Ka Ni Kanichihk Inc., Spence Neighbourhood Association, The Immigrant and Refugee Community Organization of Manitoba, Ndinawemaaganag Endaawaad Inc., and The University of Manitoba are excited to announce the

WAKHOHTOWIN STRENGTHENING FAMILIES PROGRAM

A free, weekly skill development program for families of all kinds, to attend together. Wahkohtowin is a Cree word meaning kinship, or the state of being connected. The Strengthening Families Program honors the unique connections within families, and is designed to strengthen bonds, increase communication, and decrease conflict. Classes are fun, interactive, and culturally informed.

Meal, childminding and transportation are available to all participants, at no cost. Each organization will deliver the program on a different night:

Ka Ni Kanichihk Inc. - Tuesdays from 5 - 8 pm
IRCOM - Saturdays from 10 - 3
SNA - Thursdays from 5 - 8 pm
Ndinawe - Mondays from 5 - 8 pm

This program may be a great option for you and your family if:

- You are a youth between the ages of 11 - 17, or the caregiver of a youth aged 11 - 17
- You are experiencing high levels of conflict in the family
- You are willing and able to attend a 3 hour class each week, for 14 weeks

For more information, please contact:

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