



KNOWLES CENTRE INC.

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

INSIGHTS

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An inside look at the programs and services of Knowles Centre Inc.

Knowles Centre and RETSD host self-esteem camp

Self-esteem is something we all struggle with, no matter our age, gender, or background. We are often made to believe that we should look and feel a certain way. The reality is that media and societally imposed ideals are often unrealistic and ultimately detrimental to our growth as individuals. Having positive self-esteem is something that takes practice, hard work, and nearly as much maintenance as the latest hairstyle.

This summer, Knowles Centre opened its camp to a new opportunity to raise awareness on issues

surrounding self-esteem. For one week, staff members from our Recreation and *Biimautaziwin* programs, along with the River East Transcona School Division's community programming coordinator for youth Pam Jansen and her team offered a Self-Esteem Camp for youth. The goal was to shed light not only on self-esteem, but also inner beauty, healthy relationships, goal setting, and life dreams.

The activities were varied and meaningful. Together, the group defined self-esteem. From this, each person created a burn box to contain negative self-talk and discriminative stereotypes that were later destroyed in the fire. A spa day celebrated inner beauty, and dispelled need for beauty products that marketers tell us we need to feel beautiful or handsome. Role playing and skits helped to identify healthy versus unhealthy interpersonal relationships. This was reinforced on a trip to the Whiteshell Petroforms with Knowledge Keepers Mary Maytwayashing and Troy Fontaine who shared teachings on healthy relationships with the land, one another as people, and with the Creator. To wrap up the camp, each person designed a vision board of his or her hopes and goals for the future, and we released Chinese lanterns to give flight to our dreams in life.

The experience was positive for both clients and staff from both Knowles Centre and RETSD. The collaboration and scenic camp environment made it even better. All hope to make this an annual event.



*Story and photo contributed by Alix Richards,
Recreation Supervisor*

Biimautaziwin program welcomes female cultural advisor

Mary Maytwayashing, BSW, joined Knowles Centre's *Biimautaziwin* Program in July 2015 as an indigenous cultural and spiritual advisor. Mary will work mainly with female clients in our Group Care program.

The *Biimautaziwin* Program was established in 1997 to assist clients in their exploration of Aboriginal culture. Through the program, which is open to all, clients build their self-identity and self-esteem. The program has been successful over the years, although boys have tended to embrace it more than girls.

Mary, an experienced and respected ceremony leader, knowledge keeper, mother and grandmother from Dog Creek/Lake Manitoba First Nation, explains that males and females have distinctive roles within traditional Aboriginal culture. Although the roles are different, both are valued and contribute to a balanced and healthy community.

As the giver of life, females have a special role with children and

home life according to the natural laws and seven teachings of our ancestors, says Mary. By instilling a sense of identity as strong females, and helping the girls to understand their connection to all the elements of life, Mary hopes to help the girls to feel good about who they are. No one can have a positive relationship with the spirits, the earth, or other people until they can love themselves, says Mary.

Mary will centre her work with the girls around these beliefs. For example, Mary will lead some ceremonies, such as the Full Moon Ceremony. Here, women honour and seek guidance from Grandmother Moon, as well as receive healing and balancing energy.

As well, Mary hopes to connect the girls with the land and spending time together in other environments where the girls can feel safe to accept teachings, share their own thoughts, and seek to heal their own spirits.

Mary knows it will not be easy. Many of the girls have faced challenges in their lives that have



weakened their spirits. Still, she has faith that the girls can heal to become the best they can be.

Mary has extensive experience teaching, leading, and mentoring individuals and groups in school settings, with CFS agencies, in the corrections system, and treatment centres, and within her own community. Knowles Centre is pleased that Mary has joined us.

Better opportunities for youth begin at the finish line at the **Fort Garry Rotary Half Marathon and 5k Fun Run**

A big **THANK YOU** to the Fort Garry Rotary Club for hosting the 4th Annual Half Marathon and new Fun Run on Sunday, September 20.

More than 200 runners completed the scenic Half Marathon through south Winnipeg or the Fun Run at St. Vital Park.



Proceeds from the event support vocational programs at Knowles Centre that help youth prepare for the future.

Special thanks to all the sponsors and volunteers, participants and families, and especially members of the Fort Garry Rotary Club.

U of M recreation students lead kids on a canoe trip of a lifetime



In August 2015 we left on a 5 day canoe trip in Quetico national park in Ontario. We stayed at a lodge the first night then took off on the lake. We spent 3 days out in the park then paddled back to the lodge. During the time we spent in the park we had to survive, cook our own meals and sleep in tents. We spent all day paddling to find a camp site and to switch lakes we had to carry the canoes, that is called "portaging". I learned from one of the university students Jeremy how to tie a fishing knot and caught my first fish but

it was a huge jack fish that couldn't go in the canoe. Some of the animals we seen were a huge turtle, eagles and we thought we heard a bear but it was just Jay in his hammock. ~KS

It was a lot of fun and I had a whole bunch of fun with everybody. My favorite part was coming back (to the lodge) cause it was wavy but the hardest part was portaging. The easiest part was making the fire. I'd definitely do it again. ~DS

Knowles Centre therapist Liz Carlson takes part in Walk for Reconciliation

Along with thousands of Canadians, Knowles Therapist Liz Carlson attended the Walk for Reconciliation from Gatineau to Ottawa on May 31, 2015.

The walk to open the closing ceremonies of the Truth and Reconciliation Commission (TRC) of Canada was designed to "transform and renew the very essence of relationships among Aboriginal peoples and all Canadians."



During the closing event, the TRC released important documents containing their

summary report, calls to action, and recommendations for Canada, which can be found at www.trc.ca.

In addition to her work with

youth, Liz and cultural coordinator Troy Fontaine developed and presented a series of information sessions to staff and foster parents on the effects of colonialism and intergenerational trauma.



"This is a significant act, an important beginning on the path to reconciliation," said TRC chair Justice Murray Sinclair. "Each person that attends, every step that they take, is a step forward that moves us toward a shared future and a better tomorrow."

75 years since Knowles School welcomed evacuees from Battle of Britain

In July 1940, 75 years ago, the Battle of Britain began. Nazi forces took to the skies in an attempt to achieve air superiority over the Royal Air Force. During the sustained air raids, more than 6,000 people were killed. When possible, families escaped to the countryside. Others could only send their children away to the care of strangers in a desperate bid to keep them safe.

On September 3, 1940, nine of these evacuees arrived at the Knowles School for Boys. Among them were Harry Collins, 11, and his younger brother Bill, 9, from Stockport, England. This marked the beginning of a new chapter in the history of Knowles Centre, and a life-altering experience for Harry.

Harry, who had been born during the depression and raised in a tough, working class neighborhood, brought little to Canada except his fighting spirit. Over the next five years, the boys would alternate

between local foster families and the Knowles School. During this time, Harry grew from an angry youth prone to finding trouble, to a wise and capable young man. He and Bill returned to their family in 1944.

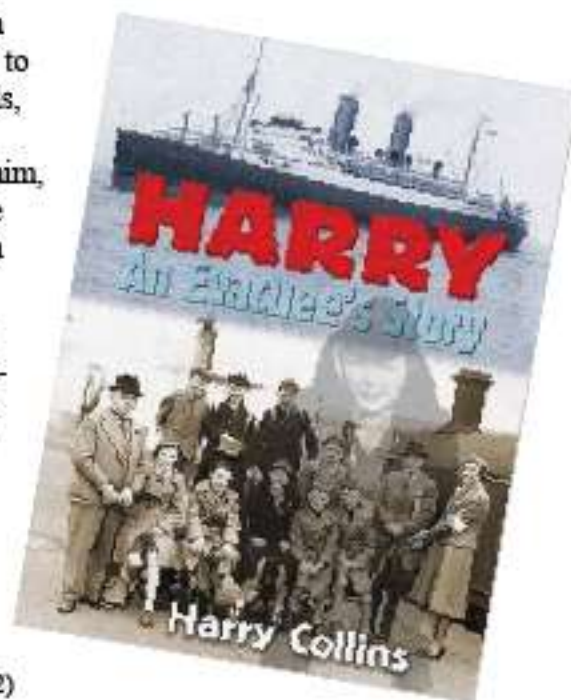
Harry has never lost touch with Knowles Centre. He has returned to visit us often, and regularly emails, writes and calls. He has become legend among the boys that met him, and a testament to the importance of helping youth to find their own strengths.

In 2001, he published, "Harry: An Evacuee's Story." It is an honest account of his coming of age, set against the backdrop of Winnipeg during World War II, yet also foretells the experiences of many of the boys with Knowles Centre today.

Readers are encouraged to request a copy (ISBN 1-903953-02-2) through their local library or book-

seller or Woodfield Publishing.

Everyone at Knowles Centre joins together to wish Harry a very happy 86th birthday on September 4th!



MENTAL HEALTH FIRST AID TRAINING For Adults Who Interact With Youth

Are you ready to assist a young person facing a mental health crisis?

Knowles Centre's experienced and certified facilitators are available to lead your group through a two-day workshop. Here, you will learn to assist youth aged 12 - 24 facing:

- Substance use disorders
- Mood disorders
- Anxiety disorders
- Psychotic disorders
- Eating disorders
- Deliberate self injury

Crisis first aid skills for the following situations:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode

Presented by:



Program developed by:



Contact us at:

(204) 339-1951 or info@knowlescentre.org

to book your training or for more information

Knowles Centre 2015 Croquet Classic a Success!



Knowles Centre hosted its 6th annual Charity Croquet Classic on Tuesday, August 18 at the beautiful and historic Fort Gibraltar in Winnipeg. The day was a perfect blend of beautiful weather, exciting prizes, great food, and tons of fun!

Fifteen teams competed against each other in three games for a spot in the final championship game. Congratulations to top winners: 1st: Oxygen Technical Services; 2nd: Team Brennan; and 3rd: Knowles Centre Management.

Thanks to the generous contributions of donors and supporters, and the participation of all our players, Knowles Centre raised over \$7,000. Funds will be used to support infrastructure projects that make Knowles Centre a better place for young people.

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Staff News

Congratulations to **Nikki Spigelman**, Clinical Case Manager, Treatment Foster Care Program. Nikki (left) was honoured by the Jewish Federation of Winnipeg with the Shem Tov Award for her long-time volunteer efforts with the Gwen Sector Creative Living Centre Inc., a local senior centre that helps older adults to maintain their well-being through a variety of programs.



TFC Director **Andrea McKenzie** received an Ally Award from the Aboriginal Social Worker's Society of Manitoba. The annual award recognizes contributions of non-Aboriginal people who have supported the vision and values that the Society holds. To best assist the many Aboriginal children placed in non-Aboriginal homes, Knowles Centre's TFC program offers foster parents workshops on Aboriginal culture. This helps ensure that the children can remain connected with their culture.

Paula DaCosta received the Manitoba Youth Care Worker of the Year Award from the Child and Youth Care Workers' Association of Manitoba for her work with students at John G. Stewart School (RETSD) located on the grounds of Knowles Centre. The two organizations work closely to provide a supportive living and learning environment for Knowles Centre clients.

Welcome to **Ginette Poirier**, Bus Admin, HR Mgmt Cert, Fundamentals of FR Cert, who joined Knowles Centre in June as the Manager of Development. Ginette brings several years' successful fundraising experience in a youth-serving organization. We are pleased to have her on board!

Welcome to **Shirin Riahi**, BA, MCP, who joined Knowles Centre in August as a Clinical Therapist with the Group Care Treatment Program. Shirin has a diverse professional background that includes individual and group counselling, advocacy, and front line work with at-risk and street-involved youth, immigrant women, and youth facing eating disorders. She has trained and worked in both Manitoba and BC, and is now excited to focus on working with the young people at Knowles Centre.

Welcome to **Paula Moynihan**, BA, who joined Knowles Centre in September as a Case Manager in the SAIL Program. Paula brings extensive experience helping young people to reach their full potential in a variety of programs. Paula is very excited to join the SAIL Program and looks forward to working with clients as they make their transition from care to community.

U of M support helped ensure canoe trip could set sail

Special thanks to the University of Manitoba for a donation of \$6,000 toward the cost of the canoe trip (see story on Page 3).

Kiera Ladner from the U of M's Mamawipawin Research Space was essential in making our trip possible along with Dr. Jay Johnson, the primary organizer.

Students Jody Sie, Jeremy Botelho and Clay Scheller, were huge supporters and advocates for the kids.



Insights is published by:



KNOWLES CENTRE INC.

2065 Henderson Highway
Winnipeg, Manitoba, Canada
R2G 1P7

Telephone: (204) 339-1951
Fax: (204) 334-4173
Email: info@knowlescentre.org
Web: www.knowlescentre.org

Comments, suggestions and inquiries are welcome.