

Spring 2023

DOVE TALES



DEAR FRIENDS AND SUPPORTERS,

As the days grow longer and the weather warms up, I am reminded of the many ways in which spring represents a fresh start. At WINGS, this season is especially meaningful as we continue to support survivors of domestic violence and provide a safe haven for women in need.

Our shelter continues to make a difference in the lives of women and children. We have provided shelter, counseling, legal advice, and other critical services to survivors of domestic violence, helping them regain their independence and rebuild their lives.

As we move forward into the spring season, we are excited to continue our work and expand our impact. We are always looking for ways to improve our services and better serve clients, and we welcome your input and feedback. Together, we can make a difference in the lives of women and children in our community and beyond.

None of this would be possible without the support of our generous donors and volunteers. As we enter this new season, I invite you to consider supporting our shelter in whatever way you can. Whether you make a donation, volunteer your time, or simply spread the work about our mission, you can make a difference in the lives of women and children in need.

Thank you for your continued support, and I wish you all a happy and hopeful spring season.

Sincerely,
Kathy Collins, Executive Director



Visit wingsofprovidence.ca
to purchase your tickets!

28th Annual Mother's Day Tea

This year's Tea will return to an In-Person event
at a brand new location!

Saturday, May 13th, 2023 from 11:30am to 2pm (Doors open at 11am)
New Location: Heritage Park (Venue)
5100 41 Ave, Stony Plain, AB



SPRING UPDATE

WINGS is a dynamic place that is never the same. Each day we respond to different stories and unique needs. WINGS is never boring. Each family offers a challenge as to how we can respond effectively to their needs. How can we help them grow and change? We provide support, information, options, and compassion. Our whole team works in tandem each day to ensure that these families have what they need or can access resources from the community. Whether it is the facility coordinator who prepares the apartments for the families to move in so that they are welcomed and have a 'welcome package'. Or it may be the staff in the reception office who greet the families as they are on their way to group or returning from the community. And then childcare staff who truly love the children and see each one as a unique miracle. Our maintenance person keeps our building safe and works very hard behind the scenes to ensure everything is in working order. Our Nurse Practitioner effectively assesses the physical and psychological needs of the family and case consults with our support workers regularly. Youth workers provide age-appropriate groups and act as a sounding board for school aged children and teens. We all have one goal, a dream really, that these families heal so they can be safe and happy. WINGS must always adapt and grow as well. These families inspire us. They have so much courage and strength.



Recently we have been focusing on the stages of change in our group work with the women. When the women first come to WINGS they don't know what needs to change. They are grieving and frightened. They doubt themselves and their decision to leave. They tend to be focused on what they have left and the past. The future fills them with anxiety and stress. WINGS is the in-between place where they can set a course and process the myriad of feelings and the confusion that comes from making several life changes at once. They learn that they can take charge of their life and take their power back. The women learn that there are people who want them to do well and feel proud of them.

They don't know all the people who care. They rarely see the administrative team or fund development staff who work tirelessly to secure funds so we can continue to provide the facilities and programs they need. And they don't know you! Generous souls who give of your resources; time, talent and financial gifts, so we can keep doing what we must for these vulnerable families. Thank you for all you did at Christmas as our families enjoyed an amazing Christmas.

Thank you as well for the cards and calls to see how you could help. Thank you for supporting WINGS throughout the year. Together is how the magic happens!

-Karen Kingdom, Program Coordinator



Thank you Shoppers Drug Mart Love You Campaign for your donation!

CHILDCARE AT WINGS

Hello everyone, welcome to spring updates from WINGS childcare. As temperatures are getting a little warmer, creeks are thawing. We are really excited to spend more time with our mini explorers in nature. We are looking forward to doing scavenger hunts, watch over melting snow, tiny buds on the tree, looking for birds, emerging bugs. The days not warm enough to be outdoors they will delve into the sensory bin filled with objects like mud, sand, rocks, artificial butterflies and lady bugs, and decorating bird houses.



We adore learning through play, role model kindness and encourage children to show compassion to themselves and to one another everyday. We had a lovely time in class celebrating Valentines and Pink Shirt Day promoting friendship, awareness about bullying prevention. Our childcare program is like a splash of spring, a breath of fresh air. Children are invigorating, energizing, and inspiring. It's here where they can finally spread their wings after a long cold winter.

We are truly blessed for your substantial and ongoing support to WINGS. Your help enriches our Childcare Program in powerful and meaningful ways. Lastly, I would like to convey my heartfelt thank you all our supporters and wish you a cheerful Spring!

-Papya Rahman, Childcare Supervisor



Thank you to the INCREDIBLE volunteers who spent New Year's Eve supporting WINGS by working an Oilers 50/50!!!



WIKA Instruments Ltd. donated 14 heart shaped gift boxes filled with toiletries and other goodies!



CHILD AND YOUTH UPDATE

The sun is shining, and the snow is melting, finally here comes the SPRING! Here at WINGS, we are so looking forward to spring weather. However, just because it was cold doesn't mean we have been sitting inside. Our youth program serves children from 6 to 17 years old who live at WINGS & HND, and we have been getting up to all sorts of fun! We have been playing classic games like Hide & Seek, freeze tag, snow soccer, and of course sledding down our park hill. We also have been creatively indulging in crafts that spread kindness and love to celebrate Valentine's Day and spring graciously coming early.

We are so fortunate to be continuing to work with the fantastic volunteers from C.A.A.W.L.S who bring their therapy dogs to meet with the kids. The kids LOVE this group so much that they are constantly coming down from their apartments early on dog nights, checking if the dogs have arrived, or coming just 'to wait' for them.

There is always so much fun happening for these deserving youth. Of course, kids still eagerly participate in their weekly support groups. There, they have a chance to share their experiences, learn that they are not alone, and most importantly come to understand that the violence at home was



not their fault. We know that safe, positive experiences are necessary to help heal the trauma our youth have endured. For some even, it is the first chance they've had to feel accepted. The teens at WINGS & HND recently participated in a fun paint night with delicious ice cream snack.

We are always so thankful to our Donors and the community for giving us the opportunity to work with such wonderful and amazing children and youth who deserve to feel safe. We are looking forward to our upcoming groups, outings and the warm, sunny weather!

-Joyce and Brie, WINGS & HND Youth Workers



Legacy Plus donated brand new twin sheet sets—thank you!



Thank you Jan Reimer School for donating winter coats, toiletries, toys, and more!

ROCKY FOREST DAYCARE AND OUT OF SCHOOL CARE

The Rocky Forest Daycare and Out of School Care is one of the many services that we provide to our families here at WINGS. Located in the Home Next Door, we provide safe, secure and trauma informed care. RFDC is licensed for 33 in our Daycare and 15 in our Out of School Care, we have 7 Early Childhood Educators to support our 5 rooms. Currently we support 12 of the 29 families at HND, 18 in our daycare and 9 in our OSC.

Educators must be sensitive and aware of the effects that domestic violence has on children and their mothers. Relationships between Educators and moms are key, as many are feeling unsure of their abilities to be an effective parent. We encourage them by letting them know their children are safe and are developing through FLIGHT Curriculum Framework, which is defined as "*Children's play is central to this curriculum framework as an active, exploratory, creative, expressive process, deeply embedded in children's everyday experiences and through which children participate in, learn about, and actively make sense of the world.*"

Makovichuk, L., Hewes, J., Lirette, P., & Thomas, N. (2014). Flight: Alberta's early learning and care framework. Retrieved from flightframework.ca.



Food Security and nutrition are a large part of our programming. We provide a morning snack, lunch, and afternoon snack. We use the philosophy that lunch is the main meal of the day for children, filled with options for culture and food restrictions and an abundance of fruit and vegetables.



This spring we will see the first phase of our playground installed. We are all excited for the spring weather to thaw the earth so construction can begin.

Thank you to the community and our donors for the support Rocky Forest Daycare and Out of School Care receives, it gives us the opportunity to support families with passion and love, fill children's tummies with nutritious food and create space for growth and discovery for the children.

-Brenda (Director), Cynthia, Sasha Kay, Kyra, Jas, Ankita, Jolly, Ashley, Kathryn and Debra





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HND/ROCKY FOREST DAYCARE & OUT OF SCHOOL CARE STAFF

Daniel Lower, Caretaker—HND
 Brenda Kotylak, Director RFDC & OSC
 Early Childhood Educators:
 Cynthia Chen Ankit
 Sasha Kay Brown Kathryn Douglas
 Kyra Dewalt Jolly Mahajan
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THANK YOU TO ALL OUR SUPPORTERS.
 Every gift, large or small, is important to the families at WINGS



Community Services and Supports Division
 Housing and Homeless Supports



Kristie Charitable
 Foundation

Statistics
 Since 1987, WINGS has accommodated
1389 women and 3065 children
 for a total of **4454 persons**



WINGS
SAVE THE DATE
37th Annual General Meeting
 Tuesday, June 13, 2023 • 7pm

