

A safe, caring and vibrant community where all people can thrive

Welcome to the new *North Central Community Connection* still bringing you stories of the goings-on in our neighbourhood. This is our first digital-only edition of the paper with a brand new look and some value-added features to keep you linked in to the agencies and programs serving North Central.

As ever, *NC Community Connection* will be available as a link from our website and social media posts. It will be a downloadable pdf in an 8.5 x 11" sheet. Go ahead and print it for reference or to feature a handy page, such as our community calendar or phone list.

We publish every second month—it's a great opportunity to announce your upcoming events in our free calendar or take out an ad. All content is now presented in colour and will be linked to your web or Facebook event page.

We know there are tons of good news stories in North Central. We strive to tell the positive, but we don't shy away from acknowledging the challenges. We try to tell those tales too, while offering possible solutions and welcoming healthy discussions.

Your input is wanted! The newspaper is for you and by you! Individuals, schools, sports teams, faith-based agencies, businesses—all who make up our community have a story. Our page two feature "Community Voices" is the place to share stories and photos of who we are and how we make the neighbourhood rock.

What we're doing to promote the truth in order to create reconciliation has a dedicated page.

Health issues, art, culture and history all have space to share stories of what we have to offer—the North Central way.

Get in touch. Get published! Get connected.

Chili 4 Children receives 2018-19 U of R President's Community Award

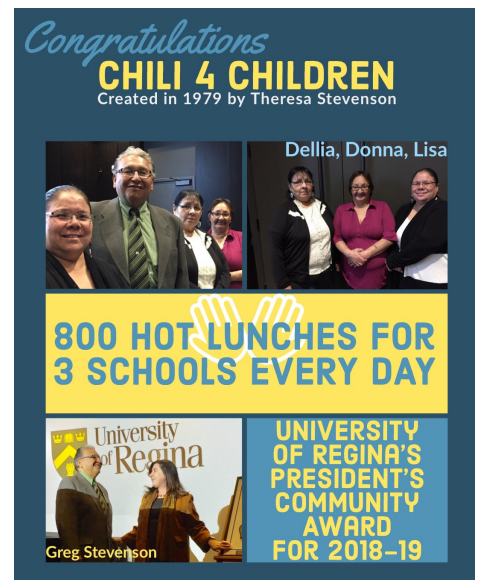
Dr. Vianne Timmons, President and Vice-Chancellor of the University of Regina, presented a distinguished award to Chili for Children in recognition of their commitment to our community.

Regina's Chili for Children is a free, hot-lunch program that was created in 1979 by Theresa Stevenson. Her son Greg took over as Director in 2013 and the program now serves 800 hot lunches for three schools every day. The Chili for Children program would not be possible without the generosity of its donors or the dedication of its staff and volunteers.

"Chili for Children is a deserving recipient of the President's Community Award, as the organization

and its volunteers have devoted countless hours over the past four decades to ensuring children in our community are provided with nourishing hot meals," says Dr. Timmons.

"Creating a healthy school environment for children sets the table for effective learning which is something the University of Regina wholeheartedly supports."



COMMUNITY VOICES



VOICES

Souls Harbour Rescue Mission - Gerri Carroll Hope Centre

In 1990, Gerri Carroll founded Souls Harbour Mission House out of her basement serving coffee and sandwiches. Before the year was over, they saw 50 to 60 people a day. Gerri passed away in 2006, but her legacy lives on.

In 1999, across town, Ken and Michelle Porter created the Regina RESCUE Mission reaching out to homeless and addicted humans. The two charities often worked together and realized their common purpose. They joined forces in 2007 to become Souls Harbour RESCUE Mission.



Executive Director Joe Miller

Now the Gerri Carroll Hope Centre at 1632 Angus Street embraces her simple act of stepping out in faith.

The centre officially opened in December of 2018. It's an impressive build. There is no boiler system, saving \$1 million dollars in the construction process. The walls are 16", and up to 21" in some places. The window frames are fiberglass. Heat is generated from furnaces and bodies, aided by solar panels on the roof. There is also LED lighting throughout the building. Executive Director Joe Miller proudly says "All of these features will reduce operating costs by 60%, freeing up funds for more programming and the staff to run that programming. SHRM is the first passive build in Regina, and it is the first passive build by a non-profit in all of Canada!"

The sparkling commercial kitchen features Soul Sisters Catering Inc. run by Shayil Home women's addiction program. Their program will offer

training and the capacity to employ women in this needed industry. It hopes to make women's dreams of self-sufficiency a reality. The dining room has a capacity of 120-140 people and they continue to run the free clothing store.

The men's emergency shelter has doubled the ability to serve, with 24 beds. Green Earth Daycare is on the third floor with 54 spots, security, and rooftop gardens!

SHRM has 6 suites on the 2nd floor reserved for seniors and hard-to-house residents, as well as 11 regular suites on the 4th floor. The bachelor suites or one-bedroom suites are geared to individuals with physical or cognitive disabilities, mental illness, addictions, or behavioural disorders.

Donors and volunteers are always accommodated. A drive-through donations



garage is open 5 days a week to unload gifts to the centre. The cozy volunteer lounge is equipped with lockers and chairs. Miller says "Serving this many people is a big job, and we could not do this without the help of volunteers, church groups, and the staff of numerous businesses and corporations."

SHRM By the numbers:

- \$1.4 million from federal and provincial governments
- \$340 K from city of Regina
- \$250 K from Rotary Club of Regina
- Private and corporate donations
- Total cost of building: \$7 million

RECONCILIATION



IS SHAYIL HOME WOMEN'S ADDICTION PROGRAM FOR YOU?

- *Do you, or someone you know, struggle with an addiction?*
- *Are you a woman struggling to be free from addiction?*
- *Are you a mother with children whose addiction is affecting or has affected your family?*
- *Have you tried programs before but not had continued success?*

This could be the program for you!



Soul Sisters Catering is training ground in the new Gerri Carroll Hope Centre for women at Shayil Home.

Shayil's staff and teachers work with each student in order to help them clearly identify what

the presenting problems are and care for them as they adjust to life without their addictive behaviours. Education

about addictions, healthy relationships and other important life skills is balanced with group work. This provides opportunities for learning, growth, care and connection. Personal, professional counselling is provided throughout women's program.

Designing a strong relapse prevention and transition plan prepares women for successful reintegration into a healthy community. This offers more opportunities and privileges for the women, paired with greater expectations.

Staff and teachers work with the women on an individual basis to help them gain practical life skills, build healthy relationships and go deeper in their healing journey.

For more information about Shayil Home, please contact assistant Manager: bwallace@shrmsk.com 306-543-5172





COMMUNITY WELLBEING



There are people within the North Central Community whose life could be saved by your donation today.



THRIVE Walk-In Counselling - Sessions are 1 hour and completely FREE
Regina Public Library, Albert Branch -
mâdawêyatitân centre 3355 6th Ave
(Elphinstone St. entrance)
Every Friday from 1:00 to 5:00 pm
For more information call: 306-757-6675
www.familyserviceregina.com

YOUR TIME.

YOUR TIME INITIATIVE Information Sessions

Library Program Room

- February 4
 - February 25 &
 - March 4
- from 3:30 to 4:30pm.

The menstrual cup is a safe, affordable, discreet, reusable, and environmentally friendly menstrual cup.

The University of Saskatchewan, College of Nursing students will be holding information sessions at the North Central

These sessions include information on empowerment, benefits and safety, and how to use and obtain a menstrual cup.

[More information.](#)

FIND OUT YOUR BLOOD TYPE!

Friday, February 8, 2019

11 am to 1 pm

mâdawêyatitân centre

BLOOD DRIVE!

Friday, February 15, 2019

Meet at mâdawêyatitân centre and you will be shuttled to Canadian Blood Services. Shuttles will leave at 9, 10 & 11 am. After your blood donation, you will be bussed back to mâdawêyatitân centre. Snacks will be provided.



AMAZING BIBLE TRUTHS

MIND-BLOWING FACTS
THAT WILL SET YOU FREE...GIVE YOU PEACE OF MIND...AND HOPE FOR THE FUTURE

**Coming to Regina
February 20-23**

World Speaker, TV Host, Author
and Evangelist,

Pastor Stephen Bohr

Queensbury Convention Centre
Meeting Room #1
Evraz Place,
1700 Elphinstone St.
Seminars begin 7:00 pm



Queensbury Convention Centre
Nightly Topics @7:00 pm
Feb. 20 - The Perfect Law of Liberty
21- Rest for a Restless World
22- Good News about the Future
23- History's Glorious Climax

Spirit of Truth Community Church
701 Pasqua St.
Feb. 23

@11:00 am A Matter of Authority
@2:30 pm The Widow, the Judge and the Adversary

More Info: 306 552-5092



What is a Healthy Relationship?

Harjit Dhadda, Taylor Torgerson, Alanet Clayton

Throughout our lives, we are involved in many different types of relationships. These include our parents, siblings, relatives, grandparents, friends, girlfriend/boyfriend, teachers and/or classmates.

Healthy relationships can make us happier and add to our feelings of self-worth.

Healthy Relationships Start with Your

- When you are happy with yourself you can be confident others will be drawn to you

- We all have talents, strengths, and parts of our personality that are great
- We all have things we want to work on—no one is perfect
- It's good to see yourself in a positive way
- Thinking negatively about yourself can make you feel upset

In a Healthy Relationship

- Both people want to be in the relationship
- Both people feel good (bring out the best in each other)
- Each partner helps the other out when they need it
- Both people are comfortable being themselves

- Each partner brings out the positives in the other (talents, strengths) to be a better person

People in Healthy Relationships

- Talk with each other easily
- Trust each other
- Respect each other
- Are honest
- Laugh together
- Accept differences
- Are able to respectfully work through disagreements
- Can maintain being yourself
- Still see your friends and do your own activities

Unhealthy Relationships

- May be physically abusive, they push you or hit you
- May be verbally abusive and call you rude or inappropriate names
- May be when you express how you feel to them and they ignore you
- May be when you are fighting all the time with each other
- May be when someone is jealous when they see you talking to other girls or other boys
- May be when your girlfriend/boyfriend states they will self-harm if you leave them

You can experience pressure, your partner can push you to do things

you don't want to do or aren't ready for, including sex or using drugs and alcohol. They may not always take "no" for an answer and may use threats or ultimatums. Recognizing these unhealthy relationships is very important.

What to do when in an unhealthy relationship?

- Let your friends and family know if you break up with your boyfriend or girlfriend. It can be difficult to tell them about your break up, but telling someone ensures that you are safe
- Talk to a teacher or guidance counsellor
- Be honest with yourself and others on how you are feeling

Contact helplines such as Kids Help Phone to talk with a counsellor at 1-800-668-6868.

References:

[Kids Help Phone](#)



New clients WELCOME for office or home visits!

More info

RATES for Foot Care:

In-office visit for NC Resident.....\$15.

Home visit for NC Resident.....\$20.

In-office visit for Non NC Resident.\$30.

Home visit for Non NC Resident.\$40.

- Free diabetes checks
- Free blood pressure monitoring
- Foot Care by a trained professional at a minimal cost

Call 306-757-1046 to book an appointment or leave a message

Community Nurses:
Jude McCann RN &
Donna Adams RN
1056 Albert Street



ART, HISTORY & CULTURE



YOUNG AT HEART BY NEPHI MACPHERSON



pikiskwe-speak Art & Film Installation: An Invitation to Conversations in Reconciliation

Presented by the Regina Public Library
And the Sâkêwêwak Storytellers Festival



Featuring: LOST MY TALK and other artwork by Lana Whiskeyjack & LANA GETS HER TALK a documentary film by Beth Wishart MacKenzie. Installation Dates: February 1-28, 2019

Special Screening and Conversation in Reconciliation Tuesday, February 5 at Regina Central Library Film Theatre 2311 -12th Ave.

6:30 Program / 8:15 Reception with Artists Elder Harry Francis presiding

Admission: FREE Info: pikiskwe-speak.ca

MacKenzie Art Gallery Receives The Kampelmacher Memorial Collection of Indigenous Art



Allen (Ahmoo) Angeconeb (Canadian [Anishinaabe/Ojibway], born 1955), Wolves Looking Out of Den, 1984, silkscreen on paper, edition 57/93. Collection of the MacKenzie Art Gallery

A Passion for Collection: Thomas Druyan in his own words "I am happy that our collection is going to reside at the MacKenzie Art Gallery, which has been a leader not only in showcasing works by Indigenous artists, but also in promoting Indigenous curatorship. In addition, the MacKenzie has an ongoing relationship with the University of Regina, and has an outreach program with schools and institutions across the province." [Read more.](#)



NCCA NEWS

A safe, caring and vibrant community where all people can thrive



NCCA's Care & Share for Seniors starts at 10:30 am with *Forever...in motion* - includes endurance, strength, balance and flexibility activities which may be performed either in sitting or standing positions.

Stay for Lunch at 11:45 - a healthy nutritious hot meal for \$7 (all are welcome). Followed by **Card Bingo** and socializing until 2 pm.

If transportation is a barrier, call NCCA office at 306-791-9888 to arrange a ride. Multipurpose Room māmawēyatitān centre, 3355 6th Ave. Montague St. entrance.

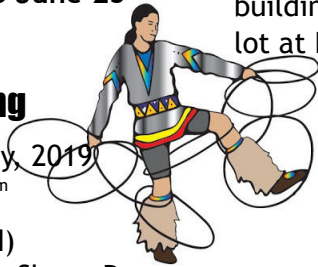
North Central Basketball Programming



YOUTH:
Boys Ages: 14 to 17 (age 18 permitted if registered in high school)
Monday every week
7:00 to 9:00pm
January 28 to June 24

Girls Ages: 14 and over
Tuesday every week
7:00 to 9:00pm
January 29 to June 25

Hoop Dance Programming



January to May, 2019
4:00 to 5:00 pm
age 8 + (co-ed)
Join Instructor Shana Pasapa for this exciting new class where you will learn the basics of hoop dancing, combining culture with fitness.

Program Schedule:
January 31
February 7, 14, 21
March 7, 14, 21, 28
April 2, 9, 11, 18, 23, 30
May 2, 7, 9, 14, 21, 23, 28, 30

January to June, 2019 Semi-structured basketball recreational activities for youth & adults.

ADULTS:
Co-Ed - Ages: 18 and over
Saturday every week
12:00 to 3:00pm
February 16 to June 22

Basketball Programming held in Gymnasium at māmawēyatitān centre, 3355 6th Ave. use Athol St entrance on east side of building. Parking available in lot at Elphinstone & 7th

Power Our Women Programming



Tuesdays & Thursdays:
10:30 to 11:30am
January 29 to March 28

Age 16 & over (women only) Instructor: Shana Pasapa. POW Classes held in Multipurpose Room at māmawēyatitān centre, 3355 6th Ave. use Elphinstone St. & 6th Ave. entrance. Parking available in lot at Elphinstone & 7th



Community Initiatives Fund

Helping those with modest incomes and simple tax situations



(social assistance recipients, new Canadians, seniors & students).

FREE Community Income Tax Clinics mid-March to end of April, 2019

Days & times to be announced (check our Facebook page)



By appointment only. Walk in to reserve your space. māmawēyatitān centre, use Montague Street entrance.

Together Now Interagency Meeting

Thursday, February 28, 1 to 2 pm
Program Room, Albert Library
māmawēyatitān centre, 3355 6th Ave. Elphinstone St. entrance. Agencies serving North Central—gather to share information on your programming.

OUT 'N ABOUT



Grandmothers Caring for Grandchildren Support Network Meeting
Friday February 8
9:30 ^{am} - 3:30 ^{pm}
2155 College Ave in College Building Rm 110

Have a Heart & Ribbon Skirt Making
Join other Grandmothers as we make cards for the Prime Minister and other Government officials for our annual Have a Heart Campaign in the morning.

Lunch provided for the Grandmothers who are staying for the afternoon to make their Ribbon Skirts for 2019 FNUC Powwow.

Bring \$10.00 to help cover cost of materials. Tea & Bannock is served.

Please call Hertha at 306-585-5766 to register by February 4 and let her know if you need a ride.

The City of Regina is pleased to share that **Brad Bellegarde** will be joining the Social Inclusion team at māmawêyatitân centre, in the position of Cultural Diversity, Indigenous Relations Advisor. A graduate of the University of Regina, majoring in Journalism, Brad has gained valuable experience while working as the President of First Nations University of Canada’s Student Association, the VP of Communications for First Nations University of Canada’s Student Association, and most recently, a journalist/reporter with CBC. Among other things, Brad has also facilitated

many workshops and keynote presentations on Indigenous Education through Hip Hop, for elementary/high schools, post-secondary institutions, and organizations, including the City of Regina’s Aboriginal City Employees resource group, and Social Inclusion’s My Time youth program. Brad brings a great amount of knowledge and resources to our work unit.

We welcome Brad to the māmawêyatitân centre!

*David Slater
Coordinator, Social Inclusion
Parks, Recreation & Cultural Services*

13th Annual Regina Police Service Round Dance Friday, February 8: at māmawêyatitân centre
Pipe Ceremony 4:30 ^{pm}
Feast 5:00 (please bring tupperware)
Round Dance to follow at 7 ^{pm}
[More info](#), call Cultural & Community Diversity Unit 306-777-6449

Heartland Girl Guide Strawberry Shortcake Tea
Saturday March 2
1:00 - 4:00 ^{pm}
Admission \$4.00 at the Door
Broadway United Church 105 Broadway Ave
Wheelchair accessible
Craft Tables, Bake Table, Used Book Table

SEARCH Drop In Clinic
Free Coffee and Tea, Free Meal, Free Childcare to April 15, 2019.
Clinic Hours:
Mondays 5:30 to 8:30 ^{pm} &
Saturdays 12:30 to 3:30 ^{pm}

3510 5th Avenue
306-570-6208
reginasutdentclinic@gmail.com
www.searchhealthclinic.com



2019 INVITATIONAL INTER-AGENCY Chili Cook Off
Lunch: \$5. or more
WEDNESDAY, FEBRUARY 13
~ HIGH NOON ~
Indigenous Christian Fellowship
3131 Dewdney Ave.
The 2018 Chili Champs: The Circle Project



COMMUNITY CALENDAR

Free Listing of your events serving NC

WEEKLY:

Monday

REACH Community Mobile Store 11^{am} to 1^{pm}. Cash only.

- Fresh Fruit & Veggies
- Fresh Bread & Baking
- Canned & Dry Goods
- Milk & other Dairy
- and much more

mâdawêyatitân centre, 3355 6th Ave. Montague St. entrance.

Tuesday

NCCA's Care & Share for Seniors Multipurpose Room mâdawêyatitân centre, 3355 6th Ave. Montague St. entrance

Wednesday

Crystal Clear Support Group
7^{pm} Program Room West A
mâdawêyatitân centre, 3355 6th Ave. Based on the 12 steps and 12 traditions of Crystal Meth Anonymous

Wednesday & Friday

NCCA's Seniors Walking Club 7:50 to 8:50^{am}. Free! Walk around the Multipurpose Room with friends.
mâdawêyatitân centre, 3355 6th Ave. Montague St. entrance.

Wednesday

ICF's Soup & Bannock at noon. \$2.
3131 Dewdney Ave, rear entrance.

Thursday

Chili for Children's Elders' Lunch at noon. \$7.
Elders First Choice Food Distribution Program.
Multipurpose Room mâdawêyatitân centre, 3355 6th Ave. Montague St. entrance.

Friday

The Good Life's Friday Night Sober Social (not a meeting) 7 to 10^{pm}. Please arrive by 7:30^{pm}.
mâdawêyatitân centre, 3355 6th Ave. Montague St. entrance.

Friday & Saturday

White Pony Lodge Community Patrol meet at 5:30^{pm} at 2901 5th Ave. Foot patrol neighbourhood to remove dangerous drug paraphernalia. Must be clean and sober. Dress for the weather. Contact whiteponylodge@gmail.com or visit Facebook page for more information.

Monday & Saturday

SEARCH presents **Free Coffee & Tea, Free Meal, Free Childcare (to April 15)**
CLINIC HOURS:
Mondays 5:30 - 8:30^{pm}
Saturdays 12:30-3:30^{pm}
3510 5th Ave.
More info: www.searchhealthclinic.com



THE SALVATION ARMY HAVEN OF HOPE MINISTRIES

2240 13th Ave. 306-757-4600

www.havenofhope.ca

Giving Hope Today

Helping to make a difference in someone's life

COMMUNITY VOLUNTEER INCOME TAX

We will offer a clinic as well as a drop off location.

Income Tax Clinic March 4 - April 30

The eligibility is \$30,000 for an individual, \$40,000 for a couple, \$35,000 for an individual with a dependent, and \$2,500 for each additional dependent.

For information about services, volunteering or donating, visit our [website](#).

Send in your weekly or special events & links to include in the community calendar. editor@nccaregina.ca

CONTRIBUTORS



Thank you to our advertisers for their continued support.

North Central Community Connection is a bi-monthly electronic newspaper published by the North Central Community Association (NCCA). The newspaper strives to be fair and balanced in its coverage of news, current events and community issues. The *Community Connection* is written for the people of North Central Regina to build

community and provide valuable information.

Editor: Jan Morier

Thanks to contributors to this issue:

- Alanet Clayton
- Harjit Dhadha
- Nephi MacPherson
- Sâkêwêwak Storytellers Festival
- David Slater
- Taylor Torgerson
- Beatrice Wallace

[North Central Community Connection](#) is distributed via the internet. Single print copies may be available by contacting the [editor](#).

Opinions expressed in the *North Central Community Connection* do not represent NCCA.

We welcome all letters and submissions for stories or the community calendar.

The editor reserves the right to accept or reject and edit all submissions.

COMMUNITY CONNECTION PUBLICATION SCHEDULE:

February	April	<i>What's your story?</i>
June	August	
October	December	<i>Contact the editor to get it out there.</i>

Contributions are due:

- mid-January for February issue
- mid-March for April issue
- mid-May for June issue
- mid-July for August issue
- mid-September for October issue
- mid-November for December issue

Advertise with Us! Download NCCC's [ad rate card](#)



Computer Literacy returns Feb 25 to May 19 every Monday & Thursday 5:30 to 7:30 pm for females age 14+ in Room W06 māmawêyatitân centre Elphinstone St. entrance

Curriculum: MS Word, Excel, Power Point and day-to-day computer use.

Laptops are supplied for classwork.

Register online at www.amakontwf.com or pick up a registration form at North Central Community Association

We moved! Come check out our new place, see you soon!



New location
2424 Dewdney Ave

1 block east of Albert Ave & Dewdney Ave
3 blocks from our old location



306-359-3331
smithsinsurance.ca





COMMUNITY DIRECTORY

Agencies serving North Central and their web links. Dial 306 before calling!

Schools

Albert Community School	791-8539	Randall Kinship Centre	766-6700
Allan Blakeney Adult Campus	523-3650	RAMP	352-5424
Kitchener Community School	791-8516	REACH	347-3224
Sacred Heart Community School	791-7290	Regina City Police	777-6500
Scott Collegiate	523-3500	Regina Crime Stoppers	1-800-222-TIPS
Seven Stones Community School	523-3740	Regina Fire & Protective Services	777-7000
St. Luke School	791-7248	Regina Food Bank	791-6533
Aboriginal Health Home Care	766-6379	Regina Police Service Centre	777-6450
Aboriginal Family Service Centre	525-4161	Regina Sexual Assault Crisis Line (24 hrs)	352-0434
Aboriginal Skilled Workers Association	695-0415	Rentalsman	787-2699
AIDS Program South Saskatchewan	924-8420	R Healthy Food Store	347-3224
Albert Library	777-6076	Regina Open Door Society (RODS)	352-3500
All Nations Hope Network	924-8424	Safer Communities & Neighbourhoods (SCAN) 1-866-51-SAFER	
Bylaw Enforcement (incl. Housing Standard Enforcement Team)	777-7000	SaskPower (inspections)	1-888-757-6937
Caring Hearts	523-2780	Saskatchewan Rental Housing Supplement	787-4723
Child and Youth Services	766-6700	Scott Infant & Toddler Centre	525-2344
Chili for Children	359-7919	SEARCH	570-6208
Circle Project	347-7515	Souls Harbour Rescue Mission & Youth Centre	543-0011
Circle Project Childrens' Centre	569-3988	Street Culture Project	565-6206
Circle Project Infant & Toddler Centre	949-4911	Street Project—Needle Pick up	766-7799
Early Years Family Centre	529-2520	SWAP	525-1722
Ehrlo Sport Venture Library	751-2411	Warren McCall's Constituency Office	352-2002
Ehrlo Housing	584-3313	Wicehtowak Urban Services (GGFN)	949-4230
First Nations Employment Centre	924-1606	YMCA of Regina	757-9622
Four Directions Community Health	766-7540	YWCA of Regina	525-2141
Gathering Place	522-7494		
Indigenous Christian Fellowship (ICF)	359-1096		
KidsFirst Regina Program	766-6790		
Kids Help Phone	1-800-668-6868		
Log House Thrift Store	791-0255		
mâmwêyatitân centre	777-7033		
Meadow Primary Health Care Centre	766-6399		
Mobile Crisis Services	757-0127		
Morning Star Ministries	757-8421		
Native Health Services General Hospital	766-4155		
Native Health Services Pasqua Hospital	766-2232		
Newo Yotina Friendship Centre	525-5042		
North Central Community Association (NCCA)	791-9888		
North Central Community Health Office (Nurse) ..	757-1046		
North Central Family Centre	347-2552		
North Central Kids Music Program	545-3737		
Oxford House Society of Regina Inc.	570-5709		
Pasqua Hospital	766-2222		
Public Health Inspector	766-7755		
Rainbow Youth Centre	757-9743		

If your agency is located in or serves North Central and you're not on this list, please contact NCCA:



306-791-9888



info@nccaregina.ca

NCCA Board of Directors 2018/19

Lannette Cyr
 Morris Eagles
 Tyler Jones
 Ivy Kennedy
 Denita Stonechild
 Shannon Stumph
 Lisa Workman

NOW ACCEPTING APPLICATIONS

For students entering Grade 6 in September 2019

DOES YOUR CHILD ASPIRE TO ATTEND COLLEGE OR POST-SECONDARY SCHOOL ONE DAY?

OUR UNIQUE MODEL CAN MAKE THE DIFFERENCE!

- Rigorous academic curriculum
- Focus on identity and culture
- Transportation to and from school
- Small class and school size
- Two meals and two snacks daily
- School clothing provided
- Focus on student hope, engagement and well-being
- Strength-based approach to learning
- Small class and school size
- Support through high school and post-secondary, up to employment
- Mentorship programming for each student
- After-school enrichment programming
- Three-week summer leadership program

FAITH IN POTENTIAL

www.mtmschoolregina.com



OPEN HOUSE

February 6, 2019

6:00 PM @ MTMS

1975 2nd Avenue N



JOEL MURRAY
Ward 6 City Councillor
306-519-2232
j.murray@regina.ca



Focused on what matters
Warren
Warren McCall, MLA - Regina Elphinstone-Centre
2900 5th Ave • 306-352-2002 • warren.mccall@sasktel.net



PharmaChoice
Stapleford Pharmacy
4113 - 5th Avenue
Regina, SK Ph: (306) 545-5900
MON - FRI: 9-6; SAT: 9-4
10% Seniors Discount
Free Prescription Delivery
Advice for Life
MGR. MEGAN ZMETANA, BSP

A National Union
Supporting Your Community



Representing over 6,000 retail and service workers in SK, many within the North Central Regina neighbourhood.

 **UFCW Canada Local 1400**  **UFCWCanada1400**

ufcw@ufcw1400.ca www.ufcw1400.ca
1-800-274-4036