



Annual **2025** Report **2026**

Message from the Chair, Board of Directors and the Executive Director

The 2025–2026 year has been one of growth, transition, and renewed purpose for Resilia Community Wellness Centre. As we continue building on our long history of community care, We are proud of how our staff, students, volunteers, partners, and communities have embraced change while remaining focused on what matters most: ensuring that people have access to compassionate, culturally responsive support when they need it.

Across our programs, thousands of individuals and families found opportunities for healing, connection, and belonging. Our Family Therapy Program provided 4,349 clinical hours to 741 unique clients, while continuing to serve as an important clinical training environment for the next generation of therapists. Our Community Development Program reached 1,132 clients through 24 weekly programs, creating spaces where newcomers could build relationships, strengthen families, develop leadership, and establish a sense of community.

Our newcomer services also continued to evolve. The transition to the Resilia Newcomer Case Management Program expanded our ability to walk alongside refugee individuals and families facing complex settlement barriers. Meanwhile, our Newcomer Mental Health Program provided culturally responsive and trauma-informed care to people from 55 countries, many of whom were navigating significant trauma while rebuilding their lives in Manitoba.

Behind these numbers are remarkable human stories—families reunited after years of separation, newcomers pursuing education and entrepreneurship, people finding their voices through therapy, and communities creating new networks of support and belonging.

Our impact also extends beyond those who come directly through our doors. Through the Vicarious Trauma and Resilience Program, more than 1,500

participants from over 100 agencies in Manitoba, Saskatchewan and Alberta accessed training and learning opportunities designed to strengthen the people and organizations serving newcomers across Canada.

None of this work happens alone. We extend our sincere gratitude to our staff, Board of Directors, students, volunteers, funders, community partners, and, most importantly, the individuals and families who trust us with their stories.

As we look ahead, we remain committed to strengthening Resilia as a place where people can heal, connect, grow, and belong. Our name reflects what we witness every day: resilience is not simply the ability to endure hardship—it is what becomes possible when people have meaningful relationships, opportunities, resources, and communities standing alongside them.



Abdikheir Ahmed
Executive Director



Verno DePape
Chair, Board of Directors

Resilia Community Wellness Centre Staff | 2025/ 2026

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
Resilia Senior Administrator

Temilolua Raimi
Resilia Administrative Assistant

Cynthia Oguntimehin
(on maternity leave)
Resilia Administrative Assistant

Najma Wadi
Resilia Administrative Assistant

Debbie Froese
Administrative Coordinator

Newcomer Collaborative Community Mental Health Service

Sara Warkentin
(on Maternity Leave)
Coordinator/Clinician

Carol Reimer
Interim Coordinator/Clinician

Margaret Tuimising
Clinician

Tamana (Tami) Shahnawaz
Clinician

Atta Mousavi
Clinician

Vaska Miteva-Karamanova
Clinical Specialist

Genet Kassaye
Office Assistant

Temilolua Raimi
In-take Lead

Charmaine Gomes
Clinician

Anabel Khoo
Clinician

Fazla Ashraff
Clinician

Resilia Newcomer Case Management Program

Elden Siemens
Coordinator/Clinician

Sahra Salad
Case Manager

Adey Mohamed
Clinician

Marie Bergen
Case Manager

Shakila Atayee
Clinician

Vaska Miteva-Karamanova
Clinical Specialist

Zina Hamu
Case Manager

Jackie Kidzugane
Clinician/Case Manager

Seham Merghani
Clinician/Case Manager

Abu Dukuly
Case Manager

Milad Mohammadzadeh
Case Manager

Practicum Student

Deborah Alabi

Vicarious Trauma & Resilience Initiative

Kari McCluskey
Program Coordinator

Bonface Beti
Program Facilitator

Patricia Eyamba
Program Facilitator

Newcomer Community Development Program

Laila Khoudeda
Program Coordinator

Najma Wadi
Program Assistant

Badri Abdilahi
Group Facilitator

Abu Dukuly
Group Facilitator

Roselyn Advincula
Group Facilitator

Aireen Miaral
Program Assistant

Hermína Tipan
Group Facilitator

Damhat Zagros
Youth Facilitator

Seydou Diallo
Group Facilitator

Nasri Sheikh-Hassan
Youth Facilitator

Zohra Nawrozi
Youth Facilitator

Resilia Community Wellness Centre's Interpreters

Habibullah Mohammed Ibrahim

Hamda Ahmed

Ismail Ibrahim

Najlaa Sabar

Li Dong

Neveen Basiliou

Sophonie Baatwenga

Abdulaziz Aden

Ousseni Moussa

Jawad Akhtary

Elenta Reyes

Genet Gebrekai

Chinar Khalaf

Martin Michael

Alina Sidletska

Khani Hassan

Saim Chowdhury

Boutaina Abdi

Mariellw Weeh Tiki

Carmina Paguio

Huizhe Feng

Rozina Yasmin

Lani Castro de Lara

Shafiqui Islam bin

Abdul Islam

Asma Ahmad Khalil

Victor Safari

Angelique Tuyishime

Arshad Nasari

Mirwais Nasari

Esperence Shima

Isabelle Hadley

Nebila Said

Merna Khalil

Efrim Haile

Mohammad ZSalmal

Hodan Ali

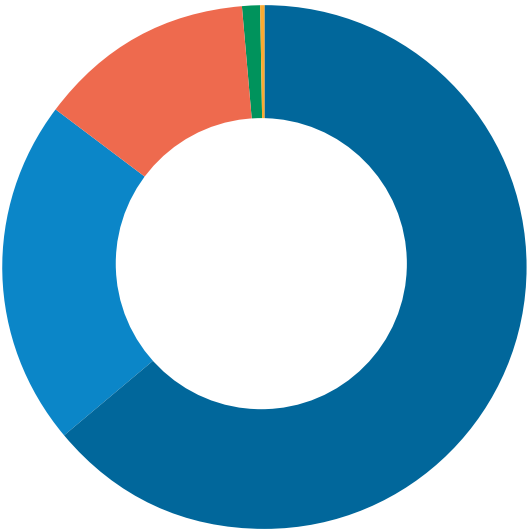
Family Therapy Annual Report

Resilia Community Wellness Centre Therapy Program offers therapy services for individuals, couples, families and all forms of relationships. We provide an inclusive and safe environment where clients can explore and address individual and relationship challenges, enhance connection and build resilience.

Resilia is the primary clinical training site for the University of Winnipeg’s Master of Marriage and Family Therapy Program as well as a practicum site for the University of Manitoba’s Master of Social

Work Program and the Master of Counselling Psychology Program. The therapy services strive to serve a diverse community that is trauma-informed and culturally responsive.

Total clinical hours across
all service locations
4349



- Individual therapy hours – 2782
- Group therapy hours – 4
- Family therapy hours – 590
- Couple therapy hours – 927
- Psychiatric consultations – 46

Total unique clients
741



Therapy sessions
by location



Therapy sessions
at Resilia:

Individual – 2323
Couple – 864
Family – 562
Psychiatric
assessments – 46
Group – 4

Total:
3799

Therapy sessions
at Wellness
Student Centre:

Individual – 356
Couple – 4
Family – 3

Total:
363

Therapy sessions at
Aboriginal Services
Centre U of W:

Individual:
103

Therapy sessions
in Selkirk:

Couple – 59
Family – 25

Total:
84

(Note: this practicum location ended
June 2025 and due to inadequate office
space it was not renewed)



Demographics

The most frequent
age range is

25–34
years

followed
by

35–44
years



Waitlist times vary
throughout the year

individuals

3–8
months

Couples and families

4–10
weeks

Practicum Supervisors

Leslie Hackett
Narumi Taniguchi
Michelle Kreutzer
Carl Heaman-Warne
Chi-Chun Lin
Charity Martin
Jeannette Bodnar

Practicum Therapists

Catherine Morrison
Kelcie Chiswell
Carlee Henderson
Katherine Beaudoin
Charmaine Gomes
Monika Rosney
Mila Panaskevich
Nikaela Peters
Ioanna Charatsari
Rose Kimani
Jennifer Streilein
Colette Havens
Kristin Millar
Nicole Yakielashek
YiYi Liu

Erika Mitchell
Christiaan Kuchta
Amanda Bauschke
Lukas Maitland
Sophia Freynet-Agossa
Vanessa Macrae
Jennifer Hoenisch
Valeriia Alipova
Charley
McDonald-Mitchell
Brennan Foidart
Joni Sawatsky
Amanda-Rose Bourget
Darla Matombe
Nicole Closs

Pao-Tsung Kao
Yanisa Chainithikan
Catharine MacDonald
Kristine Prince
Arial Giesbrecht
Caleb Elias
Athena Lefort-Lynx
Vera Kolesnik
Alon Weinberg
Alfi Mursalin
Lindsay Hofer
Anna Milan
Audra Taylor



Homicide Bereavement & Unresolved Loss Program

The Homicide Bereavement & Unresolved Loss Program provides specialized therapeutic support to adults, children, and families experiencing the profound grief and trauma associated with losing a loved one to homicide or other forms of human violence, as well as families whose loved one's whereabouts remain unknown.

Resilia Community Wellness Centre is the only centre in Winnipeg providing this specialized program, offering individuals and families access to ongoing therapy as they navigate grief, trauma, uncertainty, and the long-term emotional impacts of violent or unresolved loss.

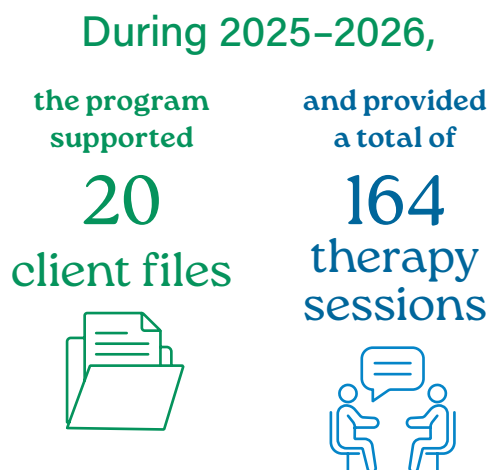
The Homicide Bereavement component is delivered in partnership with Victim Services and provides therapy at no cost to eligible clients. Individuals are referred or apply through Victim Services, allowing immediate family members to access a significant number of therapeutic sessions based on their needs. Extended family members may also be eligible for support through separate funding provided by Manitoba Justice.

The Unresolved Loss component, funded through Manitoba Justice, provides therapeutic support to families living with the uncertainty and emotional impact of having a loved one whose whereabouts are unknown.

During 2025–2026, the program supported 20 client files and provided a total of 164 therapy sessions. This included 12 Homicide Bereavement files receiving 94 sessions through Victim Services

funding and 8 Manitoba Justice-funded files receiving 70 sessions.

Through this important partnership, Resilia provides families with a safe and supportive therapeutic environment to process grief and trauma, strengthen coping and resilience, and receive sustained support as they navigate some of the most difficult experiences a family can face.

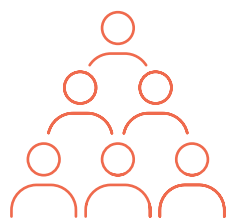


Newcomer Community Development Program

Building Connections. Empowering Communities. Creating Belonging.

Overview

In the past year, Resilia Community Wellness Centre’s Community Development Program continued to advance its commitment to strengthening newcomer communities across Manitoba. Through safe, inclusive, and culturally responsive programming, the Centre supported individuals and families to build connections, access support, and foster a stronger sense of belonging.



Average program attendance
23 attendees
per session

Number of clients served this fiscal year
1132

Weekly programs
24

As community needs evolved, program delivery was adapted to reflect emerging priorities. Initiatives focused on promoting wellness, integration, leadership development, and meaningful community engagement.

Programs and Community Engagement

Key program areas included:

- Youth and recreation: Be That Leader youth groups; Boys’ Soccer and Recreation programs
- Wellness and peer support: Women’s Coffee Groups; Men’s Wellness Groups; Walking and Wellness groups; Mental Health Promotion initiatives

- Family and prevention education: Parenting and Family Education workshops; Anger Management workshops; Domestic Violence Prevention workshops
- Settlement and community connection: Community podcasts and conversations; Settlement information workshops; culturally specific programming for Afghan, Rohingya, African, Middle Eastern, and other emerging communities.

Collectively, these initiatives provided participants with opportunities to develop skills, strengthen relationships, access practical information, and participate more fully in community life. They also reflect Resilia’s ongoing commitment to responsive, culturally

grounded programming that promotes connection, wellbeing, and belonging.

Innovation in Action: The CREATE Program

A significant achievement this year was the launch of the CREATE Program, an intergenerational initiative that brings newcomer seniors, adults, and youth together to learn, share experiences, and build meaningful relationships. By bridging generational divides and honouring cultural knowledge, CREATE has strengthened community connections while fostering mutual respect, learning, and belonging.



Responding to Emerging Community Needs

In response to the increasing arrival of Rohingya families in Winnipeg, Resilia established dedicated programming tailored to their settlement experiences. Through culturally appropriate wellness activities, settlement support, and peer engagement opportunities, the Centre began building trusted relationships within this emerging community while supporting participants to connect with the broader newcomer population. These efforts helped reduce isolation, strengthen social networks, and support successful integration.

This combination of innovation, responsiveness, and trust-based community engagement reinforced the foundation for inclusive programming across newcomer communities.

A Foundation of Strength and Inclusion

Grounded in trauma-informed, strength-based, and culturally safe practices, Resilia's programs supported participants to develop leadership skills,

strengthen family relationships, enhance wellbeing, and engage actively in community life. Partnerships with schools, settlement agencies, ethnocultural organizations, and community stakeholders remained central to the Centre's ability to respond effectively to emerging needs and expand its community impact.

Looking Ahead

As Manitoba's newcomer population continues to grow and diversify, Resilia remains committed to advancing innovation, inclusion, and community-led solutions. The Centre will continue creating opportunities for leadership, connection, and mutual learning while contributing to stronger, healthier, and more vibrant communities where newcomers are welcomed, supported, and empowered to succeed.

Summer Youth Enhancement Program

This past year, Resilia once again partnered with seven ethnocultural community organizations to deliver Summer Youth Enhancement Programs for newcomer immigrant and refugee children and youth. The program plays an important role in helping young people develop skills, build resilience, strengthen their sense of belonging, and foster hope for a positive future.

In 2025–2026, we partnered with the Bilal Community and Family Centre, Rahma Community and Youth Centre, Winnipeg Initiative for Refugees, Emanuel Mission, Nehal Community Centre, Canadian Multicultural Disability Centre, and Eritrean Community of Winnipeg to provide highly structured and enriched summer programming to 360 newcomer immigrant and refugee children and youth.

The Summer Youth Enhancement Program is designed to:

- Strengthen resilience and belonging by providing safe and supportive spaces where newcomer children and youth can express themselves freely, build relationships, and develop a stronger sense of connection to their communities and Canadian society.



- Support continued learning by engaging newcomer and refugee children in literacy and numeracy activities during the summer months, helping to reduce learning loss and maintain their connection to school and education.
- Promote positive social connections by creating inclusive spaces where children and youth, including those who may feel isolated, disenfranchised, or alienated, can build friendships and develop positive peer and community support networks.
- Strengthen cultural identity while supporting integration by engaging community Elders and spiritual leaders to share cultural and religious knowledge, helping young people maintain connections to their cultural identities while learning about and navigating Canadian society.
- Build individual and community capacity through programming that harnesses the power of sport, leadership development, mentorship, academic enrichment, and other structured activities to strengthen confidence, resilience, and life skills.

Through these community-based partnerships, the Summer Youth Enhancement Program provides newcomer children and youth with opportunities to

learn, connect, grow, and thrive while strengthening the capacity of ethnocultural communities to support their young people.

Resilia Newcomer Case Management Program

Program Transition

In 2025-26 the Psychosocial Settlement Needs Assessment (PSSNA) program transitioned to the Resilia Newcomer Case Management (RNCM) program. The change required a revised service model that supports newcomer refugee individuals and families as they navigate settlement and integration in Canada.

Effective April 1, 2025, Immigration, Refugees and Citizenship Canada (IRCC) introduced service delivery changes that resulted in a shift from the former PSSNA model to the RNCM program. Under PSSNA, services were primarily short term and focused on initial psychosocial assessment, immediate follow-up support where required, and assistance during the first six months of settlement. When longer-term support needs were identified, clients were referred to community resources

or specialized case management programs. The PSSNA client population consisted largely of newcomers who had arrived in Winnipeg within the previous one to two weeks.

Current RNCM Service Model

The RNCM program provides ongoing and comprehensive case management services to newcomer refugee individuals and families. While newly arrived refugees continue to represent an important client group, the program also receives referrals for individuals and families who have lived in Canada for several years and continue to experience complex settlement-related barriers. This expanded scope requires a coordinated and flexible service model that responds to both immediate and longer-term needs.

Implementation Context

The first year of RNCM implementation involved a period of adjustment, as is common with substantial changes in service delivery systems. Similar implementation challenges have been identified across the broader immigrant and refugee-serving sector. Ongoing collaboration with provincial partners and community organizations has supported the identification of practical solutions, the sharing of promising practices, and an adaptive response to emerging client and system needs. RNCM continues to prioritize high-quality, client-centred service delivery that contributes to positive settlement and integration outcomes.



Clients and Team Approach

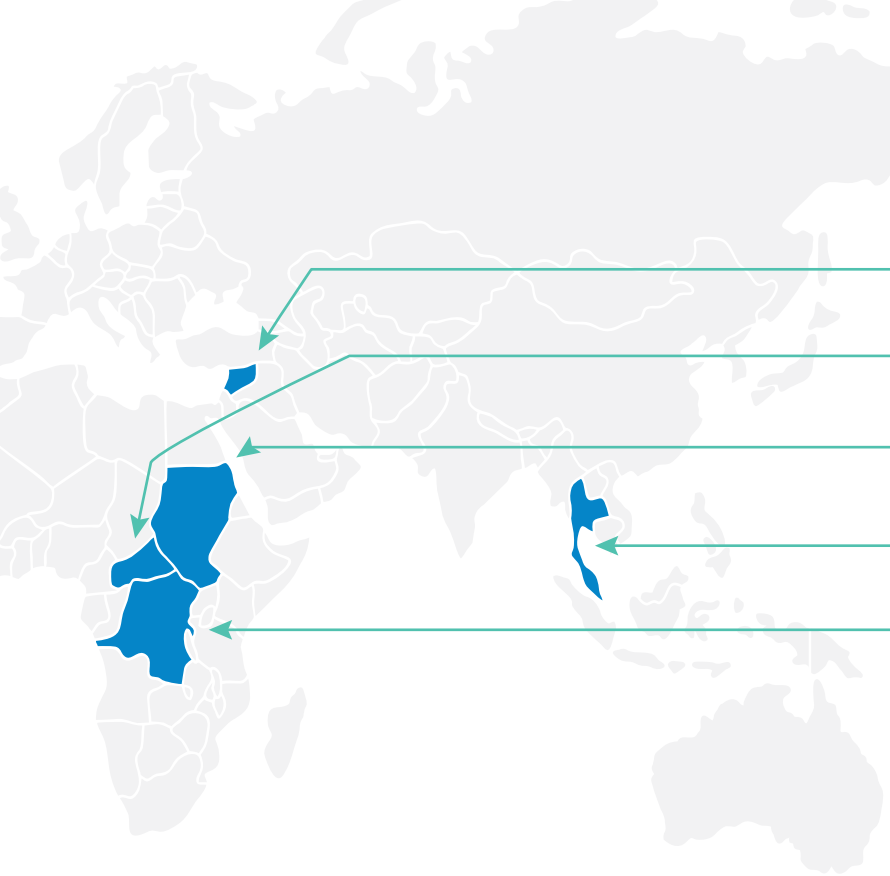
RNCM serves a diverse population of newcomer refugees who have been displaced from countries around the world. Many clients present with complex and urgent needs that require coordinated, culturally responsive, and trauma-informed support. The RNCM team reflects a wide range of cultural and linguistic backgrounds, which strengthens the program's capacity to provide services in clients' preferred languages and within culturally relevant contexts. Where direct language or cultural matching is not available, professional interpretation services are used to support effective communication, informed decision-making, and meaningful engagement between clients and case managers.



Program Significance

"One of the most powerful findings from research in the past 25 years is the discovery that distress among refugees is caused at least as much by the everyday conditions of their lives in exile as it is by anything they experienced before leaving their homeland. Poverty, discrimination, restrictions on work, the loss of social support networks, a lack of access to healthcare and education, and chronic uncertainty about the future can take a terrible toll on mental health. Fortunately, conditions in the here-and-now can be changed."— Kenneth E. Miller

The work of RNCM is grounded in evidence that post-migration conditions significantly influence refugee mental health and settlement outcomes. Factors such as poverty, discrimination, limited access to employment, loss of social support networks, barriers to healthcare and education, and uncertainty about



Country of Origin

60	Syria
117	Democratic Republic of Congo
17	Sudan
30	Myanmar (formerly Burma)
23	Central African Republic
92	Other
339	(Individuals) April 1, 2025 – March 31, 2026

the future can all affect wellbeing. By addressing these conditions through practical support, advocacy, coordination, and relationship-based case management, RNCM contributes to improved stability, access, wellbeing, and belonging for newcomer refugee individuals and families.

Overall, RNCM plays an important role in supporting newcomer refugees as they rebuild their lives and establish long-term stability in Canada. Through coordinated case management and responsive service delivery, the program helps reduce settlement barriers and supports clients in achieving meaningful progress toward integration and community participation.



92** OTHER Individuals from the following countries:

Egypt, Eritrea, Iran, Iraq, Malaysia, Mali, Somalia, Palestine, Rwanda, Turkey, Yemen, Uganda, Ukraine



Primary Language (Individuals from Top 5 Countries)

96

Arabic

44

Sango

33

Rohingya

62

Kinyarwanda

36

Swahili

68** OTHER Individuals with these Primary Languages:

Bembe, Dari, English, Farsi, French, Kifuliru, Kiswahili, Kurdish, Kurmanji, Luganda, Mandarin, Somali, Tigrigna, Punjabi, Ukrainian, Uzbek



Parisa's Story: Building a New Future in Winnipeg

Parisa arrived in Winnipeg with her parents in 2022. With support from Resilia Community Wellness Centre and collaboration with community partners, she strengthened her English, gained work experience, and completed high school in 2024 with top academic honours and a city-wide writing award.

She went on to build a career in accounting, secure a permanent position with the Reimer Group, and began a Bachelor of Commerce degree at the University of Manitoba.

While working and studying, Parisa also pursued her dream of opening and managing her own restaurant. With support from agency who aid small-business organizations, she opened Kabul 14, an Afghan restaurant named in remembrance of August 14, 2021, which Parisa describes as the last day of freedom for Afghans before the Taliban took over Kabul on August 15, 2021.

Today, she is working full-time, studying part-time, and running her own business—a strong example of resilience, opportunity, and what can be achieved through coordinated community support and partnership.

Parisa shared that she is deeply grateful for the hands-on support her family received from Resilia Community Wellness Centre.

Family Reunification Through Coordinated Support

In November 2023, a mother arrived in Winnipeg from Sudan, via Libya, with her two adult children. Their greatest concern was the whereabouts of her husband, who had been missing since 2016.

With support from the Resilia PSSNA program Clinician who is now Program Coordinator of NMHP the family was connected to the Red Cross Family Links program, whose international network helped locate him in Libya within several months. Contact was restored, bringing renewed hope after years of uncertainty.

Resilia staff then worked with the family to complete a time-sensitive One-Year Window application through Immigration, Refugees and Citizenship Canada, an important step toward reunification. For families applying through the One-Year Window

process, the application deadline is strict: the application must be submitted within exactly one year. Missing that deadline can make the process much more complicated

On May 14, 2026, after nearly a decade apart, the father arrived in Winnipeg and was finally reunited with his wife and children.

The PSSNA program had previously engaged with the Red Cross program in 2020 and had a successful outcome including reuniting a mother and daughter who had been missing for 10 years.

This connection highlights the meaningful impact of the Red Cross program, power of partnership, and showing how coordinated support can help restore family bonds and bring hope to people searching for their loved ones.

Chinar's Story: From Isolation to Opportunity

In 2018, Chinar arrived in Winnipeg with her mother. As a young Yazidi teenager whose life had been shaped by conflict, war, trauma, and significant loss, she was very shy, quiet, and hesitant to connect with others in her new community.

One of Chinar's first connections was with **Aurora Family Therapy Centre, now Resilia Community Wellness Centre**, where she began participating in youth group programming. To ensure that transportation was not a barrier to her participation, staff regularly picked her up from home or school, brought her to the programs, and made sure she arrived home safely afterward. This consistent support and care is something Chinar continues to remember.

Participating in the groups gradually helped Chinar come out of isolation and begin building a sense of belonging in her new community. She developed friendships, participated in activities that supported her physical and emotional well-being, received help with her homework, and learned strategies to understand and regulate her nervous system. Most importantly, she found a safe and supportive environment where she could begin rebuilding trust and confidence. Over time, as she became more comfortable, Chinar also opened herself to receiving individual therapy from one of our therapists.

Over the years, we have had the privilege of watching Chinar grow into a confident, intelligent, talented, and compassionate young woman. She graduated from high school with distinction and began her post-secondary studies at the University of Winnipeg. She is now entering her third year of post-secondary education at the **University of Manitoba**, where she is pursuing a **Bachelor of Arts with a double major in Criminology and Psychology**.



Resilia has been fortunate to remain part of Chinar's journey through the many challenges and milestones she has experienced since arriving in Canada. As her confidence, skills, and independence grew, we were pleased to provide her with another opportunity by hiring her as one of Resilia's interpreters. In this role, Chinar is now using her own skills and lived experience to help others access the support they need.

Chinar's journey—from a quiet and isolated newcomer teenager to a successful university student and valued member of our team—is a powerful example of what can happen when young people are provided with consistent support, meaningful relationships, and opportunities to realize their potential. Today, she is a wonderful role model for other newcomer and refugee youth and an example of the resilience, hope, and possibilities that exist within the young people we serve.

Newcomer Mental Health Program

Resilia’s Newcomer Mental Health Program plays a vital role in closing critical gaps in mental health care for newcomer individuals, couples, and families across Manitoba by providing accessible, no-cost, culturally responsive, and trauma-informed therapeutic services, regardless of immigration status.



17
Workshops



375
Workshop attendees



217
People screened
and assessed



268
People received therapy
in first language



199
Home visits



42
Children and
youth received
specialized services



46
Psychiatric assessments
and services



59
Psychological services
and assessments



72
Clients received therapy
with interpretation



2479
Clinical hours



204
New clients

Program Reach and Access

During the period under review, the program delivered therapy services to 259 individuals and 30 couples or families, demonstrating strong community demand for accessible newcomer mental health care. Language access remained

essential to equitable service delivery, with interpretation services used by 16% of clients and additional direct support provided by Resilia’s multilingual clinical team.

Client Needs and Settlement Context

The program served clients experiencing significant and complex mental health challenges during a critical stage of settlement. Among those accessing services, 165 individuals were identified as experiencing moderate to severe impacts of trauma or post-traumatic stress. Clients represented 55 countries of origin, with the largest groups coming from Ukraine, Nigeria, and Iran. In addition, 62% of clients had been living in Canada for less than four years, underscoring the importance of early, accessible mental health support that helps newcomers stabilize, heal, and participate more fully in their new communities.

Partnerships and Pathways to Care

Strategic partnerships strengthened the program's capacity to respond to these needs and extend the impact of funder investment. Ongoing collaborations with Shared Health and the Community Child & Adolescent Treatment Service-connected clients with psychiatry, psychology, and system navigation supports. Through our partnership with Family Dynamics, clients also accessed case management services to address practical and social challenges affecting mental well-being. Together with interpretation and transportation supports, these partnerships reduced barriers to care, improved access to culturally safe and trauma-informed services and supported clearer pathways to wellness for newcomers building their lives and communities in Manitoba.



Continued funding will ensure that more newcomers can access timely, culturally safe mental health care that supports healing, stability, and long-term belonging in Manitoba.

Finding Voice, Identity and Hope

Marcus (*not their real name*) came to Winnipeg as an international student carrying years of trauma, including bullying, family control, emotional and physical abuse, sexual exploitation, and deep struggles with identity, guilt, fear, and shame. Growing up in a highly restrictive environment, Marcus had little opportunity to make independent choices or imagine a future for themselves.

Through therapy with the Newcomer Collaborative Community Mental Health Service, Marcus began rebuilding a sense of safety, identity, and personal agency.

Today, Marcus is learning to set boundaries, make independent decisions, express themselves more openly, and ask others to respect their identity. Their fear has decreased, and for the first time, they are beginning to imagine a future shaped by their own choices rather than by shame or control.

Marcus describes the change simply and powerfully: "I finally feel like a person. I know I can take up space like anyone else, and I don't need permission to be alive."

Their journey continues, but it is now one marked by growing confidence, self-acceptance, hope, and the courage to live authentically.



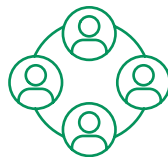
Vicarious Trauma and Resilience Program

Program Overview

The Vicarious Trauma and Resilience Program continued to strengthen support for settlement-sector service providers through expanded training, increased accessibility, and responsive programming across the Prairies and Northern Territories region. Over the year, the program grew its reach, reflected on emerging sector needs, and continued developing learning opportunities that support resilience, reflection, and professional capacity.



86
sessions delivered



More than
100
agencies represented



More than
1,500
participants engaged

The program also established a consistent online training presence, increasing accessibility for individuals and organizations across Canada and helping more participants become familiar with Resilia's training and support offerings.

Impact at a glance:

The program expanded access through both online and in-person delivery, reached participants across the Prairies and Northern Territories and beyond, and strengthened sector capacity through trauma-informed learning, peer connection, and culturally responsive practice.

Training and Learning Opportunities

The program continued to offer its well-attended Lunch and Learn sessions, covering topics such as stress management, burnout, emotional wellness, self-compassion, lateral violence, and unconscious bias.

A new five-part Trauma Training Series was also introduced. The series begins with foundational learning on trauma and progresses toward trauma-informed practice, vicarious trauma, and post-traumatic growth.

Also, the program developed intentional learning sessions designed to expand and deepen participants' understanding of cultural competency by exploring key components of multicultural dialogue and practice.



Geographic Reach

Sessions drew participants from across Manitoba, Saskatchewan, and Alberta, with additional participation from British Columbia, Ontario, New Brunswick, and Nova Scotia. This national reach reflects the growing relevance of the program's training topics and the increased accessibility created through online delivery.

Program Development and Emerging Initiatives

In-person training opportunities expanded during the year and included focused sessions on supporting co-regulation and fostering team connection through storytelling. These sessions were facilitated in both Manitoba and Alberta.

The program implemented a new peer support initiative that welcomes service providers to Resilia to connect with peers while engaging in creative projects. This initiative offers an opportunity for reflection, connection, and shared support, and is expected to continue expanding in the future.



Participants' Feedback

"The session was rich and engaging and connected very well with the audience. I really enjoyed it."—Participant, Metropolis 2026

"Learning more about the layers of working with cultures has made me think about how I work with others."—Social Work Practicum Student, online session

"I look forward to attending the next session. I really enjoy all the webinars from Resilia."—Online session participant

Conclusion

Overall, the Vicarious Trauma and Resilience Program strengthened its role as a responsive and accessible resource for settlement-sector service providers. Through expanded training delivery, increased online accessibility, focused in-person learning, and the introduction of peer support opportunities, the program continued to support resilience, reflection, and professional capacity across the sector.

Community Partners

Accueil Francophone
Addictions Foundation of Manitoba
Alberta Association of Immigrant
Serving Agencies (AAISA)
Bilal Community and Family Centre
BridgeCare 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
Elmwood Community
Resource Centre
Eritrean Community of Winnipeg
Ethnocultural Council of Manitoba
Family Dynamics
Hospitality House
Immigrant Centre
Immigration Partnership Winnipeg
IRCOM (Immigrant and Refugee
Community Organization
of Manitoba)
Louis Riel School Division
Manitoba Possible
MOSAIC Newcomer Family
Resource Network
Mount Carmel Clinic
NEEDS Centre
Nehal Community Centre
Rahma Community and Youth Centre
River East Transcona School Division

Settlement and Integration
Agencies (SAISA)
Seven Oaks Immigrant Services
Seven Oaks School Division
Shared Health Manitoba
Sexuality Educational Resource
Centre (SERC)
University of Manitoba – Faculty
of Social Work
University of Winnipeg – Aboriginal
Student Services Centre
University of Winnipeg – Faculty of
Education – Master of Marriage &
Family Therapy Program
Welcome Place
Winnipeg English Language
Assessment & Referral
Centre (WELARC)
Winnipeg Initiatives for Refugees
Winnipeg Regional Health Authority
Winnipeg School Division

Funders

United Way Winnipeg
Government of Canada –
Immigration, Refugees and
Citizenship Canada (IRCC),
Health Canada
Province of Manitoba – Housing,
Addictions and Homelessness,
Justice, Education and Early Learning
The Winnipeg Foundation
Assiniboine Credit Union
University of Winnipeg
Anonymous Donors

2025–2026 Board of Directors

Chair

Michale Baffoe/
Vernon DePape

Vice-Chair

Heba Abdelhamid

Secretary

Ingrid Botting

Treasurer

Vernon DePape/
Gabrielle Marrin

Board Members

Angela Simeonidis
Gabrielle Marrin
Yanet Endrias
Jude Obidiagha
James Klassen
Koya Falola

Statement of Revenue and Expenses

Year Ended March 31, 2026

	2026	2025
REVENUE		
Federal grants	\$ 2,866,887	\$ 3,365,403
Provincial grants	1,139,270	1,061,721
United Way	158,057	207,128
Therapy fees	93,045	95,035
Other grants	88,167	74,167
Winnipeg Foundation	43,985	4,420
Practicum	43,130	77,067
Recognition of deferred capital contributions	23,022	27,173
Donations	13,909	84,447
Miscellaneous	7,657	5,648
	4,477,129	5,002,209
EXPENSES		
Advertising and promotion	1,312	1,476
Amortization	42,144	42,573
Equipment rentals	3,269	3,739
Ethnocultural programs staff and external contracts	570,048	930,466
IT Support	27,776	28,683
Insurance	36,833	43,583
Interest and bank charges	7,349	7,994
Miscellaneous	15,680	16,835
Office	63,548	62,265
Professional development	11,351	17,553
Professional fees	70,070	48,123
Programs hospitality	267,327	275,940
Public Awareness	7,893	9,743
Rent	339,565	366,039
Repairs and maintenance	-	103
Supplies	47,685	37,684
Telephone and internet	25,256	26,642
Transportation	183,148	265,371
Wages and employee benefits	2,851,075	2,899,029
	4,571,329	5,083,841
DEFICIENCY OF REVENUE OVER EXPENSES FROM OPERATIONS	(94,200)	(81,632)
OTHER REVENUE (EXPENSES)		
Gains (losses) on disposal of investments	4,082	2,027
Unrealized gains on investments	11,956	3,191
Dividends	5,727	4,799
	21,765	10,017
DEFICIENCY OF REVENUE OVER EXPENSES	\$ (72,435)	\$ (71,615)



THERAPY OFFICES:
5th Floor
491 Portage Avenue
Winnipeg, Manitoba
R3B 2E4
204.786.9251

MAILING ADDRESS:
University of Winnipeg
515 Portage Avenue
Winnipeg, Manitoba
R3B 2E9
204.786.9251

resiliacentre.ca

 **@resiliacommunitywellnesscentre**

 **@resiliawellnesscentre**

 **resiliacommunitywellnesscentre**