



MA MAWI WI CHI ITATA CENTRE INC.

We all work together to help one another.

Our VISION | A safe, healthy, happy and interdependent community. **Our MISSION**

Strengthening children, families and communities... Investing in our future.

The name Ma Mawi Wi Chi Itata translates from Ojibway into the phrase "we all work together to help one another".

The Ma Mawi Wi Chi Itata Centre, Inc. (Ma Mawi) was given birth in the fall of 1984 by committed community members who sought an Indigenous solution to supporting and rebuilding families. Since that time, Ma Mawi has worked to support families to better care for children by creating meaningful opportunities for community and family involvement. Ma Mawi believes that strengthening families is a worthy investment in the future.

Today Ma Mawi has over 50 programs, 12 sites, and 200+ staff and volunteers. Ma Mawi's Vision is a safe, healthy, happy and interdependent community. Ma Mawi's Mission, is strengthening children, families and community...investing in our future.

This training guide was developed to provide staff, community members, and organizations, with an overview of trainings offered by the Ma Mawi Wi Chi Itata Centre. Based on the feedback we hear from our own staff and volunteers we wanted to share the same positive experience the trainings have to offer to the broader community. Ma Mawi appreciates the partnerships established to develop and deliver this training experience and encourage everyone to read this guide and see if anything peaks your interest.

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ABOUT OUR TRAINING SERIES AND LEARNING EXPERIENCE

The Journey

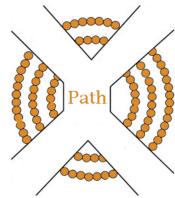
Since our inception, we truly believe everyone has inherent strengths and it is our role to create opportunities to realize these strengths. There is something very uniquely different and natural about how we care for one another... we often refer to this as the "Ma Mawi Way".

Our mission is grounded within this understanding and our belief of the roles we play in the care and nurturing of future generations.

The trainings and learning experience offered through Ma Mawi will leave you with skills you will remember forever. And if you don't remember we will send you a friendly reminder for a refresher training when the time comes.

The Path

Many of the trainings offered in this guide will help you in the work place or if you are volunteering.



For example, Ma Mawi recruits foster parents as a part of the Ma Mawi Wi Chi Itata Children in Care Foster Care Program. Successful foster parent applicants are required to have some of the training that is offered within this guide (such as First Aid Certificate, Non-Violent Crisis Intervention training, and Suicide Prevention and Intervention training).

Yearly Training Calendar

The Ma Mawi Training Series and Learning Experience has a yearly training calendar which is available upon request. A copy of the most recent one is attached at the back of this guide.

Basics to sign up and register

Decide which training you would like to take and complete the registration form. There are two ways to send in your registration form:

Online Registration

Visit the website www.mamawi.com for the training materials and registration forms.

In Person Registration

Drop off the completed registration form at Ma Mawi's King Street Community Gathering Place, located at 445 King Street, Winnipeg Manitoba. A cheque or money order can be attached to your registration form and made payable to "Ma Mawi Wi Chi Itata Centre Inc". Note: Unfortunately, Ma Mawi does not except cash at this time.



Once you are registered you will receive a confirmation email and receipt or a hard copy receipt if delivered in person.

Please refer to the training calendar to see when trainings are offered throughout the year and refer to each training in the guide to know what is covered with your fee.

Need Assistance

If you need assistance, contact Jacqueline Trout, Human Resources via email at training@mamawi.com or by calling 204-925-4480 for information about cost and how to register.



FREQUENTLY ASKED QUESTIONS

How much does each training cost?

It depends on which training you would like to take. Training can range from free, minimal costs such as costs for the booklets, to full course costs. Each training lets you know how much you need to pay and what is included.

Do I have to take all the trainings or can I just take one?

You can take as many as you want or as less as you want, however if it is a series you will only receive the training certification if you complete the series. With some of the trainings offered it is mandatory that you complete the entire training and attend each day of the training.

How long is each training?

It depends on which training or workshop you are attending. The length can range from 30 minutes, to 3 full days. Please refer to each training for the length.

Who are the trainers?

Ma Mawi has a handful of skilled and qualified trainers and facilitators. Each training provides you with the name of the trainer(s).

Is there a certificate provided after trainings?

Yes. Each training or learning experience you will receive a certificate of participation or a qualified certification depending on the training.

Where are the trainings held?

All trainings are held at 445 King Street in Winnipeg Manitoba.

Is bus fare (bus tickets) covered?

Bus fare or bus tickets are not provided unless otherwise noted in the training. Please see description of training to see if bus tickets are provided.

Is there childcare?

Childcare is not provided unless otherwise noted in the training. Please see description of training to see if childcare is provided.

What time is the training offered?

Times of the training different depending on the training. Please see the guide and calendar for times and dates.

Can an organization request the training?

Yes. Ma Mawi is actively recruiting stakeholder organizations to take the training offered in this guide. Ma Mawi offers a friendly community environment, with skilled trainers and facilitators.

Who do I ask for more information?

For more information contact Jacqueline Trout, Human Resources via email at training@mamawi.com or by calling 204-925-4480.

What does it mean when you receive a card in the training?

Participants receive a card that they can keep in their wallets for future reference. The card has steps to help participants in different situations. For example, safeTALK has a card that has TALK steps broken down and important help phone numbers for easy reference. Not all trainings provide cards.

THE SWELL PROGRAM TRAINING SERIES

The Strengthening Wellness Education to Love Life (SWELL) program is a partnership between the Ma Mawi Wi Chi Itata Centre and the Canadian Mental Health Association of Winnipeg to build capacity, youth voice and leadership in the community. SWELL makes culturally relevant and evidence based mental health supports accessible to empower Indigenous youth and their families.

The SWELL program training series includes:

Mental Health First Aid - For First Nations (MHFA-FN)

Description

This course is designed to speak to First Nations participants about mental health. The course will take First Nations participants or anyone who works with First Nations peoples on a learning experience to have serious conversations about mental health and wellness.

Living Life To The Fullest (LLTTF)

Description

Living Life To The Fullest (LLTTF) is a program to enhance peoples coping skills with everyday life. Participants are taught how to manage their negative feelings (such as being fed up, worried and upset, or feelings of hopelessness) and learn new skills to help tackle life's problems.

safeTALK - suicide alertness for everyone

Description

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help.

Listening to One Another (LTOA)

Description

The Listening to One Another (LTOA) program promotes communication between caregiver and youth through cultural teachings and activities to promote communication, problem solving and well-being. Participants are supported through a strength-based approach.

Mental Health First Aid-First Nations (MHFA-FN)

Description

Mental Health First Aid - First Nations is a spark that awakens the courage to have open and honest conversations about mental health with family, friends, and others. It is part of a larger journey that helps strengthen the connections within communities. This course is designed to speak to First Nations participants about mental health. The course will take First Nations participants or anyone who works with First Nations peoples on a learning experience to have serious conversations about mental health and wellness.

The Participants will reflect on their life experiences and acknowledge the historical context of colonization on their experiences. Participants will also explore ways to restore balance on their personal journey to wellness. This course requires a certain level of experience and understanding about the history and culture of Indigenous peoples in Canada prior to taking the course.

Who Should Attend

First Nations participants or anyone who works with First Nations, age requirement: 16+

Key Outcomes

- Increase awareness of the signs and symptoms of the most common mental health problems
- Increase awareness of the pathways to recovery
- Increase confidence and skills to help those developing a mental health problem or in crisis

Crisis First Aid Skills Learned

- Substance Overdose
- Acute Stress Reaction
- Panic Attack
- Suicidal Behavior
- Self-Harm
- Psychotic Episode

REGISTER

Cost - \$400/person (training is provided with books and lunch)

Length - 3-day training (mandatory attendance is required for 3-full days of training)

Schedule - 2019 – Mar 11-13 / Apr 15-17 / May 13-15 / Aug 12-14 / Sept 16-18 / Oct 14-16 / Nov 11-13

Time - 9:00 am to 5:00 pm

TRAINERS

Chanda Gramada, Melissa Stone, Theresa Crow, Kyle Muswagon

Min/Maximum Participants: 10-20 participants

Note

Elder and Peer Support person included in the price

Location

safeTALK - suicide alertness for everyone

Description

safeTALK helps participants become alert to suicide. Suicide-alert people are better prepared to connect persons with thoughts of suicide with life-affirming help. safeTALK helps expand the reach of suicide intervention skills in communities around the world.

Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts may be present;
- Recognize that invitations for help are often overlooked;
- Move beyond the common tendency to miss, dismiss, and avoid suicide;
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe; And
- Know community resources and how to connect someone with thoughts of suicide to them for further help.

Who Should Attend

Community, staff, and organizations, 15+

REGISTER

Cost

\$10/person with subsidy from SWELL program (training is provided with booklet, card and snacks)

Length

half-day training

Schedule

2018 - Oct 9 & 23 / Nov 6 & 20 / Dec 4 2019 - Jan 15 & 29 / Feb 12 & 26 / Mar 12

Time

9:00 am to 12:00 pm

TRAINERS

Chanda Gramada, Brittany Murdock, Kyle Muswagon, Raven Boulanger

Min/Maximum Participants: 10-30 participants

Note

Elder and Peer Support person included in the price

Location

Living Life To The Fullest (LLTTF)

Description

Living Life To The Fullest (LLTTF) is a program to enhance peoples coping skills with everyday life. Participants are taught how to manage their negative feelings (such as being fed up, worried and upset, or feelings of hopelessness) and learn new skills to help tackle life's problems. A negative event, thought or feeling can bring us down and start the downward spiral of negative emotions, but we can reverse this process to something positive and use this interconnection to rebuild happiness.

Please join us for this 90 minute workshop, eight times (one workshop per week). Each workshop session will be moderated by a trained facilitator and includes a free booklet.

Who Should Attend

Community, staff, and organizations, 14-18 years of age

REGISTER

Cost

\$ TBD

Length

8 sessions are 90 minutes long

Schedule

2018 - TBD

2019 - TBD

Time

9:00 am to 12:00 pm

TRAINERS

Chanda Gramada, Kyle Muswagon, Brittany Murdock

Min/Maximum Participants: 8-15 participants

Note

Elder and Peer Support person included in the price

Location

Listening To One Another (LTOA)

Description

The Listening to One Another (LTOA) program can be taken with the Living Life To The Fullest (LLTOF) program. Each session promotes a vision of positive mental health in which well-being is achieved and maintained through a supportive, strength-based approach. The program aims to help youth and adults to become more resilient and selfconfident, feel connected to the land and their communities, and provide you with a sense of belonging where you can take pride in your identity.

Who Should Attend

Community, staff, and organizations, 10-14 years of age with guardians

REGISTER

Cost

\$ TBD

Length

TBD

Schedule

2018 - TBD

2019 - TBD

Time

9:00 am to 12:00 pm

TRAINERS

Chanda Gramada, Kyle Muswagon

Min/Maximum Participants: 10-30 participants

Note

Childcare and bus tickets are provided.

Location

SUICIDE PREVENTION LEARNING SERIES

Applied Suicide Intervention Skills Training (ASIST)

Description

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop in suicide first aid. Participants will learn to recognize when someone may be having thoughts of suicide and how to work with them to create a safety plan. Studies show that the ASIST method helps reduce suicidal feelings in those at risk.

Over the course of two days, participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

ASIST helps to build regional networks of trained caregivers who can support each other and use terminology to approach suicide and safety.

Who Should Attend

Community, staff, and organizations, 15+

REGISTER

Cost

\$230/person (includes booklet, card and lunch)

Length

2-day training

Schedule

2018 - November 26 & 27, 2018 2019 - TBD

Time

9:00 am to 5:00 pm

TRAINERS

Crystal Leach, Priscilla Robert

Min/Maximum Participants: 9-18 participants

Note

Course usually runs from 9:00 am to 4:00 pm

Location

LIFE-SAVING TRAINING SERIES

First Aid, CPR and AED

Description

This is a one day course offering first aid and cardiopulmonary resuscitation (CPR) skills. The course trains participants to recognize several life-threatening emergencies and the protocols in offering First Aid/CPR, wound care, and illness. In addition, you will learn how to give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an automated external defibrillator (AED). It also includes adult, child, and infant rescue techniques.

Through power point presentation, demonstration, discussion and hands on practice, participants will gain the skills needed to provide basic lifesaving First Aid & CPR.

The course is available to Ma Mawi staff, volunteers, organizations and the community. Certification is a 2-year period for CPR and 3-year period for First Aid.

Who Should Attend

Community, staff, and organizations, 16+

REGISTER

Cost

\$70/person (booklets and Card included)

Length

1-day training

Schedule

2018 – November 2, December 7, 2018 2019 - TBD

Time

9:00 am to 4:00 pm

TRAINERS

Kyle Muswagon, Chanda Gramada, and Nathan Houle

Min/Maximum Participants: 10-16 participants

Note

Lunch is provided

Location

CRISIS PREVENTION AND INTERVENTION TRAINING SERIES

Nonviolent Crisis Intervention® training

Description

Nonviolent Crisis Intervention training focuses on prevention and offers proven strategies for safely defusing anxious, hostile or violent behaviour at the earliest possible stage. The emphasis is on early intervention and nonphysical methods for preventing or managing disruptive behavior. Disengagement skills are also demonstrated and practiced in this workshop to prepare you to safely remove yourself and others from a dangerous situation.

This program is considered the global standard for crisis prevention and intervention training. The program's proven strategies give human service providers and educators the skills to safely respond to various levels of risk behavior while balancing the responsibilities of care. The core philosophy of the program is providing for the *Care*, *Welfare*, *Safety*, *and Security*SM of everyone involved in a crisis situation.

In this training, you will learn:

- How to identify behaviors that could lead to a crisis
- How to most effectively respond to each behavior to prevent the situation from escalating
- How to use verbal and nonverbal techniques to defuse hostile behavior and resolve a crisis before it can become violent
- How to cope with your own fear and anxiety
- How to assess risk levels and consider the issues that impact decision making
- How to use disengagement skills to avoid injury if behavior becomes physical

Nonviolent Crisis Intervention training has been setting the standard for crisis prevention and intervention training for over 35 years, and can help your organization:

- Reduce the risk of injury.
- Comply with legislative mandates.
- Meet regulatory/accreditation standards.
- Improve staff retention.
- Minimize exposure to liability.
- Promote *Care, Welfare, Safety, and Security*SM.

Who Should Attend

Community, staff, and organizations, 16+

REGISTER

Cost

\$100/person (booklet)

Length

1-day training

Schedule

2018 – October 31, November 28, 2018 2019 - TBD

Time

9:00 am to 4:00 pm

TRAINERS

Theresa Crow

Min/Maximum Participants: 10-24 participants

Note

Lunch provided

Location



AWARENESS AND PREVENTION LEARNING EXPERIENCE

Crystal Meth Awareness Workshop

Description

Crystal Meth is short for Crystal Methamphetamine and is commonly referred to as Meth. It is just one form of the drug methamphetamine. Crystal Meth is frighteningly growing in communities across the province.

In this workshop you will receive a presentation on what is Crystal meth, what does Crystal Meth looks like and what are the effects of Crystal Meth on users. This is a first step to educate yourself about the dangers of Meth and the negative effects on users, families and the community. Participants will also learn about harm reduction and value based approaches when working with youth and how to support our community.

Who Should Attend

Anyone

REGISTER

Cost

\$70/person

Length

30 minutes to 5 hours – is flexible with group sizes

Schedule

2018 - TBD 2019 - TBD

Time

9:00 am to 4:00 pm

TRAINERS

Melissa Stone

Min/Maximum Participants: 1-1000 participants

Note

Bus tickets are provided

Location

Awareness and Prevention Learning Experience

Realities of Sexually Exploited Youth Workshop

Description

Sexual exploitation of children and youth is a serious concern in Winnipeg and Manitoba. Children and youth who have been sexually exploited are victims of child sexual abuse.

In this workshop you will receive a presentation on what sexual exploitation is, the effects and impacts on youth who are or have been sexually exploited, and the laws to charging the exploiters/offenders. You will also learn about harm reduction and value based approaches when working with youth and how to support youth who are on their healing journey.

Who Should Attend

youth 13-29 or support workers 18+

REGISTER

Cost

\$70/person

Length

5 hours

Schedule

2018 – December 11, 2018 2019 - TBD

Time

9:00 am to 1:00 pm

TRAINERS

Melissa Stone

Min/Maximum Participants: 10-20 participants

Note

Includes guest speaker with lived experience

Location

TRAUMA INFORMED TRAINING EXPERIENCE

Trauma Informed Care Training

Description

Trauma Informed Care recognizes that the majority of our youth and adults in the criminal justice system, the mental health system and the Child and Family Services system have experienced significant and complex trauma. This experience of trauma affects the developing neurological systems, causes emotional, social, and psychological effects and thus results in behaviour that can be very difficult to understand or deal with.

This three day workshop helps us to develop a deeper understanding of these effects and of what is driving some of the behaviours that we see, using both experiential and didactic learning. This will help participants develop a more trauma informed reparative response and effective strategies when working with people effected by trauma. A variety of emotional regulation strategies will also be explored.

Who Should Attend

For adult helpers

REGISTER

Cost

\$415 (includes lunch)

Length

3 full days

Schedule

2018 - November 13, 14 & 15, 2018

2019 - TBD

Time

9:00 am to 4:00 pm

TRAINERS

Pam Jackson

Min/Maximum Participants: 10-20

participants

Note

Attendance is mandatory for 3 full days

Location

Trauma Informed Training Experience

Vicarious Trauma Workshop

Description

Vicarious trauma refers to the impact on helpers who work with clients affected by trauma. Vicarious trauma can affect helper's interpersonal relationships, psychological needs and their sensory memory and imagery. Specific personal, professional and organizational strategies are helpful in order to prevent or ameliorate the effects of vicarious trauma.

This two day workshop is both didactic and experiential in nature. The goals of the workshop are to: provide an understanding of vicarious trauma and how we are affected by the work that we do; normalize and validate our responses to trauma work; break down isolation within and between individuals; understand the research-based prevention strategies; and develop supportive prevention and coping strategies for both the individual and the organization to diminish the impact of vicarious trauma.

Who Should Attend

For adult helpers

REGISTER

Cost

\$280 (includes lunch)

Length

2 full days

Schedule

2018 - November 29 & 30 2018

2019 - TBD

Time

9:00 am to 4:00 pm

TRAINERS

Pam Jackson

Min/Maximum Participants: 10-20

participants

Note

Attendance is mandatory for 2 full days

Location

Trauma Informed Training Experience

Harm Reduction 2.0 Beyond the Needle!

Description

Harm Reduction is best practice model for providing services in health care and social service programming for underserved populations. Harm Reduction is more than needle distribution, and in fact, you do not need to do distribution to work from this model! This workshop is tailored to meet your organizational needs and can be adapted to ½-day, 1-day, or 2-days.

Who Should Attend

Community members interested in improving their capacity to work with people impacted by substance use and misuse

- People who use drugs and other substances
- Service providers who work with people who use drugs including: Physicians, EMS, Primary Health Care Staff, Public Health Staff, Acute Care Staff, Mental Health Workers, Home Care Staff, Community Outreach Workers, Addictions Workers, Social Workers, Corrections & Probations, etc.
- Government & community service workers, outside of health, that work with people who use drugs including: EIA workers, CFS workers, Town employees, Educators, etc.

REGISTER

Cost

\$250 - 1000

Length

.5 day, 1 full day, 2 full days

Schedule

2018 - TBD

2019 - TBD

Time

9:00 am to 12:00pm - 4:00 pm

TRAINERS

Pam Jackson

Min/Maximum Participants: 10-20 participants

Note

can be adapted to ½-day, 1-day, or 2-days

Location

CHILDREN IN CARE TRAINING EXPERIENCE

Child Welfare 101

Description

This training experience is designed to raise awareness of child protection issues and responses. The learning experience will allow participants who work with children in care to explore and develop an understanding of protecting children. You will be equipped with the knowledge and skills required to deal with child protection situations. Knowledge and skill development are relevant child and family services in the province of Manitoba.

The workshop includes:

- Types of Child Abuse
- Child Welfare Legislation
- Child Protection Orders
- Documenting and Reporting
- Court Processes
- Reporting a Child in Need of Protection
- Child Welfare Placement Types

- Age of Consent
- Rights of Parents
- Manitoba's Children's Advocate
- Overview of the Child Welfare Devolution in Manitoba
- Overview of Sexual Exploitation
- Overview of the Aboriginal Justice Inquiry (AJI)

Who Should Attend

Info

REGISTER

Cost

\$70/person

Length

3 hours

Schedule

2018 – December 10, 2018 2019 - TBD

Time

9:00 am to 12:00 pm

TRAINERS

Lisa Champagne, Melissa Stone

Min/Maximum Participants: 10-40 participants

Note

Location

SAFE FOOD HANDLING TRAINING

Food Handlers Certification

Description

Ma Mawi is an authorized body to deliver Manitoba Health's approved Food Handler's Certification training. Any facility or location where food is prepared, stored or served to the general public is considered a food handling establishment. This includes restaurants, grocery stores, bakeries, butcher shops, delicatessens, catering facilities, take-outs, mobile vending carts, farmers markets and temporary food events at fairs or festivals.

- In accordance with the City of Winnipeg Food Service Bylaw: No person shall operate a food service establishment unless the person in charge has successfully completed the Certified Food Handler Training program.
- Food Service Establishments with less than 5 Food Handlers must have a person on staff who has successfully completed the Certified Food Handler Training program.
- Food Service Establishments with more than 5 Food Handlers working at any one time must have a person who has successfully completed the Certified Food Handler Training Program ON DUTY at all times.

Course Outline

Microbiology

Basic introduction to food microbiology

Foodborne Illness

• Common foodborne illnesses, their causes and preventative measures

Health and Hygiene

Proper personal hygienic practices and good health

Serving and Dispensing

Proper techniques for food service and display

Food Protection

 Safe food preparation and handling procedures

Receiving and Storage

• Factors involved in receiving and storing food

Cleaning and Sanitizing

 Correct dishwashing facilities, techniques, approved sanitizers and proper utensil storage

Who Should Attend

All owners, managers and supervisors of food service establishments. All food service personnel who are responsible for the receiving, preparing and serving of food. All owners, managers and supervisors of food service establishments.

REGISTER

Cost

\$100/person, includes lunch

Length

1 Full Day

Schedule

2018 – December 14, 2018 2019 - TBD

Time

9:00 am to 4:00 pm

TRAINERS

Raven Boulanger

Min/Maximum Participants: 10-30 participants

Note

There is an exam at the end of the training day. The percentage required to pass is 70%. Lunch is provided.

Location





TRAINING REGISTRATION BASICS

Decide which training you would like to take and complete the registration form. There are two ways to send in your registration form:

Online Registration

Visit the website www.mamawi.com for the training materials and registration forms

In Person Registration

Drop off the completed registration form at Ma Mawi's King Street Community Gathering Place, located at 445 King Street, Winnipeg Manitoba. A cheque or money order can be attached to your registration form and made payable to "Ma Mawi Wi Chi Itata Centre Inc".

Note: Unfortunately, Ma Mawi does not except cash at this time.

Once you are registered you will receive a confirmation email and receipt or a hard copy receipt if delivered in person.

Please refer to the training calendar above to see when trainings are offered throughout the year and refer to each training in the guide to know what is covered with your fee.

Need Assistance

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TRAINING REGISTRATION

REGISTRATION FORM: 2018 / 2019

Course Information						
Course Name:Course Date(s):						
m:						
Location:						
Cost						
Cost:	Course amount \$	x	_ per person =	Total		
	Cash					
Contact Information (Please PRINT clearly)						
Name:						
Organization:						
Address:						
Phone Number:						
Email Address:						
Food Allergies:						
To register or for more information contact: training@mamawi.com or by phone 204- 925-4480, fax 204-946-5042						

Payable by cheque or money order to "**Ma Mawi Wi Chi Itata Centre Inc**" 350-200 Alpine Way, Headingley, MB R4H 0B7