

# A New Start for Janay

Under the care of her great-grandmother since the age of two, she was put into the system after her great grandmother passed away when Janay was 11 years old. At 12, she was placed in care with another family member, but her transient life continued as she jumped from relative to relative looking for stability and a sense of belonging.

Janay entered the Independent Options Program (IOP) at Marymound in 2017. This opportunity was enabled by her resilience and independence gained from having to look after herself and siblings at a young age. Janay's IOP fit was also due to her optimism, despite the constant turmoil and changes in her life. "I always thought of it as a new start," says Janay.

On a recommendation from her Case Manager at IOP, Janay completed the Indigenous Women's Empowerment and Leadership Program which helped solidify her direction in life. Her great grandfather (and foster parent) had a strong influence that shaped a path for Janay. "Before him, I didn't know much about my culture even though my parents spoke Ojibway fluently. He made me want to learn more and be a better person," says Janay. "He disciplined me more than the other kids because I think he had higher expectations for me. Since then, I've learned a lot about my culture throughout the years and from being at Marymound too."

Now 21, Janay works for Marymound's Cultural department and enjoys engaging with the youth who relate to her as she assists the mentors during many outings and activities. "I get to share my

knowledge and experiences with the youth. I can relate to kids when they are not having a good day or feeling down, put myself in their shoes and help make them feel better, which also makes me feel good."

Janay is on a positive path and she feels fortunate to have guidance and help when needed. "I would highly recommend IOP for many youth out there as they get you on your game and keep you there, and I like that as they don't let you slack," she says with a smile.



## BY THE NUMBERS



110 year legacy



3,000 children  
and youth served  
annually



Over 200 families  
served annually  
to keep kids in school



375 employees

Marymound is a part of Réseau Compassion Network, a family of 15 health and social services agencies in Manitoba. Entrusted by pioneering women to bring together people of all faiths, traditions and cultures to serve Manitoba communities wherever the needs are the greatest, Réseau Compassion Network is proud to support this important work in our community.

## ABOUT US

# Marymound

Since 1911, Marymound has helped children, youth and families to heal and create opportunities for brighter futures. As many as 3,000 youth and families annually are cared for through the organization's Winnipeg and Thompson locations.

Marymound provides holistic care to support children, youth and families that have a wide range of needs. Through compassionate and culturally-diverse care in safe and stable living environments and outpatient programs, dedicated staff build on the strengths of children, youth and their families. Marymound has undertaken an organisational approach to providing trauma-informed care: the P.R.E.S.E.N.C.E. model encompasses values that guide organizational growth through trauma informed care to trauma responsive and resilient practice and trauma specific treatment. Marymound continues to develop a reconciled healing framework that encompasses an Indigenous healing approach including land based programming, and Western approaches to healing and recovery.

Marymound's vision is "brighter futures and a stronger, more vibrant community", and our missions is "to provide a continuum of care to support our youth and families as they overcome, advance and belong".



## BOARD DUTIES & COMMITMENTS



The Board meets monthly,  
10 times per year



The time commitment varies  
between 30 to 45 hours annually

### Network Members

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