



Generosity

Mutual Flourishing

2019





Wabano

Wabano Centre for Aboriginal Health

299 Montreal Road Ottawa, ON K1L 6B8

Phone: 613-748-0657

wabano.com

Charitable number: 873580690RR0001

Message from Allison



What is your first memory of experiencing true generosity?

For many of us, this memory is linked to a person, possibly a relative who gave you the perfect gift. Or maybe a friend who supported you through a difficult time,

gifting you their time and compassion. These memories of generosity are what forge our connection to one another.

Madeleine Dion Stout - Cree speaker, retired nurse, researcher, and Residential School survivor - talks about our traditional communities operating from a gift economy. She shares that the wealth of our people was not about accumulating resources but was linked to a sophisticated process of gifting.

Our people know that gifting is an investment in each other's mutual flourishing. This year, Wabano saw this investment in action.

Through the generosity of donors, we purchased and renovated the house across the street. This space, now affectionately called "The Early Years House", is a space for Indigenous children and their families. From drop-in play groups to parenting classes to pregnancy circles, the Early Years House is a thriving hub.
(Visit wabanokids.ca)

This year's gala theme was the Trees of Peace. Volunteers generously gifted their time to create a hand-made quilt, gourmet chocolates, jingle shakers and art pieces. With this gifting, Wabano had our most successful gala to date, raising over \$200,000 to maintain Wabano's operations.

We saw community members give their voices to advocate for the health equity for our people. People like Okeetuk Etuk (whose story is highlighted in this booklet) who remind us that every life is valuable and deserving of generosity.

When gifts are given so generously, our Elders teach us that there are two actions that are required of us: (1) gratitude and (2) gifting others with that same generosity.

On behalf of the Wabano Board of Directors and the staff team, I say *chi miigwetch* to the Ottawa community for upholding the traditional teachings of generosity. Wabano is the result of your investment in mutual flourishing.

Allison Fisher
Executive Director

About Us

The Wabano Centre for Aboriginal Health is an award-winning and internationally recognized healthcare facility located in Ottawa, Ontario. Wabano's unique model of care emphasizes the importance of nurturing the mind, body and spirit through the provision of a full medical clinic, mental wellness and addictions services, community and cultural programs, and community outreach.

The result has been the creation of a place of belonging where culture flourishes in support of more than 17,000 Indigenous clients.

Mission Statement

The Wabano Centre for Aboriginal Health is an urban health centre that:

Provides quality, holistic, culturally-relevant health services to Ottawa's First Nation, Métis, and Inuit population;
Engages in clinical, social, economic and cultural initiatives that promote the health of all Indigenous people;
Promotes community-building through education and advocacy; and,
Serves as a centre of excellence for urban Indigenous health.

Mandate

The main purpose of the Centre is to create and deliver services that will prevent ill health, treat illness and provide support and aftercare. Services are offered in a culturally sensitive way that welcomes, accepts and represents all Indigenous people.

Our Vision of the World

We envision a world in which all Indigenous people have achieved full and equitable access to the conditions of health. This includes pride in ancestry, cultural reclamation, peace, shelter, education, food, income, a stable environment, resources, social justice, and where the gifts and wisdom of our cultures are recognized as valuable, distinctive and beautiful.

We believe that good medicine is characterized by:

Reclaiming culture as a pillar of healing;

The teaching and healing practices of Indigenous people;

A contemporary model of quality primary healthcare;

Focusing on the individual in the context of their family and the community;

Believing in the wisdom of Elders, traditional healers, and teachers; and,

Believing in the importance of traditional ceremony and celebration.



Our Board

Brian Pelletier
President
Member-at-Large

Lynn Chabot
Vice-President
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Colleen Whiteduck
Secretary
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John Francis
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Valorie Whetung
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Our Funders and Partners

Champlain Local Health Integration Network

Ministry of Health and Long Term Care of Ontario

Ministry of Children, Community and Social Services

Ministry of Tourism, Culture and Sport of Ontario

Public Health Agency of Canada

Service Canada

Indigenous Services Canada

City of Ottawa

Ontario Federation of Indigenous Friendship Centres

Ontario Aboriginal Housing Services

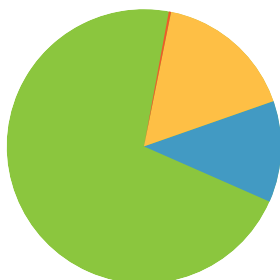
Ottawa Carleton District School board

United Way

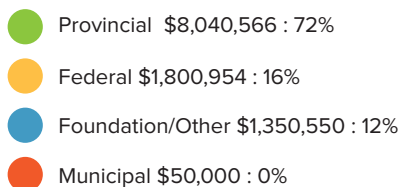
Community Foundation of Canada

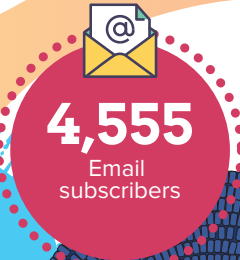
Ottawa Community Foundation

Ottawa Public Health



**2018-2019 Funding for programs and services:
\$11,242,070**





Creating Spaces of Belonging : The Clinic Lobby

This year we renovated the clinic lobby. Now clients and visitors entering the centre off Montreal Road will walk into a beautiful new space. Designed to be welcoming and foster a sense of belonging, you will not feel like you are in a clinic waiting area. The 17 foot cedar front desk appears like a canoe on the water where the multi-coloured tiles make you feel like you are on a river. The canoe, a traditional form of transportation, has connections to the past and the present, moving us forward with enthusiasm into the future.



Wabano-Win

Indigenous Cultural Safety Training

The Education team launched “Wabano-Win – The Art of Seeing Clearly”, an anti-Indigenous racism training for health care service providers. The training addresses the need for increased safety within the health care system by bringing to light service provider biases and the legacies of colonization that continue to affect health outcomes for Indigenous peoples.

The Education team offers the training on a weekly basis. In the program’s first two months, the Education team held 10 sessions and trained 198 health care workers from 20 different agencies from Eastern Ontario.

What participants are saying:

“I am now much more knowledgeable on the history of colonization and its impacts on the community today. I am eager to make a positive change.”

“Thank you for teaching me the truth and giving me the chance to embrace love and respect for one another.”

“The training is excellent. It has encouraged me to practice better, both professionally and personally.”

“Planting new seeds of reconciliation has allowed for more understanding and for more growth”.



Artist credit:
Tracey Metcalfe
Spirit Bear, 2016

Wabano Meeting and Event Centre

The Wabano Centre for Aboriginal Health is known to many as one of the most beautiful buildings in the National Capital Region. The building designed by the celebrated Indigenous architect Douglas Cardinal, is inspired by the land it sits upon, and like the river nearby the building reflects the movement of the water with smooth, curvilinear forms.

Walking into Wabano, one is immediately immersed in Indigenous culture and tradition. Walls and common spaces are adorned with fine Indigenous art and artifacts, carefully chosen to reflect the diversity of the Indigenous peoples across Canada, many of whom make their homes in the Ottawa area. There are unique stories to be told through the architecture, the expansive collection of artwork and permanent exhibits, which not only provide visual stimulation but also knowledge and education about Indigenous peoples.

The well-appointed facility offers 10,000 square feet of meeting space that is ideal for corporate, government and not-for-profit meetings that require a combination of plenary and break-out space. Its flexibility is perfect for formal dinners, receptions, symposiums, receptions, training sessions and weddings. Indigenous inspired cuisine is offered to make any event or meeting a one of a kind experience.



6,343

Guests at events
hosted at Wabano

1,831

People attended
Special Events
at Wabano

162

Events
held at
Wabano



20th Anniversary

Wabano hit a milestone this year and celebrated our 20th anniversary in the fall of 2019.

As part of the Annual General Meeting in September, a fall fun fair was held for the community to participate in the celebrations. Each team within Wabano created a theme and developed fun activities for everyone. This included a wonderful array of themed treats, activities and competitions such as pumpkin squats. A great time was had by all!



Wabano Celebrates our 20th anniversary with Buffy Sainte-Marie

A traditional dinner was provided and the audience enjoyed a lively and inspiring performance by the Academy award winning artist. After many decades of being a trailblazer, tireless advocate, innovative artist, and a disruptor of the status quo, Buffy brought new life to songs of the past and new messages in her current work. The audience enjoyed a lively rendition of the song, Cripple Creek that Buffy performed on the much loved children's television show, Sesame Street and ended off the evening with a standing ovation for her performance.

Through all of the events, Wabano reflected on the past 20 years, celebrated the present and expressed hope and inspiration for the future!



Igniting The Spirit Gala 2019 The Trees of Peace

Wabano's annual fundraiser, celebrating National Indigenous Peoples Day, was once again a smashing success. Planning for this not-to-miss charity event happens over the course of an entire year to create a cultural spectacle that can only be described as a feast for the eyes, the heart and the imagination.

This year, the theme was Trees of Peace. The Ottawa Conference & Event Centre ballroom was transformed into a forest of trees. Guests came together to support Wabano and in turn were treated to the wisdom of the trees.

Indigenous people believe that the forest is our teacher; that the trees have been sharing their wisdom with us since time immemorial. Our Elders say the trees talk to each other – that they “stand in their own council”. Meaning that the trees are interconnected in great communities, in a web of energetic, generous reciprocity, both above and under-ground. When you walk in the forest you understand that to survive is to unite – because in the forest, all flourishing is mutual.

The flourishing literally took centre stage in this year's cultural performance, which included contortionists (who represented twisting roots), ballerinas (who represented the trees) and traditional First Nations dancers (who showed the relationship Indigenous peoples have to the land). The musical event, choreographed by Christine Friday, took the audience on a journey of reconciliation, all through the eyes of the trees.



The impressive evening didn't stop there. The stage lineup was equally as impressive, with CBC's Shelagh Rogers as the emcee, the comical interludes of Mary Walsh and a special musical performance by Alan Doyle (formerly of Great Big Sea). Alan Doyle even gave a table-side song to one lucky auction winner.

The night's jaw-dropping auction items and raffle brought the Ottawa community's generosity out in spades. With your support, Wabano raised over \$200,000! Our most successful event yet.

Miigwetch | Marci | Merci | Nakurmiik | Niá:wen
Thank you!

Your generosity ensures the mutual flourishing of the Indigenous community in Ottawa.





Youth Symposium

Wabano hosted a 2-day Youth Symposium in response to the Indigenous youth suicide crisis. The first day of the Symposium was for child welfare workers, health care and mental health professionals, addiction counsellors, group home operators, law enforcement and educators working with Indigenous children and youth.

The second day brought Indigenous youth aged 14-29 (and allies) who came together for a conversation on resiliency with the aim to strengthen our community.

The Symposium delved into meaningful conversations with dynamic keynote speakers such as Tanya Talaga, Dennis Windego, Tunchai Redvers, Shaunessy M. McKay, and Max Fineday on how we, as a community, can respond to the Indigenous youth suicide crisis.



Max Fineday



Tanya Talaga

Special Exhibit

The Wabano Residential Schools Exhibit is a permanent and accessible display for students and the community to learn about history through the eyes of Indigenous People. The exhibit is a place of truth and reconciliation – a place where the stories of survivors and their families are honoured. Wabano's commemorative Residential Schools Exhibit is a safe space for dialogue, connection, education, healing and understanding.





62

Indigenous Youth at
Summer camp 2018

192

Hours spent at summer camp 2018

120

Hours of physical activity
at summer camp

55

Kids attended the on-the-land
culture camp over March Break



Community members
attended the Halloween party



262

Swim passes were distributed



Gallons of cedar tea shared
with community members at
Powwows

1300+

Visitors at Wabano booths
at community powwows



Summer Day Camps

Incorporating culture into everything we do is a key element of our work with youth, and our summer programming combines cultural teachings, physical activity, healthy eating and community engagement.

Ensuring that culture is the foundation of our programming allows us to provide a space where youth can interact with culture but also feel safe to explore and ask questions from any of our knowledgeable staff. One of the key objectives of this camp is to provide fun activities that balance mental, physical, emotional and spiritual health.

Creating a space for our youth to understand the importance of this balance sets them on a healthy path toward a future free of drugs, negative peer pressure and loss of culture.

- 50 First Nations, Inuit and Métis youth attended the 7 week summer day camp
- 210 hours spent at summer camp
- Over 500 hours of physical activity for children and youth



Back to School Events

This year, our children and youth teams across Wabano came together to offer events to invite children and youth to prepare for the school year.

We provided a free BBQ dinner, interactive and intergenerational games, information booths, and lots of fun prizes! Community members participated in face painting, drumming, singing, and cultural crafts throughout the night.



Indigenous Awareness Week



Culture night beading



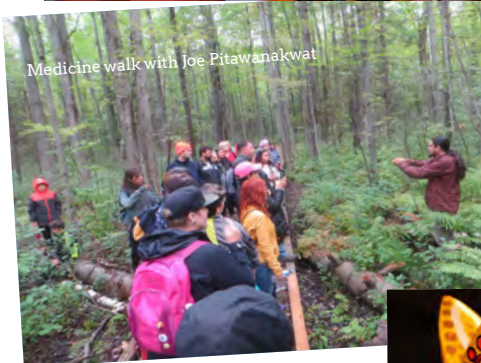
Tie-dye at summer camp



Fall Fun Fair



Fall Fun Fair winners



Medicine walk with Joe Pitawanakwat



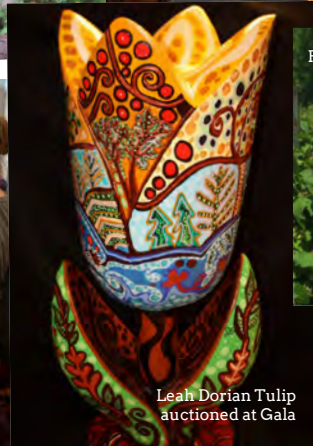
Birch Bark Basket Making Workshop



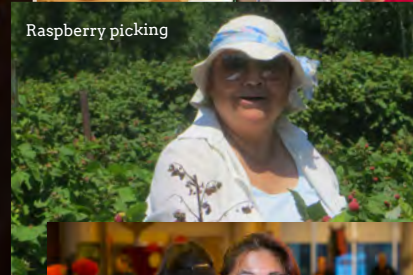
Summer Camp visit to the museum



Selfie-time at the Fall Fun Fair



Leah Dorian Tulip auctioned at Gala



Raspberry picking



The talented jeweller Annie



Early Years house



Joe Pitawanakwat Teas



Wabano-win
Indigenous Cultural Safety Training



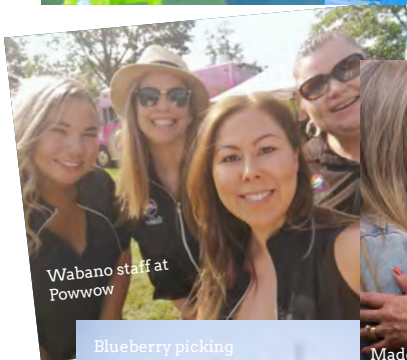
Early Years backyard playground



Summer camp - canoe time



Wabano promoting wellness
and healthy living at Summer
Solstice Powwow



Wabano staff at
Powwow



Blueberry picking



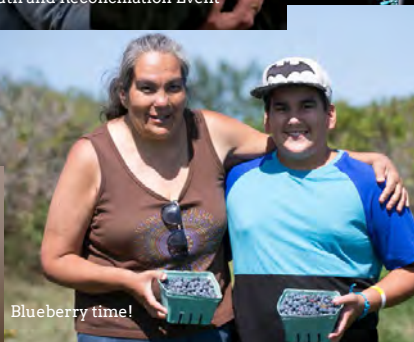
Madeleine Dion Stout and
Brenda MacDougall at the
Truth and Reconciliation Event



Executive Director Allison Fisher with Buffy Ste Marie



Wampum Belt teaching



Blueberry time!



Wabano Fine
Chocolate

Health & Wellness

The Wabano Centre offers a full service medical clinic that works closely with patients to help them lead healthy lives. Whether you have a specific medical issue, need your annual checkup or are looking for health advice, Wabano can help. Our clinic team provides primary and holistic medical care integrated with traditional Indigenous approaches for First Nations, Inuit and Métis community members within the National Capital Region.

In addition to the medical clinic, Wabano provides holistic and culturally relevant mental wellness services to Indigenous individuals and families. We are using both Indigenous and westernized approaches in our healing work and support people holistically.



Seeking Our Bundle Program

Wabano launched the Seeking Your Bundle Program with Wellbriety recovery circles at the heart of it. Inspired by the White Bison Teaching Institute, the program offers substance use prevention, a path to recovery, counselling support and wellness resources to the Indigenous community. The program focuses on making recovery accessible and safe, touching on topics such as the opioid crisis, safe sex practice, fostering healthy relationships, and many more.

Wabano currently hosts 6 Wellbriety group sessions per week at different locations across the city to ensure that all have access to this program. The program incorporates the 12 step approach to recovery along with cultural teachings and traditional medicines that cater to the specific needs of Indigenous clients.

Before the program's commencement, Wabano trained 20 individuals, staff and community members in Wellbriety to facilitate and co-facilitate the group sessions. The program is showing great success with an average attendance of 15 people per session.



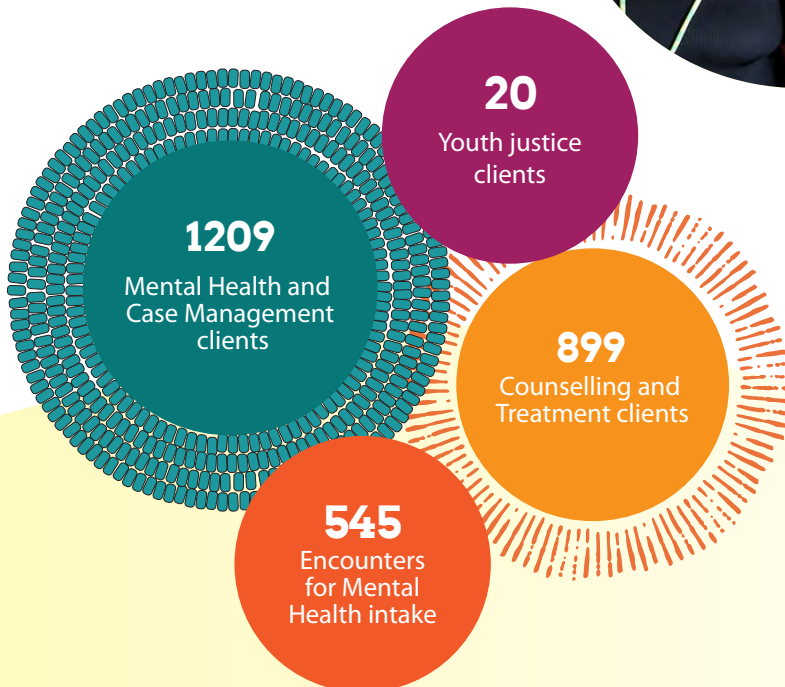
Mental Wellness Oshkaabewis

Wabano understands the importance of culture and its value as a form of treatment. One way of making sure that we continue integrating our culture in everything we do is by working together with our knowledge keepers or Oshkaabewis.

Louella Tobias is on the mental wellness team and works with all departments within the centre to create space where western and traditional converge to best support individuals on their healing journeys.

This is done through weekly Sister's in Recovery meetings, cedar bath washes for trauma counselling, Wellbriety circles, pipe ceremonies, youth and elder programming or sweat lodge ceremonies, Louella provides the traditional teachings and ceremonies necessary for healing.

Sharon Beaudin guides Wabano's cultural team and shares teachings within many of Wabano's educational programs that encompass all generations including expecting mothers, early years, youth, seniors and everything in between. Her work often crosses over to mental wellness with her art as therapy programming.



Client Care Coordinator

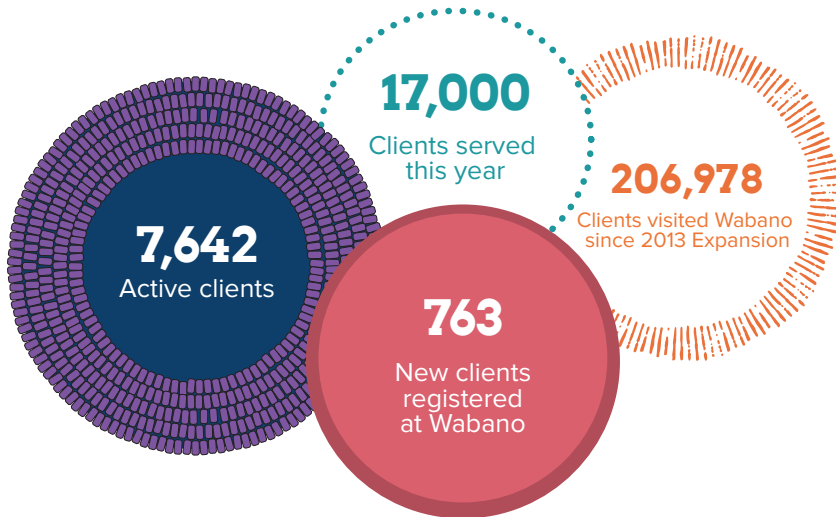
Wabano welcomes Lindsay Shawanda, to our new Care Coordinator position. The role of a Care Coordinator is not only to provide meaningful care to patients and families suffering from chronic conditions but to also be a support system by helping individuals navigate through the health care system. Clients may feel overwhelmed with all of the appointments, referrals, doctors and specialists that they have to manage. Lindsay will help mitigate the client's stress by working with them and their care team to develop a care plan that best suits their needs. She will remain as a liaison and contact person between the client and care providers.



Share Your Story

Share Your Story is a large scale study funded by Ottawa Public Health. Wabano Centre for Aboriginal Health is leading this research project in collaboration with the Ottawa Aboriginal Coalition. In December 2018, 16 Indigenous interviewers began speaking to over 300 Indigenous individuals in the Champlain LHIN region about their experiences in health care. This research project is meant to draw attention to the overwhelming amount of racism and discrimination experienced by Indigenous clients in the health care system. A final report is expected to be released in the winter of 2019.





99
280

Pre-natal clinic clients
Flu shots

309
1,110
285
1,067

New dental clinic clients
Visits to the dental clinic
Fillings
Preventative services



329
377

Addictions services clients
Child and youth mental health clients

Sharing & Caring: Living a Life of Generosity

The Story of Okeetuk Eetuk



Our Elders say that our teachings must be lived. They must be acted upon. How do we act on the teachings of generosity? What does it look like to *live a life of generosity*? Our Elders would say we do this with two simple actions: sharing and caring.

The life of Okeetuk Eetuk shows us the power of these two actions.

If you had met Okeetuk for the first time in the last few years, you would have seen a small man in a wheelchair. Frail from dialysis for his failing kidneys, you would have seen him struggle to look at you through his relentless pain and through his only eye that still had sight.

What you might not have seen though, was the larger story of Okeetuk.

Okeetuk came from Coral Harbour, Nunavut, a small, tight-knit community of 834 people. Thousands of years of survival and living generosity, the people are as strong and beautiful as the fossilized coral rock that the community is named after. It was here where Okeetuk honed his hunting skills and became the generous provider for his family and community.

But this kind of generosity of living, surviving and thriving was about to change for Okeetuk.

At the age of 59, he was diagnosed with kidney failure. With limited medical resources in Nunavut, Okeetuk was forced to leave his home and relocate to Ottawa, an urban hub of one million people.

For three agonizing years, Okeetuk struggled to live in this new reality alone. From gatherings with caring family speaking in Inuktitut, to hospital rooms where he couldn't speak the language to ask for help. From snowshoes and snow mobiles, to navigating public transit. From hunting traditionally, to having no way to support himself financially. From supporting his family by sharing his hunting kills, to shopping grocery stores alone.

Okeetuk struggled to find stable housing, at times finding himself homeless, moving from one place to another, shelter after shelter. Desperate for connection, Okeetuk would go to the Ottawa airport when flights were coming in from Nunavut to see if he knew anyone.

Instead, he found Robert.



Robert Des Serres is Abenaki, a Francophone and a Community Service Worker at Wabano. When Robert first met him, Okeetuk had recently moved into new housing, but was struggling. His health had weakened each year, making it almost impossible to cook or clean for himself or to attend the medical appointments that had brought him to Ottawa in the first place.

Robert remembers that first meeting:
"When I came into [Okeetuk's] home he would barely look at me. I didn't speak Inuktitut, so I had no way to tell him who I was or why I was there. I wanted to tell him that I was there to help, that I was a friend. But I couldn't. So, I thought: I have to show him."

Robert saw that Okeetuk was rolling cigarettes. So, he sat down and silently began to roll cigarettes with him. No lecture on the ills of smoking, no attempts at small talk, no rushing to get through a to-do list, it was the powerful action of being fully present with someone... of caring about someone enough to share in an activity that matters to them.

Week after week, Robert would come to Okeetuk's home and help him roll cigarettes. When their task was done, Robert would help him with cooking and housekeeping and eventually, began accompanying him to his medical appointments.

As Robert said: "it took a while, but eventually Okeetuk started smiling at me, and later we had big belly laughs together."

At Wabano, this is what generosity in health care looks like. We create relationships that are built on sharing and caring. This way of being isn't always expedient, or how we're taught to do it in school, but it is always the most impactful.

This past year, Okeetuk knew that his life story was almost done. Together with his family, his doctor and his friend Robert, Okeetuk decided that he wanted to go home to Nunavut. He wanted to complete his life's journey on the land of his ancestors.

At Okeetuk's request, Robert travelled with him on his journey north, caretaking him to the end. Robert remembers: *"You should have seen his face when we were in that plane. He kept nudging my arm and pointing out the window, his face lit up with joy. When we arrived, a crowd of family and friends were there to welcome him home, swarming him like a movie star. He was beaming."*

On February 28, 2019, four days after his arrival, Okeetuk breathed his last breath. He left this earth as he entered it, surrounded by family and friends who will continue his legacy of sharing and caring. Including Robert.

The generous contribution Wabano staff has made towards my uncle Okeetuk Eetuk for the last few years of his life were invaluable to me and my family. It was difficult to look after my uncle's needs from 3000 thousand miles away.

And that is where Wabano came in to Okeetuk's life when he needed someone the most. I love the entire Wabano staff who gave my uncle unconditional love, especially when he was at his worst, physically, mentally and spiritually.

*Gratefully yours,
I speak on behalf of our entire family
from Nunavut,
niece Eva Eetuk-Groves.*



For more information on how Wabano's community support program can support your family, visit wabano.com.

Early Years Programs

When reflecting on generosity and the impact that it has for an individual, a child, a family, or a community, nothing shows the results more truthfully and clearly than the smile on a young child's face.

With the growth of our little ones, parents often express their shock and surprise about how quickly the time has passed, and how much their child has changed in such a short period of time.

Similar feelings come to mind when reflecting on the growth of Wabano's Early Years programming. It seems like not that long ago this program lived only as a vision in our hearts - a vision of a generation of strong and self-confident Indigenous children who are connected to their culture, families, and their community.

409

Drop-in visits

46

Children served

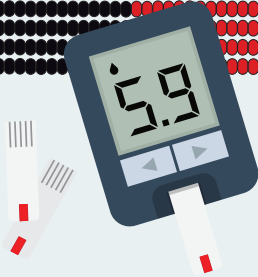
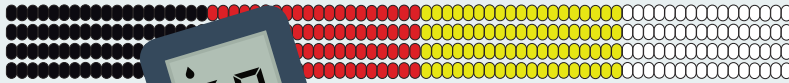
Today, the Wabano Early Years program has boldly moved from vision into action. Using an innovative approach that places culture and connection at the center of all programming, Wabano has been able to make real strides towards addressing some of the most pressing challenges facing Indigenous children and families.

Wabano is pleased to acknowledge all of our supporters and their contributions to this program. Due to the generosity and kindness we have received from donors, we are happy to report that the Early Years Capital Campaign target has been fully met and the property purchased has been paid in full!





800+ Clients guided on their wellness journey



250

Diabetes education clients

771

Foot care appointments

100

People joined the quit smoking program

97

People accessed nicotine replacement therapy

75

Youth received traditional tobacco teachings during our day camps



500+

Hours of physical activity for children and youth



300+

Community members participated in over 200 group fitness classes including yoga, zumba, boxfit, and exercise

75

Number of participants that learned how to prepare nutritious meals

50

Number of youth that learned how to cook during youth kitchen programs



Volunteer Program Highlights

The **Wabano Co-op Program** continues to provide a safe space for high school students to gain a semester of valuable work experience in various programs. The program supports students with supervised mentorship for their out-of school learning opportunities. The program is very popular and positions are booked months in advance. There are plans to expand this program.

Wabano Fine Chocolate is growing each year with orders coming in from all across Canada. Small updates are being made to our chocolate making facilities to allow more productivity to grow our inventory of sweet treats! Wabano Fine Chocolate has also invested in a mold making machine as a secondary business venture. This machine can make a food-safe mold of any solid object that can then be used to create a chocolate-y piece of art. This social enterprise is also encouraging young emerging artists with skill development workshops and the opportunity to design wrappers for the products.



★ ★
602
Active volunteers
★
\$466,902
Monetary value of volunteer
hours (based on minimum wage)
35,493
Volunteer Hours

16,500
Chocolates made by social
enterprise Wabano Chocolates
750
Chocolates were made
for the Gala

25
High school students
in co-op program
14
College and University
Students



Wabano Designs

Wabano has begun a new social enterprise called Wabano Designs. The enterprise began with a donation from the RBC to purchase a commercial embroidery machine. Unique designs based on historical beadwork patterns have been created and a new line of capes has been developed. Four designs were included in the silent auction at the gala and sold immediately.

Plans are underway to create new designs and apparel that will be sold at Wabano events in the near future.

How You Can Help

Wabano has 13 covered Pillars that can be dedicated in the name of an individual or a corporation in recognition of a donation of \$35,000. Each pillar is beautifully adorned with a one-of-a-kind silken flag, representing the 13 Grandmother Moons. You may decide to choose a pillar to commemorate a significant event or to pay tribute to a teaching.

Our Elders tell us that visitors carry important messages from one place to another. Be a messenger. Spread the word. Invite your friends to experience Wabano for themselves by joining us for a tour. Explore our historical Residential School Exhibit. You will see and learn about the unique and valuable work done in this cultural space where these good works take place.

Thanks to the generosity of our donors, and the dedication of our volunteers, 2018-19 has been an incredible year. Your support continues to help Wabano to be a beacon for Indigenous health and culture in Ottawa.

Your generosity enables Wabano to:

- Better the lives of Indigenous youth, women, and seniors living in Ottawa;
- Change the cycle of poverty and unemployment among Indigenous people;
- Make possibilities into probabilities for the whole community; and,
- Sustain our work as a centre of excellence, sharing best practices for Indigenous healing across the country.

Wabano has been bringing together the Indigenous community in Ottawa for 20 years.

Our stories bind the community with the past and future.





Laugh your Mocs Off

This winter Wabano teamed up with Bell-Let's Talk, The United Way and the Champlain LHIN to host the comedy festival Laugh Your Mocs Off.

Proceeds from the event went toward Wabano's mental wellness program, a unique community resource that puts culture at the center of healing. Wabano invited some of our communities' most talented comedians, Don Kelly and Candy Palmater, who demonstrated that laughter truly is medicine.

First to the stage was Don Kelly, an Ottawa-based stand-up comedian, writer, broadcaster, television and radio host and performer. Kelly is Anishinaabe (Ojibway) and a proud citizen of the Ojibways of Onigaming First Nation.

Next was Candy Palmater a "recovered" lawyer turned feminist comic, actor, writer, columnist, international speaker, activist and award-winning TV and radio personality. Candy Palmater has been the executive producer for three films on Mi'kmaw culture.

Roaring laughter from the crowd may not have resulted in many moccasins falling off but certainly showed that the event was a major success.



Indian Horse Screening

On March 6, 2019, Wabano hosted a film screening of Indian Horse. The movie is based on the novel by Canadian author Richard Wagamese, which tells the story of Saul Indian Horse, from his survival of an Indigenous residential school to his rise as a sports star during a time of endemic racism.

Following the film, Guy Freedman lead an intimate discussion with Edna Manitowabi, Sladen Peltier and Brooke Peltier, all actors in the film.

Wabano is dedicated to hosting events like these to initiate conversations about Indigenous issues and provide opportunities for education for both non-indigenous and Indigenous community members.



Housing First Initiative

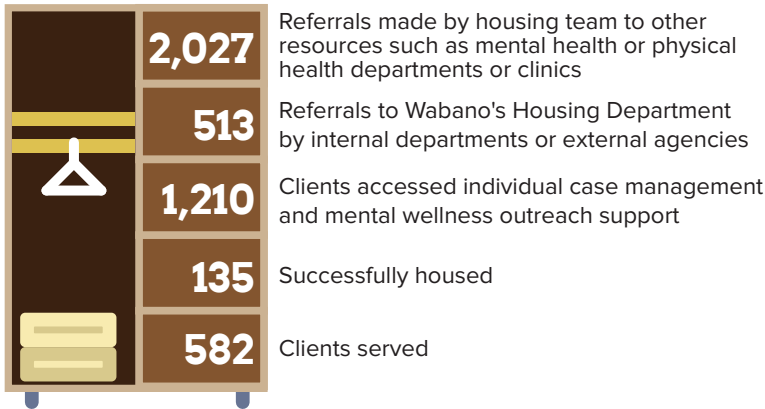
Since April of 2015, Wabano has been providing Housing First services to members of our community. This initiative provides case management supports and services to our community members who are experiencing chronic or episodic homelessness. Wabano assists clients in their transition from shelters to secured housing.

New to the department is a Financial Benefit Worker that assists individuals in applying to the Ontario Disability Support Program. We also offer the GED program and an ongoing meal program called Biindahgen serving over 1000 meals annually.

In the past year, Wabano has served 582 individuals and successfully housed 135.



Housing Department Employees: Jordan Furgoch, Sam Dafoe, Russ Halpin, Raymond Duff





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