

## Spring Announcement

Spring is a beautiful time at Forward House. The men are planting flowers and getting the garden ready. We are also getting some rooms ready for some new men to move in.

We are asking for donations of:

- Twin comforters
- Pillows
- Bath towels
- Curtains
- Alarm clocks
- Table lamps
- Bed bug pillow covers
- Small side table
- A few small chairs



These items will help us make a welcoming and comfortable space for the men!

We are also be creating a small space as a prayer and meditation room. Any donations you have would be greatly appreciated.



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**WE NEED YOUR URGENT HELP NOW.**

**Note from Chairman:**

As we shared with you in our last Newsletter, Forward House has faced some very challenging times financially, and the leadership and Board of Directors have explored several avenues to secure increased financial assistance and keep our doors open and our program running. Several of our donors and supporters have increased their support and we have had a positive response to emails sent out to friends, colleagues and associates.

In addition, we've recently received a grant from the Winnipeg Foundation in response to an application we submitted earlier this year.

Over the last three months several churches have been in touch with us to indicate their desire to have Forward House Ministries as part of their Mission Outreach Ministry efforts, and our leadership will continue meeting with representatives of these congregations to encourage their support of this vital ministry.

Many of our participants, several of whom are in leadership roles in the ministry, have made substantial efforts to reduce operating costs and have made valued contributions to our ministry in many ways.

While we continue to face ongoing financial challenges, we also recognize the Lord's Hand in the positive responses we've received to date. It is our firm belief that the Lord intends for this ministry to survive and be there for people in desperate need in our community. The need in our community for a ministry such as Forward House continues to increase and it is our prayer that our support and donor lists continue to grow and expand, so that we can meet the needs of those we serve. Please continue to keep this ministry, participants, leadership and one another in your prayers, as we keep all of you in our prayers.

We are a registered charity with CRA and able to issue tax receipts for all gifts received.

There are several ways you can contribute, including through Canada Helps at [www.canadahelps.org](http://www.canadahelps.org) (enter Forward House Ministries Inc.), or by cheque or money order made out to Forward House Ministries, and mail to 407 Chalmers Ave., Winnipeg MB R2L 0G3.

With questions, contact Tammy Hansen our Executive Director at [thansen@forwardhouse.ca](mailto:thansen@forwardhouse.ca)

Please share our story with your network of friends and colleagues.

**MAY GOD SHINE HIS LIGHT ON YOU AND YOUR LOVED ONES.  
THANK YOU.**

## Successes & Achievements

### Let's celebrate Darian!

We would like to celebrate and honour Darian.

Darian loves art and has natural abilities. Art is a powerful tool in recovery and a beautiful way to creatively express oneself. With both his love for art and his commitment to his recovery Darian applied and was accepted into the Artbeat Artist Residency Program. Yipee!

Artbeat is a community-based, peer supported, self-directed program that provides social support, a working studio, gallery space, and mentorship for individuals living with mental health challenges for the purpose of recovery and empowerment.

Engaging in creative practice is a proven way to build mental wellness. Creative activity has been shown to reduce negative thoughts, give a sense of calm and relaxation, reduce feelings of depression or isolation, add structure to the day, keep one present in the moment, build self-esteem, and increase capacity for empathy.



Artbeat sent along this message to Darian:

*"We are thrilled to welcome Darian to group 35 of the artist residency. Over the next six months, Darian and seven other artists in Manitoba will use their studio space and peer connections to deepen their healing journeys as they explore their creative potential. At the end of the artist residency, we will set-up an art show open to the public to showcase the artwork from Darian's group."*





**Gratitude Note from Darian:**

So I've been chosen to attend Artbeat studio. Artbeat studio has a residency program that is over a six month period. Said program requires that I do fifteen hours per week. Art is something I enjoy, so in participating in the residency program, I will be able to do something I enjoy. I want to be able to express myself and deal with my Mental Health in a healthy way. This will be something positive to commit to. I am happy that I was chosen. I will express my gratitude by showing you what I'm capable of. I'm so thankful that I am given this amazing opportunity to expand and show artistic growth. I am also grateful to all the people who are supporting me the F.A.C.T team, Forward House staff, My mother and my brothers.



Thank you Artbeat and Way to go Darian!

**We are so very proud of you, looking forward to seeing your creations**

## Community Partnership

As a non-profit we could not exist without the support from our community partners. From donations of food and finances to connections, information sharing and opportunities for our participants to volunteer, everything is so appreciated. We want to highlight some of those partnerships here.

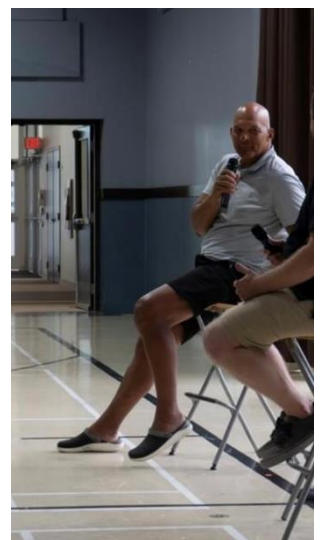


Thank you to Taylor Cole and the team over at **King Cole Catering** for their continued generosity in providing the house with trays of food. The men love each and every entrée. Excellent food!

**Thank you, King Cole Catering!**



Thank you, **Grant Memorial Church** for inviting the men to your men's breakfast. They each enjoyed a lovely breakfast and inspiring talk by Ray Neufeld – former Winnipeg Jets player.





We also wanted to thank **Grant Memorial Church** and volunteers for delivering a spaghetti supper to the house, the men loved every bite! Thank you for your continued support and prayers.



## Programs & Activities

### **Overcomers 12 Step Recovery Program**

We are privileged to have Ken Sundelin (Addictions Consultant), coming in weekly to support the men in their recovery, encouraging them to grow in their relationship with Jesus and to find purpose, hope and healing from addictions.

After many years of sobriety and involvement in addictions ministry, both Christian and non-Christian, Ken shares his story as inspiration to the men so that they know they can have freedom too.

## Fine Arts

Participants choose one of several options to participate in a weekly fine art activity: music (guitar, piano), reading (presenting a review of the book read), or art (painting, sketching, creativity). The men describe these sessions and developing habits as therapeutic.



## Stress and Anger Management Groups

Forward House offers weekly groups to further develop the skills needed to cope with stress and handle anger in a healthy way.

## The Gathering

Participants voluntarily meet every Sunday morning for The Gathering. This is a time to check in and learn together, to pray for each other, to debrief what is happening in the house and in their lives/families, to encourage each other, and set plans for the next week.

The men consider this like a family gathering and it's a great way to end the week and be refreshed.



## Participant Voices

### Forward House Graduate:

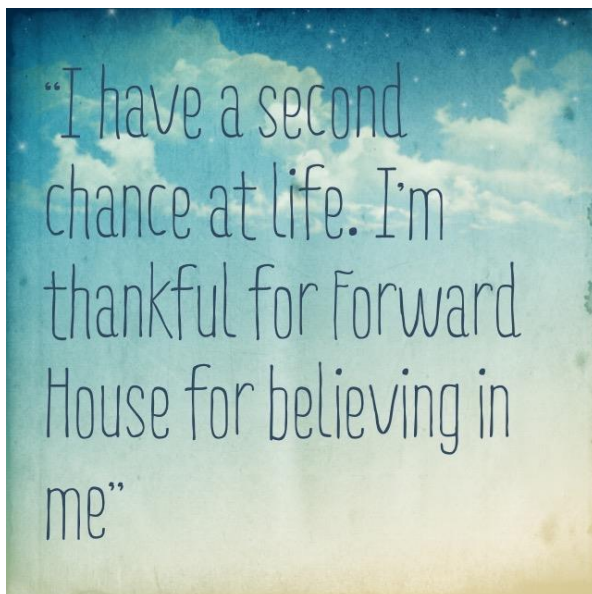
*"I arrived at Forward House in June of 2020 under the recommendation of my Mental Health Court Worker.*

*At that time, I had only been sober for a few short weeks and was struggling with my new found sobriety, battling thoughts of using and intense craving.*

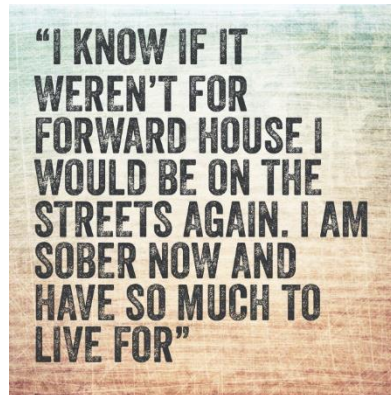
*Forward House offered me a safe place to stay, encompassing a solid structure and routine that enabled me to get through those early days of sobriety.*

*As time went on I began to really appreciate the support provided by the staff and residents alike and I gained greater confidence in my sobriety and state of well being.*

*I left Forward House on good terms in May of 2021. Forward House helped me develop a solid foundation that allowed me to move on to even greater independent Living and I have remained sober ever since."*



*" I came to Forward House to live in a supportive community! It's not just a bed and food, I'm surrounded by encouragement and those that lift me up! I'm so grateful!*



### Current Forward House Participant:

*"When I came to Forward House I was very new to my sobriety, and I had only been clean for 3 months and 17 days.*

*When I first arrived, I was unsure about my ability to stay sober, but through the addictions programs Forward House offers and a solid routine with good programming and support I was able to grow a lot during my stay.*

*I am now nearly 4 years sober and clean from drugs as well as I have completed my Mature Student Diploma and even enrolled at the University of Manitoba.*

*I was able to find employment as well as good sober friends to help me along my journey. I am still a resident at Forward House and I am very happy here, I find that living in a supportive environment is crucial to maintaining my sobriety and mental health. I am very grateful for all of the help and support from the staff, volunteers and mentorship here at Forward House during my stay."*



## Volunteer Appreciation

We want to thank Ken Sundelin for his continued support and volunteer work with Forward House. Ken started volunteering with us right from the beginning in 1994.

Ken comes weekly and runs a 12-step recovery support group where he is honest about his own recovery and inspires the men to have hope.

The men look forward to this weekly time of encouragement and sharing.



Ken welcomes a new participant to group



*"I am sharing a little information of my years of volunteering at Forward House. I started running a recovery meeting there every week called Overcomers Outreach, it's a 12-step program based on the Bible. I have been doing this since 1994. I have seen a lot of men find Jesus as their saviour and Lord and some are now long serving staff members. Many have gone through the program and have moved on to a new life in many places in the province. One such man is now president of Overcomers Outreach Canada and he has also built a successful company. The only time that I didn't serve at Forward House was during the pandemic as I was not allowed to come in the house to lead meetings. It's been my pleasure to be involved all these years with the leaders of this ministry." - Ken*

**What a blessing you are Ken, we appreciate you so much!**

## Your Help Matters

Forward House is always in need of volunteers in many areas. If you have a few extra hours in your week and would like to discuss ways in which you could volunteer at Forward House, we'd love to discuss opportunities with you. Some areas of need are:

- Driver
- Cook (backup)
- IT Support
- Yard maintenance
- Fundraising
- Bookkeeping
- Barbers
- Coaching/Physical fitness
- Health/nursing
- General maintenance (including mentoring participants interested in these areas)



**BEFORE**

**AFTER**

***Forward House needs your help, as we help those in need.***

Financial gifts can be made online through *Canada Helps*, accessible through this link:

<https://forwardhouse.ca/how-you-can-help/donate/>

You can also mail your cheque or gift cards to:  
Forward House, 407 Chalmers Avenue, Winnipeg MB R2L 0G3.

## Your Prayers and Financial Support are Greatly Appreciated!