



Dear IKWE  
Thank you so much you helped me  
my mom, and my siblings.  
My mom mostly have  
a smile on her face,  
and all the pain she  
had, went away.  
The people I met  
here were so  
kind, workers and  
cook too. (It was  
fun talking to her)  
Also I really liked  
the school, my  
little sis she learned  
a lot!!  
Now my little family  
feels freedom and safe  
Thank you a lot  
IKWE  
Mn



# Annual Report

2020-2021



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# Agenda



Opening Prayer, Elder Carolyn Moar

**1:00 P.M.** Opening and welcome remarks

**1:05 P.M.** Message from Priscilla Sternat McIvor, Director

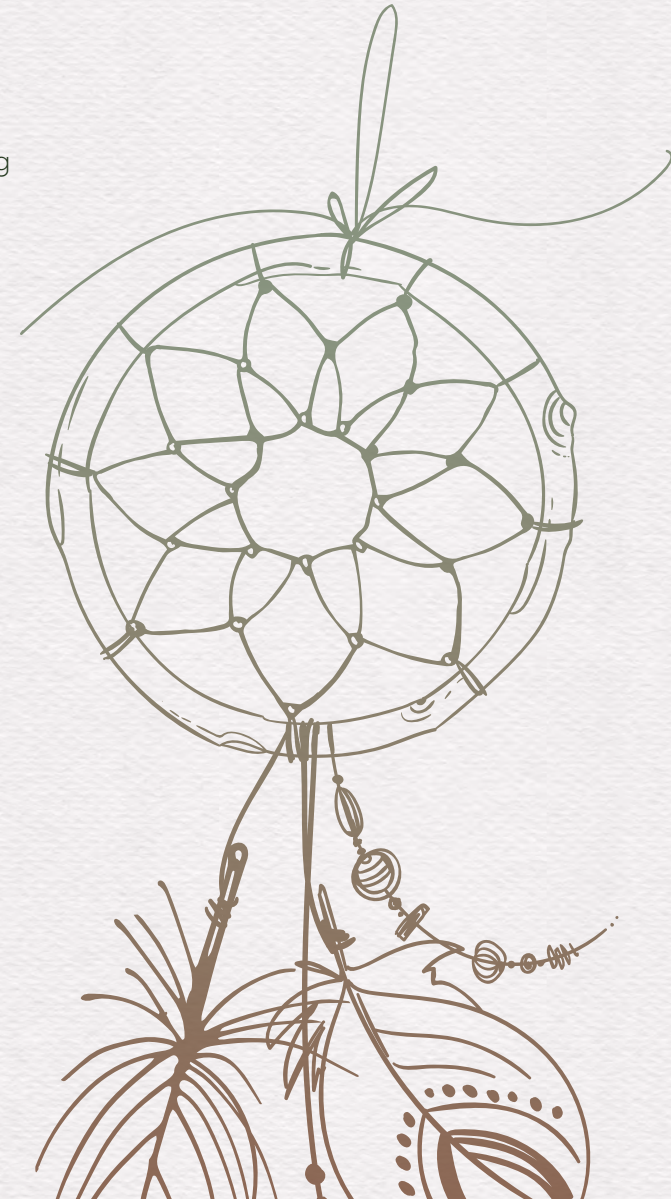
**1:10 P.M.** Keynote Speaker – Carolyn Moar

**1:30 P.M.** Business Meeting:

- Call to order of 2020/2021 Annual General Meeting
- Adoption of the 2019/2020 Minutes
- Adoption of the President's Report
- Adoption of the Executive Director's Report
- Auditor's Report
- Appointment of the Auditor
- By-law Amendments
- Nomination Committee Report
- Whistleblower Act Report

**1:55 P.M.** Closing Remarks and Adjournment of the Meeting

**2:00 P.M.** Closing prayer, Elder Carolyn Moar







# President's Message

I would like to acknowledge that we are in Treaty 1 Territory, the traditional lands of the Anishinaabe, Cree and Dakota as well as the birthplace of the Metis Nation and Heart of the Metis Homeland.

On behalf of the Board of Directors of Ikwe-Widdjiitwin, Inc. I would like to welcome you all to our 34th Annual General Meeting. Thank you for joining us as we celebrate another successful year.

This past year brought community organizations together to ensure that our community was cared for, loved and nurtured during this pandemic. We saw an increase in domestic violence as our Province and most of the World were told to stay home. Staff worked vigilantly to provide life saving support and services throughout this past year and during these unknown times. Our shelter remained open during the entire duration of the pandemic, pandemic planning was put in place so that our families and their safety always remained the priority. I would like to thank the staff and Management team of Ikwe for their continued efforts and support especially during these trying times, your hard work, commitment and effort never goes unnoticed.







Ikwe returned to our “home” space in November of this past year after our shelter renovations were complete. We would like to thank PCL Construction, FT3 Consultants and Manitoba Housing for the work that was done and for the addition of our stroller parking lot, our bedbug room, massive upgrades to our transitional housing units and for commissioning the beautiful mural that encompasses our dining room. Thank you, Jackie Traverse for listening and hearing what our vision was and for brining it to life, our dining room is the focal point of our shelter and you have created a mural that speaks to every woman and child who enters this space.

Thank you to the Family Violence Prevention Program, Employment and Income Assistance, End Homelessness Winnipeg and Manitoba Housing for all their continuous support they provide to Ikwe and the families we serve. Thank you to our donors, we are grateful for the contributions to our women and children’s needs, we value what you continue to do endlessly. Your donations whether they are service-related product donations or monetary have and continue to immensely help many of the families and have a positive impact on everyone.

I would like to thank my co-board members for their hard work, time and commitment over the past year. I am proud of the work we accomplish together and for collaborating to always ensure we are supporting the organization and most importantly the families who access Ikwe’s safety and support services.

In closing, I would like to thank everyone who has joined us today, it truly takes a village to do the work that is being done and we are so thankful that you are a part of our village.

**Tracy Sanderson**  
**President**





# Executive Director's Message

I would like to extend a very warm welcome to everyone, thank you for joining us at Ikwe's 34th Annual General Meeting. I would like to acknowledge that we are in Treaty 1 Territory, the traditional lands of the Anishinaabe, Cree and Dakota as well as the birthplace of the Metis Nation and Heart of the Metis Homeland.

Navigating this past year in a pandemic was challenging and scary at times with so many unknowns, we needed to ensure the safety of women and children fleeing domestic and family violence was always the focus. Thank you to all the staff of Ikwe for coming together and making these families a priority during a time that was new to all of us, for working tirelessly to ensure the health and well being of others and for never wavering when it came to the heart medicine work that needed to be done. Ikwe Widdjiitiwin Inc translates into "Women Helping Women", this past year it was an absolute honour to watch this wording in motion, thank you to every staff member for giving all you had.

Thank you to Women's Shelters Canada, Indigenous Services Canada and the Province of Manitoba's, Safe at Home Grant funding for your Covid-19 financial aid and support. Through these funds we were able to purchase additional PPE for shelter staff and families. We were able to purchase tablets to ensure that counselling could still take place even if someone were in isolation, laptops to support our women to continue with their housing searches and to connect with their families in a safe way, furniture kits for families we successfully housed and food and basic needs kits to support families with school age children at home while schools were closed. We were able to purchase smart tv's for all our family rooms allowing families to spend time together within the shelter while navigating living within a congregate living environment during a pandemic. We were able to purchase additional cleaning supplies to ensure that the shelter was always sanitized and clean to prevent the spread of Covid-19. With this support we were able to bring on a full time Janitorial/Maintenance staff





member as additional support to staff and to the maintenance and cleaning of the shelter until the end of September 2021. The children in shelter were all provided with age-appropriate activity kits that again supported staying inside the shelter and maintaining social distancing between all the families.

Thank you to Ikwe's board of directors for always being supportive and available, for offering your gifts, knowledge and expertise and for your time and commitment to creating a better tomorrow for every woman and child who comes to Ikwe.

Thank you to the Family Violence Prevention Program for your ongoing support and funding. We value and appreciate all that you do for Ikwe and for the families we work with who honour us with their journeys.

**Miigwech,**  
**Kim Fontaine**  
**Executive Director**





# Board of Directors

**Tracy Sanderson**, President  
**Karen Beaudin**, Vice- President  
**Priscilla Sternat McIvor**, Director  
**Dorothy Rokovetsky**, Director  
**Joanne Green**, Director  
**Carolyn Moar**, Ikwe Elder

We would also like to acknowledge the services of staff that have left us this past year and wish them well in their future endeavours:

**Chelsea Rodych Blackhawk**,  
Receptionist  
**Tara Campbell**,  
Resident Support Worker  
**Tiarra LaPlante**,  
Resident Support Worker/  
Receptionist  
**Kyra De La Ronde**,  
Resident Support Worker

# Our Staff

## Management

**Kim Fontaine**,  
Executive Director

**Joyce Blackhawk**,  
Finance Officer

**Melvina Swampy**,  
Administration Officer

## Follow-up/Interim Housing

**Charlene Ouellette**,  
Follow-up Worker

**Carly Dickey**,  
Follow-up Worker

## Crisis Program

**Doreen Murdoch**,  
Resident Support Worker

**Tracy Fontaine**,  
Resident Support Worker

**Diane Morriseau**,  
Resident Support Worker

**Myrna Kaminawaish**,  
Resident Support Worker

**Sheila Sinclair**,  
Resident Support Worker

**Shannon Myers**,  
Resident Support Worker

**Karen Campbell**,  
Resident Support Worker

**Krista Stacey**,  
Resident Support Worker

**Pamela Ryder**,  
Resident Support Worker

**Tahnee Flett**,  
Resident Support Worker

**Rhonda Abraham**,  
Resident Support Worker

**Tara Fontaine**,  
Resident Support Worker

**Chantal Bear**,  
Resident Support Worker

**Alyssa McGregor**,  
Resident Support Worker

**Amanda Myers**,  
Children Support Worker

**Kelsie Sanderson**,  
Housing Support Worker

**Rochelle Drury**,  
Resident Support Worker

**Melissa Budden**,  
Resident Support Worker/  
PT Housing





# Values & Beliefs

**Culture:** Our work Supports the preservation and restoration of our First Nations cultures. We offer opportunities to be served in our Indigenous languages. We respect who we are and feel at home in our culture. We are inclusive and affirming of all cultures.

**Respect:** We will be open-minded and mindful of others and their needs, beliefs, values and ideas. We will ask, not assume and listen to the answers. We embrace client-centered approaches and support the power of the family. We act with humility, dignity and fairness. We will find our voices and help others find theirs. We will speak out with the women and children and let ideas and concerns be heard. We will act with confidence and take on new challenges, even when it is very difficult. We will ask for help when we need it. We understand and honour the different roles we play.

**Integrity:** We will practice transparency and dependability and do what we say we will do. We will hold ourselves as individuals and as an organization to a high standard. We will seek understanding and knowledge and refrain from judgement and jumping to conclusions. We will use information thoughtfully and think about the long and short term effects of our actions. We will maintain the privacy of clients and the confidentiality of client files.

**Compassion:** We will work to strengthen each individual's ability to hold themselves in esteem; to nurture and care for themselves, their families and others. We will continue to find our path as individuals so that we can be respectful helpers of others. We are mindful of professional boundaries. We will be perceptive of and sensitive to the effects of our work on ourselves, our colleagues and the women and children we serve. We will seek balance in our lives and our work. We will build our values into all of our work. We will create an environment that looks, feels and sounds safe, warm and welcoming.

## Mission

To Support Indigenous women and their children end family violence, by offering shelter during crisis and nurturing hope, change and empowerment for tomorrow.

## Vision

Families finding peaceful solutions together.



# Service Principles



The Service Principles guide all of our work and reflect the wisdom of our Elders.

## Physical

We strive to empower abused Indigenous women by providing and caring for her particular immediate physical need wherever possible including safety, shelter, accommodation, medical care, and emergency provision such as food and clothing for her and her children. She will be guided to establish on-going safety or personal protection plans for her specific situation.

## Mental

We strive to empower abused Indigenous women to her fullest cognitive capacity, enabling her to assess and plan an independent future with clarity, strength and hope. As advocates we shall nurture self-care as prerequisites to self-respect and a strong sense of self-worth. We provide encouragement, that she may assume courage and determination in working towards her own personal vision of empowerment. We endeavour to do this through education, referrals to other services and counselling. We believe that intellectual understanding of her victimization as a partner and the effects of colonization as an Indigenous person will provide personal and historical insight enabling her to shed low self-worth and the deleterious effects of physical, mental, emotional and spiritual abuse

## Spiritual

We strive to empower abused Indigenous women at her level of need, awareness and experience with the spiritual life power, strength and truth available from knowing the Great Spirit in a personal sacred manner; respecting inner illumination as dynamic over religious doctrines and dogmas. Spiritual counselling (Christian, Indigenous spirituality, etc.) and the use of the power of prayer as taught by our Elders during crisis, dysfunction, death, divorce, grief, trauma and illness is and always has been a support base to our meaningful and vital existence. We recognize, encourage and promote the full use of the spiritual gifts attained when in unity and immersion with the Great Spirit. We Support our sisters in accessing all forms of empowerment, not disregarding the greatest avenues of empowerment obtained in union with the great Spirit. Through the avenues of charity and love, we strive to enable abused women to rediscover self-worth and self-esteem.





## Emotional

We strive to empower abused Indigenous women by helping her restore her positive emotional well-being. We offer caring, sharing, listening and understanding in an environment of unconditional support and advocacy. By linking her to her Indigenous community sisterhood, offering counselling, practical help, acceptance and a respectful attitude without prejudice or judgement, we foster emotional healing from the scars of abuse that can last a lifetime.

**It is our belief that each of these four aspects of humanity is incomplete without the other. The goal of using the traditional four directions of empowerment is wholeness.**







# Ikwe-Widdjiitiwin Inc.

33rd Annual General Meeting

Zoom Virtual Conference Call

September 30, 2020

## Board Members in Attendance:

Tracy Sanderson – Vice President  
Priscilla Sternat-McIvor – Director  
Carolyn Moar - Director

## Board Member Regrets:

Karen Beaudin - President

## Board Member Absent:

### Staff:

Kim Fontaine, Executive Director  
Joyce Blackhawk, Finance Officer  
Melvina Swampy, Administration Officer  
Kelsie Sanderson, Housing Officer  
Charlene Ouellette, Follow-up/  
Interim Housing Support Worker  
Carly Dickey, Follow-up/  
Interim Housing Support Worker

## Guests:

Darlene Proctor, Kristy Hepples, Monika Kapoor, Deena Brock,  
Donny Zookhan-Wyke, Alexandra Beasse, Tanis Wheeler, Marlene,  
Valencia, Rachida, Mary, Marilyn, Jessica, Santana, Alex, Judith  
Hughes, Moyra Kern, Karine Penman, Laura Ateah

## Opening Remarks:

Tracy Sanderson – Vice President

## Opening Prayer:

Carolyn Moar - Director

## Message from:

Tracy Sanderson – Vice President

## Keynote Speaker:

Eva Wilson – Fontaine  
Anish Corporation, Nurturing the Spirit Program

Eva is from the Peguis First Nation. Formerly a long-standing board member of Ikwe, she is the co-founder of Amik.ca and a Team Leader with Anish Corporation.



**Meeting called to order at 1:33 pm**

**1. Adoption of Agenda:** Sept 30, 2020  
**Motion 1:** Motion to adopt agenda as presented 2019/2020  
**Moved by:** Priscilla Sternat-McIvor  
**Seconded by:** Carolyn Moar  
**CARRIED**

**2. Adoption and Ratification of AGM minutes for 2019**  
**Motion 2:** Motion to adopt the Sept 26, 2019 AGM minutes as presented  
**Moved by:** Priscilla Sternat-McIvor  
**Seconded by:** Carolyn Moar  
**CARRIED**

**3. Adoption of the President's Report:**  
**Motion 3:** Motion to adopt President's Report as presented  
**Moved by:** Kelsie Sanderson  
**Seconded by:** Priscilla Sternat-McIvor  
**CARRIED**

**4. Adoption of the ED report**  
**Motion 4:** Motion to adopt ED report as presented  
**Moved by:** Priscilla Sternat-McIvor  
**Seconded by:** Carolyn Moar  
**CARRIED**



**Signature**

**5. Auditor's Report:**  
Presented by Darlene Proctor  
**Motion 5:** Motion to accept the Auditor's report as presented for 2019/2020  
**Moved by:** Priscilla Sternat-McIvor  
**Seconded by:** Carolyn Moar  
**CARRIED**

**6. Appointment of the Auditor:**  
**Motion 6:** Motion to appoint Darlene Proctor of Thornton and Co. for the 2020/2021 fiscal year  
**Moved by:** Deena Brock  
**Seconded by:** Alexandra Beasse  
**CARRIED**

**7. By-law Amendments:** Ikwe has no changes to our by-laws to report

**8. Nomination Committee Report:**  
**Motion 8:** Motion to accept Karen Beaudin as a board of director for the 3-year term of October 2020-October 2023  
**Moved by:** Carolyn Moar  
**Seconded by:** Priscilla Sternat-McIvor  
**CARRIED**

**Motion 9:** Motion to accept Carolyn Moar as a board of director for the 3-year term of October 2020-October 2023

September 30th, 2020

**Date**

**Moved by:** Priscilla Sternat-McIvor  
**Seconded by:** Tracy Sanderson  
**CARRIED**

**Motion 10:** Motion to accept Priscilla Sternat-McIvor as a board of director for the 3-year term of October 2020-October 2023  
**Moved by:** Carolyn Moar  
**Seconded by:** Kelsie Sanderson  
**CARRIED**

**9. Whistleblower's Report:**  
**Motion 11:** Motion to accept the Whistleblower's report as presented  
**Moved by:** Deena Brock  
**Seconded by:** Priscilla Sternat-McIvor  
**CARRIED**

**10. Closing remarks and Adjournment of Meeting:** Tracy Sanderson – Vice President  
**Motion 12:** Motion to adjourn meeting  
**Moved by:** Carolyn Moar  
**Seconded by:** Priscilla Sternat-McIvor  
**CARRIED**

**Closing Prayer:** Carolyn Moar

**Adjournment of Meeting: 2:00 pm**

**Recorded by:** Melvina Swampy

President

**Board Member**





Dear IKWE  
Thank you so much you helped me my mom, and my siblings. My mom mostly have a smile on her face and all the pain she had, went away. The people I met here were so kind, workers and cook too. (It was fun talking to her) Also I really liked the school, my little sis she learned a lot!!  
Now my little family feels freedom and safe  
Thank you a lot  
IKWE



# Financial Statements

2020-2021

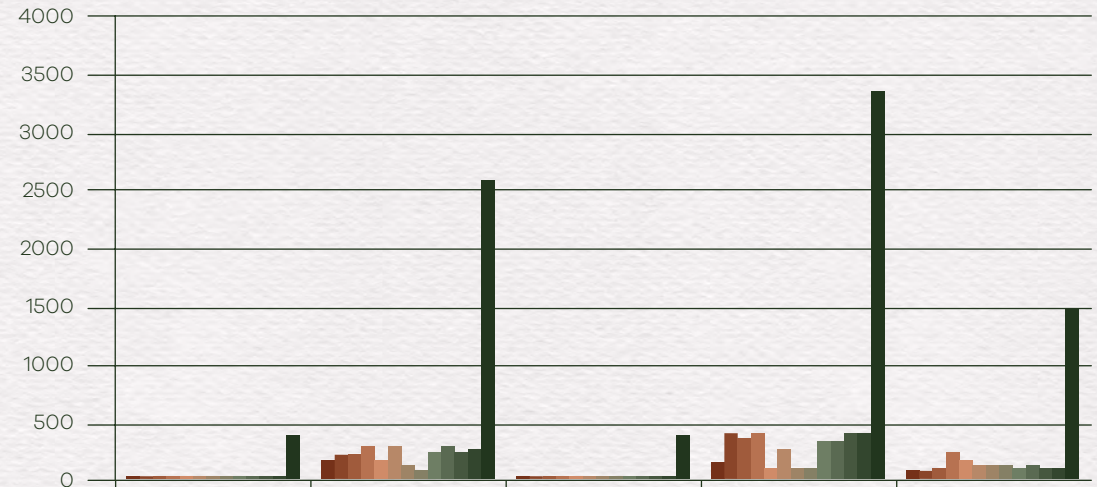


# Crisis Program

**Purpose:** To provide crisis stabilization in a secure shelter environment by ensuring basic physical needs as well as mental/ emotional needs are met. The program provides counselling, advocacy and referral support services.

The facility is staffed 24 hours a day, 7 days a week, including the crisis line.

*\*\*Due to our relocation in shelters, we were not working at full capacity during the months of October and November 2020. \*\**



	Women	Women Bednights	Children	Children Bednights	Crisis Line Call
April	33	170	15	143	84
May	28	226	23	400	80
June	37	210	25	366	110
July	32	295	28	409	235
August	36	174	18	93	163
September	33	287	19	268	123
October	17	131	8	98	128
November	22	69	17	99	126
December	26	244	24	347	113
January	33	302	28	342	126
February	45	245	40	408	112
March	34	262	35	420	96
<b>Totals</b>	<b>376</b>	<b>2615</b>	<b>280</b>	<b>3393</b>	<b>1496</b>

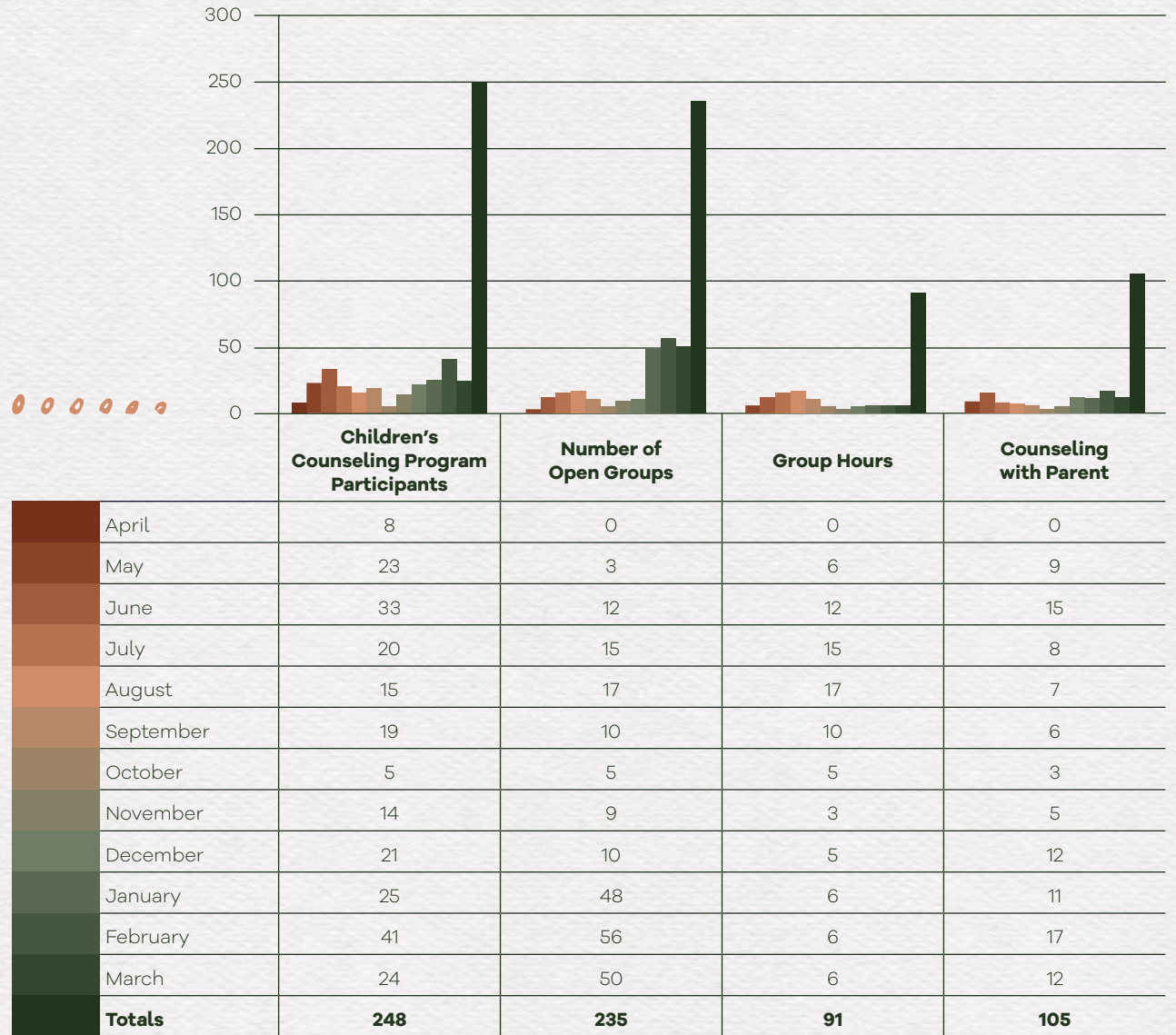




# Children's Program

**Purpose:** To provide Cultural and clinical support to children in the shelter regarding the impacts of domestic violence in an environment of unconditional care.

The program has 1.25 full time staff and operates Monday to Friday from 8:30 -4:30. It supports the building of the natural relationship between child and mom. It is currently a non-structured, play-based environment.



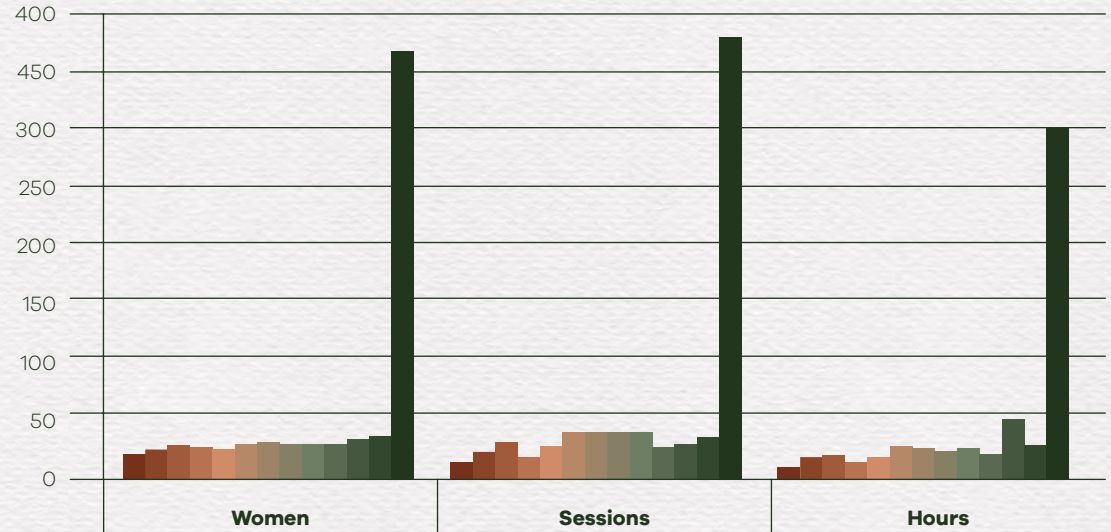


# Follow Up & Interim Housing

**Purpose:** Purpose: To provide continued and consistent support to women and their children post shelter. Support may include life skills, parenting, safety planning and encouragement to make healthy connections in the community to reduce their isolation, according to their long-term plan.

There are two Workers for Follow-up and Outreach. Clients in interim housing sign a six month to one - year lease.

*\*\*Interim Housing was closed April 1, 2020 – December 2020 as Ikwe was relocated to a temporary shelter that did not support Interim Housing during our renovations\*\**



	Women	Sessions	Hours
April	24	16	11
May	27	25	20
June	31	34	22
July	30	20	16
August	27	30	20
September	32	42	30
October	34	41	28.5
November	32	41	26
December	32	42	28.5
January	33	29	23
February	37	32	54
March	39	38	31
<b>Totals</b>	<b>378</b>	<b>390</b>	<b>310</b>



# Waskahikanihkew “Building a Home” Project

**Purpose:** To support Indigenous women and gender diverse individuals and their children secure housing. Liaise with collateral systems and agencies to assist women and children secure stable and safe housing. Transport or provide access to transportation to attend viewings. Offer programming inclusive of life skills and cultural supports and programming.

This program is funded and supported by End Homelessness Winnipeg.

**We are excited to report this past year the following successes.**

- Completed 241 housing reviews
- Housed 65 women and their children
- Assisted with 156 housing applications
- Attended or coordinated 129 housing viewings
- Facilitated 18 workshops
- Completed safety plans with families that had been housed
- Distributed basic needs kits and food kits

We would like to thank End Homelessness Winnipeg for their continued support of Ikwe and for the support they provide to house women and children fleeing domestic and family violence. Their funding allows us to offer safe housing options for our families, food kits, basic needs kits, life skills and cultural programming.





# Wisdom Tutoring - Goals & Objectives



## 2020-21 – WISDOM TEACHERS: CHRISTINA IRVINE AND AISHA MAQSOOD

- To provide a safe, welcoming, and trauma informed space for children while family members reside at the women’s crisis shelter.
- Focus on activities and opportunities to enhance executive function and self-regulation skills.
- To provide opportunities for children to maintain and further develop their literacy and numeracy skills.
- To provide an opportunity for children to foster positive and healthy relationships with peers, teacher, and other adults.
- To provide an opportunity to develop and practise appropriate social skills.
- To provide children with a space where they can explore, create, practice, and develop inquiring minds and problem-solving skills through STEM Science tasks.
- To provide the necessary structure and encouragement for regular school attendance.
- To provide a learning environment where the teacher RELATES to each child and provides appropriate individualized programming based on their individual strengths and needs.

The Wisdom Tutoring Program serves children of sheltered mothers during the course of the regular school year. Continuity through attendance at the Wisdom Tutoring Program helps students with the transition back to their home school upon leaving the interim shelter. Being aware and providing a trauma informed classroom where the children feel safe and have some control over their learning allows the children to bring themselves out of a flight and freeze state where learning cannot happen to a Social Engagement phase which allows learning to take place.

This educational program provides essential structure/ routine for the children by encouraging them to attend the classroom daily and be engaged in a variety of learning activities, provides them with opportunities to develop appropriate social/emotional skills and to work cooperatively with other children. The teacher is responsive to each student’s individual needs, fosters a sense of belonging and maintains positive student/teacher relationships that will support a more successful transition back to their home school upon discharge from the shelter.

**“Regulate, then relate,  
then reason”**

**- Bruce Perry**





# Daily Activities

Before a student's first day of class, there is an intake process where the parent has an opportunity to meet with the teacher to discuss any concerns, the strengths and weaknesses of their child, make the teacher aware of any allergies or Special Needs, and to allow the student a chance to meet the teacher and visit the classroom. The school day goes as follows:

## **9:00-9:30 – Reading/ELA**

Silent reading/guided reading, and read aloud. During this time, a rotation of students read to the teacher (1:1) while specific reading strategies are taught.

## **9:30-10:30 – Literacy Centres/ELA**

Students complete Daily 5 Centres – Read to self, read to someone, listening to reading, work on writing, and word work.

## **10:30-10:50 – Healthy snack and Recess**

## **10:50-11:40 – Indigenous Studies**

During this time students work together as this is taught as whole class instruction. Students are given hands on activities and worksheets to learn about the Indigenous culture. Smudging and sharing circle are incorporated daily.

## **1:00-2:00 – Math Centres**

Includes SLOs from number strand, space and shape, patterns and relations, and stats and probability. Specific to student grade

levels and understanding. Computer and iPad numeracy games and applications are also included.

## **2:00-2:10 – Movement Break**

Students do a physical activity with teacher instruction; this includes stretching, yoga, dancing, and exercises such as jumping jacks and lunges.

## **2:10-3:00 – Art/Science**

Art includes making seasonal/holiday crafts, art language and tools, creative expression, understanding art in context, valuing artistic experience. Science includes scientific inquiry and design process (experiments and research).

## **3:00-3:10 – End of the Day Wrap Up/Choice Time**

Discuss activities and lessons from the day. Offer students time to pursue a fun learning activity of their choice.



# Wisdom Learners

During 2020-21, the total number of students who attended The Wisdom Tutoring Program between the ages of five and sixteen was 58:

**Kindergarten to Grade 4**                      **39 students**  
**Grades 5 through Grade 8**                      **19 students**

The counts of students by division were as follows:

<b>First Nations: 11</b>	<b>Winnipeg School Division: 28</b>
<b>Seven Oaks SD: 4</b>	<b>Louis Riel SD: 3</b>
<b>Mystery Lake: 1</b>	<b>Southwest Horizon: 4</b>
<b>Portage la Prairie: 2</b>	<b>Good Spirit: 1</b>
<b>River East: 1</b>	<b>Unknown: 3</b>

Many of the children who attended the Wisdom Tutoring Program this last school year represented a diverse population including students from a range of cultures and backgrounds, many of which are Indigenous. Therefore, Indigenous perspectives and programming is a focus of the school program. Many of the students who attended this year were able to understand and/or speak another language such as Ojibwe, Hindi, Oji-Cree and Russian.

The teacher therefore is responsible for teaching a culturally diverse group of students. She treats all children as individuals with unique strengths, challenges and addresses their specific learning needs. Therefore, different teaching methods (small group, 1:1 instruction, working in pairs, group discussions, hands-on activities, collaborative art projects etc.) are utilized to meet the variety of learning needs with the goal of increasing student engagement. The teachers are trained in Trauma Informed Practises and that helps them better understand the child's needs in regards to behavior and learning challenges. Promoting a caring, safe and nurturing classroom where a relationship with the child is key, the children find the environment manageable which allows critical learning to occur.





# Numeracy & Literacy

The use of technology to enhance learning was a large focus this year. Numeracy Applications for the Ipads include: Prodigy, Times Tables, Fractions+Lite, iMathematics, Swift Math, Multiplication Cards, Geoboard, Splash Math, and Flow. Literacy included: AGO phonics, Tumblebooks, Book Creator, Word Clouds, Comic Life 3, ABCya, and Education.com.

Mathematical activities focus upon working with concrete, pictorial, and symbolic representation. Daily centres for mathematics are focused around specific learning outcomes. Manipulatives such as base ten blocks, Cuisenaire rods, pattern blocks, Unifix cubes, and tangram pieces are used in the centres. Each student is given individual math activities to meet their individual learning needs. Online resources, such as Prodigy, have been integrated into the classroom to help support student learning and to track progress of mathematical skills.

The teacher delivers explicit reading comprehension instruction when working 1:1 with a student or in guided reading groups. Comprehension and vocabulary are reviewed with each individual student. A growing awareness of literary elements such as mood, plot, character, settings, and time are incorporated into lesson plans, as well as making predictions, inferences, and connections. Tumblebooks is used on the computers and iPads for

students to listen to reading. During Daily 5, learning is supplemented with technology using ABCya.com, and students can work at their appropriate grade level using educational games to motivate and enhance their learning.

Writing is part of our daily routine. Work on Writing is a Daily 5 activity where students create and illustrate stories using quick prompts to help generate stories. Students are also given writing prompts that include comparison writing, opinion writing, and generating stories using dice to determine the characters, setting, and plot. Poetry and journal writing are also included in the work on writing centre. Social studies curriculum/topics and research projects are integrated into student's writing practices and were designed to engage students into active participation and to give them an opportunity to explore and learn using an interest driven approach. Phonemic awareness and introduction to letter sounds is also done with emergent readers at this time. Word work includes students working on spelling and increasing vocabulary. It includes working with stamps, Wikki Stix, Bananagrams, lettered clothespins, stencils, and magnets. This also helps students develop fine-motor skills and allows for creativity and artistry. Students also have an opportunity to type their stories/writing on the computer to help them develop keyboarding skills and hand-eye coordination.







# Indigenous Studies, Science & Art

Indigenous Studies, unlike learning centres, was taught using whole class instruction. Students enjoyed working with each other in a cooperative manner and appreciated working together as a group. Every Monday we would start the week with smudging, and would smudge throughout the week based on new intakes and/or student request. Sharing circle would take place prior to Teachings or lessons which included topics on: The Seven Teachings, Tipis, Wild Rice, Totem Poles, Star Blankets, Medicine Wheels, 4 Sacred Medicines, Regalia, Igloos, Inukshuks, Elders, Eagle Feather, Talking Stick, Sharing Circle, Sweat Lodge, Smudging, Pow Wow, Feasts, Traditional Drum, and Dreamcatchers.

Every lesson incorporated a read-aloud from an Indigenous book about the topic. The book would then be discussed as a class. After, corresponding worksheets and hands on activities were assigned to the students. Examples of hands on activities include: marshmallow igloos, paper tipis, designing totem poles, making dreamcatchers, beading, creating geometric star blankets, and plasticine Inukshuks.

Science and Art were alternated in the afternoons. Science was taught using 1:1, small group, or whole class instruction, based on the ages/grades of the students. Topics included,

The Body, Space, Animals and their Habitats, Materials and Structures, Colours, Seasons, and Senses. Scientific inquiry and design process (experiments and research) were incorporated into the lessons.

Art was taught using whole class instruction, with 1:1 support and adaptations. It included using art language and tools, creative expression, understanding art in context, and valuing artistic experience. Some art projects were: circle art, optical illusions, painting (acrylic and watercolour), plasticine pictures, and making seasonal/holiday crafts.

Friday afternoons at Wisdom were called "FriYaY." During the week, students collected classroom money for accomplished work, cooperation, and showing leadership. Students were able to spend their money at the "School Store" and buy themselves rewards. This taught students life skills, encouraged classroom participation, and connected to the MB math curriculum. After school store, fun activities, experiments, group art projects, and exploration time would take place.

**“Let us put our minds together and see what life we can make for our children.”**

**- Sitting Bull**  
Wolakota Project

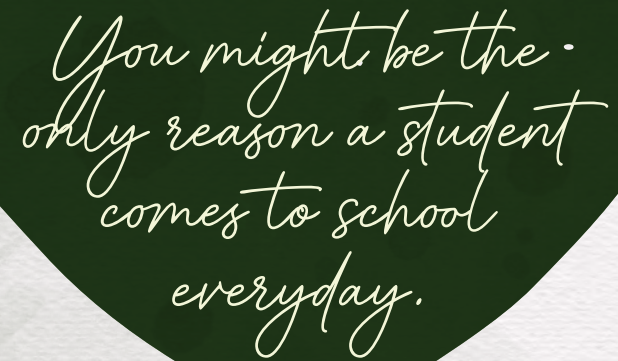


## Attendance & Support

Continuity through attendance at Wisdom Tutoring classroom helps students with transition back to their home school upon leaving the interim shelter. If a child had to go to the local school, they would have to explain to the other children why they are arriving at their school. The child who could already be in trauma would be embarrassed and feel unsafe in this kind of environment. The child could then exhibit many of the fight, flight or freeze symptoms, with a teacher who is not sensitive to the child's needs from being a witness to domestic violence. The educational program at the shelter provides essential structure/routine for the children by encouraging them to attend the classroom daily and be engaged in a variety of learning activities. The environment provides them with opportunities to develop appropriate social/emotional skills and to work cooperatively with other children.

All students who attend the program, regardless of their gender, abilities, ethnicity or socio-economic status feel accepted, valued and most importantly safe in this classroom setting. The teacher is responsive to each student's individual needs and fosters a sense of belonging. Positive student relationships are an important part of our classroom which helps the child with co-regulation and helping their window of tolerance grow for when they go back to the regular classroom.

## Trauma Informed Learning Environment



*You might be the only reason a student comes to school everyday.*

Creating a community of learners in a trauma informed classroom has continued to be the primary focus. It is the hope that when the children feel safe and have choices with regards to their learning they will be more engaged and productive. Both of the teachers who worked at Wisdom Tutoring classroom this year were both caring and kind educators.

**Relationships are key!**



# Nomination Committee Report

## **Nomination Committee AGM Report**

Sept 29, 2021

The board would like to thank Carolyn Moar who resigned this past year for her time, expertise, and commitment to Ikwe. Carolyn will remain on as an Elder to support the board and the organization.

We have 3 board members remaining on to finish their terms of commitment and 2 board members just starting their 3-year terms.

Within our capacity as a board and continued evaluation of our board member strength and weaknesses we have reviewed resumes from many strong women in the community. We are proud to announce that Joanne Green and Dorothy Rokovetsky have accepted positions as board members of Ikwe. Joanne brings a vast amount of HR experience to the board and Dorothy brings a vast amount of financial experience, we are very excited to have them both and know that the shelter will benefit from all they have to offer.

The board is currently not accepting new membership, but we encourage you to send your resumes to [hrcommittee@ikwe.ca](mailto:hrcommittee@ikwe.ca) for future considerations.

### **The nomination committee presents the following women as directors of Ikwe for the upcoming fiscal year:**

Karen Beaudin  
Tracy Sanderson  
Priscilla Sternat McIvor  
Joanne Green  
Dorothy Rokovetsky

Respectfully submitted to the membership of Ikwe;



**Tracy Sanderson**  
Board Chair





# Whistleblower Act Report

## Whistleblower Act Review Committee

2020-2021 Fiscal Year

Ikwe takes the Whistleblower Act Legislation very seriously and we have developed policy and procedures to ensure we meet both the intent and spirit of the act.

The Whistleblower Review Committee is happy to report that there were no concerns/complaints brought to the organizations attention this year.

Respectfully yours;  
Committee Chair



**Tracy Sanderson**  
Board Chair





# Acknowledgements:

## Partners, Donors and Collateral Agencies



The Family Violence Prevention Program, MB Status of Women provides the primary funding and overall coordination of shelter services in the province. We are grateful for their continued support. We would like to thank End Homelessness Winnipeg for supporting our organization to successfully house women and children fleeing domestic and family violence. Thank you to Manitoba Housing and Community Development, for the support of our physical structure and for their work on the refresh project at our primary shelter.

A huge thank you to Women's Shelters Canada, Indigenous Services Canada and the Province of Manitoba Safe at Home Grant for all their financial support this past year due to Covid 19. These funds allowed us to purchase PPE gear for our families, purchase tablets and laptops to support communication with family members, offer additional food kits to families and furniture kits, purchase tv's for each of our crisis rooms and activity kits for our youth.

The Winnipeg School Division continues to partner with us to make the Wisdom Program possible for our school-aged children.

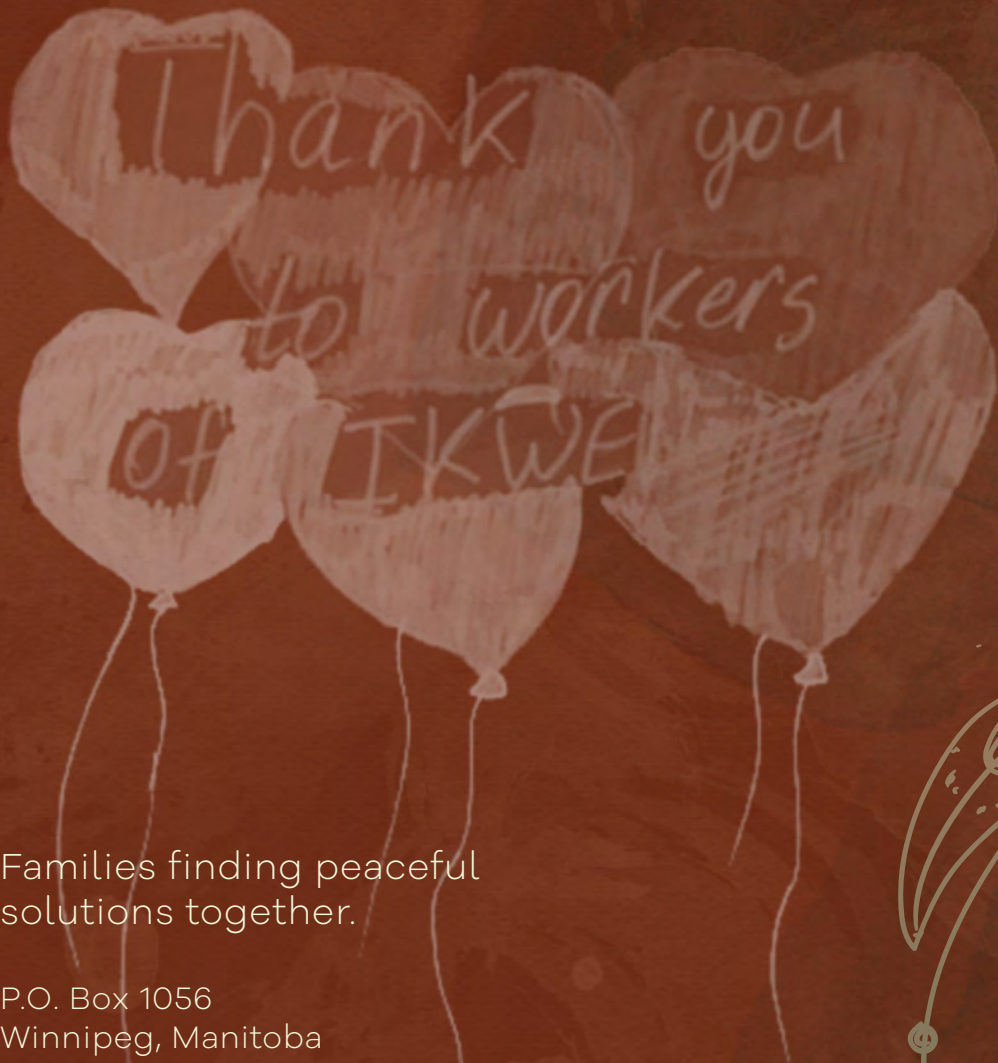
Many community organizations and support services work with us to help women and children transition to healthy, violence free lives. Thank you to our sister shelters and women's resource centres across the province and so many other organizations that create a strong circle of support around the families seeking our assistance.

**Miigwech!**

### **We are grateful for the organizations and individuals that who made generous donations to Ikwe over this past year:**

- |   |   |
|---|---|
| All Charities Campaign  | PayPal Giving Fund Canada                     |
| Alt Hotel   | PCL Construction                              |
| Bonnie Neil   | Shoppers Drug Mart SDM/PHX Life Foundation    |
| Brenda Paley  | Sisters of Our Lady of the Mission            |
| Canada Employment Immigration Union Manitoba Federation of Labour | Sisler High School WE Social Justice Program  |
| Canada Helps.Org  | Sternat Manaignre Law Corporation             |
| Canadian Women's Foundation                                       | The City of Winnipeg                          |
| Catholic Women's League Our Lady of Perpetual Help                | United Food and Commercial Workers -Local 832 |
| Chatters Hair Polo Park/ Kenaston                                 | Willow Place                                  |
| Costco on McGillivray   | Winnipeg Foundation                           |
| Darlene Abreu-Ferreira  | Winners on Regent                             |
| Dragonfly Ventures  | Women's Shelters Canada                       |
| FT3 Architects  | Wu Family Foundation                          |
| Giant Tiger   | Shoebox Campaign                              |
| GiftPact Foundation   | Discovery Toys – Melina Ives                  |
| H&M Clothing  | Kindred Project                               |
| Indigenous Services Canada  | Donna Sarna Physiotherapy                     |
| Ludwick Catering  | French Press Cafe                             |
| Ma Mawi Wi Chi Itata Centre                                       |   |
| Manitoba Association of Women's Shelters                          |   |





Families finding peaceful solutions together.

P.O. Box 1056  
Winnipeg, Manitoba  
R3C 2X4

**Provincial Crisis Line:**  
1-877-977-0007  
**Ikwe Crisis Toll Free:**  
1-800-362-3344

