

Program Overview

In addition to our core programs listed below, we also offer a variety of programs in partnership with other community organizations and workshops throughout the year.

Sacred Seven

A strength-building project that focuses on empowering young women and girls physically, mentally, spiritually, and emotionally through cultural practices of traditional pow wow dancing and crafting. The goal is to provide meaningful athletic, cultural, and recreational experiences for youth that will build on their capacity to become role models, leaders, and valuable contributors to the community.

Throughout the program, participants have an opportunity to learn new skills such as regalia making, self-defense, beading, Indigenous wellness, and much more.

So you want to be a YouTuber?

Geared towards kids ages 9-12, this program is led by an Indigenous multimedia artist. The program teaches the basics of storyboarding, video production, and editing. Each participant develops and creates their own video with help every step of the way. A laptop with the needed software is loaned to make this program accessible to kids to participate in the program from home.

Learning Anishinaabemowin

This weekly cultural program provides parents, children, and individuals of all ages with a chance to learn the Ojibwe language. Language resources are provided to participants. Generally, each instance of this program accommodates 40 people either in-person or online to allow for more interaction with the instructor.

Indigenous STEAM Camp

(Science Technology Engineering Art Math)

This summer day camp for children and youth going into grades 1-6 is hosted on campus where youth participate in activities that combine Indigenous knowledge with learning from departments at The University of Winnipeg (such as Chemistry, Physics, Computer Science and Biology). 60 children participate in the two 2-week camps. Indigenous knowledge keepers share traditional knowledge about many topics such as traditional medicines, star teachings, creation stories, traditional games, feasting ceremonies, water storage, and more. Activities also include hands-on experiments in labs on campus, math lessons, 3D printing, coding, dissections, as well as weekly field trips.

Women's Self-Defense

This self-defense class for female identifying participants aged 12+ uses Jiu-Jitsu techniques to teach participants valuable self-defense skills, covering common escapes and movements effective to help individuals have a stronger sense of personal safety. A guest instructor also assists in understanding the current laws in Manitoba.

Pow Wow Club

Pow Wow Clubs is an intergenerational program to learn about pow wow dancing, songs, and the history and teachings behind them. There are six dance instructors who each dance different styles along with a singing instructor. Families are encouraged to participate together.