



Helping Families Helping Children

Since 1984, the Ma Mawi Wi Chi Itata Centre has worked to support families to better care for children by creating meaningful opportunities for community and family involvement. We believe that **strengthening families is a worthy investment in the future.**

By focusing on the positives and building upon individual strengths, we have helped our families make tremendous strides in their ability to nurture and provide secure environments for their children.

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Honouring the Spirit of Our Little Sisters
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Ma Mawi Wi Chi Itata Centre

Honouring the Spirit of our Little Sisters

*“We all work together
to help one another”*



Est. 1984

Honouring the Spirit of Our Little Sisters...

Supporting Young Women in their journey toward safe, healthy, and independent futures

Program Description

Honouring the Spirit of Our Little Sisters is a residential facility for female and trans-gendered youth ages 13 – 17 who are currently being subjected to and at risk for continued sexual exploitation.

Here, young women benefit from comprehensive holistic programming that fosters a safe, welcoming and respectful environment. This includes the provision of family group decision making, cultural opportunities, education, employment, training, mentoring, life skills and volunteerism.

Objectives

- To provide opportunities for more active involvement of families, care givers and significant others in the development of plans for youth in crisis
- To ensure enhanced departmental collaboration and integration of the development and delivery of services
- To identify and address issues related to drug and alcohol abuse
- To enhance the capacity of youth to recognize and build upon their strengths
- To connect and refer youth to community resources

Approach

Honouring the Spirit of Our Little Sisters offers a 24 hour, 7 day a week, 6 bed home for females 13 - 17 years of age that are currently being subjected to and at risk for continued exploitation.

The program incorporates key components that promote the physical, emotional, mental and spiritual development of each resident.

Participants are completely involved and have input into the planning, monitoring and evaluation goals set at the time of admission and throughout the program.

Our programs are designed to build a strong foundation through a process of self-discovery and self-esteem building.

Program Activities:

A holistic model serves as the guiding framework for all programs and activities. Approaches to program delivery emphasize the importance of taking care of each of the four aspects of being - the physical, emotional, spiritual and intellectual.

Physical Supports

- Building awareness / taking care of one's physical self
- Medicine Wheel teachings
- Physical recreational activity
- Group discussions - healthy lifestyle choices

Emotional Supports

- Relationship workshops
- Sharing support circle
- Access to anger and stress management
- Access to supportive counselling

**For more information, contact:
Youth Support Workers
Tel: (204) 925-1778**

Cultural / Spiritual Supports

- Building awareness and cultural pride
- Elder support
- Exposure to teachings, ceremonies and rituals (ie. access to sweatlodge ceremonies)
- Group support / sharing circles
- Development of cultural skills

Intellectual / Social Supports

- Access to tutoring and continuing education
- Learning about Aboriginal culture from traditional teachers
- House meetings
- Access to Life Skill classes
- Positive community connections

Referral Criteria & Process:

- Referrals coordinated through Winnipeg Child & Family Services, Mobile Crisis Unit, Self-Referral and community referrals and directed to Program manager / house staff
- Females 13 - 17 years of age
- Currently subject to, and at risk for continued exploitation
- Youth is open to developing and achieving personal goals

Safety and trust are of paramount importance for youth who have been violated, exploited, or witnessed violence. The referral process ensures that the needs of the individual are respected.

Assessment:

The assessment process recognizes that all youth and families have strengths to build upon and that solutions are to be found within the context of familiar environments. A concerted effort is made to identify family and community based solutions to supporting young people.