

January 2022



Voices Scholars: Kayla, Hannah, Avouri, Darlene, and Heaven

### Marie's Messy Desk

By Marie Christian  
Voices Director

Happy New Year, Fam!

You may have heard the saying: "It takes a village to raise a child". Well, it takes a village to support a youth in care network, too! I am proud to let you know that our collective village really came together this holiday season to put together the Voices Family Christmas Party. And even though we had to change plans at the last minute because COVID numbers jumped so quickly, our village came together to help deliver meals and gifts to everyone who had rsvp'd.

A great big thank you to everyone who donated their time, gifts, funds, and energy to Voices and young people in and from care:



# Voices: Manitoba's Youth in Care Network

P & D

E & M

PEO Chapter H

The Z Family

Joanne, Jessica, and the MACY team

The General Authority

Art by Angela Taylor

Stephanie Strugar

GNR Camping World

M. R.

T. R.

The H Family

Bobbie, Amy and the crew

Heather Black

Karen and the Hilton team

And all of our volunteer drivers on Christmas Day.  
From the bottom of our heart: thank you, thank you,  
thank you.

And a reminder: there is still a moratorium in place on transitions from care during the pandemic. **That means you do not have to leave care until March 23rd, 2022**, no matter your care status or your age. Call us if you have questions or need help talking to your worker.

This is your Network!  
We are here for you.



Year 26, Newsletter 1

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@voicesmyicn



@VoicesMYICN



### THE CANADA-MANITOBA HOUSING BENEFIT (CMHB)

The Canada-Manitoba Housing Benefit (CMHB) is a rent supplement for youth who are leaving the care of Child and Family Services (CFS) or who have left the care of CFS in the past year. The CMHB provides up to \$250 a month for up to two years to eligible youth and can be stacked with Rent Assist or non-EIA Rent Assist. You are eligible even if you are still transitioning to independence or in an independent living placement.

#### DO YOU QUALIFY?

- ✓ Have you aged out of care in the last year?
- ✓ Are you receiving Employment and Income Assistance (EIA) or non-EIA Rent Assist; or have a net income at or below \$25,280.
- ✓ Do you live in private rental accommodation with a tenancy agreement (lease agreement??) in your name?

FOR MORE INFO AND TO APPLY VISIT:  
[HTTPS://WWW.GOV.MB.CA/HOUSING/PROGS/CMHB/CMHB-YOUTH.HTML](https://www.gov.mb.ca/housing/progs/cmhb/cmhb-youth.html)

#### Contact info

204-948-7368  
IN WINNIPEG

1-877-587-6224  
TOLL-FREE



### Voices COVID Support Fund

January to March 2022

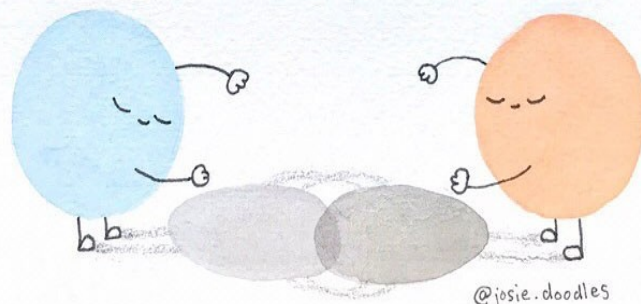
Back in 2020, we held a Town Hall to talk about this fund that would provide help to folks from care who were facing emergency costs due to COVID. Since that first grant from the Children's Aid Foundation, we have received support from the Province, and now from The Northpine Foundation, to continue making emergency funds available to alumni of care.

The fund will remain open until mid-March 2022. Please visit our website for more information and the application form. Thank you to everyone who participated in the town hall- we are sticking to the guidelines you created.

[www.voices.mb.ca/covidsupport](http://www.voices.mb.ca/covidsupport)



**VOICES: MANITOBA'S YOUTH IN CARE NETWORK** is the only youth-driven provincial network whose sole purpose is to **engage, equip, and empower** youth in and from care. We offer **support, encouragement and peer-advocacy** to youth in care and those transitioning from care to **IN(TER)DEPENDENCE**. We raise awareness of the challenges that youth-in-care face, and make our voices heard through our radio broadcast '*System Kidz*', presentations and workshops. We share our stories to help create a **better system of care** for children and youth who live away from their bio-families in foster homes and kinship care, group homes and shelters, independent living programs, and other care arrangements. We offer **scholarships and opportunities** so that youth-in-care may empower themselves with post-secondary education, and participate in activities around the province.



### A Little Love Poem By Lucas Hunter Bear

Love is more than you think  
Love is the power of friendship  
Love will carry you on  
Love will be there for you  
Love will help you  
Love will bring joy to the world



Be healthy



Be safe



Be heard



Be yourself

### **Contest: System Kidz Logo**

Did you know: We have a radio show! It's called *System Kidz* and it airs every Tuesday at 5pm on CKUW 95.9fm. You can also listen to it on the web: <https://ckuw.ca/programs/detail/system-kidz>.

System Kidz needs a logo! Create an awesome design that we can put on the t-shirts that we give as thank-you gifts to folks who join us as guests on the show. The chosen design will receive a \$50 gift card and the first printed t-shirt.

Email your design to [ask@voices.mb.ca](mailto:ask@voices.mb.ca) by Sunday, February 13th, 2022.

This contest is open to young people in and from care, ages 12 to 30, from everywhere in Manitoba.



### Hopes and Resolutions

By Tim Leung, Voices Practicum Student  
Email: [tim@voices.mb.ca](mailto:tim@voices.mb.ca) Phone: 204-982-4956

Hi Folks,

At this time of year, we often feel the normalcy in hoping and resolving to do better. We can always work on ourselves to make our situations more positive. But what if the negativity is done onto us and we feel that we can do absolutely nothing?

How, or rather why, do we have hope in times of despair?

Well, perspectives. Hear me out. You can say that when you're in despair, your inner self tells you that something needs to change. Empower it by starting a conversation. I can't speak for you, but my inner self approves of me when I do something right and honourable. While not all of us can change the environment immediately, our inner self can choose how to react to it. Under a crisis, we might have constraints that prevent us from doing what we used to do. It takes courage to take a deep breath and try to keep the faith in your moral compass. It can not only make you happier at the moment but bring you joy in the long run.

This year, I resolve to persevere, to have hope, even in the hard times.

### Volunteer Opportunities at Voices:

- ☐ Advisory Committee (alumni of care, 18+)
- ☐ System Kidz (co-hosts, music, poetry)
- ☐ Newsletter Contributor
- ☐ Mentors
- ☐ Voices Family Christmas Party Team
- ☐ Youth Speakers (solo or on a panel)

Call 204.982.4956 for more information on any of these volunteer opportunities.

### Other Great Volunteer Opportunities:

**Youth Ambassadors Advisory Squad (YAAS)** works with the Manitoba Advocate for Children and Youth to improve effectiveness and responsiveness of *all* services provided to children and youth. Learn more at [www.manitobaadvocate.ca](http://www.manitobaadvocate.ca)

**Futures Forward Youth Advisory** meets monthly to discuss topics that affect alumni of care, like education and housing. The feedback participants provide is included in program proposals that improve the services Futures Forward provides. Call Hafiz at 204-987-8661 ext 667 for more information and to register.





### Roots

By Tina McKay, Voices Outreach Worker  
tina@voices.mb.ca Phone: 204.982.4956 ext.269

I often submit written work to magazines and during lockdown I came across this submission theme on *Roots* in *Prairie Fire Magazine*. I got to work on a piece to submit and sent it off. It wasn't selected, but the questions they were asking hit home for me. I realized that I haven't been asking myself what I value, what I want and how the way I am living today might be connected to how I had once lived before.

Although I have been uprooted through foster care, I have had a fair amount of opportunities in my life come from random places; usually after taking a chance and trying out different things. For example, I started attending foster care focus groups a couple years ago, which is how I became the facilitator for the Transition Peer Support Group.

I began this search at time in my life where I was working in a warehouse with a lot of time to reflect on my choices. I started to realize that in my artwork, my studies and my drive to be better was this thread connecting back to my experience in the Child Welfare System. Until I saw this series of questions in *Prairie Fire Magazine* it hadn't occurred to me that I was holding myself back from growing.

Examining your roots is vital to understanding who you are, what you are attached to. I spent a lot of time denying my history in care, wanting to create a barrier that would keep me from experiencing hurt and ignoring my roots. Which in hindsight prevented me from doing the things I truly wanted to do. I couldn't be the person I wanted to be while ignoring my roots.

I am sharing these questions with you with the hope that maybe they might help you start figuring out what they want, who they are and what do they need to grow into the person they want to be.

*"Are you on route to finding your roots, connected to your roots, have you survived being uprooted? Taken an unexpected route or uncovered your roots? Are you rooted in a specific idea, cause or tradition? What are you rooting for and when? Are you rooted to now? Has the quest for knowledge of your individual or collective roots taken you closer or farther away from your authentic self?"*

Happy New Year, Tina

### No Limits

By Lyn Crotty, Voices Outreach Worker  
Email: lyn@voices.mb.ca Phone: 204-982-4956 ext. 231

Happy New Year!!

I hope you're all staying warm during this frosty season! Brrr, it has been cold out hasn't it! But despite the below-freezing temperatures, January is still one of my favourite times of the year. New year, new goals, and a little bit of a cool-down period from all the hustle and bustle of the holidays in November and December.

I don't know about you, but I find the holidays to be particularly draining, especially since I am the black sheep of the family, which can get a little stressful sometimes. I always look forward to being able to just relax and focus on self-care for the month of January. I also like to be SUPER cliché and set a few goals for myself, usually while enjoying some delicious Chinese food and watching *Game of Thrones*... two things that are on my resolution list of course: "Eat less take out, and watch less TV" .... off to a great start!

Other things on my list of goals for 2022: to quit smoking, and to apply for college, which is really scary! The college bit, not the smoking bit. But I know both of them are very achiev-


able! That's the key with setting goals, you gotta keep them realistic, and attainable! I would always set these outlandish goals like "lose 100 lbs", "save \$5000" or "travel the world" and feel terrible when I gave up on them by the end of February. The problem was that the goals I was setting were unachievable, and not that I sucked at reaching my goals! I started hitting my goals when I made them into smaller, more realistic goals like "only eat take-out once a month", "lose 10 lbs", "save \$50/month". And now, I will make it until at least April before I give up on them!!! Just kidding!

If you're anything like me, and need some help setting and reaching your goals, please reach out to us! We would love to help you set your goals! You can even sign up for our Transition Peer Support group, where one of the things we will be talking about is setting goals and achieving them!

Stay Warm Fam!  
Lyn <3



## January 2022

Sunday	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Listen to System Kidz on CKUW 95.9fm 5pm	5	6	7	8
9	10	11 Listen to System Kidz on CKUW 95.9fm 5pm	12	13	14	15 Tuition Waiver Info Session @2pm on ZOOM
16	17	18 Listen to System Kidz on CKUW 95.9fm 5pm	19	20 Scholar's Nite 5:30pm (zoom)	21	22 Transition Peer Support #1 10:30am on ZOOM
23	24	25 Listen to System Kidz on CKUW 95.9fm 5pm	26 Movie Night: "Peanuts" 6:30pm on Zoom	27	28	29 Transition Peer Support #2 10:30am on ZOOM
30	31					



## TUITION WAIVER INFO SESSIONS

*Upcoming sessions*

**JANUARY 15 AND FEBRUARY 16**  
**AT 2:00PM**  
**OR**  
**JANUARY 26 AT 6:00PM**  
**ONLINE VIA ZOOM**

**REGISTER NOW:**

<https://www.futuresforward.ca/tw-info-sessions-1>

# Transition Peer Support

SATURDAYS JANUARY TO MARCH  
10:30-12:30PM ON ZOOM

For youth in and from care, ages 16+, who **want to talk** about the challenges or fears about transitioning to 'adulthood' with alumni of care who have **been there, done that** and can share their survival tips.

Email [outreach@voices.mb.ca](mailto:outreach@voices.mb.ca) for the zoom link

