

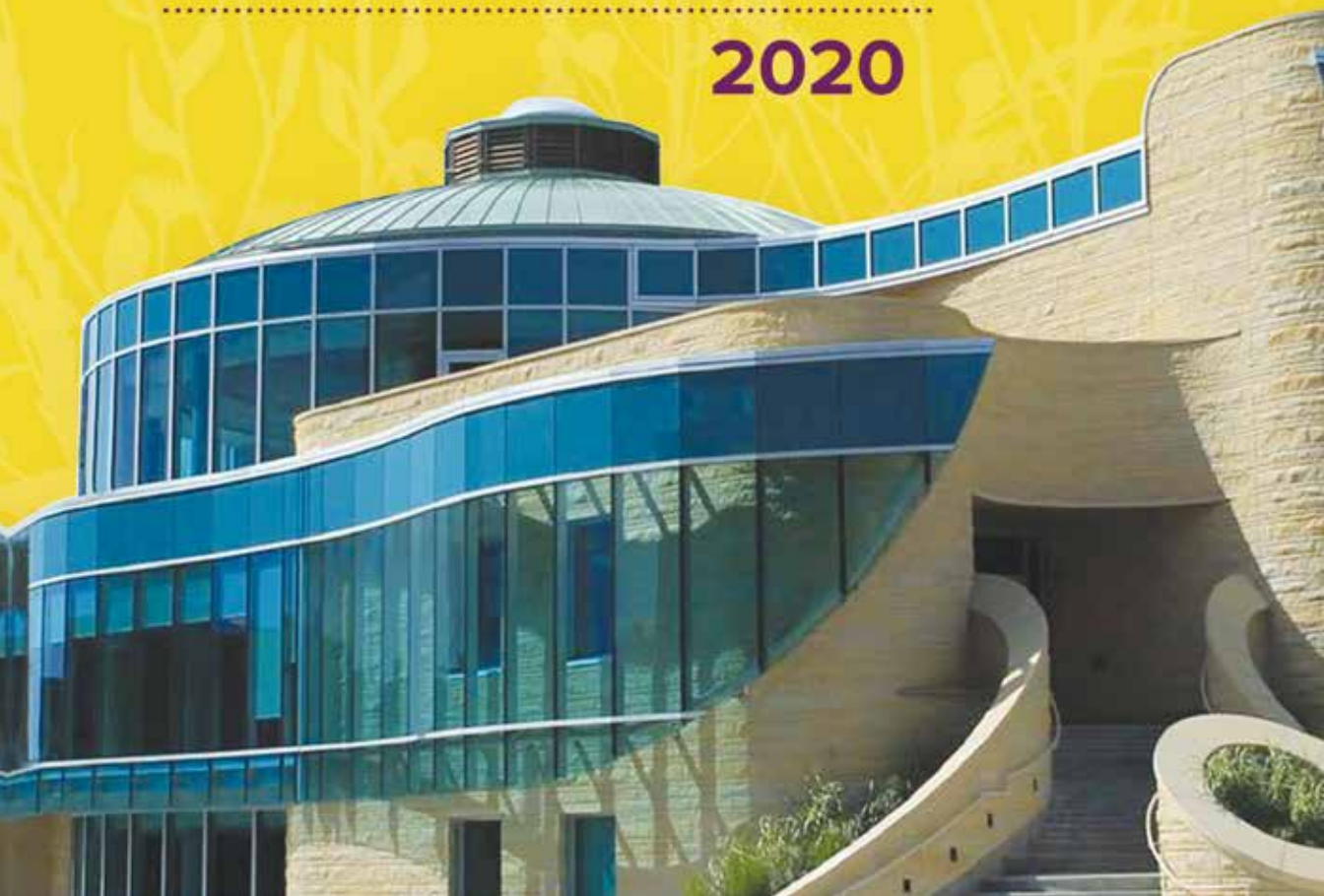


Wabano

Resiliency

Strive, work & grow

2020





Wabano Centre for Aboriginal Health

299 Montreal Road Ottawa, ON K1L 6B8
Phone: 613-748-0657
wabano.com

Charitable number: 873580690RR0001

Message from Allison



The Monarch butterfly migrates south from Canada every year in the late summer and fall. That means that right around this time of year, thousands of Monarchs can be seen throughout our Great Lakes.

Growing up in Wikwemikong First Nation on Manitoulin Island, we had fields upon fields of Monarchs. I would stand in the middle with my arms spread wide, becoming a human statue adorned with a vibrant display of orange and black wings. The earth seemed to come alive with their colourful movement.

Over the years, the Monarchs have become much fewer. The devastation of their food sources, climate change and illness have hit the butterflies hard. Despite this, a few Monarchs still gracefully float through my community every year. They face their new realities with a bold determination, resilience and beauty that humbles me.

Watching the butterflies reminds me of something my auntie Daphne once said. She said:

"We come from strong people. We had to be strong to survive...It's in my blood to strive and work and grow."

– Daphne Odjig, renowned Odawa artist and original member of the Indian Group of Seven

That continues to be the story of First Nation, Inuit and Métis communities. Our people have experienced trauma, loss and illness at devastating numbers. Yet, we are resilient. We come from ancestors who were resilient. Ancestors who, like the Monarchs, faced their realities with beauty and determination.

This year, Wabano saw this resiliency in action. Through the peak of the pandemic our frontline staff supported:

- Over 330 seniors with at-home support – from care packages to hot meals to a kind, listening ear.
- Over 400 families with young children – giving care packages and phone counselling.
- Over 160 clients were taken to medical appointments or assessment centres.

Community members rose through insurmountable odds to thrive, grow, and give back to their community. People like Erin (whose story is highlighted in this booklet) who remind us that we can find resiliency in our culture.

As this unprecedented 2020 continues to unfold, may you feel the truth of my auntie's words. May you feel the strength of our ancestors propelling you forward to strive, to work, and most importantly, to grow. Wabano is here for you every step of the way.

A handwritten signature in black ink that reads "A. Fisher".

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 people.

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 (until spring 2020)
Member-at-Large

Colleen Whiteduck
Secretary
Member-at-Large

John Francis
Treasurer
Member-at-Large

Jennifer Francis
Member-at-Large

Alfred Linklater
Member-at-Large

Valorie Whetung
Member-at-Large

Paul Skanks
Member-at-Large

Shaun Logue
Member-at-Large

Our Funders and Partners

Champlain Local Health Integration Network

City of Ottawa

Community Foundation of Canada

Employment and Social Development Canada

Indigenous Services Canada

Ministry of Children, Community and Social Services

Ministry of Education

Ministry of Health and Long Term Care of Ontario

Ministry of Heritage, Sport, Tourism and Culture Industries

Ministry of Tourism, Culture and Sport of Ontario

Ontario Aboriginal Housing Services

Ottawa Carleton District School Board

Ottawa Community Foundation

Ontario Federation of Indigenous Friendship Centres

Ottawa Public Health

Public Health Agency of Canada

Service Canada

United Way



Creating Spaces of Belonging: Youth House

Wabano's Youth House was purchased in 2019 and has since been renovated. This house is for young people to have a space of their own, acquire new skills and make connections with other youth.

Before the COVID-19 pandemic, sweat lodges and teachings were offered at this site by Wabano's Culture is Care program. The plan is for youth to eventually have the opportunity to use the space to learn about 3-D printing, music recording and participate in art-based activities. A pergola will be added to the backyard to provide a shaded and welcoming outdoor meeting space.



Indigenous Anti-Racism Training



Wabano has developed an Indigenous Cultural Safety Training program for service providers in health and other sectors. The training is called “Wabano-win – the Art of Seeing Clearly”. The training incorporates an Indigenous anti-racism focus and helps participants begin their professional learning journey to put reconciliation into practice. The one-day training held on a weekly basis, helps participants learn more about the cultural contexts and colonial narratives that shape relationships in Canada. They can examine ways in which their own culture, education and history have shaped their practice to better understand the role they play and how they can improve Indigenous health by creating safe spaces for Indigenous people in their practice.

Since June 2019, the Education team has trained over 500 participants from more than 50 agencies throughout the region (the Champlain region includes all the communities within the radius of Ottawa to Deep River to Cornwall) including community health care centres, mental health service providers, long-term care providers as well as local hospitals.

What participants are saying:

“It was very informative! A real eye-opener. Showed us that there is a lot of work to be done as far as racism. Hopefully, we can go forward and not backward!”

“Powerful content, it sadly brought to my attention the huge gap in knowledge, truth and perspective that has dominated our education system for decades”.

The Education team also hosts an Education Series. This past year saw Raven Sinclair present on child welfare, Brian Charles and Peter McLeod from the War Museum present on the historical Indigenous context of the War of 1812, and James Daschuk hosted a webinar based on his book “Clearing the Plains”. The virtual webinar training was offered since in-person training was not possible through the early stages of the pandemic.



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.

3,756 Guests at events hosted at Wabano
67 Events held at Wabano

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. Although the pandemic is limiting our ability to host large events at this time, we look forward to inviting guests back into our facility when it's safe to do so.



Special Exhibit - Residential Schools

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 peoples. 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.



Back-to-School Events



In August, our staff organized a back-to-school event to help children and youth prepare for the school year. The event featured a free dinner, interactive and intergenerational games, and information booths with a staff meet and greet. Over 100 children went home with new backpacks filled with school supplies.

A second back-to-school event took place in September and was generously funded and organized by the Heads of Mission Spouses Association in Ottawa (HOMSA). Through the kindness of the organizers, the return to school was made a little easier for families facing financial hardships.



IndigeSpa

IndigeSpa was a successful event organized for students ages 13-24. It was attended by almost 60 youth and was organized by Wabano's Mental Wellness team. The purpose of the event was to give the students some pampering and provide them with an opportunity to connect with their culture, each other and Wabano staff. Students were treated to free haircuts, chair massages, mini-manicures, eyebrow waxing, skincare advice and make-up application demos.



Youth Talent Show

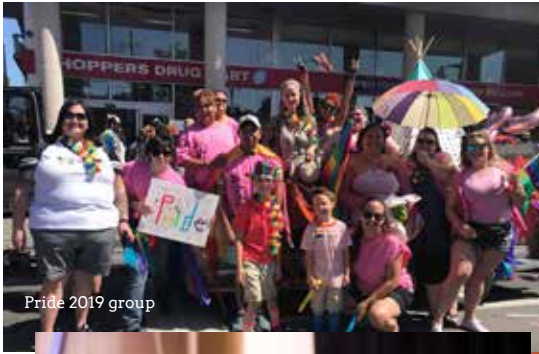
Wabano's 3rd Annual Youth Talent Show was attended by 52 youth and 50 adults and featured drumming, rap songs and traditional dancing in regalia. There was a special performance by Dallas Arcand, AKA DJ Krayzkree, who is an award-winning dancer and traditional flute player. The youth performances were a big hit and it was a fun evening for all who attended.



Donor Christmas Party

The annual donor Christmas party was attended by 43 families last winter. A holiday feast complete with turkey and all the trimmings was served and special guest appearances were made by Santa, the Grinch, the Ice Queen and two elves. Everyone got into the holiday spirit by singing Christmas carols, over 200 gifts and 100 loot bags were given out, and the families had their portraits taken. It was truly a joyful and festive occasion thanks to our kind-hearted and generous donor.





Pride 2019 group



Staff COVID-19 testing



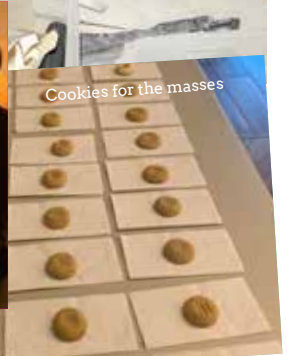
Carving group



David Charette performing at Jeremy Dutcher event



Allison and the gang at Thomas King event



Cookies for the masses



Sommelière Véronique Rivest and Allison Fisher



Shirley Greenberg and Jerry Grey



Thomas King, Allison, and Bill Humphries



Allison and Jeremy Dutcher



Round Dance event



Linda Manitowabi



Youth talent night



COVID-19 screening
for Wabano staff



Ottawa Public
Health at Fall Fun Fair



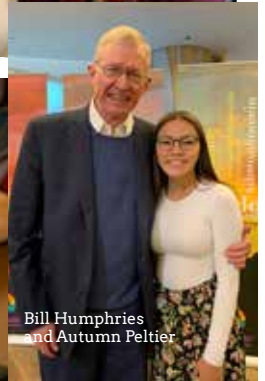
Allison and
Autumn Peltier



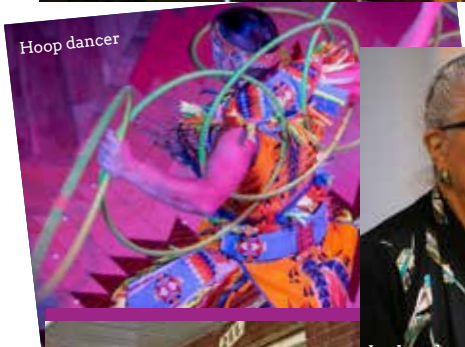
Land is Medicine Symposium



Valérie Courtois Land is
Medicine Symposium



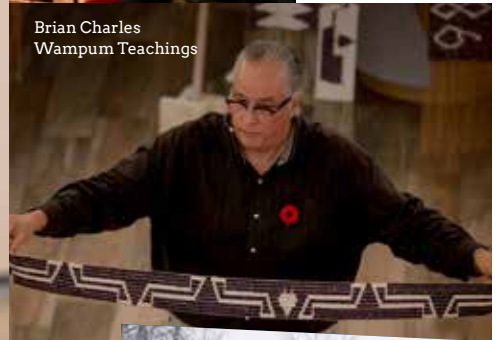
Bill Humphries
and Autumn Peltier



Hoop dancer



Jan Longboat
Land is Medicine Symposium



Brian Charles
Wampum Teachings



Seniors meal delivery



Snowshoeing outing



Plant donation from
Sundaura Alford-Purvis

Symposium: The Land is Medicine — Exploring Indigenous Knowledge for Health and Well-being

Our Elders tell us that the land contains everything we need to sustain life. As service providers, we are all in the business of “life”... we support clients and community to live well. The Land is here to help us with this work.

Over two days, 137 attendees gained new insight and knowledge about the importance of the land, how it sustains us by giving us life and medicines to keep us well, and most importantly what we need to do to protect Mother Earth and the water.

Keynote speakers were Sheila Watt-Cloutier who spoke about climate change from an Inuit perspective, Autumn Peltier who spoke on the need to protect the water, and Jeanette Armstrong who impressed upon us the importance of the connection between land and Indigenous health and wellness.

Other notable speakers included Tom Porter, Deborah McGregor (with co-presenters Hillary McGregor & Jayce Chibow), Valérie Courtois, Christi Belcourt, Jan Kahehtio Longboat and Nena and James La Caille.

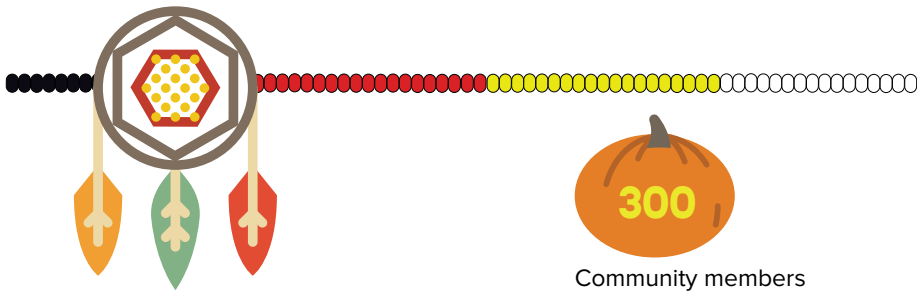


Land Medicine and Other Musings: A Conversation with Thomas King

The pairing of Thomas King's poignant humour with the kind, sharp interview skills of CBC Radio host Shelagh Rogers, in the iconic beauty of the Wabano Centre, and you quite simply have an evening of magic. The audience of over 200 people enjoyed a traditional Indigenous dinner while listening to the musings of the bestselling, award-winning author of six novels, two collections of short stories and two non-fiction books.

King won the 2014 Governor General's Award for Literature for his most recent novel, *The Back of the Turtle*. His non-fiction tour de force, *The Inconvenient Indian: A Curious Account of Native People in North America* won the BC National Award for Canadian Non-Fiction and the RBC Taylor Prize, as well as being a finalist for 2015 CBC Canada Reads. He is a recipient of the Order of Canada. Few authors have carved a literary path as brilliantly or as full of wit as Thomas King.





175

Campers attended 7 week summer day camp

140

Hours spent at summer camp 2019

140

Hours of physical activity at summer camp

50

Campers attended overnight camp

96

Hours spent at summer overnight camp

40

Hours of physical activity at overnight camp (children and youth)



Community members attended the Halloween party



250

Swim passes were distributed



Gallons of cedar tea shared with community members at 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.

- **35 First Nation, Inuit and Métis youth attended the land-based summer day camps and over half came from group homes**
- **247 hours spent at the camps**
- **Activities included medicine walks, drum making, traditional teachings and much more for children and youth**



Wabano Overnight Camps

Summer

An overnight camp was held at the YMCA-YWCA Bonnenfant Y Outdoor Education Centre located in Dunrobin, Ontario. Wabano staff organized a successful camp for 42 youth ages 7 to 18. The overnight camp was packed full of cultural, physical and educational programming.



Winter

Wabano's approach to youth cultural programming places culture and connection at the centre of all of our activities. Through overnight culture camps, at-risk youth have the opportunity to experience land-based teachings from traditional knowledge keepers, meet new friends, spend time outdoors, and acquire new skills. Overnight youth culture camps were offered in March for both boys and girls.

At the camp, the boys learned about their roles as fire keepers and how to make fire with Chaga and flint. The girls received the water teachings and learned about our connection as women to the water. They also learned about the importance of the sweat lodge with our Traditional Knowledge Keeper and participated in an Indigenous paint night activity with a local First Nation artist.

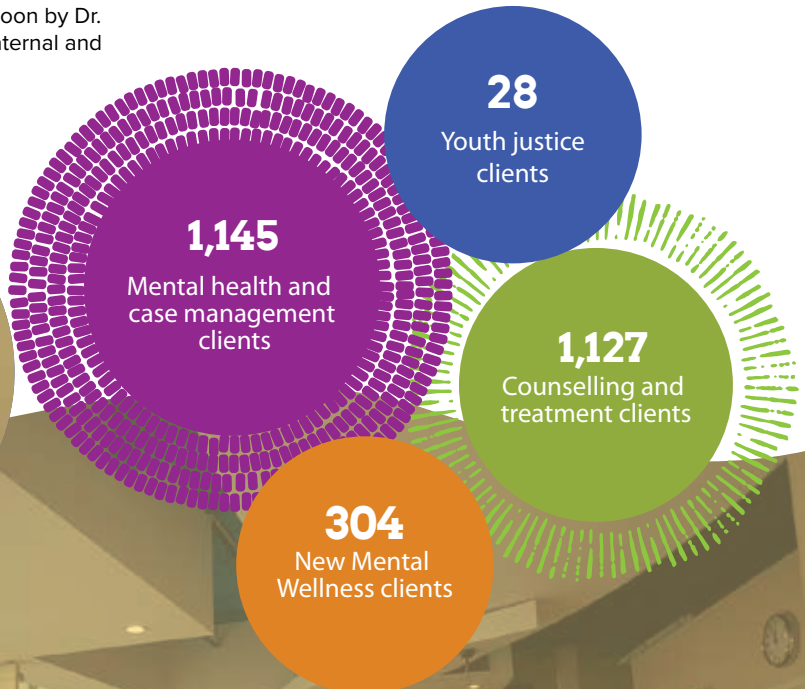


Health & Wellness

The Health Services team consists of a dedicated interdisciplinary group of professionals that include physicians, nurse practitioners, a nurse, a dietician, a foot care nurse and medical receptionists. The clinic also includes partnerships with a pediatrician, a respiratory therapist and a chiropractor to provide supportive services on a regular basis.

Wabano's Prenatal Clinic offers a full range of services to help women through their pregnancy and caring for their newborn. The clinic provides well-baby care for up to four months and services are provided every Thursday afternoon by Dr. Steve Ballou, who specializes in maternal and newborn health.

The Centre also offers a Well-Child Clinic every Wednesday morning. The Clinic is for babies starting at four months and children and youth up to the age of 18. A registered nurse provides support and advice to parents of babies on issues such as breastfeeding, caring for your baby and introducing your baby to solid foods. Our pediatrician offers developmental assessment including evaluation for possible autism in toddlers and preschool children.



Culture is Care

Part of the Culture is Care program is designed to ensure northern Indigenous youth placed in Ottawa for care work with a fully integrated wellness team prepared to support and advocate for each youth.

The program also supports at-risk youth in the city including those involved with child welfare, who may be street-involved or homeless. This team includes traditional knowledge keepers, clinicians and outreach workers.

The Culture is Care team engages in traditional teachings, traditional ceremonies, land-based camps and activities to connect Indigenous youth to their culture. This program strives to give each youth holistic supports and a sense of belonging while they're away from their families and communities.



Jeremy Dutcher, Bell Let's Talk event

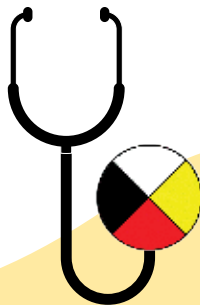
This sold-out event was held in the Grand Gathering Space at Wabano and was sponsored by Bell Let's Talk and Steinway Piano, who graciously provided the beautiful baby grand piano. The event included Bell Let's Talk Ambassador, Andrew Jensen, a professional golfer and mental health advocate. He spoke to his mental health struggles that began when he was a teenager and the support he received that helped him fully realize his place as an advocate for mental health across Canada.

Jeremy Dutcher, member of the Tobique First Nation in New Brunswick, is a performer, composer, activist, musicologist — these roles are all infused into his art and way of life. His music transcends boundaries and he is unapologetically playful in its incorporation of classical influences, full of reverence for the traditional songs of his home, and teeming with the urgency of modern-day struggles of resistance.

Jeremy studied music in Halifax before working in the archives at the Canadian Museum of History where he painstakingly transcribed Wolastoq songs from 1907 wax cylinders. Through this work, Jeremy heard ancestral voices singing forgotten songs and stories that had been taken from the Wolastoqiyik generations ago.

Guests had a wonderful evening, the silent auction was a great success, and all funds raised went towards Wabano's Mental Wellness Program.





106
673

Pre-natal clinic clients
Wellbriety Recovery Program participants

789
208
1,390

Visits to the dental clinic
Fillings
Preventative services



351
673

Addictions services clients
Child and youth mental health clients

Client Story

A Blanketed Beginning

Erin's Story

Many Indigenous communities across Turtle Island have a traditional ceremony called the Blanket ceremony. How this ceremony is conducted varies between communities, but one foundational teaching is the same: when a person is in need, the community has a responsibility to care for him/her. The blanket ceremony makes that teaching concrete, a physical representation of wrapping the hurting person in a blanket of community caring.



When we are babies, we are cocooned in blankets. We gift our toddlers' blankets to soothe them. As they grow, we tuck our children into their beds each night.

Blankets are a symbol of deep caring, of protection and of connection.

What happens when we don't have that blanket?

When Erin was born in 1987, Canada was still busy implementing the Sixties Scoop. At age six swaddled in her blanket, Erin was taken from her Ojibwe family that included a mother, father, and broad extended family of aunties, uncles and grandparents by child welfare. Erin sought ways to numb the pain of intergenerational trauma and losses and found relief in substance use and alcohol.

Wabano did not know this when Erin first walked through our doors.

It was a different crisis that brought Erin to us.

In November of 2012, Erin's newborn baby died. The baby she had so lovingly wrapped in a blanket from the hospital was gone.

Erin was not given the comfort and caring that one would expect to give a grief-stricken mother. Instead of a community of support, Erin was made a victim again. Within one week of the death of her baby, child welfare opened an investigation and took Erin's other two young daughters away. Erin was left alone. Her daughters were taken from the home they knew and placed into a strange home with no way to connect to their mom.

The cycle of intergenerational trauma was continuing. The difference this time? Wabano was there. Since 2012 to the present, Wabano supported Erin on her journey of wellness. Natalie, one of Wabano's addiction counsellors, remembers when she first met Erin.

"Erin was so deeply impacted by the sudden death of her baby. The trauma of CAS involvement with her daughters triggered her own childhood trauma. She was struggling through it all with addiction. It was heartbreaking."

Erin's journey to wellness was not an easy one. In the beginning, she struggled to maintain appointments and her commitment to addictions recovery. But Erin always came back. Why? Erin would say often: *"I feel safe at Wabano"*.

And so, our role was simply to be there. By continually "being there", Wabano was able to support Erin into addictions treatment. When she returned, Erin started seeing one of Wabano's therapists regularly and began peeling back the pain and intergenerational trauma, allowing herself to feel.

But it wasn't until Erin connected to culture that her healing journey finally began to make significant progress. Erin started seeing Wabano's Oshkibeywis, Louella, and attending more ceremonies.

"Oshkibeywis means helper in Ojibwe language" Louella shares. *"That is what my job is: to use Native ways to help people connect to their spirit, to who they are. That's when they can really heal."*



And heal she has.

- Erin co-created a health plan for herself with Wabano's medical team, gaining an understanding of both traditional and western medicines and how can they best work for her;
- She regularly attends counselling sessions with a therapist on Wabano's mental wellness team;
- She and her two daughters attend Strong Families program, giving them a space to work on communication skills, learn culture and simply have fun together;
- Erin is one of the regulars at Sisters in Recovery (Wabano's addictions support group for women) and has developed strategies to manage stress, triggers and life's challenges;
- She created a circle of care around herself - rooted in Indigenous community and culture. She is able to lean on the shoulders of many for support.

In the mainstream world, we call this wraparound care. We place the client in the centre and then wrap services around them that support their highest health and well-being.

In Indigenous communities, we would simply say that this is the blanket ceremony in action. Our Elders would remind us though that our story does not end with the ceremony; that the ceremony is only a beginning...

In March 2019, Erin joined a group of 20 people to learn how to facilitate Well-briety Circles (well-briety is an Indigenous recovery program that is rooted in traditional ways of being). Erin is one of our community Fire Starters, acting as a role model and support for other Indigenous people in recovery, including participating in a 4-day Tobacco Fast.

This spring, she assisted with Wabano's virtual well-briety meetings during the COVID-19 pandemic... taking her turn in wrapping those struggling in a blanket of caring.

That's the beauty of ceremonies... they are only the beginning.

Our New Normal

COVID-19 Pandemic Outreach & Services

Our world shifted dramatically in mid-March as Ottawa went into lockdown due to the COVID-19 pandemic. It was a scary and surreal time for everyone. At Wabano, we kept ourselves grounded knowing that our essential work would continue but we would have to do things differently. We kept our medical and mental wellness clinic open, cancelled onsite programming and shifted our focus to providing hot meals and food boxes for vulnerable seniors. We also delivered essential items to at-risk families and care packages to mental wellness clients.

The medical clinic continued to offer walk-in appointments, either in-person or by phone, as well as weekly well-child and prenatal clinics. Same day walk-in crisis counselling remained available through our mental wellness clinic as well as addiction support services and virtual Wellbriety meetings. Now six months into the pandemic, the pressure of mental health issues is on the rise and more clients are seeking support from Wabano.

On the food front, we redeployed staff to undertake the huge job of shopping, ordering and sorting food in large quantities at a time when certain grocery items were becoming scarce. The Grand Gathering Space was used for non-perishable food storage and staff worked tirelessly to provide homemade hot lunches and food boxes to our most vulnerable seniors. Our staff also delivered over 300 breakfast kits to families in need and each kit included enough breakfasts for one child for a month. The kits were generously provided to Wabano by the Ottawa Network for Education.





Our Housing team is actively securing housing for community members in need. This also includes ensuring households have furniture and other necessary items for when they move into their housing. Since the end of April, our outreach van staff have served 1,614 people who are homeless and have supported them with lunches, hygiene supplies, wellness checks, crisis counselling and housing support. Staff have also been providing transportation for clients to get tested for COVID, attend medical appointments, pick-up prescriptions and buy groceries.

Since the start of the pandemic, Wabano has served over 2,300 clients and there have been over 18,000 wellness checks done by staff.

We know that Wabano staff are making a difference. Here are two of many kind notes that staff have received from community members:

"The lovely man from Wabano came with the boxes for us – miigwetch and we love you very much. We hope you are enjoying the sun and keeping safe during the pandemic. Hugs."

"My family just wanted to say thank you so so so much for the gift cards and the lunch boxes. This helps us greatly - you are all so thoughtful and caring. We hope you are also being taken care of."





Early Years Program

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.

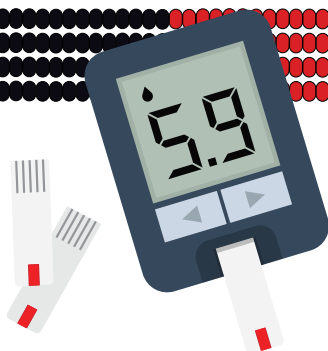
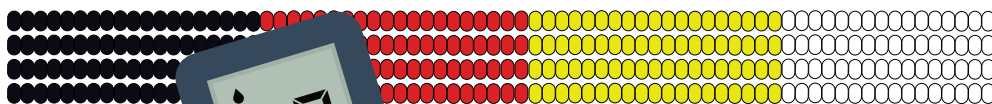
The Wabano Early Years Program has boldly moved from vision into action. Using an innovative approach that places culture and connection at the centre of all programming, Wabano has been able to make real strides towards addressing some of the most pressing challenges facing Indigenous children and families.

3,467 Drop-in visits

483 Children served



1,250 Clients guided on their wellness journey



800

Diabetes education clients

880

Foot care appointments

180

People joined the quit smoking program
As a result, over half reduced smoking,
and more than **43 quit altogether**

71

People accessed nicotine replacement therapy

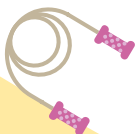
60

Youth received traditional tobacco
teachings during our day camps



300+

Hours of physical activity
for children and youth



1,738+

Community members
participated in over 197
group fitness classes
including yoga, Zumba,
boxfit, and high intensity
workouts

165

Number of participants that learned
how to prepare nutritious meals

31

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



Volunteer Program Highlights

Wabano Co-op Program

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.



Wabano Fine Chocolate

Wabano Fine Chocolate is a line of premium handcrafted artisanal chocolates. Using the social enterprise model, profits from its sales are used to support vital Wabano programs. It's also an entrepreneurial and employment skills training program for Indigenous youth and people who have barriers to employment. With the help of a grant, we were able to purchase new equipment and hire two part-time casual workers.



659

Active volunteers



\$634,844

Monetary value of volunteer hours (based on minimum wage)



45,346

Volunteer hours

18,000

Chocolates made by social enterprise Wabano Fine Chocolate



10

High school students in co-op program

60

College and university students

Housing First Initiative

Over one-third of homeless people in Ottawa are Indigenous. Both homeless and “houseless” have negative connotations. At Wabano, we see our role more as pathfinders. Whether clients need help finding or keeping their home, our team is here to help clients create a safe, cozy place that they can feel pride in calling home.

Wabano has been providing these kinds of pathfinding services to the Indigenous community in Ottawa for over 20 years. This year our “home team” expanded, doubling in size and in the scope of services that we offer. We offer specialized housing and support services for youth, adults and families who are living on the streets, in shelters, couch-surfing or needing to be re-housed. This includes but is not limited to landlord-tenant advocacy and support with logistics to set-up an apartment. In the past year, Wabano has served 609 clients.



420

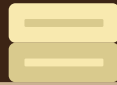
Referrals made by housing team to other resources such as mental health or physical health departments or clinics

537

Referrals to Wabano's Housing Department by internal departments or external agencies

1,145

Clients accessed individual case management and mental wellness outreach support



609

Clients served





How You Can Help

Thanks to the generosity of our donors, 2019-2020 has been a successful year despite the challenges Wabano has faced as a result of the COVID-19 pandemic.

Your support continues to help Wabano provide culturally safe and essential services to Ottawa's Indigenous community.

You can help Wabano today by either making a donation or having a commemorative pillar dedicated in the name of an individual or corporation. To donate, please visit wabano.com.

Your generosity enables Wabano to:

- Better the lives of Indigenous children, 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;
- Sustain our work as a Centre of Excellence, sharing best practices for Indigenous healing across the country; and
- Continue to provide COVID-19 outreach services to our most vulnerable community members.

Wabano has been bringing together the Indigenous community in Ottawa for 21 years. Our stories bind the community with the past and future. We continue to strive, work and grow every day.

Commemorative Pillars

Wabano has 13 beautiful commemorative pillars that can be dedicated in the name of an individual, organization or 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. There are six remaining pillars to choose from and an attractive leaf-shaped plaque is added to each pillar that is commemorated.



