

MOMENTA

experience discover grow

It's been an incredibly busy 8 months since we last brought you some MOMENTA news. Please enjoy catching up with us and the communities we serve.

As always we want to thank you for your continued support.

Have a safe and fun winter season!
Lise and Sara

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

We provide 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.

Welcome Symone to MOMENTA - she is completing her BSW practicum from September 2011 to April 2012 Also special thanks to Nanci, Ashleigh and Erin who helped make this past season so successful.



Camp MAMAWI

Camp Mamawi

For the first year ever, MOMENTA has partnered with Camp Mamawi - Firefighters Burn Fund Camp to assist with camp planning and implementation. What an incredible group of campers from all over Manitoba and Nunavut.

With the theme of 'It's A Small World' campers travelled all over camp with their Camp Passports, were

challenged in teams at the Seven Wonders of the World, and celebrated with a Cruise to Hawaii for a Luau at the end of the week.

Thank you to Camp Mamawi's long time directing team and hard working volunteers for welcoming MOMENTA at camp this year.

Lise Brown | lise@experiencemomenta.com | 204.250.8749
Sara Harrison | sara@experiencemomenta.com | 204.782.5303
980B Portage Avenue | Winnipeg, MB | R3G 0R6
www.experiencemomenta.com



Coalition Camping Program - This year we welcomed 207 campers to the Coalition Camping Program. Thank you to Coalition agency staff whose hard work and camper support made it easy for the campers to enjoy the beautiful weather and fantastic programming. We all enjoyed the challenge of our biggest Coalition Camping Program ever!



Coalition BB Camp



Coalition Juni Camp

Wayfinders Development Camp -

This Fall grade 9 students from the Wayfinders (previously 'A Bright Futures Program') program attended a Development Camp. Thank you to the Leadership students who helped in the delivery of the camp. Students challenged themselves in six activities - team building with a focus on goal setting, high ropes course, art with a focus on self esteem, GPS course, biking, and swimming! In the evening the students showcased their talents at an art showcase with the help of the Graffiti Gallery.

MOMENTA had lots of fun facilitating workshops this spring and summer for many different groups including children, youth, volunteers, staff teams, and communities.

Thank you to B & L Resources, NEEDS Inc., ANCR Independent Living Program, Gilbert Park Boys and Girls Club, B'nai Brith Camp, Boys and Girls Clubs of Winnipeg Power Up Program, IRCOM, Lavallee School, and the Coalition of Community Based Youth Serving Agencies for welcoming us into your organizations.

Adventures with RaY inc.

In June, as part of the RaY inc. Adventure Program we went on RaY's first ever 3-day canoe trip on Lake of the Woods. Participants enjoyed fishing, campfire chats, and great meals. Also, this spring clients enjoyed day trips to fish in Lockport (we caught 8 fish!!) and horseback ride at Tumbleweeds Ranch.

Lise Brown | lise@experiencemomenta.com | 204.250.8749
 Sara Harrison | sara@experiencemomenta.com | 204.782.5303
 980B Portage Avenue | Winnipeg, MB | R3G 0R6
www.experiencemomenta.com



MOMENTA

experience discover grow

Boys and Girls Clubs of Winnipeg Youth Council

Each year, MOMENTA is contracted by the Boys and Girls Clubs of Winnipeg to help facilitate the Youth Council, and we had such a great year!

The council members participated in the Youth in Philanthropy Project through the Winnipeg Foundation. They granted \$5,000 to charities in Winnipeg. Council members applied for a Day of Caring grant through the United Way and hosted a family event for community members of the Freight House Boys and Girls Club. Also, five of the members travelled to the National Boys and Girls Club Youth Conference in Toronto. Sara and Lise are very proud of their accomplishments and want to thank them for all of their hard work!



The **War Lake First Nation** Winter Program was a great success this year! Students aged 3 to 14 years old participated in a variety of activities. The nursery students participated in an "Adventure Play" program for one hour in the mornings. Students in grades one thru eight cross country skied, snowshoed, learned about forest animals, built quincees, and played lots of fun cooperative games. In the evenings students participated in an art program where they learnt how to sew their own mitts, toques and neckwarmers. We were back in the summer with Annie Laser and Tara Law to run a summer program full of swimming, canoe trips and making the most of the amazing summer. Thank you Annie, Tara and War Lake First Nation for making the summer so memorable.

Thank you to all Wilderness First Aid participants for certifying this spring - we hope you had a safe summer season!



Lise Brown | lise@experiencemomenta.com | 204.250.8749
 Sara Harrison | sara@experiencemomenta.com | 204.782.5303
 980B Portage Avenue | Winnipeg, MB | R3G 0R6
www.experiencemomenta.com





NEEDS Centre LINK Program

Leadership Camp

This summer, MOMENTA hosted its third annual Leadership Camp for youth aged 14 to 17. Youth from the Coalition LIT program, NEEDS Centre, VOICES Youth in Care Network and A Bright Futures Program attended a conference style camp to develop skills in a variety of areas with a focus on leadership. Workshops were wide ranging and included CPR and belay certifications, workshops about astronomy, advocacy, children's rights, leading youth through developing positive relationships, group and behaviour management, mindfulness through the arts, cooperative games, leading sports programs, high ropes, biking, and hip hop. This jam packed event brought together youth from all over the city to share in building their capacity to enrich their communities.

For three days in March, **NEEDS Centre LINK Program** participants attended Camp Y. Campers went on the high ropes course, climbing wall, did a dancing workshop, participated in an art program where they made flags with natural dyes, participated in team building activities, practiced speaking in English, and made further friendship connections with their peers. On the final night of camp, the campers put on an excellent Talent Show!!

MOMENTA is really excited to be involved with **Project Venture**, which is an outdoor experiential youth development program designed for high-risk Aboriginal youth and youth from other ethnic groups, it was developed in 1990 in New Mexico. The program has had much evidence-based success all over the United States, and has recently been adopted by the National Crime Prevention Unit.

In July, MOMENTA provided training to the Project Venture in La Loche, Saskatchewan - staff did training on group and behaviour management, risk management, and camp planning and implementation.

Also in July MOMENTA provided Paddle Canada certifications to staff at the Project Venture in Norway House, Manitoba.

Finally, Sara and Lise were honoured to present at a National gathering of Project Venture sites; to present about the benefits of experiential education with youth, and models of facilitation for processing group activities.

