

# Wahbung Abinoonjiiag Inc.



*"Children of Tomorrow"*

"Empowering Community by Building on Our Strengths"

## CONTACT INFO

Phone:  
(204) 925-4610

Address:  
225 Dufferin Ave  
Winnipeg, MB  
R2W 5N7

Website:  
[www.wahbung.org](http://www.wahbung.org)

Facebook:  
Wahbung  
Abinoonjiiag

Twitter:  
@Wahbung



## MISSION STATEMENT

Wahbung Abinoonjjiag  
was established to  
empower families to  
break the cycle of  
violence. We do this by  
providing opportunities  
for holistic healing  
through culturally  
appropriate teachings  
and activities in a safe  
and nurturing  
environment.

# HISTORY

- Non-profit community-based Indigenous organization, established in 1994.
- Sister Organizations: Ikwe Widdjiitii-win, Native Women's Transition Centre, and North End Women's Centre
- Lack of resources for children who experienced or witnessed family violence

# ORGANIZATION PROFILE

- Wahbung offers programs, services and resources to children, youth and women involved in family violence situations.
- Programs provide opportunities for holistic healing through culturally-appropriate teachings and activities.
- Wahbung plays an advocacy and systems navigation role to ensure women feel valued, heard and important.
- Wahbung operates from a person-centred, child-focused approach in which women first are stabilized to better prepare to address the needs of their children.



# PROGRAM OUTLINE

- 4 Modules per year representing direction of Medicine Wheel
- Each lesson represents one of the Seven Sacred teachings: love, respect, courage, honesty, wisdom, humility, truth
- Holistic based, solution focused
- Empower a strength based approach supported by spiritual awareness and self-care strategies



# PROGRAMS OFFERED

- **Parenting Program:** *supports mothers to play a key role in their child's development. Implements cultural teachings, education, and develops a support network*
- **Women's Circle:** *empowers women to address emotional, physical, mental, and spiritual needs through Aboriginal teachings*
- **Mom's and Tiny Tots:** *0-5 year olds and mothers to strengthen attachments. Raise awareness of child's feelings and education on child's development as well as Aboriginal culture*
- **Playgroup/ Childminding:** *programming for children during women's groups/counselling*
- **Families First Home Visiting Program:** *New expansion program in partnership with Healthy Child MB and WRHA*
- **Cultural Relapse Support Group:** *culturally based support group for Indigenous women to develop a personalized recovery plan*

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# PROGRAMS OFFERED- cont'd

- **Passing the Feather (After-Care):** *Support for graduates*
- **Junior Youth Group:** *boys and girls ages 6-12. Traditional teachings, arts & crafts, activities. Build connections in community and network.*
- **Girls Mentorship Group:** *ages 9-13 given a place to be themselves, have fun, meet friends. Aboriginal Culture awareness and North End Safe Ride. Mentorship outings.*
- **Senior Youth Group:** *ages 13-18 given a place to be themselves, find supporting peers, have fun. Includes sports, games, cultural awareness, mentor support and more. One on one mentoring support.*
- **Mentoring/ Volunteer Program:** *an initiative developed from the Circle of Courage model emphasizing on Generosity/ Giving back stage.*
- **Strengthening our Circle and Keeping it Strong:** *Summer program for women to participate in multiple topics that deal with systemic barriers*

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# SERVICES OFFERED

## Housing:

- **3-bedroom Transitional Housing:** available for families for up to 1 year to provide them with interim housing and support goals and reunification

## Workshops:

- Semi-Annual 3-day Domestic Violence Prevention Workshop

## Cultural:

- Daily Smudging
- Sharing Circles
- Talking Circles
- Feasts
- Monthly Sweat Lodge Ceremonies
- Monthly Full Moon Ceremonies
- Traditional Medicine Picking
- Solstice Pipe Ceremonies
- Naming Ceremonies
- Fasting Ceremonies
- Drumming, singing, sewing, and crafts

## Therapeutic:

- Spiritual Care-giving
- Counseling
- One-on-One Mentoring

## Case Management:

- Advocacy
- Referrals



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**NATIONAL CHILD DAY FORUM 2016**  
**EVERY FAMILY MATTERS**  
**A4: DOMESTIC VIOLENCE & ADDICTIONS**

**Our Focus**

- What does **Resiliency** look like when working with vulnerable, disempowered and oppressed families

**Our Approach**

- Community knows best
- Our goals must align with families
- Meet families where they are at and move away from victim-blaming
- Work together to find solutions to end violence

NATIONAL CHILD DAY FORUM 2016  
EVERY FAMILY MATTERS  
**A4: DOMESTIC VIOLENCE & ADDICTIONS**

**Our Focus**

- Operating from a **Strengths-based model** and its benefits

**Our Approach**

- Quarterly case consult
- Team work, action oriented
- Participant involvement
- Participants owning their plans/goals

**NATIONAL CHILD DAY FORUM 2016**  
**EVERY FAMILY MATTERS**  
**A4: DOMESTIC VIOLENCE & ADDICTIONS**

**Our Focus**

- Understanding **Historical Trauma** and utilizing a trauma-informed practice and care model

**Our Approach**

- Colonization and it's effects
- Re-parenting self, self-acceptance, self-identity
- Peer support, circle of support
- Sense of belonging
- Trust and rapport

**NATIONAL CHILD DAY FORUM 2016**  
**EVERY FAMILY MATTERS**  
**A4: DOMESTIC VIOLENCE & ADDICTIONS**

**Our Focus**

- Having a **Spiritual Caregiving Strategy** for families and staff

**Our Approach**

- Culturally appropriate
- Drop-in friendly
- Healthy staff supporting families
- Inclusiveness
- Safe and nurturing environment
- Self-care day



**NATIONAL CHILD DAY FORUM 2016**  
**EVERY FAMILY MATTERS**  
**A4: DOMESTIC VIOLENCE & ADDICTIONS**

**Our Focus**

- **Person-centered, child-focused** in which women are first stabilized to better prepare them to address the needs of their children

**Our Approach**

- Crisis response
- Basic needs met
- Safety planning
- Harm reduction
- Awareness and education led
- Effects of domestic violence on children

**NATIONAL CHILD DAY FORUM 2016**  
**EVERY FAMILY MATTERS**  
**A4: DOMESTIC VIOLENCE & ADDICTIONS**

**Our Focus**

- The need for **Collaboration and Systems mobilization** to enhance and streamline resources

**Our Approach**

- Working in partnership
- Front-line advocacy
- Thinking outside the box
- Resource discussions with various systems and different levels of government
- Support team meetings

*Thank you / Meegwetch*

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