



*The First Steps to Independence Program offers support to adults living in Winnipeg's inner-city who are committed to personal growth and development. Housing is one aspect of the program. A referral, self assessment, action plan, and interview are required for all applications.*

## **FIRST STEPS TO INDEPENDENCE PROGRAM**

### **WHO WE ARE**

**Vision:** Building an inner-city community where individuals, children, and their families have greater opportunities to break the cycle of poverty

**Mission:** We nurture personal strengths and lasting relationships with individuals, children, and their families through community programming, enhanced learning and employment opportunities in a safe and supportive environment.

**Values:** Respect - We advocate for the acceptance and equality of all participants; Relationships - We work honestly with participants and stakeholders to nurture sincere lasting relationships; Wellness - We provide a safe and inclusive environment for participants with opportunities to support their social, emotional, mental, physical, and spiritual well-being; Mentorship - We provide enhanced opportunities for participants to realize their goals along their journey towards personal growth; Accountability - We diligently oversee the financial contributions of our donors and stakeholders with transparent fiscal accountability

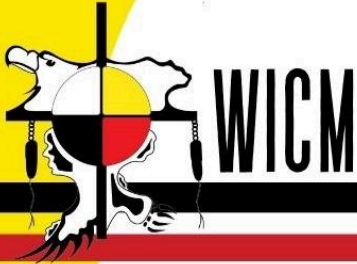
### **WHAT WE DO**

The First Steps to Independence Program is for single adults who are committed to change. We support participants as they achieve an overall increased wellness and reach personal life goals within a safe and inclusive home. Our transitional housing-based program focuses on each individual's success while providing support in the development of positive life skills with a goal of 5 years to complete.

### **WHAT YOU NEED**

These are the documents we require for intake to A Place of Hope and the First Steps to Independence Program:

- Community Agency Referral
- Complete the personal-intake application
- **You must provide the following:**
  - 2 Pieces of ID including 1 photo ID
  - Proof of CRA filing for previous tax year
- If you are on **EIA**, provide the following *as well*:
  - EIA Case #
  - EIA Budget Letter (within the last month)
- If you are on **EI**, provide the following *as well*:
  - Proof of 3 consecutive personal benefit payments
- If you are **working**, provide the following *as well*:
  - Proof of 3 consecutive pay cheques



## WHAT WE EXPECT

With support from our qualified team, participants of the program will develop a solid foundation from which they can develop and realize personal goals and dreams and achieve a life of independence.

Participants are expected to engage with the following:

- Volunteer in our A Place of Hope community weekly for a minimum of a half hour
- Follow through with your goals identified in your personal Action Plan
- Agree to participate in support services (ie: counselling, regular meetings with our program support staff, WICM community events)
- Agree to and sign the Inclusivity Policy and Anti-Harassment Policy
- Agree to meet with our program support staff or a WICM staff member once weekly for the first 6 weeks

We understand that many individuals may need to take many first steps before they can achieve a successful wellbeing.

If a participant is unwilling to engage in the program, they may be discharged from the program and required to leave.

## WHAT WE PROVIDE

Our transitional housing program operates out of A Place of Hope, an apartment building located at 415 Logan Avenue, downtown Winnipeg. At A Place of Hope we offer:

- Fully furnished bachelor suites, including furniture, linens, kitchenware, and more
- A safe and inclusive living environment
- A secure building with fob access doors and monitored video surveillance
- Qualified professionals in areas of advocacy, finance, employment services, life skills, and family services support
- Our in-house Employment Mentorship Program Manager
- Supportive staff
- The following are provided for free:
  - Utilities
  - Laundry facilities on every floor
  - Wifi and access to a computer, printer, and fax machine
  - A DVD and DVD player library
  - A book library



## A PLACE OF HOPE ENDAAYAANG: FACTS AND RULES

The following rules apply to you and any of your guests:

- **No** smoking in the building.
- **No** violence – verbal or physical.
- **No** alcohol, drugs, solvents, or abuse of prescription drugs.
- All visitors must be signed in when they come in and out when they leave and must always be accompanied by a resident. **Only residents are allowed a key.** This is a security precaution especially in the case of an emergency.
- Do not let anyone into the building or apartment area who is not there for you, even if you recognize them.
- If you have concerns about your safety or the safety of another individual, notify a staff member **first** or call 911.
- **No** visitors are allowed in the building from 11 pm to 8 am.
- Overnight visits are limited to **5 visits per month**. All guests must be signed in upon arrival.
- Gossip and lateral violence will not be tolerated.
- Laundry and other services are provided for A Place of Hope residents **only**. No family or friends may access our laundry or other services.
- This is a wood-frame building and noise carries, please **limit noise after 11 pm**. This includes slamming doors, loud music, and visiting with guests. Repeated offences may result in a notice of eviction due to failure to meet your duty not to disturb others, as outlined in the Residential Tenancy Act.

You are welcome to have your children visit and stay overnight, but longer stays must be discussed with staff to ensure safety.

If you or someone you know is feeling stuck and needs to access services, we are here to help! Please let us know and we will work to assist you or someone you know to access services in the community.

### **Things that keep costs and rents down!**

- TV, radios and lights should be turned off when you leave your apartment.
- If your window is open the air conditioner or heat should be turned off.
- Residents are responsible for purchasing their own cleaning supplies, food, toilet paper etc. If a resident wishes to borrow an item (ie: pots, pans, bowls) from the kitchen, talk to staff and we will accommodate if possible.

Please contact Winnipeg Inner City Missions with any questions or to find out more information at **204-942-8682** or email **[wicm@wicm.ca](mailto:wicm@wicm.ca)**