

# Celebrating the Past, Welcoming the Future



## Celebrating the Past, Welcoming the Future



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arymount has a rich history. It dates all the way back to 1911 when five Sisters of the Good Shepherd first stepped off a train from Montreal to set up shop in Winnipeg. Their mission at the time was to work with women and girls who found themselves embroiled in the justice system, often for no other reasons than that they were destitute or struggling with abuse or addiction.

The Sisters came to Winnipeg at the request of Judge Thomas Daly of the Juvenile Court. They made an immediate impact. Within a few months, their services were in such demand that they had to move to larger quarters, situating themselves in the current location at 442 Scotia Street in West Kildonan.

Since that time, more than 60,000 girls and boys have passed through Marymount's doors, receiving the same kind of devoted and non-judgmental, compassionate care the Sisters first provided all those years ago. And while the Sisters themselves have retired from active service, Marymount staff continues their work with the same love and inspiration these remarkable women offered. Times and practices may have changed, but the spirit and commitment remains as strong as ever.

Marymount's Centennial year will be a time to reflect on where we started, see how we've changed and grown in so many ways, realize what we've accomplished, delight in the young people who have left here and thrived, and continue to hope for those now living on their own who continue to struggle. From this, we take motivation, courage and determination to continue our work, knowing that we can help these young people to alter their future in a positive manner.

It is this past that provides the foundation for the future. The wealth of resources at Marymount comes not just from countless years of working with young people and their families, or advanced levels of education and professional development but always from the overriding belief that there is good in every person we see.

Marymount continues to develop new services and upgrade existing ones as the needs of Manitoba youth grow and change. We see the results that our continuum of care brings, as young people "graduate" from group living to foster care and eventually independent living. Along the way, we ensure that they continue with their schooling, recognizing that education is a key component in a promising future.

We maintain and forge new partnerships with agencies and organizations that can further benefit Manitoba young people and families, believing that seeking out further expertise can augment the resources we offer for clients and staff.

As Marymount moves into its second century, we look to our shared vision for guidance and direction.

We will continue to nurture our philosophy of family-centred service delivery and ensure cultural diversity and inclusion remain priorities in both our hiring practices and programming.

We will continue to make advancements in the area of environmental consciousness. With a designated position for Green Initiatives, we have made significant strides in reducing our carbon footprint and plan to achieve more in the coming years.

Sisters of the Good Shepherd still live at Marymount



Marymount's History Wall

## Marymound's Mission

Marymound's primary mission is with children, youth and families who need support as they face the challenges of growing, learning and parenting. Through culturally diverse care in safe living environments, individual relationships, academic preparation, therapeutic intervention and advocacy, Marymound supports Manitoba children and their families to reach their fullest potential and independence.

Anchored in the values of the Sisters of the Good Shepherd, Marymound believes in the intrinsic worth of every person. Our programs respect, nurture and enhance the strength in every individual and family.

## The Marymound Vision

Marymound is a leader in providing a continuum of care, from early intervention to support for independence as our clients transition out of care and into their adult lives.

Marymound is an inclusive and diverse organization that promotes the cultural competency of its employees and programs.

Marymound follows a family-centred service delivery philosophy.

Recognizing we must leave a healthy world to the children we serve, Marymound is a leader in environmental stewardship, which will include raising awareness of environmental issues in our clients.

Marymound's reputation for service excellence makes it the agency of choice for child and family services in Manitoba. As a result, Marymound will attract the best employees, volunteers and donors.

Marymound provides the evidence-based programs necessary to offers effective service to an increasingly complex client base.

## Marymound Board of Directors 2010-2011

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Manager of Human Resources

Gwenda Nemerofsky  
Manager of Communications

Lori Elias  
Administrative Service Coordinator

## Our Values

Marymound adheres to the principles set out in the Standards of Care for Good Shepherd Agencies. The following is a summary of those standards.

**1. Spirituality** – We strive to be inclusive of all spiritual beliefs in our multi-faith world. We will promote spiritual understanding among the various creeds of our clients and staff. We will provide spiritual programs for our clients because we view them as essential.

**2. Client Services** – We will strive to meet and exceed licensing and accreditation standards and will ensure that every activity of the agency regardless of its function is part of the therapeutic setting.

**3. Human Resources** – We will ensure that employees are dealt with in a respectful manner and will create a work atmosphere aimed at meeting employee needs so that they can serve clients most effectively. We teach the Good Shepherd Values as an integral aspect of the training of all staff.

**4. Communication** – We believe in healthy, honest and open communication among all persons at all levels in the agency. Where relationships have been broken—with clients or one another—we will do everything we can to restore communication.

**5. Stewardship** – All resources such as financial, human and property are at the service of the agency in the fulfillment of the mission. While practising a prudent distribution of resources, we will not compromise the quality of services provided to individuals and families.

**6. Environment** – A welcoming, pleasant environment reflects Marymound's respect and caring for clients and staff and is important in terms of enhancing the therapeutic and educational setting. This value applies to the buildings and grounds of the agency as well as off-site locations. A welcoming, pleasant environment is essential, giving individuals a sense of safety and stability.

**7. Partnership with the community** – We are partners with our community. We are here to serve the community, as well as to involve the community in carrying out Marymound's mission.

## Marymound

442 Scotia Street  
Winnipeg, Manitoba R2V 1X4

Administration  
Clinical Services  
Crisis Stabilization Unit  
Cultural and Spiritual Care Services  
Managed Care  
Marymound School  
Treatment Foster Care  
Volunteer Services

## Sexual Abuse Treatment Program and Youth Emergency Education Service

538 Atlantic Avenue  
Winnipeg, MB R2W 0S3

## Youth Addictions Stabilization Unit

159 Mayfair Avenue  
Winnipeg, MB R3L 0A1

## Independent Options/ Young Parents Programs

349 College Avenue  
Winnipeg, MB R2W 1M2

## Ji-zhaabwiing

800 Adele Avenue  
Winnipeg, MB R3E 0K6

## Receiving Home – short-term 24-hour care Treatment Foster Care Program

116 Hemlock Crescent  
Thompson, MB R8N 0R6

## Futures

125 Commercial Place  
Thompson, MB R8N 1T1

**Please visit our website:**  
[www.marymound.com](http://www.marymound.com)

# SERVICES

## Managed Care

Marymound's Managed Care Program provides a continuum of 24-hour care to young people at risk in the community. The program aims to meet the physical, emotional, spiritual, and social needs of each young person.

**Community Group Homes** – Marymound operates five community group homes in Winnipeg, each offering home-like environments for three to six young people. Emphasis is placed on promoting healthy, age-appropriate activities and interaction, while still providing a therapeutic setting, including counseling, support and psychiatric consultation.

All young people residing in Marymound group homes attend school – either the school in their neighbourhood or Marymound School. All transportation arrangements are looked after by group home staff.

**Secure Living Units** – Marymound has two secure living units on its premises in Winnipeg, each providing a home-like, nurturing environment for up to eight girls. With an emphasis on promoting healthy, age-appropriate activities and interaction a young person who behaves in a manner that puts her at risk can benefit from the structured program.

The setting of each unit is modern, well-equipped and homey, yet still provides a therapeutic milieu that includes counseling, life skills support and psychiatric and psychological consultation. Our staff provide extensive evening recreation programming, including community activities – and all young people residing in Marymound secure units attend Marymound School.

## Treatment Foster Care

Twenty-four-hour care is provided in the homes of individuals, couples and families who have specialized training and/or expertise in working with boys and girls who are at risk.

We are leaders in the community in the area of Treatment Foster Care. Our professional Treatment Foster Parents and knowledgeable Clinical Case Managers work together with other members of the young person's treatment team to address his/her needs.

## Independent Options Program

The Marymound Independent Options Program (IOP) is uniquely designed to meet the needs of teens transitioning from services provided by Child and Family Services to independent living prior to the age of majority. This service includes a Young Parents Program (YPP) for teens.

## Marymound School

Marymound School provides specialized education to young people with exceptional learning needs from the Managed Care program as well as the broader community. Using a creative, dynamic approach, Marymound School delivers the provincial education curriculum from elementary to senior grades.



Rose Hall

## **Youth Emergency Education Service (YEES)**

YEES provides support and assistance following a student's crisis in the public school system. The goal is to stabilize and maintain the student's school placement. This service is part of the Youth Emergency Crisis Stabilization System.

## **Crisis Stabilization Program**

Short-term, 24-hour care for girls designed to stabilize the young person and her family or caregiver during acute psycho-social crisis. This service is part of the Youth Emergency Crisis Stabilization System.

## **Sexual Abuse Treatment Program (SATP)**

SATP provides therapeutic services to young people (and their families) who have experienced sexual trauma. Methods used include individual, family, play and group therapy. The program also provides training to other professionals.

## **Youth Addictions Stabilization Unit (YASU)**

This safe, secure facility provides an opportunity for young people severely affected by substance abuse to stabilize physically in order to consider options for treatment services. Marymount delivers this service under the provisions of the Youth Drug Stabilization (Support for Parents) Act.

## **Ji-zhaabwiing**

Marymount's newest program, run in partnership with the Southern First Nations Network of Care, Ji-zhaabwiing is a co-ed assessment facility with two units (5 beds each) that receives children between the ages of 7-12 and 13-17. Length of stay is a maximum of 90 days.

## **Spiritual Care Program**

Provides pastoral care and counseling to the young people and families Marymount serves through traditional services, groups, and special celebrations.

## **Aboriginal Cultural Services**

As many as 85% of the young people at Marymount are of First Nations or Métis descent. Our cultural program provides traditional cultural and spiritual teachings to the young people and families receiving services from Marymount. Also provides cultural awareness training to Marymount staff.

## **Stable Path (Equine Assisted Psychotherapy)**

Young people can benefit from the experiential learning offered by Equine Assisted Psychotherapy, especially those with issues such as aggressive behaviour, histories of abuse or relationship issues and who have shown resistance to traditional counseling. Youth learn a great deal through this experiential program by participating in activities with the horses and then processing or discussing feelings, behaviours and patterns.

## **Marymount North**

Located in Thompson, Manitoba, the Marymount North Emergency Receiving Home provides 24-hour care services to young people waiting for permanent care arrangements. It also provides specialized foster care.

## **Futures**

Also located in Thompson, Futures provides a wide range of education, counseling and training programs with an emphasis on support and sharing to young parents and their children.

## Report from the Board Chair and CEO

In less than six months, Marymount will celebrate its 100th anniversary. Next year will be full of events marking our history and celebrating the contributions made by the Sisters of the Good Shepherd. As we pause briefly from the frenzy of planning, it is worth taking a moment to remind ourselves how far 99 years have brought us.

In many ways the history of Marymount reflects the history of child welfare in Manitoba. We started as an institutionally based facility, at the time far removed from the city our clients came from. By the 1930s, there were 100 or more girls and young women living dormitory style. By the '50s, it was recognized that institutional living did not always prepare youth for community living and our first transition house was established.

The 1970s saw us develop community-based group homes, admit boys into Marymount School and establish a foster care program. Then came the Sexual Abuse Treatment Program, supporting children and youth living at home with no other connection to Marymount at all. Over the following two decades, partnerships in the Youth Emergency Crisis Stabilization System and the provincial initiative for Sexually Exploited Youth again mirrored new approaches to age-old problems.

In 2010 Marymount remains at the cutting edge of the evolution of child welfare service provision in Manitoba. In August we opened two five-bed living units for children and youth in partnership with the Southern First Nations Network of Care. For the first time Marymount has signed a contract for direct service with an

organization other than the provincial or federal government. We are now working with, and for, an Aboriginal Child and Family Services Authority, the clear devolutionary goal of the Aboriginal Justice Inquiry – Child Welfare Initiative first proposed 20 years ago.

In our first 99 years Marymount has not just progressed with the times, but has often helped lead the way, always guided by what is in the best interests of the children, youth and families with whom we work. And always, we search out and find the good in each one of the young people we meet.

Today Marymount is a modern, multi-faceted organization that provides support to 3,000 children, youth and families each year. We have stretched far beyond the house on the banks of the Red River the Sisters established in 1911.

**John Carlyle**  
*Board Chair*

**Ian Hughes**  
*Chief Executive Officer*

Background: The first Marymount location on William Avenue



A bedroom at Ji-zhaabwiing

# Managed Care

Marymount's Managed Care Program has grown rapidly this year. It is through work done in the past – by both youth and staff – that the future looks so much brighter for many Marymount youth. These young people have changed before our eyes, participating in activities and programs, gaining empathy, progressing academically, and learning to value themselves and others.

## Marymount and Beyond

Every year we see more young people transitioning successfully from Managed Care secure living to our independent living (Independent Options) and Treatment Foster Care programs. This is a testament to our continuum of care model, which nurtures the ongoing development of Marymount youth.

We have made a concerted effort to have more youth participate in organized community activities, including team sports and recreational activities. And while Marymount School is still very busy, more and more youth are attending their community schools. Ensuring that all youth attend school is always a top priority at Marymount.

All this contributes to Marymount youth and staff being part of a larger community, accessing an increased number of resources and reaping the benefits they offer. This includes initiatives dedicated to keeping youth safe in the community. Marymount was also part of a suicide prevention program offered through local school divisions.

Our Camp Maryglen in Belair, Manitoba received some significant upgrades this year. Our youth had very positive experiences out at camp this summer.

Thanks to funding from the Women's Endowment Fund of the Jewish Foundation of Manitoba, Dreamcatcher Group Home was able to purchase new furniture for the girls' bedrooms and for some of the common areas. This has given the house a fresh new look and we are grateful for the support.

## Professional Development

Marymount encourages all staff to embrace lifelong learning – both for professional and personal growth. This year, several staff members attended the National Youth Care Conference held in Winnipeg. We also continued with monthly presentations by Dr. Dell Ducharme. These



New dining room furniture at Dreamcatcher Group Home



Bright play area for children from the Young Parents Program



were open to all staff and centred on a variety of issues related to youth, including trauma, attachment, substance abuse and more.

Marymount receives regular requests to share our expertise about at-risk youth with other agencies and different groups in the community. We have been pleased to participate in several events.

As always, we applaud the hardworking staff whose contributions make Marymount the place it is today. It truly is the dedication of our wonderful staff that makes Marymount the great place it is.

## **Independent Options /Young Parents Program (IOP/YPP)**

There has been significant growth in the Independent Options and Young Parents Programs over the past year. The corresponding increase the number of case managers, from two to four, and related youth support workers brought the staff team to 35.

At 36 youth, our client load is almost at capacity. The rapid growth of IOP, and especially YPP speaks to the need for programming that provides support for youth in care to transition into adulthood and fully independent living.

This year we opened the McKesson Family Centre on the second level of our facility. It is a bright, cheerful and well-equipped place for young parents to bring their

children for meetings, playtime, and social time. We thank McKesson Canada for their generous support in making this dream come true.

Looking to the future, we would like to develop a meaningful group program with a psycho educational component. Another project in the works is the development of a comprehensive independent living curriculum.

## **Clinical**

The clinical team embraces this year's theme of "Celebrating the Past, Welcoming the Future" as this is reflective of our approach with our youth. Marymount has always reflected a holistic perspective that attends to the body, mind, spirit and community.

Our treatment strategies remain embedded in this holistic perspective as we respond to the neurobiology of trauma and attachment. We continue to engage the body, mind, spirit and community but now with sensory integration, stage-specific psychotherapy, Aboriginal cultural experiences, leisure and recreational activities.

The setting at Marymount allows for crucial ongoing relationship building between clinical staff and clients. Although formal therapy sessions are part of the package, we know treatment is much more than one hour of therapy per week.

## **Clinical Retreat**

The team held a clinical retreat in June. Clinicians were asked to notice their own personal reactions to stress, to consider and understand their individual professional past and their stepping-stones to the present. Examining the past connects us with our movement to the future. Awareness of our own stress and stress management, heightened our skills for supporting stress management with our clients.

## **Psychologist Consultation**

Regular consultation with psychologist Dr. Dell Ducharme has provided greater depth and understanding about our youth and their challenges. The consultation process, guided by Dr. Ducharme, invites us to share our insights, strategies and questions for feedback. We step out of the



Newly refurbished cookhouse at Camp Maryglen

busy day-to-day and focus on the clinical issues pertinent to a select youth with a goal of enriching treatment.

### Group Program

We were pleased to offer a Substance in Your Life group program with two classes at Marymound School this year. Facilitated by Leslie Gowanlock, clinician and Krysti Dedi, school psychologist, it offered a safe environment in which to examine a subject relevant to many Marymound youth. It has now become part of the curriculum at the school.

### Clinical Field Placement

We are affiliated with the University of Manitoba School of Social Work and have a clinical field placement for a fourth year social work student who is working with one of our community group care facilities.

### Camp Maryglen

The clinical team wants to recognize the significance of Camp Maryglen as a positive experience for youth and staff as it richly enhances relationships and provides new experiences for youth in our care.

### Ji-zhaabwiing

*Ojibway for "To pull through and survive" (the sacred journey)*

Ji-zhaabwiing is Marymound's newest program, officially opened on September 9, 2010. Marymound was selected to manage the program under the auspices of the Southern First Nations Network of Care.

It is a co-ed facility with two units of five beds apiece that receive children between the ages of 7 to 12 and 13 to 17. Its main purpose is to support in-depth planning, and to care for the young people until arrangements are

made for suitable placement. The children have had a great deal of hardships in their lives. Our goal is to help sort out the problems and make recommendations for their future. Length of stay is a maximum of 90 days.

By uniting departments such as Health, Education, Justice and Child & Family Service organizations under one roof, we will be able to effectively and efficiently address the challenges faced by children in care. While providing holistic needs assessments of children, we will also repatriate their identity and give them the teachings and tools to lead productive and balanced lives. This will be accomplished with the help of clinical staff, education professionals and cultural and spiritual workers

Based on the spirit and intent of the Aboriginal Justice Inquiry – Child Welfare Initiative, Ji-zhaabwiing represents a new vision in the delivery of child welfare services to children and youth, filling a current void in Manitoba's child welfare system and represents a unique initiative with input from the Departments of Health, Education, Justice and other service providers.

We made a special effort to hire Aboriginal staff, gathering a group of 20 people from diverse backgrounds. They received six weeks of training, including cultural training prior to opening the doors for intake.

We have given Cree names to each of the units, with Unit One (children ages 7-12) called *Maihikanin* – "Little Wolves", Unit Two (children ages 13-17) called *Maskwa* – "Strong Bear."

The unit staff has been doing a wonderful job in providing the care, nurturing and stability required.

Daily programs and education have been part of the daily routines; with the help of Marymound School they have been able to access age and grade-appropriate work to complete daily.

Marymound provides cultural and clinical supports with the goal of a solid support team of our own to be in place in the near future. Although the program is still evolving, there has been a great deal of satisfaction in seeing the children doing so well. Sadness and anger are being replaced by a sense of trust and respect and a good deal of smiling and laughing.



# Treatment Foster Care

When looking back at the past, there is much that we can celebrate.

Looking at Treatment Foster Care (TFC) as a whole, we can celebrate the dedication and commitment displayed by our foster parents. They care for and nurture the children and youth in their care.

We also celebrate the hard work that the Clinical Case Managers do to make this program strong and respected. The quality of Marymount's TFC is well recognized in the community.

Most of all, we celebrate the children and youth – the young people who have come through the Marymount Treatment Foster Care Program and are now living independently, making their way in society.

And of course, we acknowledge the young people living in TFC homes today. We have several youth in high school who will be graduating in the next year or two. We have had some graduate from high school and go on to register for university with scholarships and bursaries. One youth won the Milestone Award last year and six children attended the Tim Hortons' Camp this past year.

Even the small milestones along the way are worthy of acknowledgement, for they lead to greater things, greater accomplishments, greater successes.

Over the years, we have watched the program grow. We continue to maintain the numbers of young people and grow with the number of homes we have and the children and youth placed in them. At this time, we have 75 youth in 41 foster homes.

## Looking Ahead...

For the future, we continue to:

- Recruit more treatment foster homes for the TFC Program
- Strive to place youth who face challenges beyond those of a "typical" foster home
- Continue to strengthen our treatment foster parents through in-house training
- Celebrate the success of the youth and children who have become part of the treatment foster care family.

## Foster Parent Recognition

We are pleased to acknowledge the following Treatment Foster Parents who have reached significant milestones in their service to young people in the program:

### Five years:

Balbinder Kaur and Amarjit Singh  
Lucija Kampic

### Ten years:

Wendy and Murray Peter  
Jo-Anne and Marcel Laberge

### Fifteen years:

Lesley McCorrister  
Diane and Allen Duma

*“I had a really good time at camp. Me and some of the other girls from my cabin liked to play pranks on other cabins. It was fun.”*

*“Camp was awesome. I had lots of fun and I want to go again. There were lots of cute animals.”*

*– Quotes from Marymount  
Tim Hortons campers*

# Marymound North Receiving Home

Thompson has gone through a challenging time this past year, with two staff members suffering a car accident and not able to be at work. Over this time, we combined the positions of Clinical Case Manager for the Treatment Foster Care department and Program Coordinator for the Receiving Home. Audrie Brooks has capably assumed this dual role for the time being.

Marymound Receiving Home is thrilled to be actively participating in the programs provided by our Futures program. Currently, a Youth Care Worker, Lorna Ferron, is working with Futures support worker Barb Brass to deliver the School's Cool program at a local school. Lorna is bringing her experiences back to our Receiving Home, and finds this new challenge to be very exciting and rewarding. Thank you to Lorise Cablik for helping us make this happen!

It has been an interesting year in both Treatment Foster Care and the Receiving Home. We have provided service to newborns, young moms, several toddlers, and many teens - children from Thompson, Shamattawa, Nelson House, Garden Hill, Wabowden, Flin Flon and The Pas to name a few localities.

We took part in two license reviews during 2010, both of which resulted in excellent outcomes, thanks to the valued staff who kept on top of things! The reviewer

asked that staff be told that he was leaving with a good feeling and was very impressed with the excellent service Marymound provides.

There are many plans in the works for the upcoming year. High on our list of activities are regularly planned outings for our youth. We live in a community that offers everything from aerobics to wilderness hiking. We also hope to bring back the annual Open House, complemented by a bake and craft sale.

We are thrilled to be preparing for some new training in the North - the Circle of Security. We will be bringing a trainer in for two days in November. We hear we are in for an exceptional experience!

A very strong connection between Winnipeg and Thompson has been nurtured and much appreciated, particularly throughout this past year. Thompson staff has had the opportunity to share their thoughts with Director of Programs, Anneliese Serzu (almost monthly!), HR Manager Brenda Cannon and Manager of Managed Care, Paula Moynihan. It is easy to get lost this far north, but these frequent visits help us all see and participate in a much bigger picture!

As always, Marymound North is very active on several committees, including Sexually Exploited Youth, agencies working together to stop sexual exploitation; Inter Agency Training, resulting in a website to coordinate the training ventures of all relevant agencies in Northern Manitoba, as well as the Futures Advisory Board. We felt extreme disappointment when a Young Parents Program, spearheaded by our CEO, fell through due to lack of funding, but fully recognize the need is still great in the North.

Overall, it has been a year of change, adjustment, coordination and team building as we all move forward in the best interest of children. And always - we continue to believe - THE FUTURE IS BRIGHT!



## Futures Thompson, Manitoba

The Futures program is based on celebrating the past and welcoming the future, in large part because we are very participant-driven. We are continually looking at what we have done in the past and often that turns into a staff meeting full of reminiscing past programs and participants, which in turn allows us to evaluate how we feel we are doing our job. The Futures staff is an amazing four-member group, multi-cultural and multi-aged, who base their helping style on encouraging our participants to honour, celebrate and learn from their own past and welcome and embrace the future before them.

Many of our participants come to us in crisis and with the support of the Futures staff, which can be as simple as a big smile, a rub on the back and a large cup of coffee, our young parents leave feeling that they truly want to and can face their awesome future.

### Summer Program 2010

This summer we again offered Family Camp, however with a slightly changed format to provide more choice for our families. This year we offered four three-day sessions, two in July and two in August. We wanted to highlight literacy so we picked four books and did activity planning around the theme of the books. We also had 10 of each book to give away to encourage home reading. The favourite was "If You Give a Pig a Pancake."

Attendance was good; families and staff enjoyed the activities and most of all, families had the opportunity to play together and meet new friends.

### Young Parents on a Journey

This past year we concentrated our efforts on supporting teens and young parents. The target age range was 13-25 years old. We offer a regular evening group on Tuesdays and a longer session Wednesdays from 10 a.m.-3 p.m. Previously we only offered the Wednesday group and a few evening groups. These are very well attended. Meals and snacks are provided as well as activities for both children and parents. As part of the cooking and budgeting program, we encourage participants to cook

the meals (and we are pretty strict – which means if nobody volunteers to cook the meal, they get soup, salad and sandwiches). We don't have the latter very often!

The intention of this group is to decrease feelings of isolation and increase a sense of belonging. We support the young parents through parenting and problem-solving. 25 individual young parents and 16 children attended.

It is important to note that we started offering limited evening group opportunities and extended it to once a week starting November 2009. In the colder winter months, many of the parents again commented that the Tuesday evening group was the only evening they got out all winter. As there is no evening bus service in Thompson, we provided pick-up and drop-offs on these nights so they were more eager to come. This indicates that we were having an impact on the feelings of isolation.

Another positive outcome has been the young parents choosing to be at the centre more often – and not just on days designated for young parents only, engaging sooner with staff when in crisis. This results in more favourable outcomes and helps them feel that they truly have a place in our community.

### Stay in School

We have a partnership with the local high school. In September 2009, the school requested that we be part of a pilot program to encourage young parents to return to school to gain their diploma as mature students. Our role was to be supportive and advocate when required. The school would offer classes that were parent friendly and flexible. We committed to being present in the school twice a week and this program has been quite successful. 27 young parents chose to be part of the program, 17 of whom obtained their Mature Student's Diploma.

## Parent and Me Room

Due to the success of this program, we are opening a "Parent and Me" room at the high school. There we will help address some of the needs identified by the young parents, which include:

- A place to go where they fit in
  - A quiet place to do homework and get extra help
  - A place to connect with supports when they are struggling
  - A place to take their children when child care breaks down or the child just needs their parent present.
- They can still do their schoolwork while being present while their child plays.
- a place to offer pre-natal, parenting and personal counseling as needed

We have engaged our community partners, including Babies Best Start (CPNP pre/post-natal and nutrition program), Crisis Centre, Public Health and University College of the North (Early Childhood Education) to be part of an advisory committee to engage with the young parents. We are trying to expose these parents to as many of the community supports as possible.

45 young parents participated.

## The Baby Think It Over Program

This program is very well received in two Thompson elementary schools and our one high school. It won't be long before all grade 8 students will have an opportunity to complete the Baby Think It Over Program. Ninety-nine young people took this program in 2009-2010.



## Parenting Programs

Most of our parenting programs are "drop-in" in nature, so much of the programming in this area happens in a "soft service" style. Mondays, Tuesdays and Thursdays are "drop in" days with the centre open to participants from 10 a.m.-3 p.m. Attendance is high, with Thursday being our busiest day.

Numbers for the three "drop-in" days are as follows (April 1, 2009-March 31, 2010 excluding summer months):

- 97 sessions offered
- 43 regular parent/caregiver attendances
- 126 drop-in parent/caregiver attendances
- 107 youth and children
- 1601 total contacts

## School's Cool

We were only able to offer one session of this pre-kindergarten program due to staffing demands. We hope to be able to offer more in the coming year. Any child who takes part in this program loves it, as do their parents. Results are highly visible in children who go through the program.

## Roots of Empathy

This program is delivered in partnership with The School District of Mystery Lake and is recognized across Canada. It is delivered by teaching staff and Futures is the one outside agency invited to partner with them. We currently have two Futures staff members trained to deliver this program but due to staff illness only one was able to participate in this program.

Numbers for Roots of Empathy

- One school
- 24 sessions over an eight-month period (three sessions per month for eight months)
- 21 children in total between the two classes
- 504 total contacts

# Marymound School

Marymound School was fortunate to receive funding for some important upgrades this year. They made an immediate impact on the classroom experience, offering our young people up-to-date technology and enhanced resources to help maintain their interest.

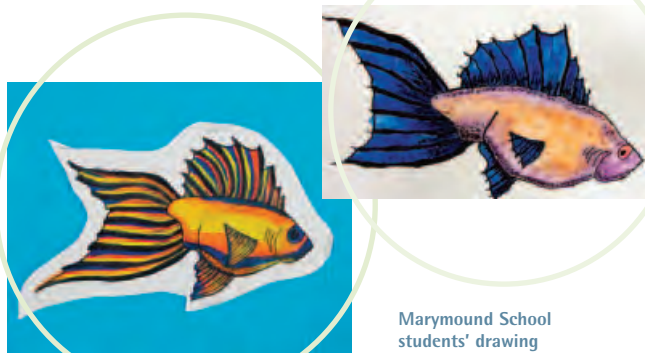
**Mimeo Boards**, funded by an anonymous donor gave us the latest technology with potential applications and benefits as follows:

- Presenting students' work to the rest of the class
- Using web-based resources in whole-class teaching
- Showing video clips to help explain concepts
- Demonstrating a piece of software
- More opportunities for interaction and discussion in the classroom
- Increased enjoyment of lessons
- Different learning styles can be accommodated
- Enable students to be more creative in presentations to their classmates.

**Fitness Centre Equipment**, funded by our in-house Caring for Kids Raffle has enabled the introduction of a number of different physical education programs. Equipment includes cardio machines, a Universal weight machine and materials for a Martial Arts program.

**Sound System Upgrades** funded by The Cardinal Foundation also in our gym, where the previous system was old and insufficient for the room size. This has enabled us to enhance the quality of all our events, including our annual talent show, graduation exercises and various presentations/demonstrations for students and staff.

**Creative Arts Program Materials** also courtesy of The Cardinal Foundation. The Creative Arts Room is now well-equipped with musical instruments, audio-visual equipment and art supplies, allowing for a variety of new courses to be introduced to the students. This program continues to grow, as do the talents of the young people at Marymound School.



Marymound School students' drawing

## Marymound Student Bursary Program

The Marymound Bursary Program provides educational and support funding to eligible young people who received services from Marymound or who resided in a Marymound placement for a minimum of six months.

Funds are provided to help cover costs such as tuition, books, living expenses and more while you are attending school. Individual bursary awards may range from between \$500 to \$2,000 with a maximum of \$4,000 in total awarded in a calendar year. Bursaries are awarded dependent on available funds.

Marymound believes strongly in the importance and power of education. Every young person at Marymound

attends school, either Marymound School or their local community school. We want to do everything possible to encourage post secondary education and the Marymound Student Bursary Program assist with this effort.

This past year we were able to award only one bursary. The bursary was given to:

**Jessica Finkel**

Congratulations to Jessica and we wish her all the best as she pursues her education.

# Cultural Program

We had a very successful Family & Culture Day in June, with a record-breaking 1000 visitors! Our youth were very involved, sewing their regalia, singing, drumming, dancing and helping out during the event. They all look forward to this annual celebration.

Our first-ever Aboriginal Spring Feast and Fashion Show was another exciting event, with Marymount youth and staff modeling handmade Aboriginal-inspired clothing.

The Cultural Program held regular sweats in our on-site sweat lodge and members of the community use it by arrangement. Snow Bird Lodge has built a lodge on Marymount property as well. Full Moon Ceremonies are held throughout the year.

Our youth have had many opportunities to go out into the community for special ceremonies, including Igniting the Fires, Sundance, and various pow wows. Marymount's drum group, the Strong Singing Turtle Women, is in great demand to perform around the city and beyond and we hold bi-weekly drumming sessions with community members.

With the opening of our new facility, Ji-zhaabwiing (see page 10) our Cultural Centre staff played a key role in training new staff.



# Spiritual Care Program

A new Spiritual Care Coordinator came on board this past year and she has breathed new life into the Spiritual Care Program, bringing with her a different outlook and approach that is already making valuable inroads with or youth.

Her method for building and developing relationships with Marymount youth is based on a 'ministry of presence' as led by the spirit. This has been effective in connecting with youth and in restoring hope.

She has reached out to our young people with youth centered activities that create meaning through focus and reflection. Examples include listening to music and singing, going for walks, playing games in the gym, and making candles.

A concerted effort to involve youth in the chapel services (in preparation for and during the services) has resulted in increased participation and enhanced attention during the services. Young people have acted in mini-plays, sung, drummed and made sets and props for the services.

The Spiritual Care Coordinator has participated in a great deal of youth-initiated compassionate listening and one-to-one visits. These visits often included lighting candles and saying prayers together. This may be in the Chapel, the school or in a group home or unit.

There has been valuable collaboration with the Aboriginal Cultural Centre on youth activities. For example, the Spiritual Care Coordinator attended the Truth and Reconciliation Workshop with the Cultural Centre.

This past year, we have held five chapel services for special events, including a chapel blessing service.

The program is constantly evolving and growing with the needs of Marymount youth. We continue to value and encourage the role spirituality plays in the healthy development of the young people in our care.



**A PLACE TO SHINE**

**Chapel Blessing Service**

**Thursday, March 11, 2010**  
**10:30—11:15 a.m.**

**Join us for a short service with music, followed by activities that give back to our community.**

**We will also be blessing Pam's new office.**

**We look forward to seeing you there!**

**MARYMOUNT**  
Finding the good

# Volunteer Program

In one year, Marymound volunteers accumulated more than 1,463 hours of contributions!

Marymound truly values its complement of volunteers. Our volunteer coordinator is always trying to keep our volunteers fresh, active and interested. She always acknowledges their work, invites them to feasts, recounts positive stories about their impact on our young people and generally recognizes their volunteer spirit.

While we have a modest number of volunteers (12 to 15 people), their impact and influence is multiplied by their enthusiasm.

There are benefits to being a Marymound volunteer including:

- CPI and First Aid is offered free of charge to volunteers
- Volunteers receive a comprehensive orientation to Marymound
- Access to free interagency training sessions
- Gifts given in recognition of volunteers during national volunteer week
- Free tickets for volunteers to take our young people to activities, plays, concerts, games

Marymound's Volunteer Program has good community connections. We have an excellent partnership with Red River College's Child and Youth Care Program. Potential students must put in 75 hours in a related field for acceptance into their diploma program and many do so at Marymound.

We have a student from Canadian Mennonite University doing her six-month field placement at one of our group homes.

We assisted a young student from West Kildonan Collegiate as a workplace site at a nearby Marymound group home.

At special event time, our loyal volunteers and community volunteers come out to do a variety of administrative tasks and raffle ticket selling. The annual Family & Culture Day always attracts a good response from helpful volunteers.

The school is always willing to take volunteers in as aides in the classroom and we have a volunteer piano teacher sharing expertise at one of the group homes.

Some of our volunteers have enjoyed their time here so much that they applied and were successful at gaining employment at Marymound.

# Workplace Safety & Health

Over the past year, the Workplace Safety & Health Committee has fully embraced the responsibilities involved in ensuring that Marymount is a safe and healthy place to work. We were fortunate to have recruited more representation on the committee from middle management, adding a valuable perspective and support for the efforts of committee members.

We have accomplished a great deal over the past years including:

- Led pandemic planning, training staff on personal protective equipment regarding flu protection (hand washing and masks)
- Developed binders containing MSDS (Material Safety Data Sheets) for all units/program areas.
- Implemented quarterly Workplace Safety & Health inspections.
- Assisted Ji-zhaabwiing with their fire plan as part of licensing.

Ongoing initiatives include:

- Finalizing safe work procedures for the four main areas: Direct Service Employees, All Marymount employees, Building & Yard Maintenance, Housekeeping & Kitchen
- Developing a fully comprehensive Workplace Hazardous Materials Information System program
- Developing WS&H training program for all staff
- Developing a comprehensive fire plan
- Developing a follow-up process to the inspection reports.

We are pleased to report that our team is fully committed to this work and looks forward to the ongoing planning and implementation.



## Green Initiatives

Marymount has become a leader in environmental issues for nonprofit agencies by providing support for Green Initiatives. Within months of starting this initiative, a number of environmental programs have been set in motion. All programs focus on lessening our environmental footprint while maintaining our fiscal responsibilities and our mission.

Working with Manitoba Hydro, we changed all the light fixtures in Marymount School with ones that use substantially less energy. Manitoba Hydro is providing funding for all 256 fixtures and 32 exit signs. Our energy payback will occur in less than three years, a reduction in energy consumption that will continue in perpetuity.

Funded by a grant from the Winnipeg Foundation, we put in place an energy audit on the main administration building. The results of this audit will give Marymount valuable information that will allow us to prioritize and carry out necessary maintenance issues with a green perspective. Our building is approaching 90 years old. With that come some very difficult decisions regarding upgrades, improvements and general maintenance. Now that the audit is complete, we can effectively prioritize projects to ensure maximum efficiency.

Marymount recently instituted a 'no disposable products' policy for our kitchens and common areas. In an attempt to reduce our consumption, we no longer offer disposable coffee cups, plates or cutlery. Implementing this program will allow Marymount to save close to \$10,000 a year – money that can now be put directly into programming for our kids. This is an agency-wide initiative that will be fully in place by 2011, in time for our Centennial.

We have changed our copy paper to an FSC-certified paper product. FSC-certified forests worldwide are evaluated against FSC's Principles and Criteria for responsible forest management. FSC's Principles and Criteria form the guiding framework for developing regional forest stewardship standards appropriate to local social, ecological and economic conditions.

Other programs in the works include composting programs for our dietary department and more environmentally selective product purchasing, etc.

As we move forward, we are exploring many other programs to reduce our environmental imprint, while maintaining our fiscal responsibilities. We all feel positive about the changes we have already made, and are looking ahead with commitment and enthusiasm as we continue to lead the sector in environmental responsibility.



# Marymound Milestone Award

The Marymound Milestone Award is given each year to a youth at Marymound who has been a trailblazer of sorts, achieving something life-changing. This accomplishment can be in the area of education, the workforce, the arts, volunteerism and more.

We are pleased to introduce the two winners of the 2010 Marymound Milestone Award, which was presented at our Annual Meeting on November 18, 2010.

Congratulations to Cecilia and Jordon.

## Meet our recipients...

The following brief portraits are based on the nomination applications we received from Marymound staff.

### CECILIA

Cecilia first came to Marymound to live in one of our group homes when she was 14. She had a history of running away from the many homes in which she had been placed. She had turned to drugs and alcohol to cope with the trauma she had experienced.

Cecilia is 17 now and a great deal has changed in those three years. Through patient and nurturing caregiving in her group home, she slowly learned to trust the people who were there to help her.

She loves to bake and share her concoctions with everyone. She has made friends and holds genuine relationships with many people, including her family who she visits on weekends. Cecilia and her family participate in group counselling and Cecilia herself goes for individual counseling as well. It's making a difference.

She attends high school regularly and wants to pursue a college education. Cecilia also holds a part time job, balances a bank account and is saving toward independent living in her own apartment.

We now call her "Cecinator," a nickname given her because she has demonstrated that she can take on

anything, like the Terminator. By increasing her self-esteem through positive experiences she now knows she is worthy of all the good things that come her way.

We are pleased to present Cecilia with the Milestone Award. She has already received the greatest gift for her efforts – she owns her own life.

### JORDON

Eleven-year-old Jordon has grown into quite a nice young man since he first arrived at a Marymound group home in 2007.

Sport has been a healthy learning activity and outlet for him. He has increased his ability to cope with his anger through sport and is finding many positive benefits from being involved in football and hockey.

You will find Jordon on the football field four times a week, playing defensive line for the North End Nomads. If you attend one of the team's games, you'll hear his name announced numerous times for his tackling abilities. We've even witnessed him tackling an opponent and then helping him up after the whistle. Way to go, Jordon!

He is also playing in the Hockey Education Reaching Out Society Program (H.E.R.O.S.) for the second consecutive year. Jordon is definitely a team player who shows good sportsmanlike conduct whether playing or watching a game. He is a true natural and we are all proud of him.



Getting fitted for the HEROS Program

# Fund Development

Marymount is in a unique position, able to celebrate a rich heritage while positioned to grow for our future. In the upcoming year, Marymount will celebrate its centennial. We have many events planned and many new supporters and donors are lining up to help us celebrate. While we look fondly upon our past, we are very excited for our future.

In fund development, we are constantly building bridges with business, government, foundations and individuals, many of which have been supporters of Marymount and many others who are new to the family. We never cease to be amazed at the generosity of Manitobans and the commitment shown to our most disenfranchised young people.

In the upcoming year, we are working toward three large events to mark our anniversary. A reunion, a dinner celebrating the Sisters of the Good Shepherd and a Gala Dinner are all currently underway. We welcome all to come and celebrate with us and celebrate 100 years of working to make our community a better place.

Celebratory Centennial events will be a highlight of the coming year

## Individuals

*Marymount thanks the following individuals for their contributions, either monetary or in-kind, from April 2009-August 2010*

Gerry Alcock  
Art Alexander  
Christopher Allard  
Kyla Allard  
Adelard Baert  
Reinhard Banek  
Janice Barclay  
George Battershill  
Richard Bauch  
Thomas Beggs  
Ed Bell  
Margaret Bellhouse  
George Bilan  
Lillian Binne  
Helen F. Bowen  
Ronald Boyd  
Mindy Brooker  
Mary Bruneau  
Beverley Brunn  
Shelly Buhay  
Charlene Calder  
Debora Dunn-Richards  
Lori Elias  
Debra Fast  
Roxanna Fenning  
Eric Flett  
Susan Fonseca  
Elizabeth Fox  
Lloyd Friedman  
Harry Garfinkel  
Carol Garjardo  
Maryann Gebel  
Andreas Giesbrecht  
Lynda Gilchuk  
Juliette Granger  
Leslie Gowanlock  
Ernest Hafichuk  
Ray Hignell  
Loretta Hoene  
Catherine Holmes

Ian Hughes  
Paul Jacuzzi  
Stanislaus Jaworski  
David Johnston  
Trevor Jones  
Gloria Klassen  
Peter Kohut  
Kim Konowalchuk  
John Kreviazu  
Yvette LaFleche  
Jackie Langdon  
Patricia M. Larcombe  
Deri Latimer  
Lynn Lemire  
Frank Luschak  
Gord Mackintosh, MLA  
Candace Maxymowich  
Kim McMillan  
Gord Miles  
Brian Moir  
Arline Moor  
Gwenda Nemerofsky  
Simone Orzechowski  
Elizabeth Pate  
Patricia Patterson  
Brian Pettitt  
Daphne Pogue  
Gerald V. Price  
Rachelle Regnier  
Gordon Riach  
Denis Robidoux  
Edward Rokosh  
Betty Romano  
Anneliese Serzu  
Grace Shedden  
Ernest Shewchuk  
Jean Sinkwich  
Taisia Smellie  
Hollis Spevack  
Rodney Steiman  
Robert P. Stewart  
Brian Taillieu  
Donald Taylor  
Lyle Taylor  
Beverly Thiessen  
Danny Voth  
Sarah Wakelin  
Judy Wasylcyia-Leis  
Pauline Weber  
Shelley Werner  
Wendy Lynn Wilson  
Mardy Yager

## Funders

*Marymount receives funding for programs and services from the following:*

Manitoba Education, Citizenship & Youth  
Manitoba Family Services & Consumer Affairs  
Manitoba Health & Healthy Living  
Public Health Agency of Canada

## Businesses, Organizations and Foundations

Accès Direct Promotions  
Addictions Foundation of Manitoba  
All Charities Campaign  
Aramark Canada Ltd.  
Arbonne International – Maureen Tabak  
Arctic Glacier  
Atonium Hair Products  
Be-Dazzled Jewellery  
Bill Worb Furs  
Bleak House Centre  
Boogies Diner  
Canadian Foundation for Animal Assisted Support Services  
Canadian Heritage – CCAY  
Canadian Heritage – UMACC  
Canadian Linen & Uniform Services  
The Cardinal Foundation  
Carey Corporation  
Carpathia Credit Union Limited  
CIBC  
City Break  
City of Winnipeg  
Contro-Lec Project Development Ltd.  
Crosstown Civic Credit Union  
CSB Management Corp  
Culture, Heritage & Tourism – Arts Branch  
Cunningham Business Interiors Ltd.  
Danali His & Hers Urbanwear  
DMV Designs  
Eagle Nest Lodge  
Eastern Chrysler Dodge Jeep Eagle

F.K. Morrow Foundation  
Faucet Signs Ltd.  
Fort Whyte Alive  
Garden Grove Distributors 1998 Ltd.  
Grace Hospital – Operating Room Nurses  
Graffiti Art Gallery  
Graham C. Lount Family Foundation  
Grant Design Group Inc.  
Heart & Stroke Foundation  
Hillis Insurance Agencies Ltd.  
IGA on Main  
Imperial Soap & Supplies Ltd.  
Investors Group Financial Services Inc.  
Italian Chamber of Commerce  
J.M.D. Development Inc.  
The Women's Endowment Fund – Jewish Foundation of Manitoba  
K. Bosch & Sons  
Ka Ni Kanichihk  
Ken Segal Gallery  
LaCoste Garden Centre  
Leo's Home Decorating Ltd.  
Louis Riel School Division  
Manitoba Blue Cross  
Manitoba Hydro  
Manitoba Hydro – Thompson Employees Fund  
Mariaggi Hotel  
Mary Mother of the Church Parish  
McCaine Electric  
McKesson Canada  
MacDonald Youth Services  
McDonald's Restaurants of Canada  
Mindy's Jewellery  
Mother Of Red Nations  
My Terrific Tale  
New Directions  
North End Revitalization Inc.  
Northern Meats  
Norwood Hotel Banquet & Catering  
Old Dutch Foods  
Out 'N About Travel  
Oreck Vacuums

Oyate Tipi Cumini Yape  
Patrick Gwozd  
Peak Of The Market  
Pollock Hardware  
Pratts Wholesale  
Quantum Printing & Consulting  
Rainbow Stage  
RCMP Foundation  
Red River Exhibition Association  
Scotch Bakery  
Shooters Family Golf  
Sisters of the Good Shepherd  
Smart Furniture for Business Inc.  
Sobeys – Northgate  
Sobeys – Rivergrove  
Sobeys – Henderson Highway  
Sonya's Flowers  
Springhill Lumber  
St. Anthony's Catholic Women's League  
St. Joseph's Church  
Stalwart Machinery & Appliances  
Swandel & Associates  
The Press Room  
Thompson Urban Aboriginal Strategy  
Thompson Community Foundation  
Tim Horton Children's Foundation

Toad Hall Toys Inc.  
United Way of Winnipeg  
Urban Circle Training Centre  
Wahbung Abinoonjiiag Inc.  
West Kildonan Auto Service  
Winnipeg Blue Bombers  
Winnipeg Building & Decorating  
Winnipeg Cobras Volleyball Club  
Winnipeg Foundation  
Winnipeg Free Press  
World of Water  
Youth in Philanthropy – Miles Macdonell Collegiate  
Youth in Philanthropy – St. John's Ravenscourt School

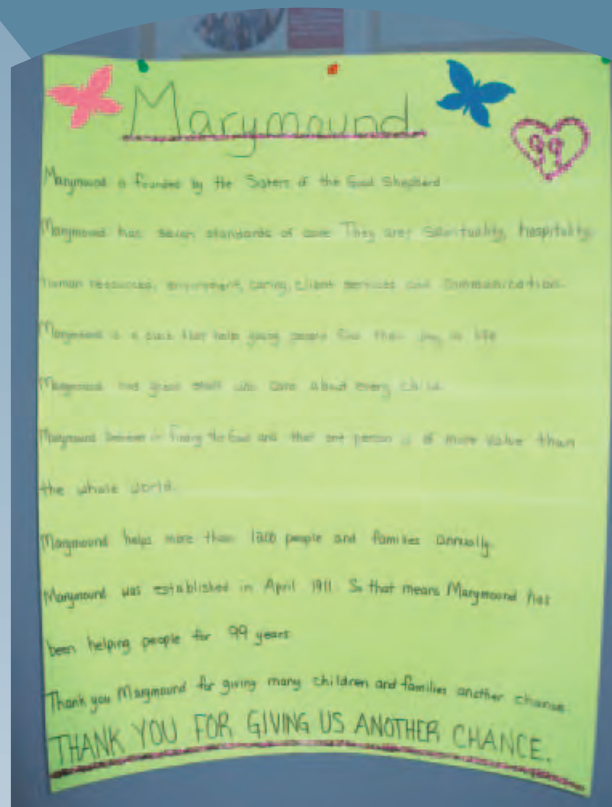
*Every effort has been made to ensure that this list is current and accurate. We apologize for any omissions or errors.*



# MARYMOUND

Finding the good

[www.marymound.com](http://www.marymound.com)



Originally established by the Sisters of the Good Shepherd, Marymound is a member of

