



2024-25

Annual Report



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Message from the Chair of the Board

This year has been one of transformation, renewal, and vision for our organization. With the launch of our new identity as Resilia Community Wellness Centre, we have embraced a name and brand that reflects our growth, our values, and our unwavering belief that healing begins within but flourishes through community.

Our 50th anniversary was a powerful reminder of the deep roots we have in this community and the countless lives touched through our work. It was also a moment to look ahead to a future where we continue to lead with compassion, innovation, and resilience.

Many newcomers who have just arrived in Canada trust Aurora Family Therapy Centre and Resilia as their place to go, a place where they can begin to establish their wellness and enact their resilience. We meet people where they are, walking alongside them on their journey of healing and renewal. For our ethnocultural communities, Aurora is more than a service provider it is a place where traditional ways of healing are honoured and integrated with clinical practices, creating a bridge between cultures and care.

Thanks to our funders, supporters, and partners, we have been able to deliver high-quality, inclusive programming that meets real needs and strengthens our community. I am deeply proud of our staff, volunteers, students, and board members whose dedication makes this possible, and I am grateful to the clients who place their trust in us.

On behalf of the Board of Directors, thank you for walking this journey with us. The path ahead is bright, and together, we will continue to build a community where hope, healing, and connection can flourish.

Professor Michael Baffoe
Chair of the Board of Directors

Executive Director's Message

It is with deep gratitude and pride that I share this year's message, a reflection on a transformative and impactful year for our organization.

In November 2024, we began a bold journey to reimagine our identity and create a brand that truly reflects who we are today and the future we are building. This process led us to become Resilia Community Wellness Centre; a name that embodies growth, connection, and the belief that while change begins within, it flourishes through community. Our rebrand was more than a visual transformation it was an affirmation of our values, our evolving services, and our commitment to inclusive, trauma-informed care.

This past year, our programs have touched thousands of lives across Manitoba and beyond. We strengthened existing services, expanded into new areas of need, and deepened our partnerships.

The Family Therapy Program continued to be a cornerstone of our work, offering culturally responsive, trauma-informed counselling to individuals, couples, and families. As the primary clinical training site for the University of Winnipeg's Master of Marriage and Family Therapy program, we remain committed to developing the next generation of skilled, compassionate therapists.

The Newcomer Mental Health Program marked its fifth year by serving 236 clients from over a dozen countries, delivering 2,209 clinical hours. With services available in homes, community spaces, and virtually and supported by interpretation and transportation we ensured care remained accessible and stigma-free.

The Homicide Bereavement and Unresolved Loss Program offered specialized support to families coping with the devastating loss of a loved one to human violence. Through counselling, justice system navigation, and community connections, we walked alongside survivors in their grief, creating a safe space for healing and remembrance.

The Psycho-Social Settlement Needs Assessment (PSSNA) Program – the Dove of Peace welcomed refugees within weeks of their arrival, providing holistic mental health and practical needs assessments in over 30 languages. By validating their stories and recognizing their strengths, we helped them begin their new chapter with dignity and connection.

The Community Development Program delivered 836 programs this year, serving over 350 clients weekly. From youth leadership to parenting supports, mental health workshops to language circles, we built spaces for belonging, learning, and resilience. This year also marked the conclusion of the SCREEN Program, which over five years empowered more than 600 newcomer youth to lead with confidence, challenge harmful narratives, and build brighter futures.

The Vicarious Trauma and Resilience Program expanded nationally, delivering training in Manitoba, Ontario, Atlantic Canada, and the Prairie region. By equipping frontline workers with tools to address burnout, empathic strain, and vicarious trauma, we advanced a vision of collective wellness in the settlement sector and beyond.

These programs reflect the breadth of our mission: to create safe, welcoming spaces where healing, connection, and empowerment can flourish. They also speak to the heart of Aurora meeting people where they are, walking with them through life's most challenging moments, and holding hope for what's ahead.

Our 50th anniversary celebration this April was both a look back and a step forward. We honoured our roots, launched our new brand in partnership with Honest Agency's Lemonade Project, and shared our strategic priorities for the years ahead:

Diversifying our funding base to strengthen sustainability and innovation.

Expanding professional development programs to share our trauma-informed expertise more widely.

Enhancing communication to connect more deeply with our community and partners.

To our clients, partners, staff, volunteers, and supporters you are the reason this work matters. Your trust, collaboration, and shared commitment make it possible for Aurora and now Resilia to continue evolving while staying true to our purpose.

We are just getting started, and together, we will keep building a community where everyone has the opportunity to heal, grow, and thrive.

With gratitude,
Abdikheir Ahmed
Executive Director

Aurora Family Therapy Centre Staff

Abdikheir Ahmed

Executive Director

Wanda Yamamoto

Director of Finance & Administration

Muuxi Adam

Director of Newcomer Programs

Mary-Jo Bolton

Practicum Coordinator

Akram Matta

Finance Coordinator

Wajiha Liaqat

Aurora Office Assistant

Temilolua Raimi

Aurora Office Assistant

Debbie Froese

Administrative Coordinator

Newcomer Collaborative Community Mental Health Service

Sara Warkentin

Coordinator/Clinician

Margaret Tuimising

Clinician

Tamana (Tami) Shahnawaz

Clinician

Atta Mousavi

Clinician

Vaska Miteva-Karamanova

Clinical Specialist

Genet Kassaye

Office Assistant

Charmaine Gomes

Intake Specialist

Anabel Khoo

Clinician

Fazla Ashraff

Clinician

Psychosocial Settlement Needs Assessment (PSSNA)

Elden Siemens

Coordinator/Clinician

Sahra Salad

Case Manager

Adey Mohamed

Clinician

Marie Bergen

Case Manager

Shakila Atayee

Clinician

Sandra Albanex

Clinician

Vaska Miteva-Karamanova

Clinical Specialist

Zina Hamu

Case Manager

Jackie Kidzugane

Clinician

Seham Merghani

Clinician

Sara Warkentin

Clinician

Abu Dukuly

Case Manager

Vicarious Trauma & Resilience Initiative

Kari McCluskey

Program Coordinator

Catherine Wafula

Program Facilitator

Bernadette Kinuthia

Program Admin

Bonface Beti

Program Facilitator

SCREEN

Badri Abdilahi

Program Facilitator

Refugee Claimant Program

Abu Dukuly

Case Manager

Najma Wadi

Office Assistant

Newcomer Community Development Program

Laila Khoudeda

Group Facilitator /Interim Program
Coordinator

Badri Abdilahi

Group Facilitator

Abu Dukuly

Group Facilitator

Roselyn Advincula

Group Facilitator

Aireen Miaral

Program Assistant

Hermine Tipan

Group Facilitator

Damhat Zagros

Youth Facilitator



Practicum Supervisors

Leslie Hackett
Miriam Baron
Joanne Klassen
Narumi Taniguchi
Michelle Kreutzer
Deb Bomek
Carl Heaman-Warne
Chi-Chun Lin
Charity Martin
Jeannette Bodnar

Practicum Therapists

Alex Winters
Catherine Morrison
Haeon Kang
Katherine Beaudoin
Jenna Stacey
Charmaine Gomes
Monika Rosney
Mahima Udupi
Hyoshin Jang
Philip Collins
Mila Panaskevich
Helen Sabater-Fixe

Juan Monterrosa
Julie Letkeman
Nikaela Peters
Ioanna Charatsari
Robyne Mackenzie
Rose Kimani
Jennifer Streilein
Colette Havens
Kristin Millar
Nicole Yakielashek
YiYi Liu

Erika Mitchell
Christiaan Kuchta
Amanda Bauschke
Lukas Maitland
Steve Silva
Nicole Stoyko
LP Penner
Andrea Berg
Sophia Freynet-Agossa
Vanessa Macrae
Jennifer Hoenisch
Listen Chen
Yousra Bencheckroun
Valeriia Alipova

Charley McDonald-Mitchell
Brennan Foidart
Joni Sawatsky
Amanda-Rose Bourget
Darla Matombe
Seham Merghani
Temitope Oloyede

Contract Therapists

Melissa Pilz
Claire Ohman
Charity Martin

Interpreters

Abdikarin Mohamed Hussein
Abdulaziz Aden
Alemayehu Lemu
Alina Sidetska
Angelique Tuyishime
Arshad Nasari
Asma Ahmad Khalil
Asma Ansari
Boutaina Abdi
Carmina Paguio
Chinar Khalaf
Cinderella Ignacio

Daisy Mendez
ECCOE
Elenita Reyes
Emmy Bacani-Tipan
Esperence Shima
Family Dynamics
Feruz Kiflit Kesete
Genet Gebrekal
Habibullah Mohammed
Ibrahim
Hamda Ahmed
Hamreen Ali
Huizhe Feng
Isabelle Hadley
Ismail Ibrahim
Janine Tougas
Jawad Akhtary
Jolie Ntwari
Karen Alexis Vafloor
Khani Hassan
Lani Castro de Lara
Li Dong
Lili Wang
Marielle Weeh Tiki
Martin Michael

Maryam Abdullah
Merna Khalil
Mirwais Nasari
Mohammad Mahdi Sultani
Najlaa Sabar
Nathaniel Ondiaka
Nebila Said
Nelofar Akbari
Neveen Basiliious
Ousseni Moussa
Peter Serugo Ndayishimiye
Rose Kimani
Rozina Yasmin
Safietou Diawara
Saim Chowdhury
Santino Ring
Shafiqul Islam bin Abdul
Islam
Seham Merghani
Sophonie Baatwenga
Soraya Ata
Tamara Murad
Victor Safari
Wisal Dawood

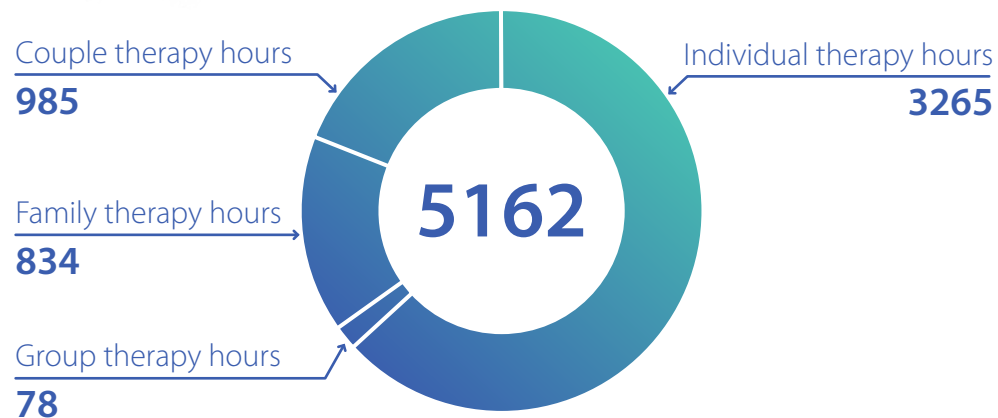
Family Therapy Program - Service Delivery Statistics

Aurora Family Therapy Program offers culturally responsive, trauma-informed counselling for individuals, couples, and families.

We provide a safe and inclusive environment where clients can address relationship challenges, enhance communication, and build resilience. As the primary clinical training site for graduate students in the University of Winnipeg's Master of Marriage and Family Therapy Program, the service integrates academic excellence with compassionate care. Guided by a systemic approach, our therapists work in partnership with clients to foster healing, strengthen connections, and promote overall wellbeing. This year, the program continued to serve a diverse community, ensuring that every family has access to high-quality, empathetic mental health support.

Unique Clients
1362

Clinical hours
4589



Demographics



Therapy sessions by location



Waitlist times vary:



Homicide Bereavement Program

Aurora Family Therapy Centre's Homicide Bereavement and Unresolved Loss Program offers specialized counselling to adults, children, and families who have lost a loved one to human violence. This type of loss often combines deep grief with trauma, making healing particularly complex. Our therapists provide a safe and confidential space for clients to process their grief, address symptoms such as flashbacks and nightmares, and find ways to honour their loved ones. We also support clients in navigating the justice system, managing media attention, and accessing additional community resources. Offered in partnership with Manitoba Justice – Victim Services, this program is free of charge, with transportation assistance available as needed.

HBP Files
84
Sessions

Total Sessions
207

MB Justice Files
123
Sessions



Newcomer Collaborative Community Mental Health Service

Aurora's Newcomer Mental Health Program is a culturally grounded mental health service designed for immigrants and refugees living in Manitoba who are impacted by trauma. In 2024–2025, we completed our 5th year of service and continued offering a full continuum of care including assessment, therapy, case management, and mental health promotion.

Services are accessible without a formal diagnosis, lowering stigma and removing barriers to care. Clients can access therapy and support virtually, in-clinic, or in home or community spaces with interpretation, transportation, and culturally safe practices integrated throughout.

Over the past year, the program served 236 clients, including 37 children and youth, delivering 2,209 clinical hours. Most clients (60%) have been in Manitoba for four years or less, underscoring the program's role as an early mental health intervention for newcomers. The top source countries this year were Nigeria, Syria, Iraq, Ukraine, and Afghanistan, reflecting ongoing global displacement and local resettlement trends. Program delivery is made possible through a collaborative model that includes:

- Long-term therapy services at Aurora for individuals, couples, and families
- Specialized child and youth therapy at Child and Youth Services at Shared Health (formerly MATC)
- Case management at Family Dynamics
- System navigation and Psychology services through WRHA's Psychology and Mental Health Services
- Psychiatry services with Dr. Peter Czaplinski

Our embedded positions in WRHA and Shared Health have continued to bridge gaps between formal mental health services and newcomer communities.

The program remains a critical and trusted access point for mental health care among newcomer populations.

Outreach and connection-building



32

workshops and presentations with



667

people in attendance total



100

meetings with stakeholders and community

Client Services



166

people assessed and screened for trauma impact

45

psychiatric consultations & assessments



5

therapy groups

15

families in case management



19

psychological consultations & assessments



236

people accessed individual or family therapy

152

home or community visits

538

system navigation supports



By direct service hours:

2209 hours of individual and family therapy

29 hours of psychiatric assessment

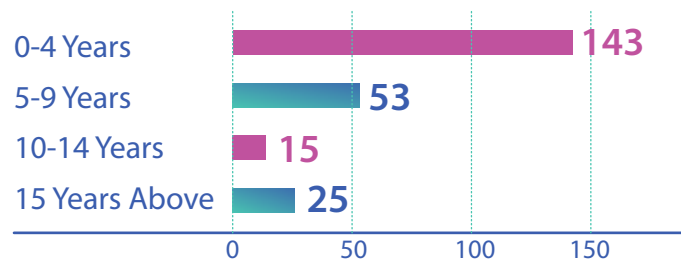
24 hours Psychology assessment

82+ hours Group therapy

358 hours case management

Client Demographics

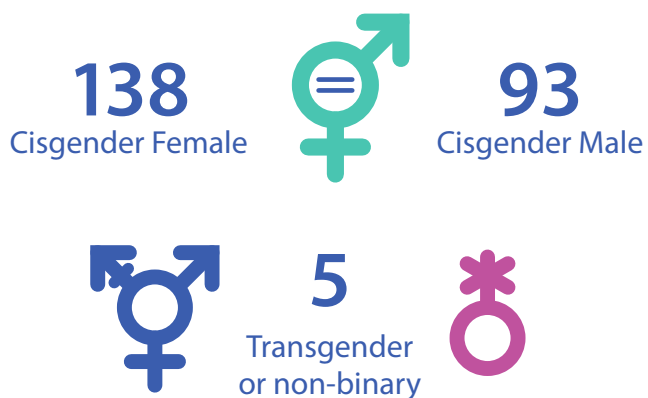
Years in Canada



Age



Gender



Client quotes on the impact of this program:

"[I feel] less load, being able to talk about it."

"Through this process, I've been able to reconnect with who I am and rediscover a sense of purpose. I've gained tools to manage my thoughts and emotions, and my depression has significantly improved—something I truly believe would have worsened without this support."

"I mix more with people now unlike before. [My therapist] was wonderful. I always looked [forward] to our session."

"[My therapist's] empathy, professionalism, and ability to help me uncover answers within myself have been truly life changing."

"I am happy today because I am seeing change in my life. It not a day's job, but I thank God for my life."

"Having a safe space to talk about my past life experiences and current has brought an element of peace. Even though the work is hard [...] having the opportunity to talk about it with someone that has the skills has brought a lot of good into my life."

"I got to know myself and learned to defend my personal boundaries."

"The services have been a life saver for me. Having a therapist that has an understanding about what immigrating to Canada brings, different cultural values, the importance of family [and] traditions has been immense. Having a therapist that is respectful, understanding of my sexuality [and] gender journey has been invaluable. Having a safe space where I can address my whole life without judgment and pure understanding has made such a difference in my life."

"The part that really help me a lot is how I was thought to take a deep breath and close my eyes while think back how the whole thing started and how it end upon my arrival in Canada."

"The positive changes I experienced is that am able to overcome fear and anxiety including sleeplessness."

"Having a safe space to talk about my past life experiences and current has brought an element of peace. Even though the work is hard, to talk about certain things, having the opportunity to talk about it with someone that has the skills has brought a lot of good into my life."

PSSNA / Dove of Peace Program

The Psycho-Social Settlement Needs Assessment (PSSNA) program, also known as the *Dove of Peace* program, provides comprehensive mental health and practical needs assessments for all newcomer refugees arriving in Winnipeg, Manitoba. Our multidisciplinary team includes one Program Coordinator/Clinician, four Clinicians who conduct mental health assessments, and four Case Workers who listen for and respond to any practical needs that emerge during the assessment process. Both mental health and settlement-related concerns are addressed through timely referrals to appropriate community resources, with follow-up to ensure services are in place. Additionally, PSSNA Clinicians offer short-term support by providing up to four crisis counselling sessions for individuals requiring immediate assistance.

Over the past year, we supported newcomer refugees displaced from more than 25 different countries. With the vital support of program interpreters, we delivered services in over 30 languages and dialects. Our psychosocial assessments are typically conducted within the first one to two weeks of arrival. During these sessions, we bear witness to stories of involuntary displacement, validate the lived experiences of those we meet, and uplift the strength and resilience that carried them through. We aim to create a space where individuals and families are genuinely seen and heard for who they are not defined solely by their refugee status.

Kenneth Miller eloquently reminds us:

“One of the simplest ways to begin healing the pain of the refugee experience is to meet refugees person to person, human to human, asking about and recognizing the many roles and identities hidden beneath the label of refugee. To see the skilled physician a woman used to be, the gifted teacher a man once was, the star basketball player a teenager was before war or persecution forced them into the nowhere-land of a refugee camp and reduced their identity in the eyes of the world to ‘refugee.’”

It is our hope that by meeting individuals in this spirit, we help foster deeper connections to their innate strengths and support the creation of a clearer, empowered path forward in their new home.

The PSSNA team has the privilege of meeting with clients during their earliest days in Winnipeg. We are consistently moved by the resilience and tenacity of individuals who have endured unimaginable trauma in their displacement. Many carry vivid and distressing memories, which can manifest as symptoms of Post-Traumatic Stress Disorder. Of particular concern is the ongoing nature of trauma in many of their lives. Some have left loved ones behind in conflict zones or under oppressive regimes, where danger remains immediate and real. Others worry for family members surviving in under-resourced refugee camps, often plagued by violence and instability.

We walk alongside these individuals, listening to their stories and validating their experiences. We respond through both immediate interventions and by connecting them to long-term healing and resettlement supports. Advocacy is also central to our work raising awareness of their ongoing struggles and challenging systems that perpetuate inequity. This work can be heavy and complex, but we remain inspired by the extraordinary strength of those we serve. Their courage fuels our commitment to continue walking with them toward healing, justice, and hope.



Total Intakes
April 1, 2024 - March 31, 2025

438



206 Initial Assessments
229 Second Assessments
104 Crisis Counselling
205 6 Month Assessments

Total Assessments
April 1, 2024 - March 31, 2025

744

Country of Origin

Gender

121	Syria
116	Democratic Republic of Congo
51	Somalia
43	Myanmar (formerly Burma)
29	Central African Republic
78	Other
438	TOTAL



Female

207

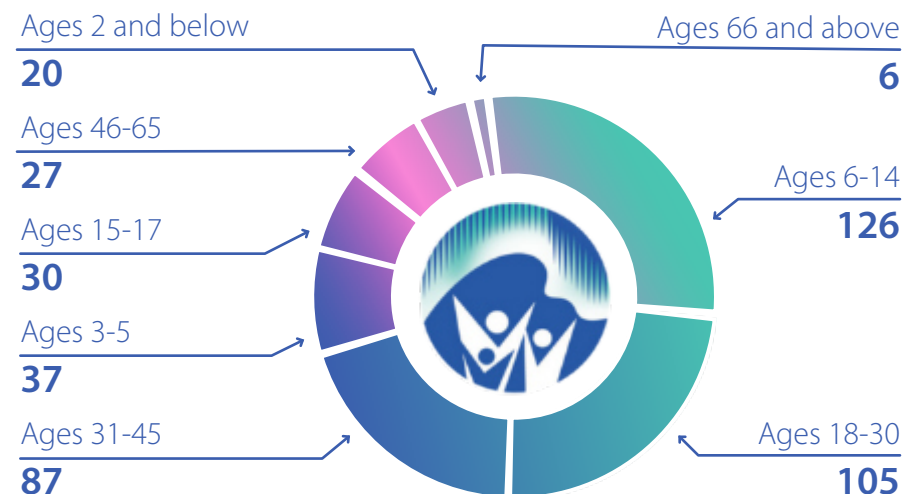
Male

231

Languages

142 Arabic	5 Burmese
69 Kinyarwanda	2 French
49 Somali	2 Kurdish
39 Swahili	1 Creole
37 Rohingya	1 Farsi (Persian)
52 Other African Languages	1 Kurmanji
7 Dari	1 Pashto
6 English	1 Spanish

Age Groups



Newcomer Community Development Program Groups

This year has been a remarkable one for our community programs marked by renewed momentum, deepened impact, and unwavering commitment to supporting newcomers and refugee claimants in Manitoba. Our programs not only expanded in scope and participation but also responded with innovation and care to the evolving needs of the communities we serve.

Our Community Development Program continued to thrive, delivering holistic and culturally responsive supports that foster belonging, wellness, and resilience among newcomers. With all programming delivered in-person we experienced strong and consistent attendance and deeper engagement across all sessions.

The program provided a wide spectrum of services including comprehensive settlement orientation, one-on-one case support, peer-led group sessions, and community connection activities. Key components included youth leadership programming, family and parenting supports, mental health and wellness workshops, and gender-specific initiatives such as men's discussion groups and

the Coffee Club for Women. Additional specialized offerings included Circle of Security, anger management, domestic violence prevention, and conversational English circles—all grounded in trauma-informed, strengths-based, and culturally safe practices.

Through these services we guided participants in navigating systems, managing stress, building support networks, and cultivating a sense of empowerment and identity. Every program created space for dialogue, healing, and knowledge-sharing ensuring that participants not only received support but also felt seen, heard, and valued.

This year, we delivered an impressive 836 programs, averaging 19 programs per week, with over 350 clients attending weekly. The continued increase in participation demonstrates the high demand for accessible, inclusive programming. Each session has contributed to building a stronger, more connected community where newcomers are supported with dignity, compassion, and purpose.



Supporting Counter-Radicalization Efforts by Ethno-cultural Networks (SCREEN) Program

This year marked the emotional and impactful conclusion of our SCREEN Program

a flagship initiative that served at-risk newcomer youth for five successful years. SCREEN was a unique, community-led model that addressed the complex intersections of identity, integration, civic engagement, and youth vulnerability to violence and radicalization.

Through a dynamic blend of digital literacy training, leadership development, critical thinking workshops, and cultural grounding, SCREEN equipped youth with the skills and confidence to challenge harmful narratives, engage meaningfully with their communities, and advocate for themselves and their peers.

As the program's final cycle concluded, many youth expressed deep gratitude and nostalgia, highlighting the transformative friendships, mentorship, and sense of self they developed throughout their journey. SCREEN distinguished itself through its culturally tailored, preventative approach centered on the lived realities of immigrant and refugee youth.

Over the past five years, more than 600 youth participated in the program, and hundreds of families were positively impacted. The legacy of SCREEN will live on in the empowered, informed, and resilient youth it leaves behind.

Psycho-Social Supports for Refugee Claimants Program

In response to a critical and growing need, this year we launched the Psycho-Social Supports for Refugee Claimants Program a pioneering initiative designed to support refugee claimants experiencing trauma, uncertainty, and systemic barriers upon arrival in Manitoba.

Refugee claimants often arrive having endured severe and life-altering experiences such as surviving war, torture, family loss, persecution, and long periods of instability. These traumatic experiences are compounded by the stress of navigating a new country, legal limbo, and the very real risks of homelessness, isolation, and mental health deterioration.

Recognizing the urgency of these challenges, Aurora Family Therapy Centre implemented a comprehensive, trauma-informed model of care that promotes early intervention and community-based healing. Services provided through the program include:

- Psychosocial needs assessments
- Individual trauma-informed counselling
- Group orientation and psychoeducational sessions
- Drop-in support for immediate guidance and connection

These services were free, confidential, voluntary, and designed to meet clients where they are emotionally, culturally, and situationally. Our approach acknowledged that recovery begins not just with therapy, but with safety, stability, and trust.

In its first year, the program far exceeded expectations. Our initial target was to serve 50 client; however, we successfully supported 164 refugee claimants. This overwhelming response reflects the urgent demand for these services and the trust the community places in our team. The program's early success affirmed the need for sustained specialized mental health supports tailored to the unique realities of refugee claimants.

Looking Ahead

As we reflect on a year of accomplishments, resilience, and collective growth, we remain committed to expanding inclusive, community-rooted supports for newcomers. Whether through healing-centered mental health support, youth empowerment, or community integration services and community connections, our mission remains clear: to create safe, welcoming spaces where every individual has the opportunity to thrive.

Vicarious Trauma and Resilience Initiative

Frontline settlement workers are the backbone of newcomer integration

compassionate, dedicated professionals who walk alongside clients navigating displacement, loss, and resettlement. These workers provide essential services, build trusting relationships, and advocate for equity, often while shouldering their own personal and systemic challenges. In continuously prioritizing the needs of others, many experience the cumulative impact of **burnout, empathic strain, and vicarious trauma** often without adequate recognition or support.

Since its inception, the program has supported **hundreds of service providers** across Manitoba and beyond, helping individuals and organizations better understand the toll of trauma exposure and its effects on workers in the refugee and settlement sectors.

In every session, participants have seen themselves or their colleagues reflected in the symptoms described validating how widespread and deeply felt these experiences are. But the program goes far beyond education. We work to **reshape workplace cultures**, advocating for systemic change that **normalizes collective wellness**, acknowledges the emotional and biological impacts of frontline work, and challenges the normalization of burnout, overwork, and under-resourcing.

At the heart of the initiative is a simple but powerful belief: **preventing vicarious trauma cannot rely solely on self-care as an individual responsibility**. Instead, it requires integrated

wellness practices, supportive environments, and communities of practice that foster reflection, connection, and professional sustainability. Our training and consultations help service providers understand how trauma exposure affects their minds and bodies, reduce stigma and shame, and build resilience in their roles.

Program Impact Highlights – 2024–2025

This year marked another period of growth and national engagement for the Vicarious Trauma and Resilience Program. We expanded our reach across Canada, facilitating workshops, trainings, and consultations in both English and French, in-person and online.

Regional Highlights:

- **Ontario:** Delivered training sessions in London, Toronto, Mississauga, Peterborough, Ottawa, Sault Ste. Marie, and Thunder Bay.
- **Atlantic Canada:** Partnered with organizations in St. John’s, Charlottetown, Moncton, Halifax, and St. John to offer Vicarious Trauma, Boundaries, Trauma-Informed Practice, and Community of Practice training to frontline staff and leadership teams.
- **Prairie Region:** Continued collaboration with the **Manitoba Association of Newcomer Serving Organizations (MANSO)**, **Alberta Association of Immigrant Serving Agencies (AAISA)**, and **Saskatchewan Association of Immigrant Settlement and Integration Agencies (SAISA)** to deliver high-demand programming.

Throughout the year, the program also focused on **developing supplemental trainings** aimed at strengthening sector capacity, enhancing peer support networks, and increasing cross-sector dialogue about wellness, trauma, and sustainable service delivery.

We are grateful to all our partners and participants across the country for their contributions, insight, and commitment. Together, we are building a more compassionate, trauma-informed, and sustainable settlement sector one that honours the well-being of those who care for others.

74

Sessions

1974

Participants

Training included:

- Vicarious Trauma & Resilience
- Stress and the Body
- Trauma and the Nervous System
- Personal and Structural Boundaries
- The Language of Emotions
- Establishing Our Trauma-informed Practice
- Building Communities of Practice
- Healing through Ceremony and Rituals
- Personal vs Workplace Burnout
- Journey to Self-Compassion
- Emotional Labour and (Co)Regulation
- Supporting Organizational Wellness through Staff Connection

Community Partners

Accueil Francophone
Addictions Foundation of
Manitoba
Bilal Community and
Family Centre
Bridge Care Health Clinic
Canadian Council for Refugees
Canadian Multicultural
Disability Centre
Canadian Muslim Women's
Institute
CEDA
Child and Family, All Nations
Coordinated Response
Network (ANCR)
Dr. Peter Czaplinski
Edge Skills Centre Inc
Elmwood Community
Resource Centre
Emmanuel Mission
Eritrean Community
of Winnipeg
Ethnocultural Council
of Manitoba
Family Dynamics
Girls Pride and Dignity
Hospitality House
Immigrant Centre
Immigration Partnership
Winnipeg
Interlake-Eastern Regional
Health Authority (IERHA)
IRCOM
KLINIC

Kurdish Initiative for Refugees
Louis Riel School Division
Manitoba Adolescent
Treatment Centre (MATC)
Manitoba Harvest
Manitoba Institute of Trade
and Technology (MITT)
Manitoba Justice
Manitoba Moon Voices
Manitoba Possible
MOSAIC
Mount Carmel Clinic
NEEDS Centre
Neepawa & Area Immigrant
Settlement Services
Nehal Community Centre
New Journey Housing
Newcomer Serving
Organizations (MANSO)
Nine Circles
NorWest
Opportunities for Employment
Portage la Prairie Local
Immigration Partnership
Portage Learning and
Literacy Centre (PLLC)
Rahma Youth and Family Centre
Rainbow Resource Centre
River East Transcona
School Division
Roseau River Heath Centre
Saskatchewan Association
of Immigrant

Settlement and Integration
Agencies (SAISIA)
Seven Oaks Immigrant Services
Seven Oaks School Division
Sexuality Education Resource
Centre MB
Shared Health
Sierra Leone Refugee
Resettlement
Supporting Employment &
Economic Development
(SEED)
United Way of Winnipeg
University of Manitoba,
Faculty of Social Work
University of Winnipeg –
Recplex
University of Winnipeg
Aboriginal Student
Services Centre
University of Winnipeg
Faculty of Education,
Marriage and Family
Therapy Program
University of Winnipeg
Student Wellness
Victim Services
Welcome Place
West Central Women's
Resource Centre
Winnipeg English Language
Assessment and Referral
Centre (WELARC)

Winnipeg Foundation
Winnipeg Regional Health
Authority
Winnipeg Regional Health
Authority, Clinical Health
Psychology
Winnipeg Regional Health
Authority, Integrated
Mental Health & Addictions
Recovery Services
Winnipeg Suicide Prevention
Network
Winnipeg Transit Recreation
Department
(Facilities Passes)
Yazidi Association of
Manitoba Corp
YMCA Downtown
Yorkville University
ZONE Providers
(not yet mentioned)
*Zones already mentioned
above: Immigrant Centre/
IRCOM/FD/AF)

Funders and Donors

Government of Canada
Province of Manitoba
United Way Winnipeg
The Winnipeg Foundation
Communities for Families
Anonymous donors

Board of Directors

Chair:

Prof. Michael Baffoe

Vice-Chair:

Heba Abdelhamid

Treasurer:

Vernon DePape

Board Members:

Ingrid Botting

Angela Simeonidis

Gabrielle Marrin

Yanet Endrias

Jude Obidiagha



Statement of Revenue and Expenses

Statement of Revenue and Expenses Year Ended March 31, 2025

REVENUE

	2024	2025
Federal grants	\$ 3,365,403	\$ 3,253,417
Provincial grants	1,061,721	941,833
United Way	207,128	232,468
Therapy fees	95,035	96,841
Donations	84,447	41,433
Practicum	77,067	58,137
Other grants	74,167	85,459
Recognition of deferred capital contributions (Note 8)	27,173	27,173
Miscellaneous	5,648	2,312
Winnipeg Foundation	4,420	64,029
	5,002,209	4,803,102

EXPENSES

Advertising and promotion	1,476	-
Amortization	42,573	44,102
Equipment rentals	3,739	2,234
Ethnocultural programs staff and external contracts	930,466	836,512
IT Support	28,683	27,244
Insurance	43,583	38,036
Interest and bank charges	7,994	8,776
Miscellaneous	16,835	7,744
Office	62,265	53,508
Professional development	17,553	27,552
Professional fees	48,123	181,694
Programs hospitality	275,940	282,089
Public Awareness	9,743	4,291
Rent (Note 7)	366,039	329,386
Repairs and maintenance	103	46
Supplies	37,684	19,849
Telephone and internet	26,642	24,989
Transportation	265,371	300,538
Wages and employee benefits	2,899,029	2,656,401
	5,083,841	4,844,991

DEFICIENCY OF REVENUE OVER EXPENSES FROM OPERATIONS

	2024	2025
Federal grants	(81,632)	(41,889)

OTHER REVENUE (EXPENSES)

Gains (losses) on disposal of investments	2,027	(671)
Unrealized gains on investments	3,191	21,472
Dividends	4,799	977
	10,017	21,778

DEFICIENCY OF REVENUE OVER EXPENSES

\$ (71,615) \$ (20,111)

Expenses
50%

Revenue
50%





Resilia Community Wellness Centre – Our Rebranding Journey



In November 2024, Aurora Family Therapy Centre embarked on a transformative journey to create a brand that genuinely reflects who we are today and the future we are building. This change was inspired by our growth both as a team and as a community and by the evolving needs of those we serve.

We recognized that the time was right for a new identity. Our services have expanded significantly over the years to meet our community's changing needs. While we remain proudly connected to the University of Winnipeg's Master of Marriage and Family Therapy Program through our practicum partnership, continuing to offer individual, relationship, and family therapy services, we now also deliver a full range of programs for newcomers to Canada and specialized services for under-represented groups affected by trauma.

We knew that our new brand needed to embody a core belief: **change begins within—but it doesn't stop there.**



Our promise: We provide a safe environment for all, where hope, healing, and connection can flourish.



Our vision: We envision a thriving and empowered community where mental health support is accessible to everyone.



Our mission: We are committed to improving the overall mental health and well-being of individuals, couples, families, and communities through culturally conscious, trauma-informed therapeutic and community-based services.

Our new name, **Resilia Community Wellness Centre**, reflects that vision. It inspires action encouraging self-awareness, emotional intelligence, and accountability while also conveying warmth and groundedness in the belief that no one grows alone. Resilia honours the importance of support systems and collective care.



Rather than centering solely on hardship, *Resilia* highlights the beauty of transformation: **from struggle to strength, from isolation to connection, and from surviving to thriving.**

Our **core values** guide us:



Inclusivity
Holistic and Systemic Approaches
Respect
Professionalism





Celebrating Our Legacy, Embracing Our Future

In April 2025, we celebrated the **50th anniversary** of our organization. This milestone was an opportunity to honour our roots while casting our vision forward. At the event, we proudly launched our new brand and shared our future direction with community stakeholders.

This transformation would not have been possible without the support and guidance of our partner, **Honest Agency**. We are honoured to be the first successful candidate of their *Lemonade Project* an annual initiative supporting Winnipeg not-for-profits and social enterprises through a five-month strategic brand transformation.

Being chosen for this opportunity was a privilege. Honest Agency's strategic, creative, and intentional process helped us articulate not only who we are, but who we are becoming.



Looking Ahead

With our new name and identity in place, we are entering this next chapter with clarity, purpose, and momentum. Over the coming months, we are focused on three key priorities:

PRIORITY 1: Diversifying our funding base

Our Vicarious Trauma and Resilience Program has expanded beyond the local sector and across the country, demonstrating its value and generating revenue to support our mission.

PRIORITY 2: Expanding our professional development program

We are widely recognized for our trauma-informed mental health and well-being services, which support vulnerable and isolated individuals, couples, and families with complex needs. We aim to broaden this impact through capacity-building and professional education.

PRIORITY 3: Improving internal and external communication

The rebrand and new website are just the beginning. We are committed to strengthening our communication with staff, partners, and community members. We invite you to follow our journey through our social media channels and help us share this exciting new chapter.



 We are only just getting started, and we are deeply grateful to walk this path with you.

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