

MOMENTA

experience discover grow

Hello from MOMENTA!

This winter season has been one of our busiest. Thank you to all of our clients and participants for sharing some amazing cold weather experiences!! Here's a few pages of what we've been up to for the past few months.

Sincerely,
Lise and Sara

MOMENTA *experience discover grow* provides activity-based urban and wilderness experiences to strengthen youth, families and communities.

MOMENTA *experience discover grow* provides custom programs based on best practice research and theories in the field of experiential education, adventure therapy and social work to help strengthen youth, families and communities.

We have witnessed the restorative qualities of time spent outdoors and the individual and inter-personal strengths gained by taking risks and overcoming challenges in groups.

We know that groups thrive when provided with strong leadership, co-created expectations, a respectful and safe environment, and an authentic choice in their level of participation.



N.E.E.D.S. LINK Program: Linking Youth to Positive Recreation Opportunities

January, February and March and the winter weather allowed us to test out some Canadian winter activities with the youth - some had never seen or tried these activities!

In January, we headed to Fort Whyte Alive to go ice fishing. We didn't have much luck with catching fish but had fun on the sunny winter day, doing the "ice fishing" dance

around the fishing holes. Thank you to Barret at Fort Whyte Alive for helping us learn about how to ice fish and the local fish that can be caught in Manitoba.

In February, we headed to the FORKS for some skating. For some participants it was their first time EVER on skates, most found this challenging but were determined to learn to skate.

In March, we head down to the bank of the Red River to try some spring weather snowshoeing!

The participants continue to get to know each other by communicating with one another in our check in circles (with some help from the MOOD dudes!) and practicing their English language skills.

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Wilderness First Aid in the Winter!

Sara and Lise have been travelling the North teaching CPR and Wilderness First Aid for Project Venture! In February they were in Norway House -

WFA participants braved the cold weather to practice first aid scenarios in -37 degree windchill!

WOW! Then, they headed to La Loche, Saskatchewan in March where the Spring weather was a little gentler on the participants!



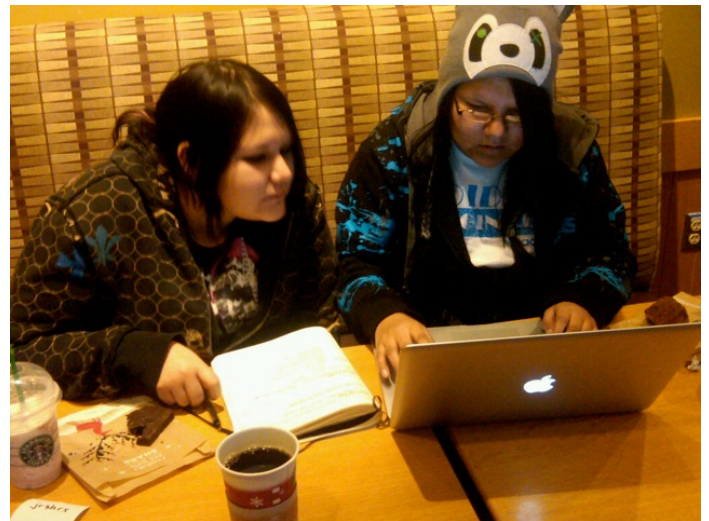
Congratulations to the Boys and Girls Clubs of Winnipeg Youth Council!

The Youth Council successfully applied for and received a United Way grant.

The Youth will be planning and facilitating a Family Fun event for community members at Freight House Boys and Girls Club.

We thank the United Way and our hard working Youth Council members for this great opportunity.

RaY inc. participants continue to participate in Urban Adventures with MOMENTA. This winter we went **Snowboarding** at Spring Hill in February and March. A special thanks for the excellent instruction provided by Kari Spring. Participants from RaY learned to carve and began to attempt rails and jumps in the terrain park.



Winnipeg Boys and Girls Club Youth Council members working hard!

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Call for Presenters!

MOMENTA has two new **social work students** starting this Spring.

We want to welcome Ashleigh Mitchell who will be completing her Masters of Social Work course-based practicum at MOMENTA from May to August.

We also welcome Nanci Bell who is a social work student at Booth College who will be with us from April to July.

Freight House Boys and Girls Club had special individual Boys Night Out and Girls Night Out events this winter. Both boys and girls went **climbing**. Thanks to all participants who challenged themselves to participate in these evenings out.

MOMENTA *experience discover grow*, in partnership with Camp Y is facilitating a Leadership Camp for youth aged 14 to 17 years of age from August 15 to 19, 2011 at Camp Y in Woodlands, Manitoba.

The goal for the camp is for 14 to 17 year olds from diverse backgrounds to come together, share experiences and positively recreate and learn with one another. To gain new insight, learn from positive role models, learn new skills, create community, to gain leadership skills, and have fun!

Expectations of youth will be that they take care of each other, practice respectful behaviour, participate and commit to the program, and be safe.

We are looking to professionals in Manitoba to share their expertise with youth of this age group. Leadership can mean many things, for us at MOMENTA it means learning from positive adult role models, gaining new skills and confidence, demonstrating positive social skills, and finding a passion that they can share with others. That said, we would like to provide a variety of learning opportunities for the participants. We ask that interested presenters stay away from traditional camp activities (ie. Climbing, cycling, camp craft), as this will be covered by Camp Y and MOMENTA staff.

If you are interested, please visit our website to apply. Submissions will be accepted until April 18th, 2011.



Physical Activity and Community Leadership Program

In partnership with In Motion and Volunteer Manitoba, MOMENTA facilitated four workshops for this program in February and March.

Workshops that were completed were Developing Positive Relationships with Youth, Heart and Stroke Foundation Heartsaver CPR and AED course, Benefits of Outdoor Education for Youth (which included an adventurous snowshoeing experience on the U of W campus!), winter activity resources and group safety, and a Group and Behaviour Management. Thank you to all of the participants in this program!

CPR and Wilderness First Aid Certifications

MOMENTA is offering Heart and Stroke Foundation Basic Life Support. CPR is a prerequisite of all Wilderness First Aid courses.

CPR Course Dates
April 18
May 11

Wilderness First Aid is a practical course best suited for professionals who work in the backcountry and those who explore the backcountry for pleasure. This is an introduction to wilderness first aid.

WFA 16 Hour Course Dates
May 11-12

Advanced Wilderness First Aid For Wilderness Leaders has become the minimum standard for outdoor professionals, guides and instructors. This is the Manitoba Camping Association standard for guides who lead trips further than 20 minutes from external medical assistance

AWFA 40 Hour Course Dates
April 18-21
May 16-19

For more information or to register please visit <http://experiencemomenta.com/training/wilderness-first-aid/> or contact Sara Harrison, (204) 782-5303



Heading to War Lake First Nation!

Thank you to our funder the Northern Youth Empowerment Initiative.

In War Lake First Nation we will be putting on our 5th annual winter program at Julie Lindal School, including cross country ski instruction, snowshoe adventures, quincee building, cold weather safety and forest animal education.

We will also be teaching the community how to sew their own mitts, toques and neck warmers.

Finally, we will be having a community ice sculpture contest!

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