



Manitoba's Youth In Care  
"EMPOWERING YOUTH"

### Voices: Manitoba's Youth In Care Network

300 - 61 Juno Street  
Winnipeg, Manitoba  
R3A 1T1

Phone: 204-982-4956

Fax: 204-982-4950

E-mail:  
info@voices.mb.ca

**HAPPY  
HOLIDAYS**

# November

2017

engage. equip. Empower!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All of our activities are open to youth in and from care, ages 12-30. Call 204-982-4956 for more information and to let us know you will be joining us!			Leadership Team 4:30 pm			
	5	6 Girl's Group "Getting to know you" 4:30pm	7 System Kidz 5-6pm CKUW 95.9 fm	8 Leadership Team 4:30 pm	9 Voices ROx: Paintball	10
12	13 Girl's Group "Memory Boxes" 4:30pm	14 System Kidz 5-6pm CKUW 95.9 fm	15 Leadership Team 4:30 pm	16	17	18 OCA Santa Parade Block Party
19	20 Girl's Group "Human Rights Museum Outing" 4:30pm National Child Rights Day!	21 System Kidz 5-6pm CKUW 95.9 fm	22 Leadership Team 4:30 pm	23	24	25
26	27 Girl's Group "Battling the holiday blues" (mood disorders) 4:30pm	28 System Kidz 5-6pm CKUW 95.9 fm Voices ROx: Zumba	29 Leadership Team 4:30 pm	30 Scholars Night 5pm	31	

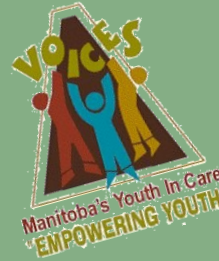
# December

2017

engage. equip. Empower!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All of our activities are open to youth in and from care, ages 12-30. Call 204-982-4956 for more information and to let us know you will be joining us!						1
3	4 Girl's Group "Cloud 9" 4:30pm	5 System Kidz 5-6pm CKUW 95.9 fm	6 Leadership Team 4:30 pm	7 Voices ROx: Sky Zone	8	
10	11 Girl's Group "Christmas Party: Skating @ The Forks" 4:30pm	12 System Kidz 5-6pm CKUW 95.9 fm	13 Leadership Team 4:30 pm	14	15	16
17	18	19 System Kidz 5-6pm CKUW 95.9 fm Voices ROx: Zumba	20	21 Scholars Night 5pm	22	23
24	25 Voices Family Christmas Party 1:00-6:00pm	26 System Kidz 5-6pm CKUW 95.9 fm	27	28	29	30
31	Voices Closed					

**Happy Holidays & Have a GREAT New Year!**



Manitoba's Youth In Care  
"EMPOWERING YOUTH"

# VOICES

## Manitoba's Youth In Care Network

NOVEMBER / DECEMBER 2017

**Volunteers Needed  
for the Voices  
Family Christmas  
Party!**  
Join us as we cele-  
brate the holidays  
on December 25<sup>th</sup>.  
Volunteers are  
needed for the  
following areas:

Set-up  
Greeters  
Arts and Crafts  
Games  
Karaoke  
Santa's Elves  
Clean-up

Call 204-982-4956  
to register as a  
volunteer today!



Marie Christian  
Program Director



Participants of the 2017 Fall Retreat at Camp Arnes

### Message from Marie...

Hi Friends!

How are you? Really- how are you? This time of year can be hard in so many ways. The weather is colder, the sunlight doesn't last as long, and thinking about the holiday season can bring up feelings of sadness or loneliness.

I feel that way over the holidays. Even my favourite Christmas songs make me feel a little melancholy. That is why I am so glad that we have the Voices Family Christmas Party on Christmas Day. I remember our first party, where we played games, sang karaoke ('LITTLE PIG LITTLE PIG LET ME IN!!!'), and ate so much delicious food. It was a lot of work, but it was worth it, to spend time with friends who have become family, surrounded by sparkly lights and laughter.

The Voices Family Christmas Party welcomes any youth in and from care who would like to enjoy an afternoon of crafts, games, karaoke, and a delicious meal. It is from 1pm to 6pm on Christmas Day. Call 204-982-4956 and let us know you will be joining us. Take care, talk soon! xoxo





Johnathan Kopchuk  
Youth Outreach Worker



Amber



### Message from Johnathan...

Hi, I am Johnathan Kopchuk.

What a pleasure it is to be your new Youth Outreach worker! I have been a long time member of Voices while I was in care. I first became in contact with Voices when I made the transition to independent living, as well all know it is a difficult transition. However, I was extremely grateful for Voices and how they helped me through this stage of my life, making the transition a little easier.

I also have a passion for Zumba Fitness, a dance fitness program. While growing up in care I was always stressed, which is something I am sure many youth in care can relate too. As a result, I found Zumba! I use it to help me though tough times and keep myself healthy.

Let me help you de-stress by dancing it out!



### Message from Amber (Girl's Group)

Girls Group meets every Monday at 4:30pm. We do crafts, go on outings, and have conversations on topics that matter to young women (and those who identify as young women) in and from care. There is no topic or question that is off the table, because it is important to have a safe space where we can speak and listen to one another.

Does being in care affect girls differently than guys? Do we need a different kind of support than is being offered right now? Let's figure it out together. See you next Monday!

## Girls Group

6 weeks of activities for youth in and from care that identify as female.

- Getting to know you - November 6, 2017
- Memory Boxes - November 13, 2017
- Human Rights Museum Outing \*National Child Rights Day\* November 20, 2017
- Battling The Holiday Blues (Mood Disorders) - November 27, 2017
- Cloud 9 - December 4, 2017
- Christmas Party: Skating @ The Forks - December 11, 2017

If interested please contact us at 204.982.4956  
3rd Floor - 61 Juno Street  
Winnipeg, Manitoba  
Fax: 204-982-4950  
email: ask@voices.mb.ca

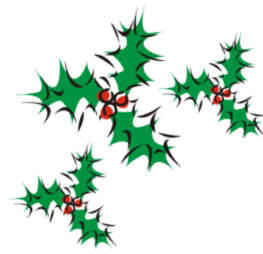


If you have ever lived in a foster home, group home, or emergency shelter, YOU can be a member of **Voices: Manitoba's Youth In Care Network**.

12 to 14 years old?	15 to 24 years old?	Over 25 years old?
Contribute articles, poems and art for the newsletter and/or website.	Come to the leadership Retreat and/or weekly Leadership meetings	Record your story for System Kidz
Come out to a games night or any other outing	Be trained as a facilitator for Primer workshops to adults or rights and advocacy workshops	Co-facilitate a games night/ girl's group or help out at an outing
Listen to System Kidz and send your feedback to the co-hosts	Participate in a System Kidz round table	Represent Voices at local, provincial, national and international events

Becoming a member of **Voices: Manitoba's Youth In Care Network** is easy! Call 204.982.4956 (toll free 1.866.982.4956), or send an email to ask@voices.mb.ca, or visit 300-61 Juno Street and ask for Marie for more information.

We are always looking for submissions for the next Newsletter! Please send a short story, poem, or essay. One lucky winner will be chosen and win a \$20 gift card! Email your submission to ruby@voices.mb.ca



## Poetry Corner

We thought of you with love today.  
But that is nothing new.  
We thought about you yesterday.  
And the days before that too.  
We think of you in silence.  
We often speak your name.  
Now all we have is memories.  
And your picture in a frame.  
Your memory is our keepsake.  
With which we'll never part.  
God has you in his keeping.  
We have you in our heart.  
We may not hear your voice again.  
Or see your wonderful smile.  
But we know that you're in heaven now.  
Where you always wanted to be.  
With god in his kingdom.  
We never wanted you to leave.  
But then we knew you had to go someday.  
The time flew by so fast.  
Like race car, speeding down the track.  
Not every day I see your grave.  
But when I do I always say "I love you mom"  
The thoughts of you just make me cry.

The thoughts of you just make me die a little more inside.  
I pray for you before I go to sleep.  
I pray to god that your are sound asleep.  
I pray to god that you are happier than ever.  
But most of all.  
I pray to god that your free.  
It's another Mother's Day without you here.  
It's been 5 years since you've been gone.  
I can't believe you've been gone so long.  
The pain of losing you still hurts.  
It keeps me up at night.  
And makes me sad every day and night.  
All I need is your warm tight hugs.  
And everything will be alright.  
Not every day I see your grave.  
But when I do, I always say "I love you"  
And kiss the cross above your head.  
All I need is you.  
I want to say Happy Mother's Day Mom.  
I love you and God does too.

By: Felicity Everett

I came from a broken home, from parents who didn't care or love me enough to keep me.  
From "see you next week" to "see you in a few months".  
I came from a family of seven kids but now down to three.  
(We don't talk anymore)  
I am from a house of foster children and adopted children,  
They're family to me.  
From foster mom to foster dad, I love them unconditionally.  
From "I'm telling mom".  
Then never saying anything at all.  
I am from setting good examples and having a brighter future.  
From reaching the bar then setting a new one.  
I am from those greatest achievements.  
From being able to say I made it.

By: Arid Archie

This little elf went to the workshop.  
This little elf stayed home.  
This little elf ate a candy cane.  
This little elf ate none.  
This little elf yelled, "Ho, ho, ho!"  
All the way home.



This year at Voices...

