



John Howard

THE JOHN HOWARD SOCIETY OF MANITOBA

Change from the inside



RESOURCE BOOKLET

for Headingley Correctional Centre

At the John Howard Society of Manitoba, we believe that nobody should be defined by the worst choices they've made. We offer programs and resources to individuals (18 and over) at various stages of their involvement with the justice system, to address the root causes of crime.

Our programs and services help address the root causes of crime, strengthen families and build safer communities. As participants make healthy life changes, they have a positive impact in their families and communities. All our services are offered for free and without judgement.

The goal of this booklet is to help us work collaboratively with the staff at Headingly Correctional Centre towards our common goal of supporting incarcerated individuals. We echo the core value of respect:

*"We accept diversity, and the unconditional worth and rights of all people."
(Core Values, Manitoba Corrections)*

The geese on the front cover are a symbol used by Manitoba Corrections:

"In their book, Gung Ho!, Ken Blanchard and Sheldon Bowles use the analogy of geese cheering each other on as they move thousands of miles annually to get to their destinations. Corrections has chosen this symbol to characterize the importance of mutual support as, guided by our core values, we work toward our shared vision."

*Image attribution: "Flock of Geese" by Enoch Leung.
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*This booklet was last updated November, 2025.
A digital version is available at johnhoward.mb.ca/reintegration*

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REINTEGRATION SERVICES

For all reintegration needs, please contact:

Kaylee Monkman
kmonkman@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 110

COMMUNITY COURSES

Note: To register for Reintegration Courses, inmates must be released. They cannot register while still incarcerated. Registration is by referral or self-referral.

All courses are offered free of charge.

Anger Management (End to Aggression)

This court-approved anger management program helps participants understand anger and learn tools to deal with conflict. Participants explore how the way they think affects how they feel, and ultimately affects their actions.

- 10 sessions over 5 weeks
- Tues and Thurs, 6:00 pm to 8:30 pm

Nobody's Perfect Parenting

This program helps parents build positive, caring relationships with their children. It equips parents with strategies for dealing with common developmental, behavioural, and emotional issues that their children might face. The program is offered in a group setting.

- 4 sessions over 2 weeks
- Tues and Thurs, 6:00 pm to 8:30 pm

Introduction to Healthy Relationships

This program provides participants with information about healthy relationships, healthy and unhealthy behaviour within relationships, and tools to promote behavioural change. Please note: This is an informational program and not a treatment option.

- 2 sessions over 1 week
- Tues and Thurs, 6:00 pm to 8:30 pm

Coming to Terms

This program provides information to help participants evaluate their use of alcohol and other drugs, and the consequences that it may pose on their lives, as well as the lives around them. It aims to develop self-awareness and progression through the Stages of Change.

- 10 sessions over 5 weeks
- Tues and Thurs, 6:00 pm to 8:30 pm

CLOTHING CLOSET

We provide free clothing for men in the community. We have casual clothing (t-shirts, jeans, and sweaters). The process is to call on Monday to request clothing, including sizes and pick up on Thursday at 2 pm.

Work boots are available for men entering into the workforce. A letter from an employer or Probation/Parole Officer is required to obtain boots.

HCC Clothing Requests for Inmates Being Released

Procedure:

- Obtain HCC approval (sec. 9.1 this facility will only accept property that has been pre-approved by a Unit Manager, Senior Unit Officer, Preventive Security Officer or Senior Manager) for inmate clothing request.
- Once approved, e-mail Reintegration Caseworker, Kaylee Monkman at kmonkman@johnhoward.mb.ca with the name of the inmate, release date and a list of items approved (including sizes), as well as stating in the email that the request has been approved.
- A Hygiene Kit will be included in your clothing requests (see below for contents).
- After request has been filled, you will be notified of the delivery date.
- Please start this process a minimum of 4 weeks before inmate release date.
- For winter jacket and boots, please contact Siloam Mission. A pick up date and time can be arranged through them: **Bill Heil**
Manager of Clothing Program
Siloam Mission
Phone: [204.956.4344](tel:204.956.4344)
Fax: [204.956.0956](tel:204.956.0956)
Email: bill.heil@siloam.ca

HYGIENE KITS

We provide hygiene items for individuals in the community, including those who have recently been released from an institution. Hygiene kits include basic toiletries such as:

- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Deodorant
- Razor
- Shaving Cream
- Comb
- Antibacterial Wipes
- Condom

BIRTH CERTIFICATES

This program is free of charge.

We assist inmates in WINDING RIVERS, ATC and TRADES, helping them start their birth certificate application while they are incarcerated so that their birth certificate is ready when they are released. This gives them a head start on obtaining bank accounts, status cards, and other forms of ID.

Below is a sample of the birth certificate process as well as a sample of a Manitoba application. Forms can be obtained by contacting Kaylee Monkman at kmonkman@johnhoward.mb.ca or accessed on the John Howard Society website (johnhoward.mb.ca/reintegration).

Once the referral package is completed by the inmate and the caseworker, it can be emailed to Kaylee Monkman at kmonkman@john-howard.mb.ca, or faxed to 204.775.1670.

The application will then be sent to Vital Statistics for processing. If Vital Statistics requires any corrections, the referral source will also be notified. On arrival of the ID, the referral source will be advised and held at John Howard Society until the inmate is released. It can be picked up at our office at 583 Ellice Avenue.

For birth certificate applications for the MAIN BUILDING, please contact Citizen's Bridge (see Community Resources section at the back of this booklet.

Birth Certificate Referral Package
 FOR HCC CORRECTIONAL STAFF

(understands the importance of having your birth certificate upon release. If piece of ID, the barricades upon release becomes greater. JHSM is the transition from institution to community as smooth as possible.

ates in WINDING RIVER, ATC, and TRADES with their birth certificates. It will be held at our office, at 583 Ellice Ave, until the inmate's release. listing inmates in the Main Building. Please contact them at: 5096

nt be filled out by CORRECTIONAL STAFF and include:
 n 1: "Name", "Print Name of entitled client" and "Signature of entitled client"
 onsent information will be filled out by Reintegration Staff)
 n 2: "Reason for application" (ie. lost, damaged, stolen) and "Certificate issued in"
 If client was legally adopted, the adoptive parents would be listed, if not then the biological parents would be listed
 Note that "Province & country of birth" for parents should be written in completion (ie. Manitoba, Canada)

LITERACY SERVICES

For questions, please contact:

Anna Sigrithur
asigrithur@johnhoward.mb.ca
 204.775.1514 ext. 112

Please note that we cannot offer high school level courses or credits, nor do we give out diplomas or degrees.

DROP-IN LITERACY SERVICES

Year-round, Monday to Thursday, 1-4pm

At our literacy classroom, community members can drop in and get help with any of the following:

- Reading and writing
- Creating resumes and cover letters
- Applying for schools, jobs, and government programs
- Searching for information on the internet
- Filling out forms
- And much more!

COMMUNITY TUTORING

In our one-to-one tutoring program, learners set their own literacy goals and work with volunteer tutors to meet them through weekly or biweekly tutoring sessions.

Students can improve their reading, writing, and math skills, as well as general educational upgrading. We also have a lending library of fiction, non-fiction, and magazines for participants to read.

We are an accredited Manitoba Adult Literacy and Learning program and can help people study for CAEC (formerly GED). In addition, cookies, coffee, and books from our library are always available.

THE INSIDE SCOOP

The Inside Scoop is a magazine filled with poetry, stories, editorials, and artwork made by incarcerated individuals across the country.

The Inside Scoop is published four times a year and sent to Headingley Correctional Centre, along with other correctional facilities across Canada. If inmates would like to submit their work for publication, please send it to us at:

The Inside Scoop
John Howard Society of Manitoba
583 Ellice Avenue
Winnipeg, MB R3B 1Z7

A waiver must be included with the submission. (see back page of any previous issue of The Inside Scoop, available at johnhoward.mb.ca/inside-scoop).

GET THE STORY OUT

It can be difficult for incarcerated parents, grandparents, aunts, uncles, and siblings to stay connected to their families. Get the Story Out provides an opportunity for them to read a storybook to the children in their lives and maintain their relationship long-distance.

Volunteers meet with inmates at the Winnipeg Remand Centre, Headingley Correc-

tional Centre, Milner Ridge Correctional Centre, and Stony Mountain Institution, and record them reading a storybook. The recording is saved to a CD, gift-wrapped with the book, and sent to the child.

Please note: Books and recordings can only be sent if the child or child's caregiver does not have a no-contact order against the program participant, and as long as the caregiver agrees to accept the gift.

LITERACY WORKBOOKS

Our 20+ literacy workbooks cover topics such as anger and anxiety management to the principles of restorative justice, all the while aiming to provide an opportunity for learners to practice writing and reading comprehension skills. Upon proof of completion of each workbook, learners are entitled to a certificate of completion.

Literacy workbooks are available on our website (johnhoward.mb.ca/workbook-series), by asking staff at the institution, or by calling our office.

Once you have completed a workbook or workbooks, here's how to receive a certificate of completion:

- *If you're in a correctional institution: contact your caseworker and they can email us at literacy@johnhoward.mb.ca with the information. We will then issue you a certificate*
- *If you're in the community: contact us at literacy@johnhoward.mb.ca or [204.775.1514](tel:204.775.1514) ext. 113*

HEALING AND HARM REDUCTION ADDICTIONS PROGRAM

For questions about this program or to schedule an intake session, please contact:

Debra Capitano
dcapitano@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 108

Rob Erickson
rerickson@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 104

About the program

When you have an addiction to alcohol, gambling, or drugs, it's not always easy to understand how you got there. The Healing and Harm Reduction Addictions Program offers men a safe and supportive space to explore and address the underlying causes of their addictions.

Harm reduction approach

Program facilitators meet participants where they are at without judgement, following a harm reduction and trauma-informed approach. Participants have access to one-to-one support from a facilitator/caseworker and ongoing support once they have completed the program.

Fourteen sessions

This free program consists of fourteen solution-focused sessions. Each session focuses on a different topic and are designed to build on each other. The program culminates with a self-management plan.

In these sessions, participants will have the opportunity to explore their own healing issues and the origins of their addictions. They will learn and practice healthy coping strategies and develop a personalized plan for realistic change related to their addictions.

The program uses the Medicine Wheel as a foundation to develop strength, courage, and healing.

Benefits of participation

Throughout the program, participants will:

- ✓ Gain a better understanding of the underlying reasons for their substance use
- ✓ Learn and practice healthy coping strategies
- ✓ Have opportunities to share in a safe group setting
- ✓ Develop a self-management plan

Who it's for

This program is for men who identify as having an addiction, whether to alcohol, cannabis, gambling or other substances or activities.

Participants must be 18 years or older, willing to attend twice weekly group sessions for the entire 8-week period, and willing to complete a confidential intake and assessment process.

BAIL NAVIGATOR PROGRAM

For questions about this program, please contact:

Julie Nyman
jnyman@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 115

How we support individuals on bail

This program is for individuals on bail who need support to maintain their release conditions. It is designed for those who are considered medium to low risk.

Our Bail Navigator keeps in regular contact with clients in the program and provides the following supports:

- Checks in with participants weekly, either in person or by phone
- Offers reminders of court dates
- Reviews bail conditions and provide guidance to help clients meet them
- Provides referrals to community programs, supports, and services
- Provides information about programs for mental health, substance use, employment, and more.

Program Requirements

It's critical for the Bail Navigator to be able to contact the program participant regularly in order to provide support. Program participants must have:

- A verifiable address
- Consistent use of a phone number, email address, or other means of regular com-

munication (for example, a texting or messaging app)

Who is eligible?

People who typically qualify for the program are those with allegations such as:

- ✓ Property crimes
- ✓ Mischief related offences
- ✓ Administrative breaches
- ✓ Driving offences
- ✓ Limited violence offences
- ✓ Domestic charges where the person's criminal record is not extensive

Who is not eligible?

We are not able to accept individuals with:

- ✗ A history of repeated offences
- ✗ Multiple incidents of domestic violence
- ✗ Repeated convictions of drug trafficking
- ✗ High risk violent offences
- ✗ Discharged firearm charges
- ✗ High risk toward victim

How to Get Started

Individuals must be referred by a lawyer. To get started, ask the lawyer to download a referral form at johnhoward.mb.ca/bail-program.

Please note that this is not a residential program.

PARDON/RECORD SUSPENSION PROGRAM

For questions about pardons/record suspensions, please contact our caseworkers:

George Chartrand
gchartrand@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 117

Mike Mahon
mmahon@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 109

Board of Canada, due when the application is submitted.

Who decides if an applicant gets a record suspension?

The Parole Board of Canada is the decision maker. They make decisions based on the completed materials and records that are given to them.

What is a record suspension?

A record suspension allows people who were convicted of a criminal offence to have their criminal record kept separate and apart from other criminal records. When your record is suspended, you can truthfully reply “no” on job or housing applications that ask if you have a criminal record. Record suspensions were formerly known as “pardons.”

Can anyone with a criminal record obtain a record suspension?

Most people will be able to apply for a record suspension/pardon once the required waiting periods are met. We can help applicants determine if they are currently eligible or when they might become eligible to apply.

What is the cost?

The assistance provided by the John Howard Society of Manitoba is free. If an applicant is eligible, there will be costs to obtain the required police and/or court records. There is also a \$50 fee charged by the Parole

When can applicants expect a decision?

The time needed to complete the application and receive a decision from the Parole Board of Canada varies depending on the convictions. There are steps that must be taken before an application can be filed and a decision made by the Parole Board of Canada. It will take some time to obtain the records from police, courts, etc. Once they receive the materials, the Parole Board will generally make their decision within 6 to 12 months of receiving the application.

What about a cannabis record suspension?

It is possible to apply for a record suspension related to a cannabis record. If the record is limited to a conviction for cannabis possession, the applicant can apply immediately for a record suspension when their sentence is completed. (If they have outstanding fines or surcharges, they can still apply for a record suspension.) They can also apply if they are not a Canadian citizen

or resident of Canada. Our caseworkers can assist in determining eligibility for applications related to the possession of cannabis.

How does the John Howard Society of Manitoba help?

We can help applicants with the process of obtaining a record suspension, beginning with determining eligibility. Once it

is determined whether someone is a possible candidate, we can further assist them throughout the application process.

How to get started?

Contact our record suspension caseworkers to learn more or explore eligibility for a record suspension.

COMMUNITY RESOURCES FOR RELEASE PLANNING

The following resources are to assist HCC staff with inmate release planning. If other resources are needed, please contact Kaylee Monkman.

[204.515.2048](tel:204.515.2048) ext. 10
csarifa@panamplace.com
panamplace.com

HOUSING

RaY (Resource Assistance for Youth)

Housing supports for individuals age 18-29

125 Sherbrook Ave, Winnipeg
[204.783.5617](tel:204.783.5617) ext. 206
info@rayinc.ca
rayinc.ca/get-help/housing

Drop in hours: 1-4pm M-F

Spence Neighborhood Association

Housing supports, advocacy, systems navigation, community referrals

365 McGee St, Winnipeg
[204.999.4485](tel:204.999.4485)
row@spenceneighbour.org
spenceneighbourhood.org/housing

Drop in hours 1-3:30pm T-Th

Pam Am Place

Housing, food, and educational and occupational resources for men ages 18-29

88 Arthur St, Winnipeg

DAYTIME DROP-INS (ADULTS)

Siloam Mission

Food, coffee, washroom, clothing, phone

303 Stanley St, Winnipeg
[204.956.4344](tel:204.956.4344)
siloam.ca

*9am-2pm, 4-8pm
(10am-8pm in extreme weather)*

DAYTIME DROP-INS (ALL AGES)

1JustCity West Broadway

Food, healthy family programs

222 Furby St, Winnipeg
[204.774.2773](tel:204.774.2773)
1justcity.ca/wb

4-6pm M-Th; 1-3pm W; 12-4pm F

1JustCity Oak Table

Food, washroom, health and wellness programs, skill development opportunities,

culturally sensitive supports for mental wellness and addictions

[109 Pulford St, Winnipeg](#)

[204.416.2240](tel:204.416.2240)

1justcity.ca/oaktable

12-3pm M-Th; 9:30-11:30am F

Pimicikamak Wellness Centre

Food, washroom, health and wellness programs, Indigenous cultural programming

[365 McGee St, Winnipeg](#)

[204.995.2944](tel:204.995.2944)

1justcity.ca/pwc

12:30-3pm daily

Lighthouse Mission

Food, washroom, clothing

[669 Main St, Winnipeg](#)

[204.943.9669](tel:204.943.9669)

lighthousemission.ca

9am-3:30pm M-Th; 1-8pm F

One88

Coffee, food, phone, shower, laundry

[188 Princess St, Winnipeg](#)

[204.504.8118](tel:204.504.8118)

one88.org

10am-2pm M-Th; 10am-1pm F

EMPLOYMENT

Opportunities for Employment

Free employment services

[300-294 Portage Ave, Winnipeg](#)

[204.925.3490](tel:204.925.3490)

ofe.ca

North End Community Renewal Corporation

Assistance with employment and barriers to employment (housing, health, etc.)

[627 Selkirk Ave, Winnipeg](#)

[204.927.2330](tel:204.927.2330)

path@necrc.org

necrc.org

IDENTIFICATION

Citizen's Bridge

Help obtaining birth certificates, bank accounts, driver training, identification

[607 Selkirk Ave, Winnipeg](#)

[204.691.9719](tel:204.691.9719)

citizensbridge@necrc.org

necrc.org/programs-services/

citizens-bridge

9am-4pm M-Th; 9am-12pm F;

Thrive Community Support Circle

Free assistance obtaining birth certificates.

[406 Edmonton Street, 3rd floor](#)

[204.772.9091](tel:204.772.9091)

thrivecommunitysupportcircle.com/services/birth-certificate-service

WINNIPEG WINTER WEATHER RESPONSE

Download the guide at endhomelessness-winnipeg.ca/emergency-response.

More resources are available at endhomelessnesswinnipeg.ca/services-supports and mb.211.ca.