



# Newsletter

4<sup>th</sup> Quarter 2021 & 1<sup>st</sup> Quarter 2022

KINSHIP COMPASSION HOPE

## Announcement

We are pleased to announce the appointment of Tammy Hansen as our new Executive Director for Forward House Ministries Inc. effective March 14, 2022. Tammy brings to Forward House over 25 years of related senior leadership experience working with disadvantaged adults and youth in the areas of mental health, wellness and addictions recovery. She is a faith-based leader with diverse experience working in community agencies, schools, and treatment centers. Tammy has a heart to serve the community and build capacity. Tammy is married with two adult children and has a passion to inspire, give hope and see lives transformed.

Our previous Executive Director, Staci Bailey will be leaving Forward House Ministries, effective May 15th, for a much-needed rest and to take care of herself and her family. These last two years with Covid and the stresses it has placed on all of us has been tremendous. Staci won the trust and confidence of all our residents, staff, and Board from the day she arrived and will be greatly missed by all.

She did say that she might volunteer some time to the ministry after an appropriate break. We all wish her the very best and look forward to staying in touch with her.



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**WE NEED YOUR URGENT HELP NOW.**

**Note from Chairman:**

These last 18 months have been very challenging at Forward House. However, we've also seen amazing changes and positive results in changed lives. Our residents, a majority of whom have Indigenous backgrounds, have experienced all kinds of abuse, addiction, mental health issues, homelessness and more. While we are a Christian ministry, we accept people into our program regardless of their individual beliefs. We intend to expand our program to help more men, and hopefully launch a similar program for women in a separate facility. Both are at a critical level of need in our community, in addressing the growing homeless needs and challenges.

Forward House has always relied on donations from individuals, churches and community organizations for financial support to maintain and operate our program. We believe that caring individuals helping people who can't help themselves is a reason for our success.

Our most difficult challenge over these eighteen months has been a significantly reduced level of giving from our donors and supporters. We are now in an extremely difficult financial position. We are behind on payments to many of our suppliers, behind on payments for utilities, with some threatening to shut off services, and have even missed meeting a recent payroll for our small staff. We are in desperate need of immediate financial assistance and support to continue this badly needed program/ministry. If forced to close our doors, our residents would likely end up back on the streets and many would not survive. We need your urgent help now. Help us help those who need this program.

Our target to get through this immediate financial crisis is **\$150,000**.

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 John!

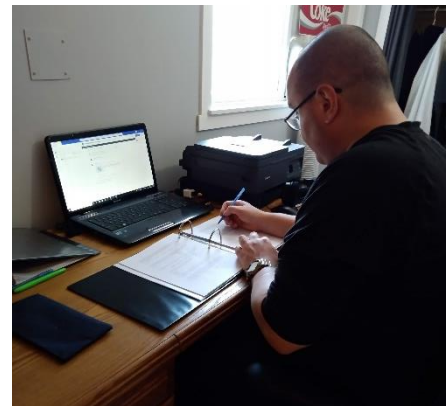


We would like to celebrate and honour John for his desire and hard work in returning to school. John is enrolled in the University of Manitoba where he is pursuing his degree in Computer Science.

John has natural skills and abilities but recognizes to achieve his career goals he needed to return to school to learn and grow his capacity.

**We are so very proud of him.**

John was also accepted into The Qualico Bridge to Success Program (QBTS). The goal of this program is to facilitate the transition of new Indigenous (First Nation, Inuit, Métis) students into post-secondary education at the University of Manitoba by offering pre-orientation activities, academic learning support, advising, peer mentoring and special events that will enhance the first-year experience. The QBTS Program nurtures the spiritual, physical, mental and emotional strengths of Indigenous students so they can be as successful as possible in their first year of study.



*"I am looking forward to returning to school in September for my second term." – John*



## Let's celebrate Donnie!

Donnie is our walking miracle! He came to Forward House after spending time in hospital due to his alcohol addiction. He remembers having to use a walker for 2 months, and worked hard to get his life and health back.

Today Donnie is in recovery, healthy and is walking 30,000 steps a day! What an achievement and miracle! **Way to go Donnie!**

*"I needed to get out of my old environment and work on my alcohol addiction, as well as recharge my batteries physically, emotionally*

*psychologically, and spiritually. I wanted to get back into the community and possibly work. I'm 63 years old now and my health is going really well." - Donnie*



## 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.

**The No Frills store on Main St.** has continued to supply through the pandemic with quality groceries. **Thank you No Frills!**

We are so grateful for **The Forensic Assertive Community Treatment Team (FACT)**. They provide referrals and ongoing one on one mental health support to the men, in collaboration with Forward House staff which supports participants to be successful and achieve their goals.

FACT offers intensive rehabilitation services tailored to meet the needs of people living with severe and persistent mental illness. Services include mental health treatment, advocacy, addictions support, medication management, assistance with social and vocational goals, support in obtaining and maintaining housing, and financial management assistance. Services enable participants to regain stability, take steps towards recovery and to achieve personal goals. The FACT team is made up of a psychiatrist, a team lead, and a multidisciplinary team of clinicians including two psychiatric nurses, a social worker, an occupational therapist and a forensic support worker.

We are looking forward to the FACT team returning to Forward House in person to offer weekly recovery groups in May 2022.

## Programs & Activities

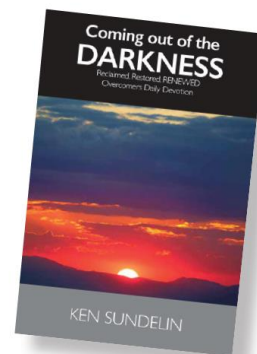
### Overcomers 12 Step Recovery Program

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.

Ken recently gave all the men his new devotional book, *Coming out of the Darkness*. **Thank you, Ken!**

This devotional was written to help people suffering from addictions and other compulsive behaviours and those on the journey to recovery. Its content was taken from Ken's many years of personal experience as someone who knows what addictions to alcohol, drugs and porn are and the FREEDOM of a Higher Power, Jesus Christ.

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.

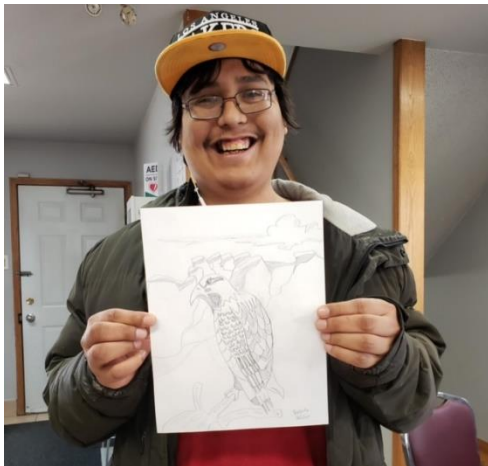


## Fine Arts

Participants choose one of several options to participate in a weekly fine art activity ... music (guitar, piano), reading (presenting a review of the book/s read), or art (painting, sketching, creativity). Some describe these sessions and developing habits as positive mental therapy.



Elvis likes to use different colours and is learning to use the skill of blending with either watercolor pencil crayons or pencil crayons. Elvis is using this technique by coloring Sun Flowers.



Client Dakota holds up one of his many drawings of an eagle perched on a tree branch. Dakota is one of the young talented artists who has successfully left Forward House and is now back in the community.

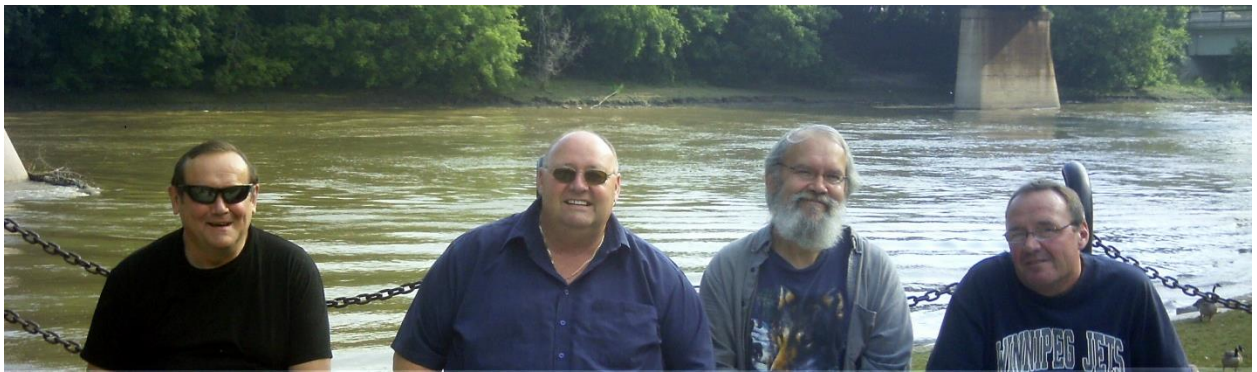
## Stress and Anger Management Groups

Each of us has probably experienced heightened anxiety as a result of the COVID-related restrictions placed on our lives these past 2 years. 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.

In the coming months, we will be inviting in guest speakers from the community to share teachings and encouragement. The men consider this like a family gathering and it's a great way to end the week and be refreshed.



## **Outings**

For 2 years Covid interrupted the outings at Forward House, but with things moving forward and lifted restrictions the participants are excited to get back into the community, into nature and participation of recreational activities. This is all a part of the Forward House Wellness Program.

Clyde Finlay walks along side of the men to achieve their goals, and knows the importance of shoulder-to-shoulder activities to maintain relationships and personal wellness.

In this archived photo, Forward House participants are involved in an outing to the Winnipeg Forks on a Thursday evening in the summer.

## Participant Voices

*“A couple of things I have to say about Forward House, it’s an opportunity for a second chance. It puts a safe place to live and three meals a day to eat. It saved me from going to Stony Mountain. We got terrific staff and an on-site cook which is a blessing.”*

*“Forward House has given me a brighter outlook on life. I was homeless, abusing hard drugs and drinking daily. I’ve been clean for over four months now and I have a thought out plan for my future. So, without the help that Forward House has given me, I’d still be lost out on the street.”*

*“Forward House is a place to be safe from the world’s bad influences. To be safe and spend time moving forward with Jesus’ help. Having family and friends, I never had before. A gift from God, I had nowhere else to go.”*

*“Forward House has provided me with a place to live and food to eat. For those on medication they make sure that we take our meds. They also provide rides to and from appointments.”*

*“Forward House has helped me in many ways, to get over many issues related to prison and they never gave up on me.”*

*“Forward House has helped me in many ways, I couldn’t do it by myself mentally, physically and spiritually. Now I have a life and I’m going to start fresh because now I know Jesus Christ and he is my Lord and Savior.”*

*“What Forward House means to me: It’s a safe home to live. A place where I can get help from my addiction. A chance to get help for a better life. A place for learning more about the Lord Jesus Christ.”*



## 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
- Snow clearing
- Fundraising
- Coaching/Physical fitness
- Health/nursing
- General maintenance, handyman (including mentoring participants interested in these areas)

## Volunteer Appreciation

We want to thank Harm for his continued support and volunteer work with Forward House. Harm started volunteering with us in February.

He comes to the house a few times a week to help out with rides to the food pickup and court.

The men look forward to Harm coming so that they can have some great conversation and laughs. Harm often stays for a visit just to chat and get to know the men.



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

*"My name is Harm Hazeu. I am currently 68 years old and still fairly active. I am married (to Betty - 48 years) and have four adult children and 16 grand children. We enjoy travelling through Canada with our trailer. I first became aware of Forward House Ministries through Covenant Church's Men's Breakfast; it was a program that they supported. As the pandemic was becoming our new normal, I started to look for ways to serve God and the community and thought that Forward House might be a good fit for me. I am thankful for the opportunity to be able to serve in this way. I have enjoyed meeting and building a relationship with some of the men staying at Forward House and hope to be able to continue in the future." - Harm*

## Your Prayers and Financial Support are Greatly Appreciated!

***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.

***Thank You and may God bless you one and all!!***