



### Luther Standing Bear, Oglala



We cannot all sit on the same side of the Fire. A Council Fire forms a circle, not a line or a

square. When we move to the side we still sit at the Fire with our Brothers and Sisters, but as we

move away from one we move toward another. The circle, like the Dream Hoop, brings us ever back to where we start. Any time words of respect and love are spoken they will return as given. A harsh word runs forever in the circle, eventually vanishing from the wear against itself. Love settles within the Circle, embracing it and thereby lasting forever, turning within itself. The Medicine Wheel is the circle of life [sometimes called the Sacred Hoop] starting with birth and continuing throughout our lives until death, when we have gone full circle. The Medicine wheel has four Directions, each direction offering it's own lessons, color, and animal guide. There are two paths shown which cross in the center, at which point for me is the heart. For when you work from your heart, you can reach all directions. The path from East to West is the path of spirits, [the Blue Road] the path from South to North is our physical Walk [the Red Road].


**East** - beginnings, purity, family, innocence, amazement of Life

**South** - youth - passions of life, friendships, self-control


**West** - adulthood - solitude, stillness, going inside oneself, reflection

**North** - Place of the Ancient Ones who have gone over - place of wisdom above - freedom of

mind, body, spirit below - nurturing, mother, life.





**Community Action Program  
For Children**



**Canada Prenatal Nutrition  
Program**

**2006-2007  
Success Stories**






## Introduction




The 2006-2007 success stories submissions for this booklet have been provided by the Aboriginal Community Action Program For Children and Canada Prenatal Nutrition Program Project Sites.

Front line workers are always happy to share the successes stories from their programs. Some questions arose regarding what constitutes success such as how do you measure success or what does one consider success? It brought to mine an article that was submitted to Ka:nen Our Children Our Future once upon a time. It goes like this.

“Our recipe for success is pretty simple. Start with unbridled enthusiasm, add a few hundred pounds of creative talent and mix briskly with outstanding service. Let simmer for just a few minutes and voila—you have the perfect design for serving one to several hundred.

We must admit that we do have a secret ingredient; we know how to have fun while getting the job done. It’s an attribute we’re very proud of, and one that has earned us numerous accolades from clients and creative partners, especially during crunch time.”  
(Anonymous Author)

Ka:nen Our Children Our Future have published these stories with the intent of not revealing the identity and infringing upon personal experiences, thus these articles are submitted with permission from project sites and does not reveal any specific region or community.



A young mom has been coming to the prenatal program for some months now. She had a healthy baby and has successfully breast fed for 6 months. This client is sixteen years of age. She is very proud of her achievement.

One of our clients gave tobacco to teach her about being married traditionally. What she should wear and we also talk about respecting herself and her partner in their lives together. This couple also came to the Fall Feast and Harvest. This is where we prepare wild rice, skinned beavers, deer, and roast ducks and geese and received teachings on respecting the animals who gave up their lives for us to enjoy.

An older Mom, pregnant for the third time, has abused alcohol and drugs most of her life. She came to me crying saying that she wanted to have a healthy baby. We referred her to drugs and alcohol counseling. We have given her cultural tools using the medicine wheel. She is now thirty weeks pregnant and has remained to our knowledge drug and alcohol free.

### **Regional Training Play Big Part In Program Development**

I believe our program on a whole is very successful, parents and caregivers participate, the children love to come and are usually bribed to go home (with a sticker) because they don’t want to leave. Everyday, is a learning experience for me, the children almost always have a funny story to tell me, or do something that makes me appreciate the honor I have, being part of their young lives. The regional workshops certainly play a big part, in assisting me with programming and self care so that I can do the best job I am capable of.



Through her healing journey, she has been an excellent support and resource for our clients to walk the straight path. She accredits this program for the help and support through the tough times. I am so thankful to see this family back together and healthy!

At Family Support we also have a client who moved to her home community and has decided to do AA Meetings to help herself and others. She is still on the journey but is making excellent improvements everyday. She soon will be getting her children back in her home. She is so proud of herself and I am proud of her too!

Through the years I have met many clients and one girl in particular came from British Columbia and just had her immediate family. She was a single mom and she now is graduated and almost done her college diploma. She has also obtained employment. Through this program she has also made a good support network of friends.

### **Prenatal/Postnatal Support Success Stories**

A young couple came to see me again with their second pregnancy. They had a healthy baby boy. During their pregnancy they started Alternative Ed at the Friendship Centre and counseling. Baby is now 3 months old and thriving, parents are happy and proud of all their achievements.

A young mother is now coming to me for prenatal with her second baby. She is now alcohol free for one year. We have been working on life skills and baby preparations with her. She has been making baby cloths, receiving blankets, moccasins and leather mitts for baby.



### **CAP-C Special Events & Community Partnership**



Each of our Special Events in the past year has been very successful. The Centre staff work together as a team to plan and coordinate most special events. The community comes out in great numbers to special events, which gives everyone the opportunity to see all the program, staff and volunteers working together to serve the community. We are very proud of all of our Special Events!

Community Partnerships go hand-in-hand with many of the special events. We often partner with the Aboriginal Youth, Non-Profit Housing Corporation and the Aboriginal Health Centre on special projects or events such as the Annual Children's Winter Gathering, Pow Wow, Annual Children's Pow Wow, and Parenting groups (co-facilitation).

Several of our families have either been pregnant or recently given birth in the last year and received support through our programming. We have incorporated a baby welcoming ceremony for each new infant born to the program.

### **Children's Programs**



The Children's program has been up and running for six years as of February 2006. We have come a long way since our first program day, from me doing circles, not sure if program was being implemented right, to now wanting more for our community members, the children and their families. I have many hopes and dreams for our community.



I would like to take this space on behalf of all members and the families, we might be a small community but you have brought a lot to this community with having the children's program.



### **Community Outreach Marks Busy Year**

The CAPC program had a very good year. We reached out to many families in the community. We had over two thousand and ninety four contacts with our clients and made countless referrals. Through these referrals we formed new ties with many agencies, programs and services in the city. These relationships will assist our families over the years to come. Many of the clients have moved from stuck places to more healthy and self assisting places, where they can give to their families and community in a good way. The children that we worked with are developing closer to their potential and are safe and growing in new and exciting ways. The future for these children looks brighter thanks to the services offered and the funding parties that stand behind us.

### **Promotion of Parent/Participant Involvement**

Parents are given every opportunity to be involved in the centre's programs. The staff provide much appreciated encouragement to become more active in the community. There are many single moms who face various challenges, they have overcome the blocks in the road and are on a healing path.

The staff is hoping to build on the number of volunteer mothers who are active in planning and delivery of children's activities, and mentoring young mothers.



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A very close relationship with the highschool has been created. There is always a great turn out of students at the information booths.

### **A Great Success Story**

A great success story is a client who was in and out of abusive relationships has decided to attend school again and get her highschool diploma. She then has left her boyfriend and has set some goals up for her family. The abuse has stopped and she is now on her path towards healing. She has mentioned to me that as soon she is done school she will be attending college! Im so proud!

Another great success story is about a young mom that has a 2 year old son and will also soon be graduating from highschool. She has seemed to grow as a mother and as an individual so much in the last year. Again with this mother she has long term goals and plans to better her life and her sons life.



## Helping Families: A Holistic Approach

Some of the successes that the families have made with the support of The Family Support Program are as follows. Helping families to get their children out of care. By doing one on one parenting class and offering larger workshops I am able to help more families including the shy care givers or ones with learning disabilities. I have made Parent Support Circle (Parenting Class) every Wednesday afternoon to work one on one with families.

The FAS reaching out night at a local Tavern was exciting, it was the talk of the evening. Anokeewin Wiichiiwaawin Program, the Healing and Wellness Worker and I set up a display at the entrance of a local tavern, handed out condoms, and information on FAS. The manager was pleased with the evening and continued to display FAS posters for the rest of the year.

The partnership that the Family Support Program formed with a local CPNP worker, Healthy Babies Healthy Children worker, and Outreach worker is a great benefit to the clients. Together we do Community Kitchen. We have hosted parties, picnics together and other special events. It is great for me to have the extra help and ideas during these special celebrations. The weekly programming and day to day support for the families, has provided opportunities for families to learn new skills, obtain help when they needed it, and provided recreation to all Aboriginal families. The program helps with the day to day challenges families face such as poverty, nutrition, relationships, child development, budgeting, stress, legal issues, and culture. By offering Parenting Relief child care, families are able to attend appointments with dentist, doctor, counselors, for job search, training, or have the break they need.



## CAP-C Programs Has Impact on Moms, Dads, Community



The positive effect the CAPC program has on clients has been incredible. Two Moms have returned to school in order to achieve their Grade 12 and continue to apply to Colleges to further their education. Three Moms have taken ownership for their substance abuse issues and have completed a stay with the local Detox Centre. All three Moms are currently referred to culturally appropriate treatment centres to further their healing journey. Two Moms have accepted assistance for their children to be referred to early intervention programs. All participants for Community Kitchen have taken the lead role in planning and preparing a nutritious meal. Our volunteers give 110%. One mom has agreed that her parenting skills could be better and has registered in the Traditional Parenting class. Moms and dads are becoming more actively involved with the community drumming. Miigwetch for all our brave men who have the strength and courage to take part in the Men's Sharing Circles.

## Cultural Teachings and Activities, Community Kitchen Attributed to Outstanding Year!

The Aboriginal Family Support Program has submitted success stories over this past year submitted in the AYAMITTA Newsletter through Ka:nen Our Children Our Future along with some wonderful pictures of our families participating in program activities such as moss bag making, cradle board making, collective kitchens, infant/toddler play-groups and special events. It was an outstanding year!

Also many improvements and successes through programs have been evident this past year, as well of a lot of hard work, but rewarding!



### **CAP-C/CPNP Programs Providers Wears Many Different Hats**

There is a family who moved here from their reserve. They had left their husband/father who had been a physically, verbally, emotionally and sexually abusive man. He had abused the mother as well as the four children. This family was frightened and confused. They trusted no one. The oldest daughter became an offender and was in and out of jail for assaulting her common-law girlfriend, the teenaged son was in jail for a variety of crimes. This left the two young girls.

I initially met the mother when she dropped in with her friend. We spent a great deal of time talking and slowly she began to trust. She enrolled her two little girls in our programs. One of the girls was so shy she never spoke, the other would try to steal at every opportunity. We had a challenge. Soon after, the CAS apprehended the two little girls as they were out at a community event unsupervised. They applied for and were granted a 4 month society wardship. The mother came to the center almost daily, participating in parenting and support groups. Her worst fears of leaving her reserve had come true. With hard work on her part, she decided to fight to get her girls back. I encouraged her and supported her. Empowerment. She learned she had rights and a voice. People would listen. She applied for legal aid and hired a lawyer. I referred her for counseling to address her past abuse and other issues. She lost weight and started styling her hair. She could now smile easily. Her eldest daughter was released from jail and also started counseling with the aboriginal healer. The girls were returned to her care. They all continue to attend the centre. This is their place. They know where everything is and have made friends with other children. When the four months passed, the CAS decided to ask for another 4 months society wardship. The mother decided this was not acceptable. She went to court and spoke to the judge herself. She brought documentation proving she was involved with our center, participating in counseling and had returned to school to complete her high school credits.



### **Aboriginal Family Support A Holistic Approach**

A family relocated to our community. This family was adjusting to the Father's mental health issues from his diagnosis of Schizophrenia. The father was not taking the appropriate medication on a regular basis. The family had a history of domestic violence and suicidal tendencies. The father had issues with control, violence in front of children and threats of suicide. This created feelings of depression, hopelessness and discouragement. The family was in constant crisis mode. The Family Support Worker provided follow-up and support services that encouraged the Mother to make positive decisions on behalf of the family. When threats of suicide were made, the Mother had the courage to contact the Police Crisis Response Unit who apprehended the Father on charges of violence. Child and Family Services were also contacted and the children were placed in extended family care.

The situation between this couple deteriorated because the Mother gained the confidence to make wise choices and began to live a healthy life style free of violence and threats. The couple separated and the children were returned to the Mother. Mother and children are now receiving counseling. The Mother is continuing to work through her issues. She relies on the Family Support Worker for guidance, encouragement and support. The children actively participate in the CAPC program.

The Family Support Worker encourages family unity and has encouraged the Mother to allow the father visitation in order for the children to maintain a relationship with their Father.



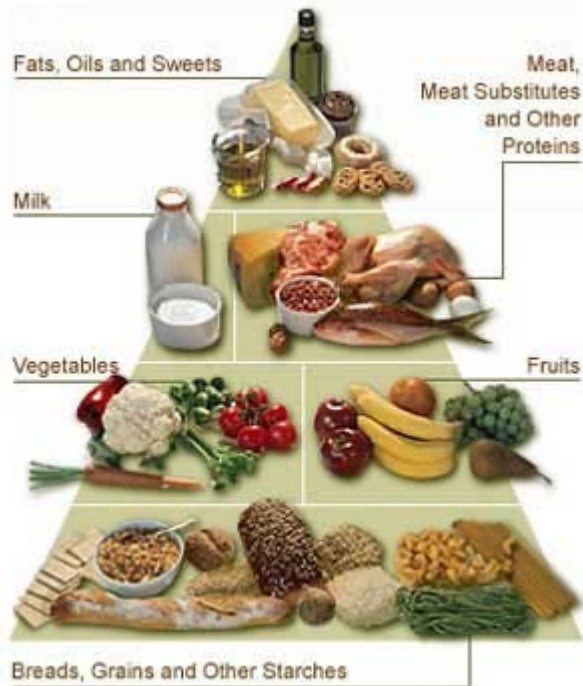
### Native Crafts Part of Program Success

The program that is very successful is the Native craft program. The parents get together with their families to make crafts. There is a nutritious meal served and the children have native stories read to them. Moccasins, mitts and vests are made for children 0-6 years of age. The CAPC program has had a successful year. We continue to hold programs for children and families in the community.



### Food Bingo:

Through the Aboriginal Family Support Program we have met a lot of people. They are all different. There doesn't seem to be much that we as workers haven't seen, or have been shocked by. The clientele that we work with are strong people, they love their children and are trying to do better for them. We try to provide programming that is helpful to them. The food BINGO has been a huge success. We play ten to fifteen games, all for a minimal donation if affordable to clients. The BINGO is well attended and the participants have a lot of fun.



### Sharing Circles, Cultural Ways and Customs

There are many success stories; this has been very difficult, for I truly believe that each family is a success for surviving and continuing to believe in the importance of family. Research indicates that effective parenting skills begin with a healthy parent. We began a sharing circle whereby parents who wished to participate could share their story in a safe environment. This group empowered parents to feel more confident and thus enhanced their self-esteem.

I have chosen to share a certain story of an Inuit father, who participates in weekly programming on a regular basis. This man began to share his knowledge in culture and shared his craftsmanship. Other parents were very interested and asked if he would show them how to make certain Inuit crafts. Needless to say, the demand was so numerous that we had to have a complete workshop. The workshop was very successful and this has opened many windows of opportunity for the Inuit craftsman and his family. He has since had many offers to do further workshops and sell his artwork.

### Parent's Sharing Circle Programs

Having the Parent's Sharing Circle is one program the clients had always wanted. Although the number of parents participating in the circle is small, they made comments on how they achieved new insights on their relationships with both their spouses/partners, and children, build a trusting relationship with worker, and created new friendships with other parents. With the Seven Grandfather teachings, I believe their circle will get strong.



## **Special Honours**

I have been very fortunate to have had an ongoing Volunteer who has been volunteering with the Children's Circle for almost two years. She is a single mom with three children. She works full time and is going to school to earn her Social Worker Degree. She has one more placement to complete before becoming a Drug and Alcohol Counselor. The children really enjoy her participation and I am very proud of her!

### **Atmosphere Secret To Program Success**

I have found that the participants of this centre have pride and ownership. Clients and staff, both present and previous, have successfully made this centre a safe haven for everyone who enters its door. Concerns can be voiced, frustrations expressed, praise can be given: alternatives are found, problems are solved, support is given, and hopefully a good time is had by everyone who participates in this centre. We will continue to work together to provide programming that is beneficial and interesting to adults and children alike.

### **Why Have The Doors Open?**

The Centre participants, come and go as they please, there is room for personal growth and development, as societal changes occur I have found that client based needs are specific to their personal life situations. We have to be accountable for their support and act upon their immediate needs based on their social, judicial, addiction and poverty situation. Crisis intervention is a concern and the health and safety of all families have to be considered.



## **CPNP**

I have recently become involved with a client who is expecting. While doing the in-take, it was brought to my attention that she was leading an unhealthy lifestyle. She currently has a twelve year daughter who is not in her care at this present time. Tammy (the fictional name) self-identified her areas on which she would like to change. Together we came up with a plan, to support her to pursue a holistic healthier lifestyle. Tammy was living in an abusive relationship during the time of intake, and her live-in partner was denying he was the father to the baby. Tammy has moved out and has found a safe apartment. Together we filled out Native housing application, and picked out furniture from the crisis centre furniture depot. Tammy disclosed a problem with drug use to me during intake. She started asking about a treatment centre immediately. We were having a hard time finding a treatment centre for Prenatal Aboriginals (Aboriginal treatment centres in our area require you to attend a sweat lodge at the beginning of treatment). After Tammy had realized that she may not be able to attend an Aboriginal Treatment Centre she was OK with applying for a mainstream treatment centre. I had referred Tammy to community counseling and has already been with her one-on-one extensive counseling and it seems to be going good. Tammy has enrolled in the prenatal classes and had arranged with CAS to have her twelve year old daughter to attend with her. I have gone with her to her first doctors appointment and arranged for the other appointments. She talked to the doctor about her drug problem. I have referred Tammy to the health unit for support and milk coupons. Tammy seems very comfortable with the Health Babies/Healthy Children worker and is currently signed up with the parenting partner. She had filled out and was accepted for the Special diet allowance for Ontario Works. Tammy has done so much in such a little time to turn her life in positive manner. With the appropriate supports hopefully Tammy will continue with her positive changes.



## **Parents, Children and Nutrition**

Many parents have been able to participate in the adult activities on a regular basis because they feel confident that their child(ren) are being properly cared for. I have worked with both of the parent and child to establish a bond of trust and help them overcome their fears and anxieties of being separated during programming. Some of the children complain when they know they won't be coming to the playroom for a while (due to holidays etc.). They enjoy coming to the program and are adjusting well. Some are using the information they learn during programming at home. For example during the adult S.H.A.P.E. program I've developed a similar program for the children. They've been learning about the food groups and about traditional nutrition followed by physical activity. This includes warm up and cool down stretches and a cardio session. Games, crafts, music and movement have been incorporated into this program to make it fun for the children. One parent told me that her child would tell her what food group her meal was divided into at home.

## **Breastfeeding Mentoring Support**

Mothers successful at breast feeding their children are mentoring first time mothers and mothers who did not breast feed previous children. Mutual aid and a decreased sense of isolation of urban families is the result.

## **Prenatal Network**

Our Program encourages parent-child bonding and secure attachment, as well as healthy lifestyle practices. They are part of the Prenatal Network which consists of approximately 30 organizations.



## **Graduating Speech**

In 2002 I found the Prenatal Nutrition Program. I was weary at first because I had already 3 children and here I was 33 and pregnant with #4, of course I thought I knew all there was to know. It turned out to be a unique experience. I met some very interesting, strong, charismatic, independent women, whom I admired for many reasons. Some were making it on their own, moving to accommodate expecting baby, coping with rocky relationships and also being pregnant first time mommas. We all brought something to the table (plus we all had girls). Those strong women gave me a new profound perspective on family. Maybe, even to appreciate my own. I was so grateful to have participated in that group. I think I did a lot of P.R. work for the Program for months afterwards.

In March 2004 when I found out I was having #5 I was in shock for a while (weeks I think). I was definitely scared and embarrassed. I came to talk to CPNP worker and thankfully she didn't judge me or turn away. I found support with friends. As weeks passed a new group of friends formed. In this class I was surrounded with women who also


In this program the curriculum maybe similar but the life experience you take with you never is. You've become friends with one another, you've increased your support network, gained experience on Parenting and also gave support to others.

Most importantly to me, I even got a chance to close out a chapter in my life with other mothers, which was surprisingly an emotional process, almost like I was "grieving the loss of", with a "very clever" cheerful Tubal party I'll always remember.

Now my son is 8 months old and he is graduating. He is happy to have met his friends (all boys born to this group). We can all say to the people we've met what a great experience we had here. Thank you.



## Aboriginal Canada Prenatal Nutrition Program



The Canadian Prenatal Nutrition Program helps enrich parents by bringing parents and children out to our various programs and activities. It provides them with a sense of belonging and offers support to parents who have nowhere to go. We often laugh and share stories and each client develops a close relationship with each other because of the time spent during our programs. We have a high participation rate and often receive positive feedback from our clients. I was having 5 children and it just seemed to fit with what I was experiencing. At the time, it's just like that's how it was supposed to be.

## Friendship Centre Offers Different Types of Programs

A particular woman and her children have been clients of the Indian Friendship Centre for 9 years. They have been involved with the Prenatal, Healthy Babies, Family Support and now the Akewgo program. She found the Anger Management Program and Collective Kitchen programs to be very helpful.

This woman shared: "Throughout programs I've learned a lot and had lots of support" with all the support she receives she feels confident enough to pursue her education. When her youngest child started school full day she said "Now the kids are in school it's my turn" and began working on her high school diploma. She has accomplished grade 9, 10, 11, and will graduate with a high school diploma within 2 years! This accomplishing woman has beaded since she was 12 years old and now has a small business selling her beadwork. She also teaches beading. We have employed her to teach a 4 week beading class to our clients this fall. She has also met her life partner and is now married! Wow! Congratulations on your success!



## CAP-C/CPNP Offers More Than Just Programming

Our program has helped clients to get their status, employment, housing, upgrading and learning opportunities, cultural teachings and knowledge about their culture, nutrition and nutritional knowledge, recreational trips, transport, friends, child development opportunities and one of the most important things - parenting skills.

One family that comes to mind is a family who actually met through our Program. They came together and had 3 more children (born to the program). The mother, originally joined our Program at it's "birth" stage, and is still involved 11 years later. During the 11 years, she has attended almost everything that has ever been offered; sat on our Steering Committee for years, joined our Board of Directors, and then became President of the Board of Directors for about 3 years. Because of knowledge gained through the program and the Board of Director's, she was able to get a full time job, and is ever thankful to our program for everything she and her children gained. Dad is a stay at home Dad, and everyone is fine with that.

## Just Dads

A boast for this program is that it has a new successful program called "Just Dads" that the worker is very proud of. Dads bring their babies and children for supper and to listen to guest speakers. Dads fund raise by setting up a booth at a local pow wows or hosting bar-b-ques, to go on outing with their children.



### **CAPC Celebrates Many Successes**

Over the past years we have celebrated many successes. We have watched parents return to school, further their education, return to work, have their children returned to their care, established permanent housing, learn their cultural teachings, receive college diplomas, and most importantly lead a strong road for their children to follow. In summary, our projected plans for the future is to continue on the path that we are leading and to take every new task with an open heart and open mind.

### **Role Model Moms and Volunteer Moms**

Working moms and students are very good role models by sharing organizational skills with participants who are shy and in need of encouragement.

Stay at home moms share ideas and volunteer to prepare meals to be shared with working moms and students.

### **Community Garden**

Gardening - participants decided what they wanted to plant. They were taught by each other and staff. I call this a success story because I needed to use my imagination with some of the sites and this reminds me of the saying “feed a man a fish and you feed him for a day, teach a man to fish and you feed him for a lifetime”.



### **Grandmother Shares Quilt Making Teachings to Moms**

There are many success stories in our events and one story was sent to the newsletter for Ka:nen during the winter issue. However, during our Prenatal/Postnatal Class, the group wanted to make moss bags and quilts. As we worked as a group, a grandmother was making a quilt for her grandson who is in her care. The grandmother is in her late 30's and she put a lot of love in her quilt in fact she hand sewed it. As she was working on this quilt she had inspired many younger mothers to make one as well. To see the young mothers gather around her while she was making this quilt had brought warmth and inspiration to other mothers to make a similar quilt for their new baby. In addition, I see a lot of growth in the grandmother she continues to come to all the children's events and wants to learn about our culture and pass the teachings to her grandson.

### **Prenatal Care; As Front Line Workers How Do We Help?**

A young pregnant woman, experiencing domestic violence, came to the program having had no prenatal care and many medical concerns. A bond of trust was quickly formed between the CPNP worker and the client. Appointments were quickly made, and the worker was asked by the client to accompany on her medical appointments. After giving birth to a healthy baby boy, she continues to attend programs at the centre for support and guidance emotionally and physically. This young single mom, wanting the best for her child, has left the abusive relationship and feels confident that with the support from the program she can make it on her own as a single parent.



### **Prenatal Programming**

There was a young woman who just moved here, by chance dropped into our office to check out the services we offer, she had 2 little boys with her. She came and checked out the center, the playroom for kids, and inquired about the Prenatal Program.

She was six months along and was in desperate need for help, she had no idea that we had such programs available. I explained how the program works and signed her up. She didn't have a whole lot for her baby, so with her attending programs and with the help of the program we were able to help her furnish the baby's room. Along with the clients we gathered her everything she needed. When the baby girl arrived she had a comfortable room to come home to. To this day her and her daughter attends programs regularly, and is very grateful with what we provided for her. She also recommended this program to her friends, and speaks very highly of what the Prenatal Program has done for her and the family.

### **Participants Take Control Of Their Life**

Some of the successes over the past year with clients have been, three participants have started to go back to school to receive their grade 12 diploma, two participants have registered for college in September, and one participant has recently started working. I believe that this program has inspired most of these clients to take control of their life and do something with it.



### **Program Support Provides Participants with Hope**

Our success story includes a young mom actively participating in the program and was able to find childcare to return to school. Her appreciation for the program and services were greatly expressed. We provided assistance and tools to plan for the future of her new life with the baby in confidence and hope.

Other success stories include two new mothers actively participating and deeply appreciating all the support and teachings we provide for their readiness. One client wrote after her baby shower "Thank you for your kindness and thoughtfulness! Your friendship means the world to me, I'm glad the Creator brought you into my life. You are greatly appreciated," signed by a new mom ready to have her first baby.

### **Skills For Success For Women**

- "Skills for Success for Women" teaches assertiveness, money matters, crisis management, you and the law, healthy relationships, etc.
- This certificate course is recognized by Ontario Works.
- It promotes independence and self-sufficiency in an urban setting.
- Participant rate increased dramatically to the point where there is not enough space to accommodate the need.
- Clients have become more aware of their actions and responsibilities and have learned to change their typical ways of thinking.
- They have developed a sense of helpfulness and appreciation for services provided to them.