



Carman Wellness Connections

CWC Reports

Working Group Reports

Education and Employment

Members: Allison Abbott-Wiebe, Deb Russell, Wendy Durand and Debbie Kaminsky

E & E and Transportation Working Groups met with MPI January 28 th to plan:

MPI Adult Driver Training Program (for unlicensed drivers) planned for Fall 2026

- In class training & in car training from a MPI approved driving instructor (tbd)
- One weekend time commitment for registrant will be a

Friday evening, Saturday full day, and Sunday afternoon

- Cost to the registrant: \$210.00
- Class size minimum 15 people and maximum 25 people
- Seeking pre-registrations by April 15 th 2026 to ensure enough commitment to run.

Coffee Chat / Conversation Circles for Newcomers at Boyne Regional Library

- E & E working group meets February 20 th with Regional Connections and volunteers who facilitated English speaking conversational groups with newcomers. Regroup and facilitate next steps to rejuvenate scheduled English language learning opportunities in Carman. E & E is evaluating their role to increase awareness and sign-ups for adults interested in learning and practicing English language skills.

CVITP (Community Volunteer Income Tax Program) delivery in April 2026

- E & E have registered CWC organization and vetted volunteers authorized to file free, simple Income Tax returns for individuals meeting criteria (income based).



This service will be offered in April 2026, by calling & booking appointments via Deb Russell. This is a new & expanded option to current tax filing services offered by Nancy McFarlane for qualifying seniors. Upcoming advertising will share further details on how to participate, contact phone number, and location.

- CRA (Canada Revenue Agency) has offered to provide additional support if needed.

Career Fair in Carman Collegiate – Fall 2026

- E & E have met with the Chamber of Commerce to confirm intent to participate with the schools' Career Fair in October 2026. The first time E & E partnered with the Chamber and the schools were in October 2025, and they look forward to growing the partnership this fall in community, and with service providers.

WEM (Workplace Education Manitoba) computer skills training in Microsoft Office (Excel & Word), in partnership with CWC and Chamber of Commerce.

- Ongoing free, instructor led, in person weekly Monday nights training in lower level of Memorial Hall. WEM-led with costs funded from Federal & Provincial budgets.
- Currently there are 7 students (at capacity) in training with 6 on a waitlist.

Affordable Housing

Members: Karen T, Susan W, Rose D, Peter H, Lizzie Morisette (Genesis)

Last meeting date: January 22, 2026. Next meeting: February 12, 2026.

Lizzie Morisette shared learnings from the National Alliance to End Homelessness Conference she attended in Montreal in November on behalf of Genesis House. This conference will be held in Winnipeg in 2026.

Peter Hall shared an idea for creating small affordable homes for ownership, and members of the Working Group provided very helpful feedback. This idea caught the attention of Dale Reimer



and a follow up meeting to discuss further was held on Dec 11. We will continue to explore this possibility at our Jan 22 meeting.

Jo-Ann Wood and Karen Tjaden will represent our Working Group in the Family Selection Committee for the local chapter of Habitat for Humanity. We see this as a good way to learn more about housing needs and opportunities in our community and it is very interesting to learn from Habitat for Humanity's experience. We have completed our training with Habitat staff and will be holding information sessions and announcing the application deadline in the next month.

Supporting Emotional Health

Members: Julie H, Linda S, Linda M, Lisa L, Nigel B, Terry W

Last meeting date: January 8, 2026, Next meeting: February 12

Summary of Month's activities & Action Plan items:

1. Circle of Security - 5 week parenting course started Jan. 20. Facilitated by Ryan Blackman
2. Support Group - Thank you to the Board for approving funding for snacks, transportation and childminding support. Facilitation will be shared between working group members. New name: SAFE Support group: Support. Advocacy.Friendship.Empowerment
3. Fibre Arts - Planning for a simple sewing project. March 5 & 12 afternoon sessions facilitated by Kathy Webster. Possible future related fibre arts program includes mending and evening classes
4. CTRI - 2 free education sessions for community members held in January.
5. Bell Let's Talk. CWC Let's Talk team includes Julie Hesketh, Terry Warburton, Lisa Lehmann and Ellen Polk. Ellen is a new team member with a background in social work and a good understanding of what we want to accomplish. Hiring is in progress for a contract mental health



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counsellor position.

We created a tentative calendar of events for the year.

2026 Supporting Emotional Health

Year at a glance Events (tentative)

January Circle of security

February Bell Lets Talk project work

March Fibre Arts event

April

May Volunteer Fair.

Possible Men's event? bike tune up

June Town wide garage sale table to collect unsold clothing.

Support Pride event.

July

August

September Cool school tool kits.

Suit up for success.

October Community outreach? Wednesday morning group

Book study

November

December Support vigil sponsored by Genesis House

Monthly events Date

Support group Last Wednesday each month



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Family Advocacy Network

* This is not a CWC program but

CWC members attend and support

Third Wednesday each month

Ideas for future events and activities

Coping with change

Mental health literacy

Speaker event with partner e.g. school, Family Resource Centre

Transportation

Members: Evelyn P, Melissa E-F, Kathy F

Last meeting date: February 6, 2026. Next meeting: Thursday, March 5 at Paul's Place from 2 – 3 p.m.

Key Discussion Points

Minutes of previous meeting were approved.

Evelyn again noted that a big item on the “to do” list is to get more members.

Evelyn to contact Linda D’Hoore / Kathie to contact Colleen McKinnon

Business arising from the minutes:

Melissa will continue connecting with Dale Reimer about bike lanes. Added to this will be discussion about bike racks (more and better locking systems). Melissa will invite Dale to the next meeting.

Evelyn will follow up with the Town re by-law changes for golf carts.

Melissa will contact the school about who handles Drivers Ed.

Melissa is interested in bike safety – contact Safe Communities to see what is being offered.



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Melissa will check with CWC re a volunteer driver list and an update on transportation “nature of calls”.

Evelyn will arrange a zoom meeting with Green Action.

New business:

Carman Handi-van – new rates for 2026. \$6.00 one-way ride; \$60.00 ticket for 11 rides.

Carman Handi-van continues to provide transportation for food pantry and community supper.

Grants – need to check regularly with Wendy Durand to see if anything applies for transportation.

Transportation Week – what date in June? Melissa to contact Winnipeg for information as to when in Winnipeg? She will also contact WRENCH re bike workshop. Newspaper article on being active rather than taking a car would be a good idea. Could there be some sort of raffle or prize in conjunction with this?

Bike racks – who is responsible? Lack in Carman. Need seen at GPAC, ALC, golf course, farmer’s

market. Carman Fair – bike parking lot that is monitored?

Affordable Recreation and Leisure

Members: Susan W, Sheila Dick, and Rose Durupt

Last meeting: February 10, 2026

The committee has met twice to plan "Family Winter Fun at the Museum" event. CWC is partnering with the Dufferin Historical Museum to offer outdoor & indoor activities on February 16, Louis Riel Day.

The Museum is providing some volunteers, Museum space and washroom, and hot chocolate & cookies. CWC is providing funding, promotional posters & advertising on social media. CWC will also provide 5 volunteers.

Drop In Art continues at GPAC on Tuesdays, Thursdays and Saturdays.



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AR&L is offering 4 sessions of Free Bowling at the Carman 5 Pin Bowl.
Three Fridays, 6:30 - 7:30pm March 6 & 20,
April 17
1 session of Crazy Bowling on
April 1- 1:30 - 2:30pm. (April Fools Day)

Food Security

Last meeting: February 8, 2026

Community Supper

January and February suppers went really well with around 125 people attending, including approx. 25 volunteers. We have been community members to come assist with food preparation and we did have community volunteers do so in February. In January Habitat for Humanity and Roots of Hope attended the supper creating conversations, increasing education and awareness and making connections. We are also encouraging hosts to share their recipes.

Carman and Area Food Pantry

We have over 200 households registered with an average attendance of around 180 households using the resource every four weeks.

Watch for a Community Meeting coming in March

The Carman Handivan has been assisting with transportation for both Carman Area Food Pantry (CAFP) and Community Suppers.

Food Currency 2025 Report

This was the 6th year Carman Farmers Market participated in the program, administered by Direct Farm Manitoba. More people are learning about this wonderful program each year. Do you see the article in the Carman Standard July 10, 2025?



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Each of the 30 participating households receive weekly sheets of food currency. The value of each week's currency was \$30. These coupons could be spent only at the Farmer's Market, and only on whole food or meat products. Over the season at least 6-7 vendors were able to present locally grown whole food for sale, no less than \$12,360 worth of whole food was purchased by the participants.

In view of the rising cost of living and more food insecurity, this program empowers families to buy nutritious, locally grown food, and supports farmers as they do. It's a sure way to strengthen the community as a whole.

Submitted by Edith Rook

Vegetable Stands – Getting ready for 2026

There are now 5 stands:

- 2 in Carman (CWC) north and south end of town
- 1 in Roseisle (CWC) – needs signage
- 1 in Roland (Community)
- 1 in Elm Creek (Community)

Other plans

Healthy meal workshops are being planned, possibilities are jam making, pancake mixes, cooking with dry peas, beans and lentils. A subcommittee is being formed and Rose will be consulted on this.

Working on sharing recipes at events. Collaborate with CAFP for same.

Coordinator Report – Submitted February 12, 2026, by Lisa Lehmann

As we move through February, these initiatives highlight CWC's continued focus on strengthening partnerships, deepening community impact, and supporting growth for both staff and community members. This work reflects steady progress on our priorities while remaining responsive to emerging needs as the year unfolds.



Hours – January 3 – February 14 (3 pay periods/ 12 weeks)

- Hours worked 109
- Volunteer Hours 7

1. Community Engagement and Networking

- **Carman Chamber of Commerce:**
 - Sent Report for Jan and Feb
- **PV Network – Anita (Central Station), Paul (CommUnity) and Kevin (500 Stephen St)**
 - Following discussion and reflection in January, we reassessed the purpose and value of these meetings. **Clarified Purpose of Engagement:** Through these conversations, it became clear that the greatest value lies in creating intentional opportunities for Executive Directors to meet with other Executive Directors. These gatherings provide a trusted space for deeper dialogue, pattern recognition, shared resources and risk-sharing, and support for leadership sustainability. Planning on check-in 2-3 times a year and 1 intentional meet up with coaching/ facilitation. i.e. donor development
- **Exploring Shared Space Needs – Collaborative Opportunity**
 - Sent a letter to The Joint Recreation Committee on behalf of the group that met.
 - Joint Committee meeting Feb 25 might be an opportunity to follow-up
- **Roots of Hope – Community Suicide Prevention Framework – Lindsay Hainsworth**
 - Regularly meeting 1st Thursday of the month
 - I sent regrets for January and February
- **Circle of Actions – Belonging Cohort Project with Chantal, and Admin staff**
 - **Community Connector Challenge** – received some interest; working with community groups
- **How to Respond with Care – Community Tool**
 - **Follow up Community Education - Webinars** January 15 and 29th, with plans Feb 26 and March 12 – those who are coming really value it and ask that we continue.
- **Regional Connections** – spoke with Lorraine Stevenson re Coffee Chat; chatted with Sunar Settlement worker; E & E meeting for further conversation Feb 20, 2026



- **Healthy Communities** – November 28, 2025 – led this community initiative – looking for a secretary – Next Meeting Friday February 20, 2026

2. Advocacy and Policy Engagement

- Sexual Assault Regional Team & SHSS Team – Next Meeting February 19, 2026
- Continuing to follow up on Province’s upcoming Poverty Reduction Strategy; Southern region groups meeting February 25, 2026 led by Tamarack

3. CWC Board work

- **Strategic Planning:**
 - Next meeting date February 24, 2026 with Candace Bartel
- **Funding:**
 - **Sponsorship letters for Community Supper**
 - Some discussion and processing changes – to draft Sponsorship letter for 2026 Community Suppers
 - **Bell Let’s Talk** –Planning committee including Terry Warburton, Julie Hesketh, Ellyn Dalebozik; posted position and rec’d 3 candidates and interviewed 2; reviewing references
 - Contract Position Description and Contract prepared; as well as a draft Focused Intervention – Eligibility & Selection Criteria and MOU and Referral
 - **Planning to apply for Community Mobilization Funding** – Justice Department – team in place Allison Abbott-Wiebe, Deb Russell, Linda Sylvester, Julie Hesketh and Lisa Lehmann Strategic Planning Priority – Programming ongoing.
 - Met with SHSS Stephanie Rosza January 20, 2026 - The SHSS Community Director group has reviewed the initiative and expressed overall support for participation in Carman, emphasizing the need to maintain an equity lens and balance regional workload demands, with plans to collaborate on identifying appropriate team involvement once the project is approved.



- **Data Collections:** continued refining and collection of data
 - Volunteer Hours
 - Volunteer Database
 - Event/ Program Database
 - Nature of Calls
 - Program Evaluations
 - Take 5
- **Communications:**
 - Holly prepared DRAFT Social Media Plan – Lisa reviewed will present at next meeting.
 - Next meeting February 17,2026 at 6:30 – Lower-Level Memorial Hall

3. Day to Day

- **Staff:** continue to provide guidance and supervision
- **Board/ Executive Meetings**
 - Board meeting January 15, 2026
 - Sent regrets for Executive Meetings

4. Professional Development

- Reviewed Behaviour Resource & Consultation Services (SHSS)
- MD Briefcase – MH Concerns in children and Youth
- Reviewed the principles of DBT
- CTRI Webinar - Peer Support – Equipping the Natural Helper

5. Programming/Resources

- **Mental Health Kits**
 - Working with PRSD - CWC Committee Allison A-W, Linda S and Lisa Lehmann - we are going ahead with Carman Schools for Fall 2026 as a pilot
- **Vital Signs:** Currently on hold. Awaiting SHSS Community Report.



- **CCC and Support Group** - reviewed/ recommendation for changes provided to facilitators

Committee Reports

Human Resource Committee – No Report

Members: Julie H, Barb L and Deb I

Finance Committee – No Report

Members: Lorna G, Melissa E-F, Wendy D

Nomination Committee – No Report

Members: Karen T, Lorna G, Lisa L

Communications Committee –

Members: Tom H, Val M, Lisa L and Holly T – as well as liaisons from each WG

Last meeting date: January 21, 2026. Next meeting: February 17, 2026

Attendees: Val, Tom, Lisa; Guests from Working Groups: Linda and Julie (Supporting Emotional Health), Wendy (Education and Employment)

- Identified a lack of representation from the Transportation and Affordable Housing working groups; agreement that representation from all working groups is important. Lisa will follow up with both groups.
- Agreement to move forward with creating a CWC pamphlet. A small committee (Holly, Lisa, and Linda) has been formed, with Linda acting as project manager. Target completion is June, in time for the AGM.
- Working Groups are encouraged to consistently submit meeting notes, event planning forms, and updates for communication purposes. It was agreed that all CWC members should have view-only access to all Working Group portals to improve transparency and collaboration. Tom will make the required portal access changes and outline next steps.
- Blogs continue to be a key communications tool. Four blogs have been written since the last meeting, with two already posted and two pending. Working Groups are encouraged to explore opportunities for testimonials and impact stories to support ongoing content.



· Succession planning for communications and web support is underway. Knowledge transfer between Tom and Holly has begun, with timing dependent on Tom's relocation. Holly will also prepare a draft content and social media strategy for review at the next meeting

Executive Board Notes -

Members: Karen T, Lorna G, Sheryl R, Wendy D and Lisa L

Last meeting date: January 8th, 2026 Next meeting: February 5th, 2026

Present: Sheryl R, Karen T, Lorna G, Wendy D with regrets from Lisa

1. Approval of Agenda

2. Financial:

a. Town/RM Presentation?

i. Notes from Lisa and Wendy (Dec 9 email) suggesting we approach the joint council presentation with election preparedness in mind:

1. Reaffirming the value, we deliver

2. Emphasizing partnership, not dependency

3. Asking for written confirmation of current commitments - would we draft something?? Make it easy for them if it is not too presumptuous?

a. Include cleaning and booking online

4. Highlighting the importance of stable, multi-year support for community well-being

5. Sharing community needs (data is powerful here)

ii. Lorna will follow up with Carly about Joint Council meeting and if we can present

iii. Do we have a Sales pitch prepared?

b. Updates from Finance Committee and Strategic Planning group



- i. CWC credit card? – Lorna to look into Visa options at Credit Union
 - c. Funding applications (updates if any)
 - i. Provincial From the Ground Up – have not applied for as per Wendy & Paige’s discussion. Meeting with Brandon Burley anticipated mid Jan but waiting for confirmation
 - ii. Community Mobilization Grant – Are we ‘pen to paper’ on this as of yet?
 - d. Status of Provincial funding beyond Mar 31/26 – Lorna will talk to Paige about an extension
 - e. Next steps for Endowment Fund/CAF – we have the name, but do we promote this for long term, as not ideal for short term
 - f. Buy Local Policy – JAN Board – Karen asked Rose to send with the January reading package pre-board meeting
 - g. Commercial Printer (black & white) to be considered
 - h. Canada Helps is live on our CWC Website – thanks to Holly & Lorna
3. Board:
- a. Board Action Plan 2026 – will ask to have this sent with the Jan board meeting pre-package
 - b. Strategic Planning next steps and timeline – will be re-scheduled
 - c. HR – Karen & Sheryl completed Lisa’s annual review and have sent to HR for filing
 - d. Working Groups
 - i. Encouraging a balance of direct service and advocacy
 - ii. Evaluating WG action plans – clarify Board and Exec role?
 - iii. Role of strategic plan in guiding development of our WGs – and Candace’s role in 2026 re addressing our priorities
 - e. Board Succession Planning and key roles



i. Nominations Committee to be established this month - Need to ensure/establish record keeping of who's been contacted, phone #'s, email, etc. for data collection and future reference

4. Programming:

a. CCC – Cindy has volunteered to attend regularly to support this program, it would be helpful to

identify other volunteers to support this program as well

b. Food Pantry Subcommittee – Karen has explained that this group should go to the new Pastoral

Care team at this house of worship (formerly known as Carman Mennonite Church) to discuss the food pantry location and the previous notice of space to expire in December 2026

c. Connection Lounge – update – Wendy requires receipts and totals for grant reporting for this space. Lorna and/or Sheryl to provide

5. Communication:

a. Bell Let's talk cheque presentation ceremony – Jan 13th 10:30am at Children's hospital. Who to

attend – Sheryl has offered to go. There will be media there.

6. Other

a. Chamber membership 2026 – Lorna to confirm amount as have varying information

b. request from Steinbach to form a HUB – Lisa will look into Capacity

7. Evaluation of tonight's meeting – Take 5