



mum + dad =
 auntie + uncle =
 foster mum + foster dad =
 mum + mum =
 dad + dad's boyfriend =
 mum + mum's girlfriend =
 mum = dad =
 dad + dad =
 dad + stepmum =
 mum + mum's boyfriend =
 grandma + grandpa =
 + =
 families =

Our Vision: Thrive believes in the potential of people and communities to grow and create change in a positive way. Through our community services including the programming, therapeutic counselling, drop in, thrift shop and child care, we provide opportunities and support to individuals to create this change in themselves and the community as defined in their personal journey. By working in cooperation with partnerships of other community agencies; recruiting qualified, caring and like-minded staff, volunteers and donors, and by respecting each person's individuality, we provide community members with professional and supportive service within the context of our resources. 12



To donate you have several options:

Electronic transfer:
 Use Info@thrivewpg.com
 Password: Thriving

Cheque or Money Order:
 Send to:
 Thrive Community Support Circle
 555 Spence St
 Winnipeg, MB
 R3B 1V9



www.gov.mb.ca/health/familydoctorfinder/

Administration Office: 204.772.9091
Resource Centre: 204.775.9934
Childcare Centre: 204.779.5093
Thrift Shop: 204.783.9281



Together We Thrive
 Please Donate Today
Official Newsletter
October 2023

Thrive Community Support Circle is a diverse agency dedicated to offering services that are inclusive to all persons, in all stages, to cultivate life, provide opportunities for empowerment, and to grow the community we serve.



As we celebrate Thanksgiving very soon, the Thrive staff and community would like to extend our heartfelt appreciation for so many local companies, funding organizations, and individual donors who are quick to open their hearts and lend a hand to our community members in need!

Over these last few weeks, we have had several new 'friends' join Thrive's mission for healthier communities by providing food, clothes, and care for the community with the essential needs of life! Thrive relies on these goods and the monetary donations to be able to support over 24,000 visits from community members each year! ❤️

Thank you to the generous community partners, who are not only leading contributors to the United Way Winnipeg annual campaign but have contributed much-needed items for Thrive's drop-in centre! Thank you to Birchwood, IG Wealth, Payworks, and Cambrian Credit Union, along with all the caring individuals who dropped off items at the center at 406 Edmonton! It is greatly appreciated, especially with the cooler weather approaching!



In September, Thrive said a sad goodbye to our creative, fun-loving, talented, and avid thrifter, Kristy! Kristy started as our Thrift Shop manager 8 years ago and transformed our little store on Spence into a volunteer hub and leadership training program for so many Winnipeggers to grow, build upon, and develop new skills, learn and gain experiences that help them realize their goals and dreams, whether it was securing employment, completing education, or just building the confidence to engage and give back to the community they live, she was the instrumental catalyst to change many lives, just ask her successor, our dearest Danielle! While we understand that Kristy felt it was time to move on to a new challenge, we will miss her presence at Thrive, and know that she will always be a THRIVER in her heart! Thank you, Kristy!

Continued on page 4...

A very blessed and happy Thanksgiving to all!
With gratitude,
Rhonda Elias-penner





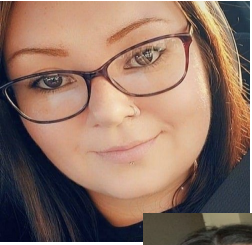
Resource Centre

Oh, hey there!

We are closed on Monday, October 9th for Thanksgiving, our drop-in will reopen again Wednesday, October 11th.

We will be having 2 movie matinees this month. October 6th and October 20th. Start time is 2:00 pm and will be open to the first 15 people, snacks provide.

Just like at a movie theatre!



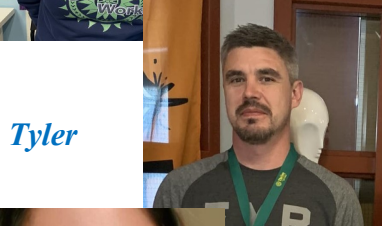
Trish



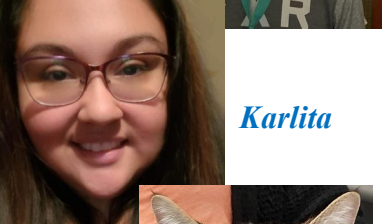
Michelle



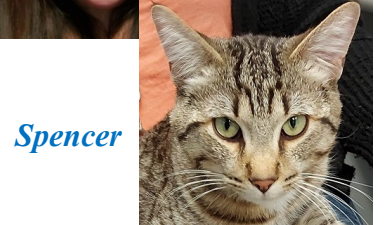
Susan



Tyler



Karlita



Spencer

*From our drop-in team * have a fantastic month!*

Resource Centre is closed every Tuesday



Nurse Julia is back! Stop by Monday afternoons for any health related questions you may have.



We are now accepting names for "Koatz for Kids". Please call us at 204-775-9934 for the details.



Halloween is fast approaching! Staff will be dressing up in their costumes on Monday, October 30th and handing out some delicious treats! If anyone would like to stop by and show us your costume you are more than welcome to!

Joke for the month: Why didn't the scarecrow eat his dinner?

-He was already stuffed!



Need Help With Rent And Not On EIA?

What is Non-EIA Rent Assist?

Non-EIA Rent Assist is a financial benefit for people who do not receive Employment and Income Assistance (EIA) and have housing costs to cover. It is for low-income private renters.

Am I Eligible?

- Canadian citizen, or a permanent resident of Canada
- Pay rent or room and board for unsubsidized housing
- Meet the net annual income thresholds per number of people living in residence
- Not renting from Manitoba Housing
- Not receiving any kind of housing benefit or subsidy
- Live outside of a First Nations reserve
- Not living in a nursing home, hospital or residential care facility
- Live outside of student housing

Application form and breakdown of income thresholds available at:
https://www.gov.mb.ca/fs/eia/rent_assist.html



Are you experiencing homelessness or at risk of homelessness?

Do you need help paying for your rent?



Then you might be able to get up to **\$350 per month** to help pay for your rent if you are:

- Paying rent in the private market
- Receiving Employment and Income Assistance (EIA) OR non-EIA Rent Assist

How to Apply:

Complete the application form at:
<https://gov.mb.ca/housing/progs/cmhb/cmhb-homelessness.html>



Canada-Manitoba Housing Benefit:
A Rent Benefit That Moves with You



Please Donate Hygiene Items

Thrive is in desperate need of Hygiene products for our participants, please, if you can give email: cynthiamoon@thrivewpg.com

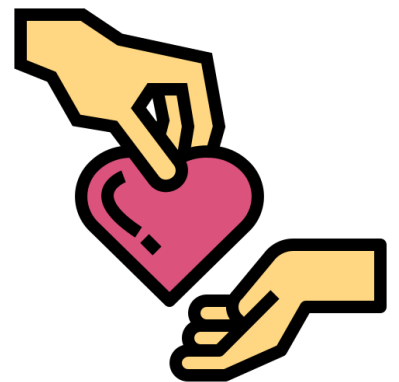


help us give support

Please contact Cynthia-Moon at **204.772.9091** for drop off and info.

Resource Centre
 address: 3rd floor
 406 Edmonton Street

Never get tired of doing little things for others, sometimes those little things occupy the biggest parts of their hearts.



JOIN TYLER FOR OUR

MEN'S SUPPORT GROUP

EVERY Wednesday 10:30-11:30

@ThriveCommunitySupportCircle
406 EDMONTON

Starting September 11th

ART FOR WELLNESS

Mondays 3-4 pm

An inclusive space, to allow for self-discovery, self-reflection, confidence and exploration!

bus tickets available
coffee and tea

406 Edmonton 3rd Floor

call for info 204-772-9091

THRIVE RESOURCE CENTRE

October 30th Our wonderful Drop-in staff will be all dressed up and hanging out treats	Art for Wellness 2:30 pm - 3:30pm	Health Nurse Julia 1:30pm - 3:30pm Pregnancy Tests (If Available) Layettees	Women's Support Circle (Grief & Loss) 10:30am - 11:30am	Coffee & Lunch starts at 10am Until supplies last	M
204.772.9091	DROP-IN Answering Phones 9am-11am 1pm-3pm	RESOURCE CENTRE Drop-In CLOSED TUESDAYS	Mind and Body Wellness Via Zoom every 2nd Tuesday at 11am	Safety Club Outreach 9:30am - 11:00am	TU
Resources, Referrals and Program Information. 1pm - 4pm	Anger Management for Women starts at 1:30pm (Must Register)	Men's Support Group 10:30 - 11:30am	Food Kits (Appointment Only) Baby Supplies	Coffee & Lunch starts at 10am Until supplies last	W
Resources, Referrals and Program Information. 1pm - 4pm	Ask about our Safety Club	Food Kits (Appointment Only) Baby Supplies	Coffee & Lunch starts at 10am Until supplies last	Resources, Referrals and Program Information. 9am - noon	TH
Spencer, the Therapy Cat on duty Mon-Fri	Women's Support Circle 1:30pm - 3:00am	Movie Matinee at 2:00pm	Clothing Giveaway 10:30am - 12:00pm Hygiene Items (If Available)	Coffee & Lunch starts at 10am Until supplies last	F

TO BOOK AN APPOINTMENT, CALL 204.775.9934
406 EDMONTON STREET

Thrive Resource Centre

Public health nurse Julia will be visiting our drop in on Monday's from 1:30—3:30 to connect with the community and answer any health questions/concerns you may have.

Immunizations available:

- TETANUS
- COVID
- HPV
- PNEUMONIA
- FLU
- HEPATITIS

And more

MONDAYS 1:30-3:30
CALL: 204-775-9934
To check for availability

Assistance with:

- Applying for EIA/ Disability
- Food security
- Pregnancy tests/ counselling

Referrals for:

- Housing
- Mental health support
- Family doctors

3rd floor—
406 Edmonton St.

Thrive for Mind and Body Wellness

to join zoom sessions call 204-775-9934 or email sandakalasamarakone@thrivewpg.com

virtual bi-weekly classes Tuesdays 11:00 am

with sanda and sue

coupons provided for healthy refreshments

Relaxation and stretching

Breathing exercises

Virtual community forum

Thrive's Circle

Front Page story continued...

The Manitoba Chamber Orchestra!

Join us for a mini concert at the drop-in with the The Manitoba Chamber Orchestra! The MCO is a music ensemble based in Winnipeg and has been in existence since 1972! Many well-known musicians from around the world have performed with the MCO. Last season the MCO turned 50, just like Thrive!



Q: What is an orchestra?

A: In the classical music tradition, an orchestra is a large musical ensemble that includes four main categories or **families** of instruments: **strings**, **woodwinds**, **brass**, and **percussion**. These large orchestras are also sometimes called **symphony** or **philharmonic orchestras** and usually perform in large venues called **concert halls**.

Q: What is a chamber orchestra?

A: It is similar to an orchestra, but there are fewer musicians! Musical ensembles like the Manitoba Chamber Orchestra play different pieces of music and often perform in smaller venues. Both orchestras and chamber orchestras are led by a conductor.

Learn more about the MCO on our website: <https://www.themco.ca/what-is-the-mco/>. Find the MCO on Instagram and Facebook @mcoCanada. The Manitoba Chamber Orchestra offers a wide range of Education and Outreach programs throughout the year including: library and community concerts; school concerts; outreach tours; pre-concert events; masterclasses and presentations; workshops; learning resources; and more!

Stay tuned to our drop-in calendar to join us for a mini-concert and sign up to attend a live performance for free with drop-in staff!

Thrift Shop is temporarily CLOSED!



We look forward to reopening and renewing our friendships soon. Till then take care Thrivers!

On a much lighter note, we also welcomed a new face to our team! Nengi, a vibrant, innovative young graduate with experience in marketing and fund development, joined our team and is looking forward to helping bring Thrive forward into the mainstream as we celebrate our 50th milestone and get ready to formally launch our capital campaign to expand and upgrade our building into a beautiful new accessible space for our community to grow and thrive! Welcome Nengi! 😊

Please stay tuned to our social media, website and her new blog to keep up to date on all the THRIVE news!

Introducing Nengi's Enthusiasm for Thrive

Greetings, I am Nengi Offurum, and I am driven by a strong commitment to uplifting people through the power of storytelling. My core principles revolve around empowerment, and I have harnessed my creativity, empathy, and resilience to amplify narratives that inspire and strengthen others.



My journey towards Thrive was shaped by a deep alignment of values. Witnessing Thrive's impactful work and the dedication of its exceptional team members deeply resonated with my personal convictions. The relentless pursuit of support and the transformative impact Thrive has on those it serves left a memorable mark on me.

To say I am proud to join Thrive would be an understatement. I am eagerly anticipating the opportunity to contribute my unique perspective and skills to further enrich Thrive's noble mission.

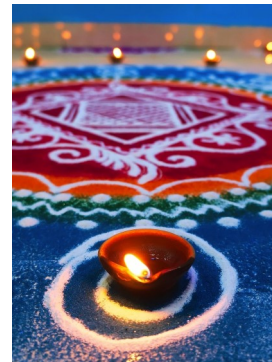
Together, we will continue to empower and uplift countless lives.

Sincerely, Nengi Offurum

Hi, my name is Priya Kapoor (she/her) and I am an international student from India. I am currently doing my MSW at the University of Manitoba. I am grateful for the invaluable opportunity to do my field placement at Thrive and contribute to such a meaningful organization. In my work, I am interested in further developing my counseling skills and learning more about how family violence and intergenerational trauma impact people. In my free time, I enjoy watching TV, doing yoga, and playing video games.

Diwali, or the "Festival of Lights," is this fantastic celebration we have in India. We light up our homes with diyas, candles, and bright lanterns to symbolize the triumph of good over evil and light over darkness. And oh, the food! Diwali is a feast for the taste buds. We exchange gifts and indulge in delicious Indian sweets and savory dishes. Plus, we set off fireworks that light up the night sky, making it a real spectacle. It's all about family, friends, and celebrating the joy of life.

Regards, Priya



Turtle Island * Indigenous Peoples History * Teachings

Feasts are an important part of Native life. They are held throughout the year to acknowledge the help received from the spirit world, our relatives and ancestors, and other members of the community. Feasting gives us the opportunity to honour all those who have helped us, to feed them and express our respect for what they have done for us.

Feasting is also spoken of as the way we strengthen the life and spirit of our bodies.

TYPES OF FEASTS

Feasting may be an individual or group event. At larger gatherings, drumming, singing and Traditional dancing may be a part of the ceremony and feast. Tobacco is always offered and the foods served vary according to the customs of the community or territory and the reason for the feast.

Feasting is done for many reasons. Some of these are given here:



Seasons

There are spirit feasts with the four seasons, the spring, summer, fall and winter. The feast for honouring and feeding the dead is held in the fall and, in some communities, also in the winter.

Some people hold a feast before the seeds are put in the ground and again after harvest time. Feasting the harvest may consist of taking a plate of food back to the garden and leaving it there as a way of giving it back to the earth.

Names and Clans

Feasts are held at naming ceremonies. When clans gather, they will feast their clan, usually every spring and fall.

Fasts and Sweats

Fasters are given a drink of water and berries after their fast and the sacrifice they have made for everyone is honoured at a feast. Feasts are often held after the sweat lodge ceremony as well.

Sacred Items

We feast the gifts that we carry. We acknowledge the spirit of our pipes and feathers for their power to help us. We have drum feasts for the drums we carry. We feast all the items that we took with us on our fasts, such as our colours, feathers and shakers.

Berry Ceremony

A berry ceremony is held to thank Mother Earth who has given birth to the berries.

Moontime Ceremony

There is a feast for a girl who has just begun her moontime.

Helpers

We feast the helpers that are given to us and all the others who so eagerly give us help when we ask for it. People will feast the eagle, the bear, the wolf, the mountain, the fire, the plant medicines, and all the other spirit helpers who come to them.

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Thrive Child Care Hello Thrive Families!
Values Diversity and Inclusion



The Survivors' Flag is an expression of remembrance, meant to honor residential school Survivors and all the lives and communities impacted by the residential school system in Canada. Each element depicted on the flag was carefully selected by Survivors from across Canada, who were consulted in the flag's creation.

To learn more: <https://nctr.ca/exhibits/survivors-flag/>

Orange Shirt Day is a day to think about the many students who were taken from their families to be colonized. Students in Residential Schools were not allowed to speak their native languages, practice their spiritual beliefs, wear their own cultural outfits, or even wear their hair as their ancestors did.

Many children died as a result. There was abuse, poor nutrition, sickness, and very often poor living conditions. Children were expected to work hard (physical labor) and were often not educated well.

Even in the best conditions, their care was barely adequate and they were separated from their siblings in the same residential school. They were away from home, missing their parents, community, culture, and everything they knew. Parents often did not know where their children were, when they would return, or how they were doing. Children died and families were not informed.

It is a day that brings much pain and trauma to the surface. The team at Thrive Child Care marks the day with learning, reflection, and activities. We still have much to learn on this journey to truth and reconciliation.



Important Dates in October:

- Oct.9th: Closed for Thanksgiving**
- Oct.12th: Harvest Lunch-Special Lunch**
- Oct.13th: Closed for Professional Development**
- Oct.19th: Parent's Meeting TBA if in person**
- Oct.24th: Closed early at 3:30 for URIS training**
- Oct.31st: Halloween/Harvest Fun Party-Details to follow**

A message from Jess



Thrive Safety Club has started its outreach walks this September and things are going AMAZING! The participants of this community group brainstormed last year of all their ideas about how to make positive changes and also to feel safer in our community. Sharing resources, checking in on peeps, offering friendship, smiling, being kind, distributing harm reduction supplies, and giving folks appropriate clothing and snacks were the identified goals of the group. You can see our cool safety crew in their brand-new safety spider t-shirts on most Tuesday mornings. All volunteers are welcome! The club also offers training for volunteers and Thrive staff. Thrive supports the community through a trauma-informed lens. Through CTRI I updated my skill set to trauma-informed care facilitator training. The club coordinators will ensure that everyone increases their knowledge in trauma and mental health, knows of community resources and how to effectively support individuals with addictions.

Donations will be gladly accepted to distribute with love to our community folks.

Thank you to Lauren and Karlita for taking this project on, we can't wait to see how this club continues to evolve. Join the web of safety and community resources with the Thrive Safety Club! This group has been evolving and is open to adapt to meet the needs of the community.



*See you soon!
Jess*

Wellness Message

Happy October, the Canadian month of Thanksgiving. Most Canadians look forward to this holiday as it is a time to spend time with and appreciate those we love. Let's take a quick look at the origins of this beautiful feast.

While the traditional Thanksgiving has modern roots the practice of giving thanks long predates the arrival of European settlers in North America. First Nations across Turtle Island have traditions of thanksgiving for surviving winter and for receiving crops and games as a reward for their hard work. These traditions may include feasting, prayer, dance, potlatch, and other ceremonies. It's a chance to recognize and appreciate the good things in life such as family, community, and the land itself.

Coming back to the Thrive Wellness department we are currently offering Anger Management, Art for Wellness, Men's Support Group, Mind and Body Wellness, as well as programs specifically for women on Fridays. While on the topic of programs, I would like to share one of our recent successes.

We have been collaborating with "Future Hope" on an outreach program for inmates and people in halfway houses which I have been privileged to facilitate. Thanks to Kim from Future Hope for inviting us. It has been a rewarding experience and we look forward to having more partnerships like these that will allow us to connect with individuals who need to be heard. I would also like to thank Kristy, our Director of Development, for making this possible. You have done so much for Thrive and our community. While I am sad to see you leave, we all wish you luck in your future endeavors! You will be missed a lot.

*Wishing everyone joy,
Sandakala (Sanda)*

Welcome volunteer Craig!

Craig, craig, you're not a dreg.
You work so hard to make Thrive great.
Hours of put in time,
At home, you are spitting rhymes – for Thrive!
Thank you for being you,
For the world, there's so much you can do.
Don't forget that you are great,
That's why your parents named you Craig!

Meaning: rock, a name of Scottish, Gaelic, and Welsh origins. Coming from the Gaelic word creag, this name translates to "rock". It also comes from the word "crag," which describes a steep, rugged cliff that makes for a stunning sight on the Scottish coast.

Didn't make that last paragraph up, the stuff about the Scottish coast. Found it by using the Google host.

