past 12 months included helping prepare and serve at the Manitoba Healthy School's Canteen and Cafeteria Steering Committee luncheon, Red River College's Child and Youth Care graduation reception, Munroe Junior High's luncheon, Polar Bear Lunch, various Knowles Centre happenings, and more. As well, students fulfilled several orders for hundreds of pieces of bannock for local high schools—a great experience in recipe planning and coordination.

Students also contributed to various community events, not only building on their knowledge of the hospitality industry, but instilling both pride and humility through giving back. They were proud to assist evacuees from last summer's northern forest fires billeted at the RBC Convention Centre, serve at the Jets Gala Fundraising Dinner, and work at WE Day concessions.

Still, Students were keen to take part in John G. Stewart School activities with their peers. One of the most fun was entering four creations in the car design and racing competition. The wiener mobile and racing guitar we definite hits!

Even as the end of the year nears, Culinary Arts students are still busy in the kitchen and the community. Many students parlayed their experiences into paid work with Bell MTS Centre concessions during the NHL playoffs.

*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.*



# Awards



## Vicki Whitehead Memorial Award

Vicki Whitehead was the Supervisor of Unit 1 and an adamant supporter of Aboriginal cultural programming at Knowles Centre. Sadly, 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 Aboriginal culture.

In 2017/18, the award was presented to **Maria A.**, who has been dependable, dedicated and courageous in her pursuit of learning the traditional songs of her ancestors. Maria is often the first in the group to try a new song and persists until it's done right. Her courage allows her to sing in front of large groups and her peers, and to help teach younger students from other schools.



## 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 **Kaydence C.** who has worked hard to learn to play piano through lessons and diligent practice. She has committed many songs to memory, including Adele and Evanescence, often with only one day of practice!

## Education Awards

High school can be a difficult period for many. It can be even more challenging for a youth in the Day Treatment and Group Care programs and who is transitioning back to a community school from the specialized environment of John G. Stewart School. High school and university can also be very 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 Education Awards for 2017/2018:

Veydtt M., Group Care Program  
Tyrone B., SAIL Program  
Melissa H., SAIL Program  
Arianna S., SAIL Program

Cassié M., Group Care Program  
Duran F., SAIL Program  
Kaylee L., SAIL Program  
One anonymous student, SAIL Program

Shaelyn B., Group Care Program  
Matthew G., SAIL Program  
Cheyanne M., SAIL Program

Congratulations to all our students!



## The Justice Jim Smith Memorial Award

The Knowles Centre Board of Directors established the Justice Jim Smith Memorial Award in 2001. Jim Smith was not only a long-time member of the Board but a well-respected and caring individual in the community. The award is presented to a graduating Child and Youth Care student at Red River College 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 **Cynthia Giesbrecht**. Knowles Centre was fortunate to have hosted Cynthia for two practicum placements; and she also completed a practicum placement at John G Stewart School.



## Arthur E. Prior Memorial Scholarship Fund

The Board of Directors established the Arthur E. Prior Memorial Scholarship Fund in 1987 to assist former clients of Knowles Centre in pursuit of continuing education. The endowed fund was created with a bequest from the estate of Arthur E. Prior.

The Arthur E. Prior Scholarship Committee approved one scholarship in 2017/2018. Congratulations to **Jamye Lovering** who is completing the ECE III Management Program at Assiniboine Community College.



## Fundraising Report

Knowles Centre was again overwhelmed with the support of the community over the past year. Every gift helped to change the lives of the youth we serve and set them on a path to a better future. This year we were able to do so much!

Thanks to **The Winnipeg Foundation** and the **Graham C. Lount Family Foundation**, we completed the sweat lodge shelter that allows our Biimautaziwin Aboriginal Cultural Program to hold sweats year round. The Lount Foundation also supported the *Ogokiinooniwin* 13 Moons of Healing Ceremonies.

With the help of **Vickar Community Chevrolet**, we purchased a van for our Group Care Treatment Program that is needed to provide reliable transportation for client appointments and activities. The program also purchased walkie-talkies to improve communications between staff in the units and on grounds, thanks to the support from **La Capitale Financial Group**.

A grant from the **United Way of Winnipeg's** Essential Needs Fund (supported by the **Richardson Family Foundation**) made it possible for our SAIL program to install security cameras around its client apartment buildings. Keeping clients and staff safe is vital to the program. We also were able to install a new boiler in one of the buildings thanks to contributions from the **Fort Garry Rotary Club**, **The Pollard Family Foundation**, **Manitoba Real Estate Association Shelter Fund**, **Thomas Sill Foundation**, **Manitoba Community Places program**, and the **Steinbach Credit Union**.

Our camp in the Whiteshell Park Provincial acquired new paddle boards and board games to add to the fun. This was made possible thanks to the **Kiwanis Club of Winnipeg**.

Youth enjoyed more and new recreation activities thanks to the **Winnipeg Boys and Girls Club of Winnipeg** through the **Winnipeg Foundation's Youth in Philanthropy** program.

The 8th Annual Croquet Classic on September 7, 2017 at Fort Gibraltar in Whittier Park was an incredible day. Thanks to our sponsors and participants for making the event a success by participating in our raffles and Alice in Wonderland themed games. The event raised over \$15,000 for our programs and services.

Youth also experienced the best of Winnipeg through donations of event tickets for attractions like the Winnipeg Blue Bombers, Winnipeg Jets, Winnipeg Goldeyes, Manitoba Moose games, and Rainbow Stage.

On behalf of the Board of Directors, staff and youth at Knowles Centre, thank you to all the individuals, businesses, and foundations for your continued support. You make life better for so many.



Congratulations!  
@kathleen

Way to go  
class of 2018!!  
- Kathleen

# Congratulations

CLASS OF 2018

## SAIL STUDENTS

6 HIGH SCHOOL GRADUATES! • 2 POST-SECONDARY STUDENTS!  
YOU HELPED MAKE 2018 A RECORD YEAR FOR SAIL STUDENT SUCCESS!

Congratulations, good luck in your  
future! Know you'll do great things!

- Leahy



Great job to all of you.  
I knew you could do it.  
Sincerely,  
Lec. mistelbacher



Great Job everyone!  
Kim Sauckel

Hey you did it.  
Your future is so  
bright. Jacqui Lima



Great Job! Congrats!  
- Jay

Congratulations! You can achieve  
anything you want in life. All you  
have to do is believe in yourself.

- Bridget -



Congratulations!  
Good luck in your next adventures.  
- Kendall



Congratulations on  
achieving a great  
milestone. Here's  
wishing you many  
more successes in  
the future!  
Dawn

Congratulations on your  
graduation! You made it!

- Greg

Congratulations Graduates  
YOU DID IT!

- Randi



Congratulations! I know it was  
hard to get here. Great job!  
- Corene

Way to go!  
Kaula

### Way to go:

Tyrone B. • Duran F. • Matthew G. • Melissa H. • Kaylee L.  
Cheyanne M. • Arianna S. • One anonymous student





## **KNOWLES CENTRE INC.**

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

2065 Henderson Highway  
Winnipeg, Manitoba R2G 1P7  
Telephone: (204) 339-1951 • Fax (204) 334-4173  
[www.knowlescentre.org](http://www.knowlescentre.org)