

Second Quarter  
2021



Newsletter

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*A Christian  
Community*

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KINSHIP COMPASSION HOPE

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### *Successes and Achievements*

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We are excited to share the good news that two of our residents will graduate in June with their high school diploma from the Adult Education Centre. There have been countless hours dedicated to homework assignments and studying for exams, but their hard work is paying off. One plans to attend post-secondary education and the other will join the work force. Congratulations guys!

*“Give instruction to a wise man and he will be still wiser,  
teach a righteous man and he will increase his learning.”  
Proverbs 9:9*

In April, one of our residents began working part time with SSCOPE Inc., a social enterprise, and will be graduating from Mental Health Court this month. He also recently reached one year of sobriety, a personal milestone. We celebrate his accomplishments!

At the end of May, one of our residents moved into an apartment at the River Point Centre (AFM). During his eleven months at Forward House, he worked hard to maintain his sobriety, grow in his relationship with God, strengthen his relationship with his daughter and grandchildren and build supports in the community.

We are proud of what these men have accomplished as they continue in our programs and their spiritual growth. Please keep them and all of our residents in your prayers.

Meet and hear from one of our residents ....

#### **Meet Kenny**



“Seven years ago I hit bottom as an alcoholic and homeless. Then I heard about Forward House and applied to get into their program. Over the last seven years and with guidance and support from a compassionate staff, I grew stronger and began to have hope for the future. I was given good coaching and my confidence grew, eventually being added to become part of the staff at Forward House. This ministry saved my life and I now am able to help others at Forward House and even look forward to moving out and living on my own in the not so distant future.”

The Lord is truly at work at Forward House

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## Programs & Activities

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### Wellness

A special Thank You goes to City Councilor Jason Schreyer for assisting Forward House in securing funding through a wellness grant for several related additions to the house! A focus on wellness and self-care is very important to the mission of Forward House. The residents helped to identify areas where these grant dollars would be utilized -

- the addition of an aquarium ... a beautiful and calming attraction in our common area.
- a punching bag ... added to our exercise area so the guys have another workout option to stay in shape.

Fresh garden soil, vegetable seeds and plants are flourishing in garden boxes made from materials on hand, now home to tomatoes, cucumbers, peppers and watermelon. Growing, watering and plucking weeds are satisfying activities when you see the results grow into tasty vegetables.

*"To plant a garden is to believe in tomorrow" Audrey Hepburn*



Since many activities are still not possible because of Covid, we continue to explore the many beautiful parks in our city. Going for walks, seeing some wildlife, and discovering new places is a wonderful way of connecting to God's lavish creation.

*"On the glorious splendor of your majesty, and on your wondrous works, I will meditate."  
Psalm 145:5*

## Growing Community Partnerships

As a NPM 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 residents to volunteer, everything is so appreciated. We want to highlight some of those partnerships here.

The No Frills store on Main St. has supplied us with quality groceries over many years. We are also excited about a new partnership for donations with FreshCo on Regent Avenue.

We are very excited to have a formal partnership with the University of Manitoba Social Work Department. Starting in September, we will have two full time social work students with us for 8 months. They will assist with case management, goal setting and different activities for our residents. This will be a wonderful experience since it provides students with valuable learning opportunities and gives our residents help in achieving their goals, whether it is for housing, finding a job or others.

St. Raphael's Wellness Centre has been supporting one of our residents in his recovery journey. He has been attending their aftercare groups for addiction, and he is doing so well that he moved out into supported independent living at the end of April.

We also welcome the opportunity to partner with SEED (Supporting Employment and Economic Development) and their Money Management Course. This 10-week online course will help our residents to gain valuable skills in money management, saving and investing, dealing with debt, and making a budget.

*"Two are better than one, because they have a good reward for their toil." Eccl. 4:9*

## Programs

Due to ongoing COVID-19 restrictions the men have had limited opportunities to spend time in the community, get involved in external programs and visit with family and friends, so our in-house programming has been vital in helping our residents maintain a positive attitude. In our weekly addictions group we continue to encourage everybody to do something positive for themselves or others as a way of building community. Much of our programming has centred around self-care and personal development. As such, we have been doing a lot of work on communication skills, understanding and identifying self-care and setting both short and long term personal goals. We also spent several weeks creating vision boards.

## The Gathering

A highlight each week is what has come to be known as The Gathering. It is a time of spiritual reflection, biblical teaching, discussion and prayer. It has been encouraging to see their lives transformed in Christ as they gain new understanding and grow in their faith.

*"Therefore, if anyone is IN Christ, he is a new creation.  
The old has passed away; behold, the new has come." 2 Cor. 5:17*

## Other Happenings and Updates

Congratulations to our cook Sarah, and her husband, Jim, on the birth of their first child! God has blessed them with a healthy baby boy and we are so excited for them as they begin this new adventure.

We continue to look the right person to join our team as a cook/kitchen supervisor while Sarah is away; in the interim, a few of our residents and staff have been successfully sharing the workload and ensuring that our residents receive healthy, nutritional meals. If you or anyone you know are interested in a fulfilling part-time term position as a cook/kitchen supervisor, please email a resume to [office@forwardhouse.ca](mailto:office@forwardhouse.ca).

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## *Your Help Matters*

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### **Volunteers**

Volunteers are needed and welcomed 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 Specific Needs**

- Replacement of walk-in freezer (estimated at \$10,000)
- Roof replacement (estimated at \$7,000)
- Upgrade of many washroom facilities and fixtures (estimated at \$15,000)
- Upgrade/refurbish individual resident rooms, furniture, mattresses (estimated at \$1,500 per room)

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## *Your Prayers and Financial Support are Greatly Appreciated!*

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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 !!***