



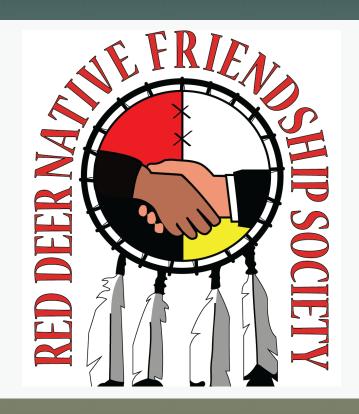


### ANNUAL REPORT

April 2018 - March 2019

### **BOARDOF** DIRECTORS

John Sinclair: President
Brian St. Germain: VicePresident
Hayley Christen: Treasurer
Jodi Gulka: Secretary
Amelie Eidem:
Youth Representative
Samantha Shortneck: Director
Lynne Mulder: Director





### **Executive Leadership Team**

Lianne Hazell: Executive Director

Nadette Agecoutay: Director of Programs, Housing & Culture

Beverly Beaverbones: Director of Programs, Youth & Family

### President's Message

Greetings to all our members from the Metis Nation of Alberta and Treaties 6 and 7, the traditional territories of the Blackfoot, Cree, and Saulteaux people. On behalf of the Board, I welcome you and thank you for your ongoing support as members of the Red Deer Native Friendship Society.

I would first like to acknowledge and give thanks to our team of amazingly hard working and passionate staff members. They work diligently each day to make this community a caring and healthy place for all people.

The programs of our Friendship Centre are dependent on our many partners for funding and ongoing support to those in our community. We would like to thank the National Association of Friendship Centres, Alberta Native Friendship Centres Association, the Government of Canada (Indigenous Services Canada and Employment and Social Development), the Government of Alberta (Indigenous Relations, Human Services, and Senior's Housing), the City of Red Deer, Central Alberta Children's Services, Red Deer Public School District, Central Alberta FASD Network, and Life Long Learning Council of Red Deer for funding support.

June 2018 marked one year that the Asooahum housing program has offered housing to families, Elders, and individuals in our community. We have learned a great deal about leading this housing community and look forward to the next steps in our journey of building the Asooahum community. I want to thank Hearthstone Property Management for walking with us and providing their expert leadership in property management.

In the last year, we have continued our work on the Joint Steering Committee with the City of Red Deer to finalize the land appraisals and land sale related to the swap of the Riverside land for the Clearview Ridge land. The appraisal is minutes away from being approved as final and we will continue to work toward an agreement of money owed to the Friendship Society that resulted from our agreeing to build on the Riverside Drive land. I have appreciated the opportunity to work with all of the members of the Joint Steering Committee. It has been truly a joint partnership that has encouraged and strengthened our relationship(s).

As in all seasons of life, our experiences are both happy and sad. It was with great sadness that we said our good-byes to Merle White who passed on June 21st, 2018. Merle was a true friend of our society and could often be seen and heard in the centre giving good guidance to staff and community members. He had such positive relationships with our youth and was dedicated to supporting them to success in their lives. He will most certainly be remembered by many of us for being the drum making teacher. We miss him and will always have good memories and great stories to tell about the times he touched our lives.

I am grateful to have shared this last year with my fellow board members. We have had change and we have had growth. We are on a positive path for a future of continued success for Red Deer Native Friendship Society.

In Friendship,

John Sinclair President

## Executive Director's Report

Dear members of Red Deer Native Friendship Society

The year April 2018 to March 2019 has been a giant roller coaster of activity for the society. Below is my top 10 list of significant happenings...in no particular order.

- 1. We successfully completed the accreditation process for our Four Directions Family Support program and our Homelessness Prevention program. This means that we continue to meet the standards of excellence as set out by the Canadian Accreditation Council.
- 2. The Four Directions team welcomed a new program, Natural Supports, which worked with families to identify and activate their natural support networks to a goal of keeping families healthy and together. The program met and exceeded all expectations of Family and Community Support Services, the program's funder. Unfortunately, this program was not chosen by the community to be funded again.
- 3. We joined with Red Deer Public Schools, Red Deer Catholic Schools, Children's Services, and the RCMP to seek solutions and strategies that would result in higher school attendance and better education outcomes for students. This work continues.
- 4. Presented by Red Deer Native Friendship Society along with our many incredible partners, the first annual National Aboriginal Day conference and powwow happened in Red Deer on June 21 and 22, 2018. Both were incredibly well supported and attended by community. Reports from attendees were wonderfully positive. Thank you to everyone who was involved! Stay tuned for Pow Wow and conference 2019!
- 5. Our partnership with Hearthstone Property Management continued to grow strong over the past year. Hearthstone manages the Asooahum housing program efficiently and effectively, using a decidedly humanistic approach to their relationships with tenants. It was a former member of our board of directors, Larry Cunningham, who brought Hearthstone in to the friendship centre family and we are ever grateful for their support and leadership.
- 6. In November 2018, we received the "Friend of Education" award from Red Deer Public School District. What an honor! We received recognition for all the work we had been doing in the public schools over the previous two years. This was a very kind gesture and way of showing respect for this partnership. We are excited about the public school district's commitment to the importance of Indigenous representation and culture in the school system.
- 7. In the last year, we have had some tearful good-byes with short and long term team members. All of these people have become family of the friendship centre and we have become better by knowing them and having them with us for a time. We are always happy to see them back in the centre for a visit. We wish them all only good things and look forward to working with them again in the community.
- 8. In the last year, we have welcomed and hosted five social work practicum students from Red Deer College. These first and second year students worked and gained experience in our youth, family, and housing programs. To complete their practicum experiences, the students participated in a variety of cultural learning experiences and always expressed their appreciation for these opportunities. We are grateful to have students in our programs and happy to participate in the students' journeys to being social workers for our community.
- 9. We continue to work with our existing community partners and have enjoyed this last year of building deeper and stronger relationships that benefit the community as a whole. We have welcomed the opportunities for new partnerships and are happily building those together to a goal of providing rich and rewarding cultural programs and supports in our community.
- 10. Over the past year, we have met and exceeded our commitment to have a staff team of highly qualified and experienced individuals. Our staff team is made up of people who are all working toward the goal of a healthy and well equipped community of members who are connected and reconnected to their culture(s) and live in strong and supportive relationships.

Thank you for supporting the friendship society!

Lianne Hazell Executive Director

## "Empowering Community Through Friendship"



#### **Vision & Mission**

In the spirit of Friendship, the Red Deer Native Friendship Society is committed to a community without need. We embrace and are guided by cultural wisdom and traditional teachings to provide a healthy and safe place of belonging for all people living in Red Deer.

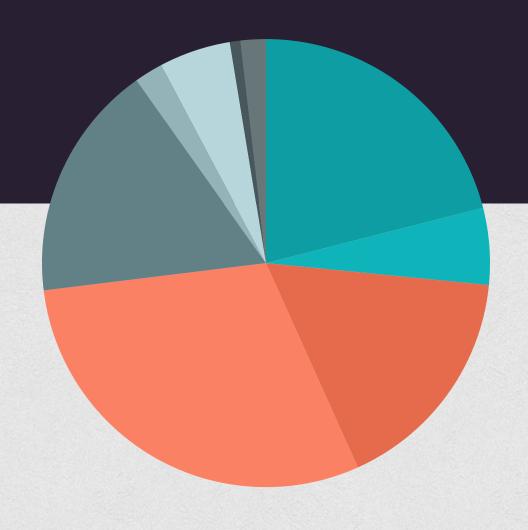
The RDNFS is a charitable Aboriginal agency dedicated to building an empowered community through Asooahum cultural housing, community development and the Aboriginal Youth Centre for Success.

We are awakening Aboriginal cultural teachings and family preservation services that promote wellbeing and assist with the adjustment to life in Red Deer.

We strive to extend friendship and foster positive relationships to bring awareness of Aboriginal people and culture to all citizens of Red Deer.

### program funding

2018 -2019



Alberta Native Friendsh.. (21.03%) Central Alberta FASD Network (5.54%) Children Services (16.70%)

Outreach & Support Serv.. (29.78%) Homelessness Partnering.. (17.12%) United Way (2.07%) Red Deer Public School .. (5.17%)

Life Long Learning Council (0.74%) Government of Canada - .. (1.85%)

#### RED DEER NATIVE FRIENDSHIP SOCIETY

Statement of Financial Position As at March 31, 2019

	2019	2018
ASSETS		
Current assets		
Cash	\$ 73,420	\$ 444,637
Accounts receivable Prepaids and deposits	66,623 12,197	72,752 5,250
Prepaids and deposits	12,197	5,250
	152,240	522,639
Capital assets (note 4)	5,344,260	5,563,045
	\$ 5,496,500	\$ 6,085,684
LIABILITIES		
Current liabilities		
Accounts payable and accruals (note 5)	\$ 106,994	\$ 473,309
Deferred contributions (note 6)	195,564	187,986
Deposits - rental units	12,645	7,665
Current portion of long-term debt	17,618	14,783
	332,821	683,743
Long-term debt (note 7)	612,407	602,099
Deferred capital contributions (note 8)	4,557,561	4,747,459
	5,502,789	6,033,301
NET ASSETS		
Unrestricted	(6,289)	52,383
	\$ 5,496,500	\$ 6,085,684

#### Friendship Centre Programs

Providing opportunities for cultural and spiritual connections to all citizens of Red Deer.

Connecting participants to ceremony, healing and supporting housing stability.

Promoting family unity, cultural pride and community connections.

Increasing opportunities for youth and elders to connect and share cultural knowledge.

**CULTURE** 

**HOUSING** 

FAMILY SUPPORTS

YOUTH & ELDERS

#### **Drop-in Centre**

Red Deer Native Friendship Society is unique in that it is one of the only community agencies that offers drop-in community space.

We offer coffee, friendship & referrals to community resources.

This year we made 4617 contacts in our drop-in centre.



#### **Drop -in Programs**

This year we ran 20 monthly and weekly drop-in programs and workshops and led or participated in 12 Community Events

We made 5422 contacts through our workshops, programs and events



## "Providing opportunities for cultural and spiritual connections."

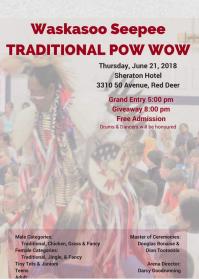
Red Deer Native Friendship Society strives to make cultural and spiritual connections for Aboriginal community members and all citizens of Red Deer. We offer cultural support, programming and educational workshops.

We offer many drop-in programs at the centre to promote cultural awareness, community building, and elder teachings:

- · Monthly Blanket Exercise
- 4 sweats per year
- Monthly cultural teachings
- · Wellbriety
- Elder Tea
- · Crafts with Elders
- · Traditional Parenting
- Family Dances
- · Family Friendship Night
- Women's Wellness
- · Little Paws
- · Thunderbird Learners
- Spirit Seekers
- · Youth Sharing Circles
- Cree Lessons

On June 21 & 22nd we held our 1st Annual National Aboriginal Day Conference and Pow Wow. It was held at the Sheraton Hotel in Red Deer. We had 17 sessions, 14 presenters and 85 registrants at the conference. There were 55 volunteers for the entire event and an estimated 500 visitors to our Pow Wow!













#### Participants say:

- "They are always welcoming and they always have amazing programs."
- · "They teach and support us in all we do"
- "They help me feel more connected because of the culturally rich environment"
- "They are inclusive to those who are non-Aboriginal"
- "Everyone is so friendly and helpful. Love it here!"
- "Teaches me about my culture"
- "Everyone was given an opportunity share"
- "I enjoy the atmosphere. Feel welcome"
- "This was first time doing a smudge and it was very eye opening I will be taking this knowledge home"
- · "Learning and taking those important lessons that go straight to your heart and touches you give you strength and motivation"



#### SUCCESS STORY: Written by Dean Johnson, Culture Connections Helper

August 2018: We put up the tipi at Sunny Brook Farm. We were offered protcol from Echo from the youth staff. Myself and Diane went and hooked up the trailer & loaded up poles. From there we lashed down the poles and secured them down. We then loaded up the the canvas/pegs/ and supplies needed for the ceromony. We then drove over and met with the summer staff. From there we lit smudge and did prayer to acknowlege Creator & Ancestors to ask for guidance in a good way to start the ceromony with our protocol that was offered. From there we put up the tipi with the help of the youth staff from NFC. And also summer staff from the Sunny Brook Farm. Then the kids from summer camp also were given the the teachings/ and they also took part in the raising of the tipi. So that is one of the success story for me. Creating awarness and bridging the gap between Non Aborignal & Aborignal People in our community.

#### SUCCESS STORY: Justin Cardinal, Culture Connections Helper

This month's success was measured in tears. By this I mean the emotional investment of those who participate in the Blanket Exercise. The Blanket Exercise is an emotional journey, and it often triggers memories for Residential School and 60's Scoop survivors. This month's Blanket Exercise was no exception. I often feel the emotions of others, so the Blanket Exercise can be difficult to endure, but I feel so blessed to be able to help with facilitating it. It changes people's minds and perspectives, and with that their hearts often follow. The Blanket Exercise is always a success, but our attendance has been down of late. This time we had a decent showing, as far as numbers go, but the quality of character at this one far surpassed the quantity of filled seats. You could hear the sincerity and passion in the words spoken during the sharing circle. This was reflected in the comments received, through the kind words spoken of both our team and presentation. I could endure the emotional toll of the Blanket Exercise a million times if it has this kind of impact everytime. I am blessed and grateful for the opportunity to be a part of this movement. Hiy hiy.

## "Connecting participants to ceremony, healing and supporting housing stability"

The Aboriginal Housing Team at RDNFS delivers four housing programs to connect participants to ceremony, healing and to support their housing stability. We help prevent homelessness by supporting individuals and families who may have an eviction notice or a utility cut off notice. We connect participants to culture and support the chronically homeless to find housing. We empower participants to support themselves in a safe environment free from judgement.

#### Pimaciwin: Aboriginal Intensive Case Management (AICM) Program

#### SUCCESS STORY: Written by Mary Ann Butterfly, Aboriginal Intensive Case Manager

There have been a few successes this past month, one being that a participant that has been homeless for a very long time... I think approximately ten years, has his own apartment. He was very happy and excited and said he didn't know how to feel.

Another participant went to court to get her child back and received three more months till the next court date. This means that the child will be in temporary guardianship instead of permanent guardianship and that she has more time to get settled in her new apartment that she just moved into on the 20th of February; Also having more frequent visits with her daughter and over nights as well. So excited for this participant, she has grown much since she first entered the housing program.

Another participant that has been homeless for 5 months, not being able to find a place, has been able to move to the Buffalo. He was not able to find a place because of bad credit and bad references from his last three places that he stayed at.

#### SUCCESS STORY: Written by Justin Cardinal, Culture Connections Helper

One success this month came in the form of an Aboriginal Intensive Case Management participant wanting to reconnect with his roots. This participant volunteered to help Dean and I clean up the Sweat Lodge on April 24. This was very rewarding as this particular participant was on his "death bed" in December, battling a spinal infection, which he is still recovering from. He was extremely happy to be helping at the lodge, and it appeared to bring back fond memories of his childhood, helping his family prepare for the sweat. I told him how happy I was to see him on the land, moving around and working lightly, without the pain he had been experiencing. I look forward to having him help again soon, as I believe it to be therapeutic.

#### SUCCESS STORY: Written by Sherri Courtereille, Aboriginal Intensive Case Manager

One of our AICM participants is an Aboriginal male who is gentle, kind, laid back and has a great sense of humor. He lived in supported housing successfully for one year prior to being referred to our program due to the supported housing program being discontinued. He was housed through our program in December of 2017. As of June 2018, this participant has been successfully housed for six months! This success means that he is eligible to apply for Red Deer Housing Authority rental subsidy. This participant, as well as everyone at the Red Deer Native Friendship Society, is very proud of his success!

I have had the pleasure of working with this participant since April 2018. In this short time, I have seen him spend all of his money and request food hampers from the food bank, to now calling us to take him to buy his own groceries, as well as cleaning supplies! He is a perfect example of what the assistance of a housing first program can do for people who have been given up on by previous programs/agencies. I look forward to him being my success story in another three, six, nine, etc. months!

#### **Homelessness Prevention Program**

#### SUCCESS STORY: Kori Midgely, Homelessness Prevention Case Manager

My success story is the fact that we work with resilient participants. I support one participant who is a single mother and has taken on guardianship of her younger sister. This participant was living in hidden homelessness and had one day to find a home. The relative she was staying with was evicted from her home. The participant was able to find and sign a lease in one day. I just directed this participant on what resources she is able to access in the community to help with damage deposit and with buying things for her home while on a budget. She was successful in securing a damage deposit and has been housed for about a month. I have guided her in doing her taxes, getting temporary guardianship of her younger sister, applying for death benefits for her younger sister. This Participant is happy about the course her life is finally taking and has a positive outlook on her future. Currently we are working on being a good tenant and how to speak to your landlord. I am really proud of how far she has come in a short amount of time, with her hard work and my help as a case manager with HPS she has become successful.

#### SUCCESS STORY: Christal Makokis, Homelessness Prevention Case Manager

A participant aged 19 yrs old in high school (graduating gr. 12 in June) was homeless. He would go to school during the day and would wonder the streets of Red Deer at night. Some nights he would wonder the hospital halls just to find warmth in the extreme cold temperatures. I went to a Coordinated Access and Placement (CAP) meeting and asked for some direction or suggestions on how to get stable housing and more supports for this young participant who is diagnosed with FASD & ADHD; explaining that he was in foster care from the time he was 3 months old and adopted at the age of 11. With the assisted help and support of cordinated entry, we were able to bridge and combine our supports for the participant; whom is now accepted into the McMan House. The participant has the guarantee of stable housing and supports to be successful in finishing grade 12 and pursuing the post secondary education he plans to achieve in the near future.

#### April 1, 2018 - March 31, 2019

Program	Active Caseload	New	Exited
HPS Housing First Aboriginal	4	2	2
HPS Prevention Aboriginal	54	44	33
OSSI Indigenous Cultural Support	62	11	38
OSSI Aboriginal Intensive Case Management	25	1	1
Total Participants Served	145	58	74

## Asooahum Crossing

Building a safe place of belonging where our membership can grow and flourish.

Our goal is to provide a place to live for Aboriginal people that need the benefit of lower cost housing to grow and give their families a safe culturally sensitive place to enjoy.

Asooahum Crossing opened in June 2017. We have families, Elders, and artists living in the two 8-plexes. It is a wonderful environment, within walking distance of the Red Deer River, with tenants taking advantage of this closeness to nature.

#### 1st Annual Asooahum BBQ









## "Promoting family unity, cultural pride and community connections"

The Four Directions Family Support Program focuses on providing support to families to promote the healthy well-being of children, families and individuals through Aboriginal culture and traditions. Using the medicine wheel teachings as a way of life we help families to improve parenting and coping abilities, address behaviors which may place a child, family or community at risk, prevent unnecessary long term out-of-home placements of children, promote reunification of families and support at the time of crisis, as well as providing health advocacy.



#### **Success Story**

Written by Talitha Klym, Family Support Case Manager

The Family Support Case Manager received a referral from Children's Services that resulted in an open file in February 2019. At the time of intake, the young single mother of one child was staying in the women's shelter. Following intake, the family received support in continuing their process with coordinated entry and was picked up by the rapid rehousing program at the Outreach Centre. The Family Support Case Manager attended intake at the Outreach Centre with the family, and was able to collaborate on service delivery to allow greater support for the family. The family was successful in being housed shortly after intake to both the family support program and rapid rehousing program. Transportation proved to be a significant need and barrier to this family, as Red Deer Native Friendship Society is one of the only agencies in the city that provides transportation to service users. This need was most significantly demonstrated when the family was required to attend a meeting at the shoestring warehouse, where the Outreach Centre would be providing almost all furniture and household items as part of the families involvement in the program. The warehouse is located at the edge of town in an industrial area, meaning that public transportation has to be navigated, this is made difficult considering the young age of the child and that it was considerably cold with large amounts of snow on the day of this appointment. The family support program was able to meet this gap in service, and ensured that this young family was able to attend this appointment. Shortly following this appointment, the family was officially housed and had basic furniture and household items such as; beds, couches, dining table and kitchen items. The program works from an understanding that families who are stably housed with the basic necessities at hand, have a greater capacity to meet Children's Services recommendations and/or concerns.

#### **Success Story**

Written by Kelley Arnold, Aboriginal PCAP Mentor

A participant in the Four Directions PCAP Program (parent child assistance program) made great progress in achieving her goals. She had a supervision order with Children Services and as a result of participating in the PCAP program, in a short time she had accomplished the top 2 goals set by her Children Services caseworker. With the support of the PCAP Mentor and the Four Directions Family Support program, she has established natural supports that come in her home to help her daily. Over the Christmas holidays it can be very difficult for the women in the PCAP program to manage finances such as rent and bills. Many participants receive Income support or AISH and they get their cheques early in the month of December. The support they received from the PCAP Mentor with budgeting was evident this year. The majority of the women in the program paid their rent, bills and food and not one participant came in for financial help after the holidays.



#### Participants tell us what they love most about the programs:

• "I love that Diane reads to the kids and I like that my baby is always enjoying his time in little paws"

· "I love that Diane reads and teaches my two boys about their heritage"

· "Meeting other mom's"

"Listening to our Elder and Diane"

"Learning more about different cultures"

· "Drums"

· "Hanging out with the community"

• "Today was the Hawaiian theme. We got to win pineapples

- the teachings - the food - the staff." "ALL THE PROGRAMS AT N.F.C ARE EXCELLENT!!!! LOVE IT"

· "Good times with family and community, thanks Friendship Centre"

"Love the food and getting together with the community"

· "The food is really good, I see lots of good friends"

· "Learning, meeting other women, sharing"

· "Sharing, connection, learning"

· "Connecting with other women and Ashley is amazing!"

· "Inclusion, knowledgeable"

· "I enjoyed the cooking days, loved the courses on how to deal with stress, enjoyed the yoga class"

· "Absorbing the wisdom of our elders. Learning the different elements of the medicine wheel, sharing circle - listening to others'

· "Smudge, sharing circle, listening to the wisdom & culture of our elders"

• "I liked the sacred sharing circle, and listening to others journeys."



96% of participants surveyed feel more confident as a result of attending programs.

96% of participants surveyed feel more connected to community while attending programs.

94% of participants surveyed feel the programs they attended introduced them to other community resources.

100% of participants surveyed feel good about themselves and pride in their heritage after attending Friendship Centre programming.

Program Contacts	Total
Family Support Case Management	34
Family Support Drop-in	107
In-Home Parenting Support	18
Traditional Parenting Workshops	142
Little Paws	77
Cultural Support	1154
Cultural Crafts	223
Families of Tradition (Wellbriety)	968
Family Friendship Nights	413
Women's Wellness	138
Community Presentations	181
Mother's Day Tea	90
Community Christmas Dinner	350
Thunderbird Learners	6
Children's Festival	3500
Total	7419

## "Increasing opportunities for youth and elders to connect and share cultural knowledge"

The Aboriginal Youth Centre for Success offered a variety of programming this year. Spirit Seekers after school program, youth drop-in, youth on the land program, and the New Horizons Youth and Elder Project.





2018 -2019



Aboriginal Youth Centre for Success







Written by Teresa Cardinal, Community Resource Connector: RDNFS received the "Friend of Education" award from Red Deer Public School District. We received recognition for all the work we have been doing in the schools over the past two years. This was a very kind gesture and way of showing they respect this partnership and are committed to working on recognizing the importance of Indigenous representation and culture in the school system. My hope is that this work will continue to grow and ripple so that we can see major changes for every student especially our Indigenous students who need culture and connection in their lives.



SUCCESS STORY: Written by Beverly Beaverbones, Youth Team Lead

#### New Horizons-Journey of the Knowledge Keepers

August 18th my group of 12 went on a huge bus (riding in style!!) to Blackfoot Crossing. It was a mix of Elders/Elders helpers and staff, we ate an amazing meal for lunch, watched 2 informative videos and then had a guided tour of their beautiful facility and we were filled with knowledge and stories!! We then had time to browse the exhibits on our own, go for a walk outside and to visit the gift shop. This was a great day spent by us and thoroughly enjoyed! Our bus driver even played pow wow music on the way back!



SUCCESS STORY: Written by Allan Wolstenhome, Youth Worker

**YOUTH Program**- I am very happy with how well our year end Tipi Campout for our "On the Land" Youth Program turned out for its first year. We had five youth come to campout with us and several other youth dropped in throughout the day to get involved in our activities. I didn't even have to ask the kids if they had fun because it was so obvious from their energy and smiles that they were. AJ led the youth in archery when we arrived while I got the tipi ready and prepared supper for everyone and it was a nice start to the day. I made a Tipi Pinata for us which ended up being undistributable, but the kids had a blast trying to break it open. Ashley gave me the idea for the saran wrap ball game which gave lots of laughs and everyone was actively involved. The 4 Directions team was great in helping me with ideas for the campout and I appreciated everyone's input. The kids then taught us to play mantracker so we suited up in glow sticks and had the best time running and hiding. I felt this was a fantastic way to end the summer and I had a huge sense of accomplishment seeing the kids having fun and having fun myself.

# Thank you!

#### Thank you to our Funders:

Government of Canada: Homelessness Partnering Strategy (HPS) New Horizons for Seniors

Government of Alberta: Outreach Support Services Initiative (OSSI) Alberta Indigenous Relations Children's Services

**United Way** 

Central Alberta FASD Network

Red Deer Public School District

Alberta Native Friendship Centres Association

Life Long Learning Council

Family and Community Support Services (FCSS)

Thank you to the following organizations for your partnership and/or support with events and programs!

Life Long Learning Council

Central Alberta Refugee Effort (C.A.R.E)

Youth HQ

Red Deer Museum and Art Gallery

Red Deer College

Red Deer Public School District

Kaykima Wilderness Skills

**Cultural Heritage Society** 

Urban Aboriginal Voices Society

Heritage Family Services

The City of Red Deer

Red Deer Catholic School Division

Red Feather Women

The Hub on Ross

**Community Futures** 

**Catholic Social Services** 

Wichinahin Kohopikiwan (Helping Me Grow) Playschool

Welcoming and Inclusive Communities Network



















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