

Share & Learn: Healthy Together Now – Looking back, Moving forward
Story Highlights Nov. 24 & 25, 2015



Tues. Nov. 24	Description **	Contact Information
Story 1		
Heads Ups – Learning and Growing Together - A Girls Club, Melita	Heads Ups Learning and Growing Together - A Girls Club for Ages 7-10 years was an afterschool program that took place in Melita, Mb during the 2014-15 school year. It promoted healthy eating, physical activity and mental wellbeing. As the name suggests, we wanted to teach pre-puberty girls how to keep their heads up giving them positive self-esteem and learning to grow as their own persons.	Amy Louttit 204-522-6112 clouttit@mymts.net Vicki Fallis 204-576-0120 vjfallis@mymts.net
Story 2		
Archwood In Motion (A.I.M.) St. Boniface, Wpg.	Archwood In Motion (A.I.M.) Archwood School offers an after school program for our grades 4, 5, 6 students called Archwood in Motion (A.I.M.). Archwood School has teamed up with Healthy Together Now and Fit Kids Healthy Kids to provide an exciting and fun way to get our students more active. Archwood in Motion (A.I.M.) gives our students the opportunity to get active, enjoy a healthy snack, and learn some key fundamentals of sport. Students learn and play new and exciting games that teach and promote physical literacy.	Tammy Bruce 204-233-7983 tammy.bruce@lrsd.net Caleb De Vries 204-925-5676 caleb.devries@sportmanitoba.ca Fit kids Healthy kids
Story 3		
Let it out Summer Rock Band Camp Dauphin	Let it Out Summer Rock Band Camp This was an initiative for youth with Mood Disorders and for other teenage stresses. Music is very therapeutic, as well as being part of a band provided a sense of belonging to youth. Music, games, activities, and support groups made up the day (two weeks). A final show (concert) was presented to the community showcasing their musical ability. Our musicians and peer support counselors were all trained in Safe Talk and Mental Health First Aid. Students still meet to play music and practice. Support groups are planned for the winter and spring.	Eleanor Snitka – Outreach Manager Parkland, Mood Disorder Association of MB. 204-638-7278 or 204-647-5365 Eleanors@mooddisordersmanitoba.ca
Story 4		
Traditional Wellness Camp Northlands First Nation (Lac Brochet)	The Traditional Wellness Camp is an outdoor 2-3 day summer camp in Lac Brochet wilderness area for <i>school age children and youth</i> using <i>Denesuline</i> cultural teachings and traditional activities. The camp reclaims traditional knowledge by providing traditional teachings to the younger generations through promoting <i>Denesuline</i> cultural history, bringing back the pride of our language, customs, traditional foods, offering the 7 Sacred teachings, along with education for youth about addictions and suicide prevention, and embracing life. Positive interaction between the children/youth, elders and the Band community-based health programming helps develop a trusting relationship which allows the youth to discuss issues or concerns that impact them in a negative way and learn problem solving techniques and communication skills to address their concerns. How the camp evolved to its current form, from prior year programs such as: a fishing derby, caribou hunt, and a canoe trip will be discussed.	Dora Antsanen, 204-337-2276 Community Health Worker, Northlands First Nation Health Dept. dora_s_antsanen@hotmail.com
Story 5		
Growing Your Garden Too Fast Brandon	Growing Your Garden Too Fast: Community gardening is great and has grown by leaps and bounds over the last couple of years in Brandon. However, there are challenges to expanding community gardens too fast. Hear what happened at Healthy Brandon’s Hummingbird Garden and with gardens in Brandon Community Garden Network as a result of growing too fast to meet the demand.	Melanie Hellyer mhellyer@pmh-mb.ca 204-578-2196

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Weds. Nov. 25	Description **	Contact Information
Story 6		
Healthy Aging Together Carberry	Healthy Aging Together: The goal of this program was to bridge the gap between age groups and create positive healthy programming for all ages. Also, to use local presenters and resources to highlight the knowledge and options available locally. The project has several components: Physical Activity, Healthy Eating, and Mental wellness. Senior awareness classes were also offered as an intergenerational activity to create awareness and build positive relationships between generations.	Laine Wilson 204-834-6612 distric1@mts.net Debra Steen 204-834-6613 servsen@wcgwave.ca
Story 7		
Pantry to Plate Lac du Bonnet	Pantry to Plate: A once a month drop in session that provides an opportunity for participants to prepare recipes using ingredients often found at the local Food Bank, including donated harvest items (squash, zucchini etc). It coincides with the time the food bank is open, and the kitchen used is located in a Family Resource Center, Mrs. Lucci's, which is down the street from the Food Bank. Recipes change each month and are chosen with feedback from participants the month before.	Bea Holm 204-345-2377 Kristen Ticknor 204-753-3148 kticknor@ierha.ca
Story 8		
Better Access to Groceries (BAG) Program River East, Wpg.	Better Access to Groceries (BAG) Program: is a non-profit program under Essential Foods in Elmwood. Many partners worked together to bring affordable healthy foods to the community. The BAG uses the concept of a large buying club with a centralized pickup; this makes the program flexible and unique to the area.	Trinette Konge 204-669-0750 trinette.konge@gmail.com Kerri Cuthbert 204-612-1351 kcuthbert3@wrha.mb.ca
Story 9		
Futsal Indoor Soccer Steinbach	Futsal Indoor Soccer: This is a community organic initiative that is flourishing with the support of Steinbach Evangelical Mennonite Church, Eastman Immigrant Services and Southern Health-Santé Sud. We play indoor soccer for the integration and mental well-being of newcomers, men, women, and youth, as well as for the multigenerational and cultural interaction.	Irai Rodrigues Filho 204-346-6609 ext. 225 irai@eastmanis.com
Story 10		
Morden Community Meal and Community Kitchen	Morden Community Meal and Community Kitchen: A community meal is held once a month and is open and free to anyone in Morden. It is prepared by the executive of the Many Hands Resource Centre. On average there are 80-100 people in attendance. The Community Kitchen is held every Friday morning, ladies meet together to cook an economical nutritious meal and then dine together over lunch. Some come for the cooking; others come for the community connections	Edith Lovatt 204-822-3557 or 204-362-5315 lalovatt@mymts.net
	** information will be available at www.healthytogethernow.net	