



CFS Matters!

Fall 2017

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Dear Agency Friends,
As the fall season turns into winter (hopefully slowly!), we have moved into high gear as a new program year begins for our Community Response programs.

This is a very exciting time as many families engage in programs and services to strengthen their parenting and support their child's early learning.

Our Board has also engaged in their strategic planning process to identify objectives for us moving forward. A new initiative we are entering is a Block Funding pilot project with the Province as part of its efforts to transform child welfare. This will present many challenges and opportunities for us over the next 16 months.

For more information about this project, visit http://www.gov.mb.ca/fs/childfam/pubs/child_welfare_reform.pdf.

Dave McGregor
Dave McGregor, MSW, RSW
Chief Executive Officer

Phil Shaman
Phil Shaman
President, Board of Directors

Child and Family Services of Western Manitoba

strengthening families and protecting children since 1899

800 McTavish Avenue
Brandon MB R7A 7L4
Phone: 204-726-6030 or toll free 1-800-483-8980
Fax: 204-726-6775
E-mail: info@cfswestern.mb.ca
Website:
www.cfswestern.mb.ca



I also announce two significant retirements from our Agency:

Susan Cable, Community Education Coordinator, leaves us in mid-December after 10 years of serving as our connection to many of our community partners in her role of developing and enhancing our community relationships. As a private Agency, we rely on our connection to the community and Susan has done a wonderful job in strengthening and supporting those relationships.



Marilyn Hoad, Accounting, will be retiring in early 2018 after 23 years of reliably managing our payroll and benefits programs, among other duties. We have come to rely upon Marilyn's knowledge, thoroughness and attention to detail that is critical in accounting. Her dedication has served the Agency and its staff well over the years.

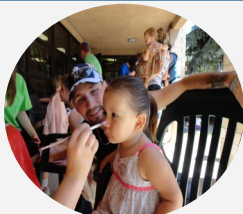
Congratulations to Susan and Marilyn!

Child and Family Services of Western Manitoba exists so that children are safe and nurtured in strong, loving families within a community of caring people.

Elspeth Reid Family Resource Centre

255—9th Street
Brandon MB R7A 6X1
204-726-6280

Open 9 am—5 pm weekdays



Preschool Enrichment Program

2nd Floor
2227 Brandon Avenue
Brandon MB R7B 0S9
204-727-6650



Family and Community Development Centre

Unit 4, 613—10th Street
Brandon MB R7A 4G6
204-726-7033



Victoria Day Care Centre

1st Floor
2227 Brandon Avenue
Brandon MB R7B 0S9
204-728-9845



Impacts of Colonization and implications for our practice

by Lisa Ramsay, Coordinator Elspeth Reid Family Resource Centre

The Manitoba College of Social Workers requires all social workers to take professional development opportunities prior to, and as an ongoing part of, our registration and membership with the College.



One of these relates to working with Indigenous Peoples. The Social Work Professional Regulations says social workers must have...

...knowledge of cultural diversity and the pluralistic nature of Manitoba

...knowledge and skills about Indigenous peoples including their history, culture and spirituality

...knowledge about social and economic justice issues including systemic barriers and causes of social needs and problems

...knowledge and skills in working with communities and groups.

Our Agency sought to present this learning to all of our social work staff. **Dave McGregor**, our Chief Executive Officer, approached me, **Nellie Kopitz**, Community Wellness Counselor at the Brandon Friendship Centre, and **Deborah Tacan**, Prevention Education Consultant at the Addictions Foundation of Manitoba, for input. Collaboration began and we came up with two half day training sessions for our Agency's social workers.

The first session began with Dave and I providing a baseline understanding of Indigenous history, and starting discussions about its implications on our child welfare practice.

Next we reviewed the history of colonialism, residential schools, the 60's scoop, and the Aboriginal Justice Inquiry-Child Welfare Initiative. The legacy continues to impact individuals, families and systems today.



We went over the Truth and Reconciliation Commission statement that reconciliation is about establishing and maintaining a mutually respectful relationship between Aboriginal and non Aboriginal peoples in our country. In order for that to happen, there must be awareness of the past, acknowledgment of the harm that has been inflicted, atonement for the causes, and action to change behaviours.

Then we looked at some of the 2003 work from **Dr. Cindy Blackstock**, a Canadian-born Gitksan activist for child welfare, Executive Director of the First Nations Child and Family Caring Society of Canada, and professor for the School of Social Work at McGill University in Montreal. She reminds us that Indigenous families continue to be over represented in the child welfare system—there are now more Indigenous children in the child welfare system today than there were at the height of the residential schooling system and the child welfare interventions of the 60's. Our goal for this session was to ensure a basic understanding of our Canadian history and support our recognition of how it impacts our daily work today.

Nellie, Deborah, and I led the second session. Our goal was to create a safe environment for social work staff to ask questions and explore their own ideas about the intergenerational impacts of Canadian history.



(l-r) Deborah Tacan, Nellie Kopitz, Lisa Ramsay

Impacts of Colonization... continued

We defined and explored concepts of cultural competency and cultural safety. We openly shared and respectfully challenged ourselves to examine our own perception of culture. We discussed the residential school legacy, The Indian Act, and the subsequent intergenerational impacts. We delved further into the impacts as we looked at cycles of trauma, addictions, self-identity and mental health. We welcomed participants to continue self reflecting and invited a journey of healing for all. Through various guided exercises, personal testimonials, and powerful videos, we hoped to make the information touch our hearts and allow us to never forget the Indigenous and non-Indigenous relationships in Canada.

Being given this opportunity had tremendous meaning to me. I am grateful to the College for creating this expectation and grateful to Dave for being asked to be a part of it. The planning process and time I had with Deborah and Nellie was a gift to me. These wise and humble women were so generous with their time, patience, and teachings as they guided the lengthy process of designing the material to present.

We hoped to make the information touch our hearts and allow us to never forget our history in Canada.

I once attended a Sharing Circle with Deborah and Nellie and they shared a teaching about the Four Laws of Change. The first was that all positive and lasting change begins on the inside of a person and works its way out. During our two training sessions, I kept thinking about those Laws of Change.



Evaluations were done right after the training and staff shared many positive comments about how the material personally and professionally shaped them.

It is now months later and I wondered how the training was resonating with our social workers. So I asked for feedback and heard from one who shared that she grew up hearing many racist and stereotypical remarks about Indigenous people, and that she sought to teach her own children a different legacy. She said "I know I said all the right things, but because I hadn't taken the time to learn more myself, it sometimes felt like just words and not actions."

"The change for me has been within—I no longer feel the struggle for NOT believing what my family believes."

After the training she went on to say "It's like a switch went off inside of me and I finally 'get it' – it was like hearing the other side of the story that I always wanted to believe was there and now I know is. I know I've always said the right things.

"The change for me has been within – I no longer feel the struggle for NOT believing what my family believes!"

In gratitude,


Lisa Ramsay



The Métis Sash colours can represent different lands, different families, or even different individuals.

Elspeth Reid Family Resource Centre by Brynn Kirkup, Summer Student

The Elspeth Reid Family Resource Centre is located at 255—9th Street in Brandon, telephone 204-726-6280 (or toll free 1-800-483-8980) and is open Mondays through Fridays from 9 a.m. to 5 p.m.

The Resource Centre gratefully acknowledges the financial support of its many donors, including the:



and



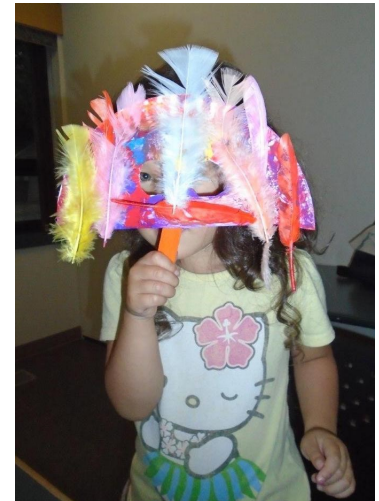
Being the summer program Coordinator for the past two years has played a really important role in my life...so much so that I'm now studying to become an elementary teacher! I've worked with so many different families in both parts of this job, learning so much about them and also about myself.

In May and June, it felt great knowing I was helping send kids to camp as the Sun Fund for Kids Camp Coordinator. And this year, thanks to the generosity of public donors, we were able to send 154 children—up 21 from last year!

Being an ex-camper myself, I know how many memories those kids made and how many life-long friends they will get out of the camp experience. Many parents expressed their appreciation to me for giving their children this awesome opportunity.

While working at the Elspeth Reid Family Resource Centre in July and August, I knew I could go home every day with a smile! It is so rewarding spending time with families who are making memories that will last a lifetime. From going strawberry picking, to trips to Minnedosa Beach, and even to slip and slide days at Westaway Bay, it was always a blast hanging out with the families. There's no better feeling than forming connections with them and seeing their kids' smiling faces when I pull up in the van to pick them up!

Running the summer programs for CFS Western has been a wonderful experience and I'm glad to have played a part in helping these kids and families have fantastic summers together!



*CFS Western volunteers and staff who helped lead festivities during the Resource Centre's annual Family Fun Fest day on June 30. About 100 families attended to make crafts, sing, tell stories, and just plain have fun. **Brynn Kirkup** is circled in yellow.*



Foster families tee off for a bouncing good time

Sportsman's Park in Onanole was the scene July 10 for Resource Development's annual Foster Family Picnic.

Everyone—28 foster parents and foster kids, and seven Agency staff—had a great time mini-golfing and playing in the bouncy castle.

Sporty's provided a scrumptious lunch of hamburgers, hot dogs, French fries and the biggest ice cream cones some folks had ever seen!!

It was the perfect afternoon on a hot July day!



Agency staff (l-r) Ronnaltee and Brenden get a big bear hug before teeing off.

Foster family appreciation dinner

September 21 saw over 60 people come out to our annual Foster Parent Appreciation Dinner.

The evening was full of fun, food, entertainment, speeches, and door prizes. We recognized 14 foster families for their long service:

Michelle and David Carlson
Wanda Grant
Melodie and Mike Hrechka
Carol and David Hutchinson
Rhonda and Ted Krahn
Margaret Kroeker
Bob Lints
Linda Masters
Debbie and Mike Reader
Kristen and Dallas Scott

Leanne and Corey Hollender
Sharon Poitras

15 YEARS
Darlene and John Wilson

30 Years
Kathy and Ernie Bruneau

The evening's theme was about how children need to have meaningful connections with their families, and how foster parents can help children maintain these relationships.

Each foster parent got string to take home so they could play string games such as Cat's Cradle or Jacob's Ladder with the children they care for.



We also displayed a giant tree on the wall showing the names of our 109 foster homes and Places Of Safety. The tree helped show our large network of foster parents and families.



(l-r) **Megan Murchison**, Foster Care Recruitment/Trainer; **Breanna Dick**, Youth Engagement Specialist & Agreements with Young Adults (AYA) Social Worker



**save
the
date!**

04.25.18

Watch for more information in November, but mark your calendar NOW...



Child and Family Services of Western Manitoba 2018 Annual Conference

The Human Impact of Childhood



Now what??

Children who experience childhood trauma do not 'just get over it'. So how do **WE** help them survive? What they—and we—need is an understanding of their behaviours and responses to what happened to them, their grief and loss resulting from that trauma, and the trauma's lifelong impacts that can affect them well into adulthood.

Presented by



Alia

Innovations for people and systems
impacted by trauma

Thank you for your support!



Elton Collegiate's Youth In Philanthropy group, through the **Brandon Area Community Foundation** recently gifted the Agency with a total of \$1,000 in grants:

- \$500 for the **Sun Fund for Kids**—to help send children who otherwise may not have a chance on a summer camp adventure they're sure to remember for a lifetime
- \$300 to the **Preschool Enrichment Program**—to help purchase items (books, toothbrush, craft supplies etc) for birthday bags given to each child
- \$200 to the **Elspeth Reid Family Resource Centre**—to help buy new toys to go with a recent outdoor yard renovation



As well, the **Crocus Plains Regional Secondary School Youth In Philanthropy** group, through the **Brandon Area Community Foundation**, also granted \$500 to CFS Western for its **Parent-Child Home Program**, a family-based literacy program that is delivered right in the family's home. The grant was used to help buy specially chosen books used to help model play, conversation, reading, activities, and positive interaction between parent and child.



September 10 was a great weather day for the Road Rebels Car Club as they hosted one of their last car shows and barbecues of 2017. The event was held at Dinsdale Park and raised over \$3,200 for the Elspeth Reid Family Resource Centre. There were 137 cars registered, lots of prizes, delicious food, and awesome music.



Lisa Ramsay, Resource Centre, with Dave Burba of the Road Rebels

Birtle



Deloraine and Area



Oak River



Shoal Lake



Virden



Reston & District
United Appeal Inc.



Children's tickets to the
September 25 circus in Brandon





255 9th Street
Brandon MB R7A 6X1
204-726-7141
www.cfswestern.mb.ca/foundation

Foundation Forum

CFS Foundation 2017-2018 Board of Directors

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Katie Bonk, Vice-Chairperson

Dave McGregor, Secretary

Directors:

Gloria Gulliver

Bernadette Njegovan

Karlheinz Sawatzky Dyck

Nancy Schiltroth

I was fortunate this fall to slip away for two weeks to northern British Columbia. A friend has work at an outfitting business near the Yukon border and he extended an invitation for me to come spend some days in the Northern Rockies. The drive was long, but not arduous, and it took me along the Alaska Highway all the way to Watson Lake just over the Yukon border.

Passing through Fort Nelson, I was able to pick up a gold pan and, over the next week, I spent several hours crouched over it, swirling sand and gravel in search of some glimmer of gold. Believe it or not, from the very first pan, I found gold! Not nuggets, to be sure, but flakes or threads or grains of gold. In nearly every pan, something shiny gleamed back up at me.

The monetary value of the bit of gold dust I brought home is next to nothing, but the joy derived from that glint of gold remains with me to this day.

Child-welfare work is, I think, a bit like gold panning.

It takes an investment of time and effort, but the reward is the discovery of something bright and beautiful in every single child. The Child and Family Services of Western Manitoba Foundation exists to support those moments of discovery. Through our support of the Elspeth Reid Family Resource Centre, and the Preschool Enrichment Program, we are funding the foundations of a richer future for children in our region.



Thank you to everyone who came out to our Friends of the Foundation Donor Recognition event on Tuesday, November 7, at the Elspeth Reid Family Resource Centre in Brandon. We truly appreciate you coming to see what your dollars are doing in our community, meet our Board, and learn more about our work. It's one of our ways of thanking you for your support.

There are good things going on. Stay tuned!

Joe Ball

Thank you CFS Matters! readers for all of your support of Child and Family Services of Western Manitoba. It has been my pleasure to write and put these newsletters together for you for the last 10 years. I hope you found them interesting and informative, and that they gave you an inside and closer look at the world of child welfare and especially the great things this Agency and Foundation do for Westman children and families. Sincerely,

Susan Cable

