



Genesis House
Shelter for Abused Women and Their Children

Genesis House

International Women's Week Events

Did You Know?

- Genesis House budgets approximately \$7000 each year for food for families that access shelter
- In kind donations from community average approximately \$3400 annually. These items include groceries, hygiene products, linens, cleaning supplies.
- There are 10 provincially funded shelters and 4 federally funded shelters across Manitoba .
- There is no charge to access services at these shelters.
- While staying at shelter basic needs are covered such as prescriptions, emergency eye glasses and emergency dental work.

Contact us:

Marlin Froese- Chair Person

Marlin.froese@accesscu.ca

Angela Braun—Executive Director

director@genesis-house.ca

Lunch & Learn!

March kicks off with a bang each year with International Women's week events. This year we will be hosting a lunch & learn on March 6, 2019 on the topic of Supporting Mental Health in the Workplace. One in five people will experience a mental health concern at some point in their lives.

The workplace is an environment in which many of us spend a good part of our lives. It is an ideal place to both give and receive support. In this session we will discuss why it is important to talk about mental health at work including:

- Common types of mental illness— anxiety, depression
- Noticing signs of struggle and how to start a conversation of support
- Building a culture of mental health support at work

John Koop Harder, therapist & trainer will be the facilitator for the session. It will take place at the Quality Inn, registration and networking at 11:30am, session begins at noon. Registration deadline is February 22, cost is \$40. Call 204-325-9957 ext 2221 if interested.

Quiz Night March 7, 2019

It's back!!! Building on the success of last years first ever Quiz Night, the Quizmaster will be back in Morden Thursday March 7 testing your trivia knowledge . This event will get you up out of your seat working under pressure with your team to see if you will prevail as the CHAMPIONS! We thank main event sponsor Décor Cabinets for assisting us in getting this event off the ground. Table sponsorships are also available for \$250. Do you have the courage to test your skills at this public event?? Dare you!



24 Hour Crisis Line
1-877-977-0007
Local: 204-325-9800

Box 389
Winkler, MB
R6W 4A6

Phone: 204-325-9957
Fax: 204-325-5889
Email: director@genesis-house.ca
Website: www.genesishouseshelter.ca

Programming Updates

We are preparing to begin winter programs. Anger Management for Women was delayed so we hope to run it before summer. Open support groups continue weekly. Call to get more information. 1-877-977-0007.

We are currently hosting two social works students in a practicum placement.



Power of the PJ's



The Power of the PJ's was a terrific success again this year with over 300 pairs of women's and children pajamas being donated throughout the region!

Special thanks to South Central Regional Libraries for welcoming the donations at each branch. We couldn't do it without you!

Canada Manitoba Jobs Training Grant

Genesis House was very fortunate to receive a grant from the Canada Manitoba Jobs program. The grant allowed the agency to participate in 8 days of training in conflict resolution, as well as provided upgrading opportunities for 3 staff members in the area of counselling. Employers are eligible to apply for up to \$10,000 for individual employees.

Thanks for all the Christmas love!

The staff of Genesis House jumping for joy over all the Christmas love shown to our families through the holiday season. We are so grateful for the many gifts of toys, household items, and financial donations that allow us to keep doing the work we do. Many thanks to everyone who thought of our families and our agency.



Legends Car Club

Honored that the Legends Car Club has chosen to continue to support our agency through the Drag Races. Super fun event!



Save the Date

July 5, 2019 will be our Swing for Safety Golf Tournament!

Access Credit Union Jeans Day

Genesis House was proud to be selected by Access Credit Union as a recipient of their Jeans for Charity campaign.

We're on the Web!
genesishouseshelter.ca

