

A Year with MMPHL

Issue no. 1 | March 2026



Message from Kim Spence, Executive Director

On behalf of our Mikaaming Mino Pimatiziwin Healing Lodge (MMPHL) staff, management, and Board of Directors, we would like to share highlights of the past year April 2024 to March 2025. It is an honour to share the work, growth, and meaningful moments that have taken place within our healing lodge over the past year. MMPHL continues to provide services grounded in the wisdom of our Seven Sacred Teachings, and our shared commitment to supporting individuals and families on their healing journeys.

This past year has been one of dedication, progress, and building relationships. Through the continued development of our Day Program and the establishment of our Pre-Treatment Unit, we have expanded the ways we support individuals as they prepare for and engage in recovery. These initiatives reflect our belief that healing is a journey that requires perseverance, patience, and community support at every stage.

We are grateful for the opportunities to gather with community members throughout the year. Events such as our Round Dance, Valentine's Dance, and activities during National Addictions Awareness Week reminds us how important it is to come together, celebrate culture, and strengthen relationships. These gatherings are powerful reminders that healing does not happen in isolation—it happens through connection, culture, and community.

I want to take this opportunity to thank our staff, Elders, community partners, and families for the significant role each of you play in making our lodge a place of hope, healing, and connection. Your support, knowledge, and commitment continue to shape the work we do every day.

As we reflect on the past year and look ahead to the future, we remain committed to walking alongside those seeking wellness, strengthening our programs, and continuing to serve our community with respect, compassion, and cultural understanding.

Miigweetch for your continued support.

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Our Day Program participants have been actively engaging within the community and exploring new experiences. This year we have attended band meetings, CNL information sessions, and the 5 Pillars presentation's with Ivy Canard presenting cultural teachings with Eric Courchene, Isaac Murdock, and Raphael Moses.

Participants have also connected with the land through medicine gathering, collecting cedar, sage, sweetgrass, heart medicine, weekay, juniper, and balsam sap, as well as berry picking, including strawberries and blueberries.

Creativity has been flourishing in our craft sessions, where participants worked on moccasins, gauntlets, star blankets, drums, rattles, dream catchers, mini headdresses, shields, and tipi raising projects.



We balanced learning and creativity with social outings and recreational activities, including bowling, visiting Activate, exploring the Canadian Human Rights Museum, floating at Pinawa Dam, enjoying The Leaf at Assiniboine Park, attending dry social events in Winnipeg, taking nature walks, and spending sunny days at the beach.

Through these activities, our Day Program continues to foster community engagement, cultural connection, and personal growth—creating meaningful experiences that participants can carry with them.



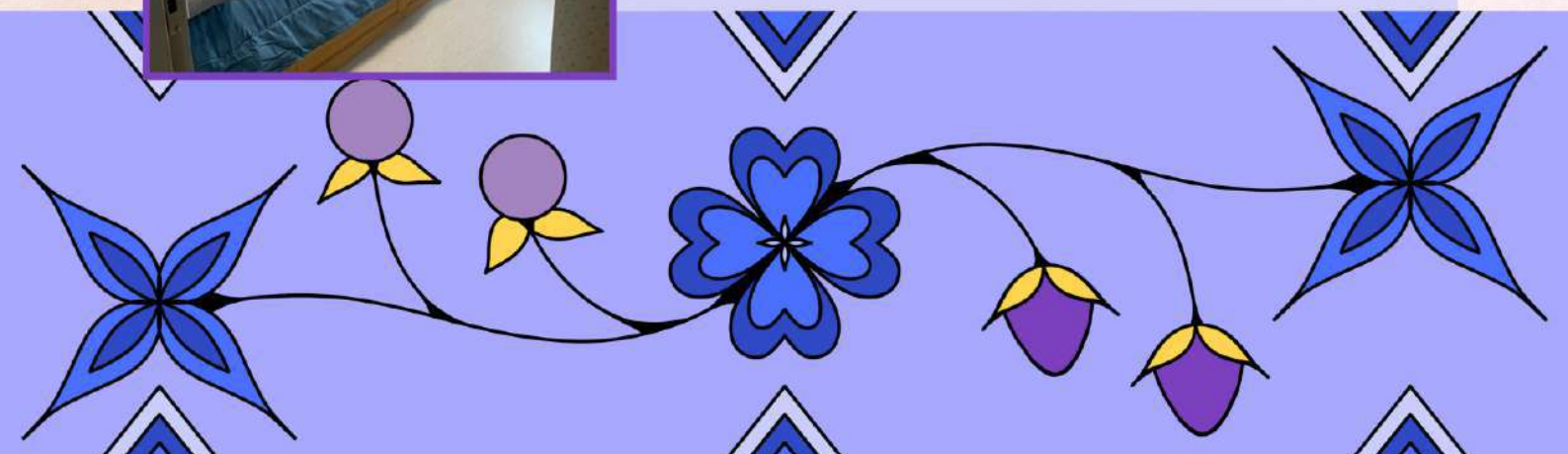
Engaging, Learning, & Connecting





Since January, there has been lots more work done towards the Pre-Treatment Unit (PTU) at Mikaaming Mino Pimatiziwin Healing Lodge. This unit will have three beds for First Nations status individuals to support them in their healing from non-medical withdrawal from substances. The program will be 10-14 days long and will support the participants in their recovery and to get ready for residential treatment or other program or supports in the community. To be accepted to the unit, a medical clearance form will need to be done by a doctor or nurse practitioner.

Staff will include a manager, nurse, residential care workers and security and a doctor will provide medical oversight and guidance to the team. MMPHL has job postings for these positions and we are actively hiring. A Unit Nurse has recently joined the team, and we are actively working to have the unit space, policy and forms ready so we can start taking participants sometime in the spring. Watch for more information coming soon!



What we offer

A career in a helping and caring profession with the ability to make a lasting impact in people's lives.

A positive work environment where you can build successful and long-lasting professional relationships with co-workers who will share their knowledge with you.

On-going professional development that will give you the tools you need to be successful.

A comprehensive benefits package which includes extended health, dental and vision care, long-term disability, group life insurance and pension plan.



Open Positions

Family Treatment Counsellor

Residential Care Worker (PTU)

Security (PTU)

Casual Support Worker

Casual Kitchen Helper

Contact:



P.O Box 84 Fort Alexander, MB R0E 0P0



ph: 204-367-2172

fax: 204-367-2324

Full job postings & Program Information on our website:

www.sagkeengfamilytreatment.ca

April

APR 27 - JUNE 12

APR 6 - MAY 1

May

MAY 4 - MAY 29

June

JUNE 16 - JULY 31

JUNE 1 - JUNE 26

JUNE 29 - JUL 24

Residential

(7 weeks)

Day Program

(4 weeks)

August

AUG 27 - OCT 9

AUG 4 - AUG 28

September

SEPT 28 - OCT 23

October

OCT 19 - DEC 4

OCT 26 - NOV 20

November

NOV 23 - DEC 18

National Addictions Awareness Week back in November 2025 was a meaningful time in our community. Mikaaming Mino Pimatiziwin Healing Lodge welcomed everyone to come together in support, learning, and healing. Throughout the week, several events were held in collaboration with Sagkeeng Health Centre, Sagkeeng Child and Family Services, Ogimaa Kinewak, & Sagkeeng Wellness. Each day created space for connection and understanding. It was wonderful to see so many community members come out and support one another.

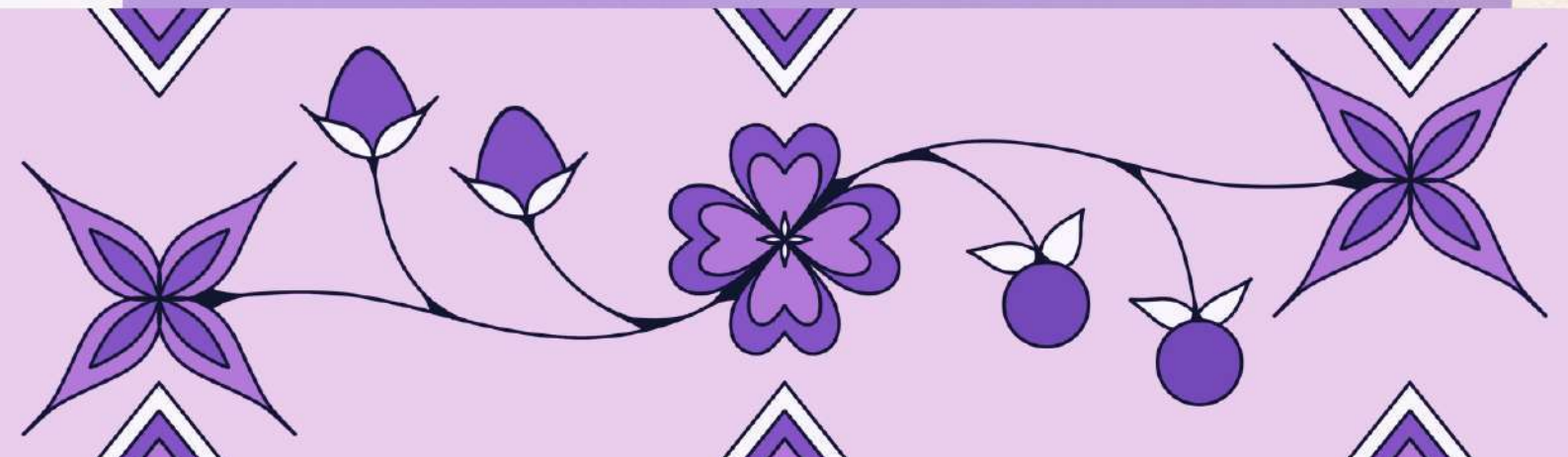
To start off our NAA week, we were grateful to host a Harm Reduction and Naloxone Training with Jacob Kaufman. Community members had the opportunity to learn important, life-saving skills. This included how to recognize and respond to an overdose. It was encouraging to see so many people take part. It shows a strong care for the safety and wellbeing of our community.



The following day we were honoured to host Cultural Teachings and a Sweat Lodge Ceremony led by Knowledge Keeper Wally Chartrand. These teachings helped participants reconnect with culture. They also shared traditional ways of healing. The ceremony created space for reflection and renewal. As we see more moments like these, we believe it continues to strengthen our community.



A highlight of the week was the community coming together for a warm and uplifting evening at the Talent Showcase hosted by the Ogimaa Kinewak - Sagkeeng Prevention Department. Held at the our gymnasium, the event featured local performers and artists sharing their gifts through music, storytelling, art, and more. The evening celebrated creativity and connection.



We also had a Mental Health Fair hosted by Sagkeeng Health Centre in our gymnasium. The event brought community members together in a warm and supportive space, offering information booths, resources, and wellness services such as Reiki. It made for a meaningful day that encouraged connection, learning, and overall well-being.



And to close the week, we hosted a Round Dance with our amazing Emcee Michael Esquash Sr. guiding the event, there was a strong sense of unity, respect, and connection throughout the night. Community members of all ages took part, whether dancing, singing, or simply being present, making the evening both fun and meaningful as we honoured National Addictions Awareness Week together.



Photo source: Sagkeeng Health Centre Facebook page



We send our biggest miigwechs to our collaborators, Sagkeeng Health Centre, Sagkeeng Child and Family Services, Ogimaa Kinewak, Sagkeeng Wellness and to everyone who came out to support and attend.





This past year, our land-based program continues to provide families & participants with meaningful, hands-on experiences. Ivan Lavoie, our Land Based Leader whose guidance has been helping support our participants on their journey toward healing and personal growth. Through his leadership, patience, and commitment to sharing knowledge, Ivan has created a welcoming and supportive environment where participants feel encouraged to learn, grow, and reconnect with themselves and the land. He guides them through traditional teachings and practices such as trapping, fishing, hunting, and learning essential outdoor skills like fire building, plant identification, and navigation—offer culturally relevant and empowering ways to explore self-awareness and strengthen that connection.

By spending time on the land, participants have the opportunity to strengthen their sense of purpose and develop a deeper connection to our cultural roots. Each experience, from tracking through the bush to learning from traditional knowledge, is carried through our cultural teachings to reinforce belonging, foster resilience, and cultivate self-discovery.

Our land-based program ultimately serves as a path toward hope and well-being. Participants leave the land not only with practical skills, but with a renewed sense of identity, spiritual connection, and confidence in their journey. Reflecting on this past year, we celebrate the dedication of those who have engaged in this transformative work and look forward to continuing to support participants in discovering strength, purpose, and cultural connection on the land.

Healing & Growth on the Land



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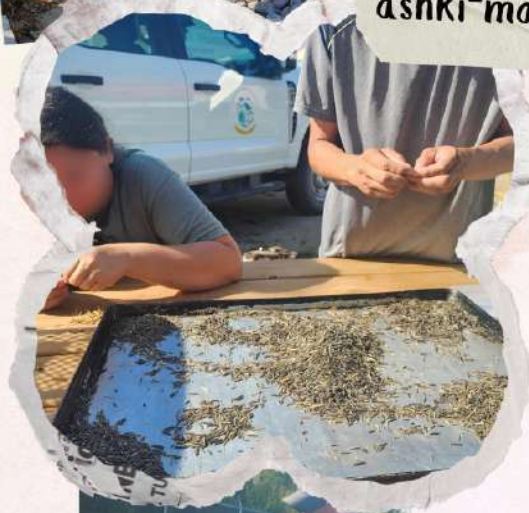
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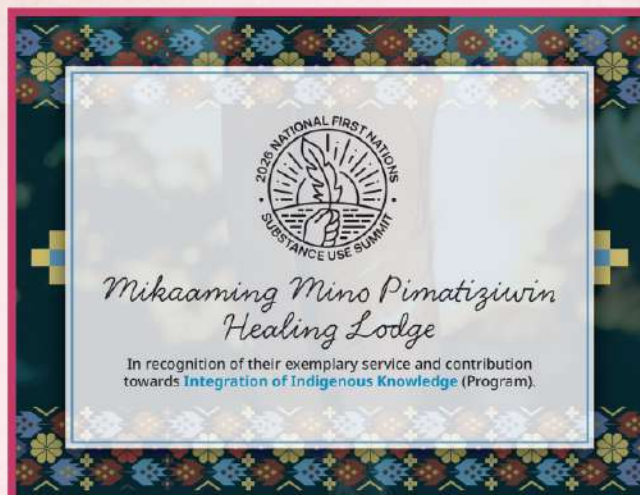
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During February, On behalf of MMPHL, E.D Kim Spence & T.M Lorraine Courchene were honoured to attend the National First Nations Substance Use Summit - Awards Ceremony held by Thunderbird Partnership Foundation and the Youth Substance Addiction Committee.

We'd like to share some photos, the awards, and the scripts read while receiving the awards, which highlights the achievements shared through the nomination process.



"Mikaaming Mino Pimatiziwin Healing Lodge is a nationally accredited, family-focused healing centre that serves First Nations and Inuit families from across Canada. Grounded in its vision of supporting hope and healing, the Lodge honours the strengths and gifts of the families it serves by offering a deeply culturally focused program within a safe and nurturing environment. At the heart of the Healing Lodge is ceremony. Families begin each day with smudge and prayer and are welcomed into the Lodge through a feast, drum song, pipe ceremony, and introductions. Throughout each sevenweek cycle, participants engage in Sweat Lodges, Full Moon and Solstice ceremonies, sacred fire, Spirit writing, and traditional teachings. Families have opportunities to receive their Spirit name, learn their clan and colours, and deepen their understanding of Anishinaabe teachings and protocols. Cultural knowledge is not an add-on – it is woven into every aspect of programming. From Medicine Wheel teachings and traditional family roles, to drum and rattle making, ribbon skirt sewing, picking medicines, and landbased activities such as hunting, fishing, wild rice harvesting, and tobacco gardening, participants reconnect with culture as a pathway to healing. Even youth education includes daily Seven Sacred Teachings and Anishinaabe language learning. Through ceremony, land, language, and culture, this program restores balance, strengthens identity, and supports healing for entire families.

Please join me in congratulating Mikaaming Mino Pimatiziwin Healing Lodge"





"Lorraine serves as the Treatment Manager at the nationally accredited Mikaaming Mino Pimatiziwin Healing Lodge – a seven-week residential family treatment program grounded in the Seven Grandfather Teachings. For nearly 20 years, Lorraine has dedicated herself to this lodge, beginning as a coach, moving into family treatment counselling, and now leading the clinical workforce with strength, compassion, and steady vision. Many families arrive at the lodge feeling disconnected – from culture, from community, and sometimes from hope itself. Lorraine ensures that every person who walks through those doors is welcomed with respect, dignity, and warmth. Through her leadership, the program remains deeply rooted in cultural teachings, land-based practices, and holistic healing of mind, body, spirit, and relationships. Her impact is felt not only by clients, but by staff as well. She mentors with care, leads with integrity, and creates an environment where both clients and team members feel supported to share their gifts. Participants consistently describe the lodge as a comfortable, friendly, and nurturing space – some even saying they did not want to leave. That kind of feedback speaks volumes. Lorraine embodies the qualities of true life promotion: empathy, courage, consistency, and unwavering belief in the power of healing. Please join me in congratulating Lorraine Courchene."





Our Annual General Meeting serves as an opportunity for us to update our community on the progress we've made over the past year, share news, and continue the conversation about the future of our programs. It is a time to reflect on the impact of our work, celebrate the milestones, and reinforce our commitment to supporting healing and wellness within our community.



This year's gathering was made even more special through the wonderful entertainment that brought everyone together. With our amazing Emcee, Michelle Fontaine, we were honoured to welcome Brandon Courchene and his group, United Thunder Square Dancers, whose performance filled the space with energy and culture. Guests also enjoyed a heartfelt musical performance by father-daughter duo Adam Sanderson and his daughter, who shared a selection of Christmas songs that added warmth and joy to the evening. In addition, Bulleye Entertainment provided face painting for all to enjoy, while Amazing Entertainment's photo booth gave families the chance to capture special moments together.



As we reflect on these meaningful moments, we also look forward to sharing updates on the continued work happening at Mikaaming Mino Pimatiziwin Healing Lodge. Over the past year, we have remained committed to walking alongside individuals and families on their healing journeys. Guided by our mission to provide a culturally grounded, safe, and supportive environment, we honour the strengths, traditions, and resilience of the First Nations and Inuit communities we serve.



Investing in our team is essential to maintaining high-quality care. Throughout the year, staff participated in a variety of training and professional development opportunities to strengthen their skills and knowledge. These included trauma-informed care, cultural competency and traditional teachings, mental health and addictions support, as well as crisis intervention and safety practices. These opportunities not only enhance the services we provide but also support staff wellness and growth, ensuring our team remains strong, knowledgeable, and responsive to the needs of those we serve.



Years of Service Recognition

- **Leslie Sinclair – 15 Years**

As Night Security, Leslie has shown unwavering dedication and reliability, helping ensure the safety and well-being of our lodge for over a decade.



- **Esther Campbell – 5 Years**

Esther has continued to grow in her role as Human Resources through dedication, professionalism, and a strong commitment to our team and community.



**Mikaaming Mino Pimatiziwin
Healing Lodge Inc.**

We are also proud to share that Mikaaming Healing Lodge is fully accredited through the Canadian Accreditation Council of Human Services (CAC), a recognition that reflects our commitment to delivering high-quality, ethical, and effective care. Accreditation is more than a designation—it demonstrates that our organization meets rigorous industry standards and follows a strong framework for governance, ethical practices, and effective case management. It also supports ongoing growth, accountability, and teamwork as we continue working toward a shared goal of excellence.



We're excited to share some new additions that reflect our commitment in supporting our families and participants by creating welcoming, inclusive spaces for everyone.

Our gazebo has been transformed into private counselling rooms. These spaces offer a safe and comfortable environment where families and individuals can connect with counsellors, ensuring privacy, respect, and meaningful support.



We've also added a greenhouse to our programming. This space brings families together to learn basic gardening skills, including how to grow their own food and medicines.

Through these hands-on experiences, we hope to encourage connection, share knowledge, and support wellness in our programs.



Certified First Nation Health Managers

Back in November 2025, "The First Nations Health Managers Association (FNHMA) proudly celebrated its largest graduating cohort in history during the 13th Annual National Conference in Montreal, QC. The 2025 convocation recognized the newest Certified First Nations Health Managers (CFNHMs).

The conference brought together more than 600 health professionals, community leaders, and partners from across Canada for two days of recognition, learning, and connection. This milestone marks the largest number of CFNHM graduates to complete the program since its inception, a testament to the growing strength, leadership, and capacity of First Nations health management. The newly certified CFNHMs now join a national network of health leaders championing culturally grounded, community-driven health systems."



Congrats to our Executive Director, Kim Spence on her achievement!
Congrats to Sagkeeng Health Director, Bernie Robinson.



