

INTRODUCTION

The John Howard Society of Manitoba (JHSM) was founded in 1957 and is one of sixty-three John Howard Societies located across Canada. Based in Winnipeg, JHSM provides a number of programs and services without charge to support men in conflict with the law before, during and after incarceration.



Dazhi-Mino'ayaawin *A place of good health*

COMMUNITY PROGRAMS

Reintegration Services: *Our caseworkers offer one-to-one assessment and referrals related to employment, housing, courses, programs, and support for those struggling with addictions.*

Healing & Harm Reduction Substance Use Program

This is a safe place for men to talk about their substance use and create plans specific to fit their needs.

This is an open-group program, held on Wednesday evenings and explores a series of 16 different topics. It uses a harm-reduction model and incorporates Indigenous culture. We offer one-to-one support from a case-worker and access to an Indigenous Spiritual Advisor.



End to Aggression

This program is designed to help participants avoid further violent, assaultive, and aggressive behaviour. Participants learn that the way we think affects how we feel and ultimately affects our actions (Government of Manitoba, 2011). This program consists of 10, three-hour, group sessions, twice a week for five weeks.

Introduction to Healthy Relationships

This program provides information about healthy and unhealthy relationships and tools to promote positive behavioural change. Note: this is an informational program, not a treatment option (Government of Manitoba, 2015). This program contains two, 3-hour, group sessions, held twice a week for one week.

Record Suspension Program

For those with a dated criminal record, we offer facilitation in applying for a record suspension. This program is supported by the Government of Canada's Department of Public Safety and Emergency Preparedness. We can help review the eligibility guidelines from Parole Board of Canada, and also help file a completed application.

Nobody's Perfect Parenting Program

A prevention-oriented program that promotes positive, caring relationships between parents and their children. It consists of a total of four, 3-hour group sessions; they take place twice a week for two weeks.

Coming to Terms

This program assists participants in evaluating 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 (Manitoba Corrections, 2010). This program contains ten, 2-hour, group sessions, held twice a week for five weeks. This course is informational and not a drug-treatment program.

ADDITIONAL SERVICES



Literacy

We offer literacy programs both inside and outside of correctional centres. In our office at 583 Ellice Avenue, we offer assessment of reading level and assignment of a one-to-one tutor. We also work with men at three different Manitoba correctional centres.

Inside Scoop newsletter

We collect and publish stories, poetry and art from individuals in custody in a regular newsletter called, *The Inside Scoop*.

Get the Story Out

This is a program for incarcerated fathers. We record their voice as they read a story for their kids and then deliver the recording and book to the child's family or caregiver.

SPECIAL PROJECTS

The JHSM routinely participates in special projects. Some examples include producing and distributing **Voters Guides for Incarcerated Voters** (with respect to both federal and provincial elections), **Visitors Guides** for men's correctional centres in Manitoba, and a **Record Suspension Guide** (also called obtaining a pardon).



COLLABORATION

We frequently partner with other community organizations. A sample includes **Ogijiita Pimatiswin Kinaamatwin** (OPK) – dedicated to helping former gang members reconnect to their traditional culture and find employment; **Oshki Giizhig** – an Indigenous organization that supports individuals with FASD, primarily those living in the Point Douglas area; **Eagle Urban Transition Centre** – an Assembly of Manitoba Chiefs initiative that provides culturally relevant and non-discriminatory supports for Indigenous people transitioning to an urban centre; **Initiatives for Just Communities** – a faith-based, charitable organization operating programs focused on individuals with intellectual disabilities and/or Fetal Alcohol Spectrum Disorder, Circles of Support and Accountability, and Open Circle prison visitation program.

Birth Certificates

Men in custody often do not have their birth certificates (or never received one). We assist individuals with applications, mailing and collecting the certificates on their behalf.

Men's Clothes Closet (call for pickup)

Our Clothes Closet is open to men in the community on a call-ahead basis. Call or email our Reintegration Dept. on Monday, pick up on Thursday. Men being released from custody can request clothing items through their institutional caseworker.



Halfway Housing

We provide housing and support for men finishing their sentences in our 24-bed Community Residential Facility (a partnership with Correctional Service of Canada). The Anishinaabe name for the halfway house is **Waakaa'igan niiwin mashkiki miikanawan**, or "Four Healing Roads Lodge," which refers to the physical, mental, emotional and spiritual dimensions of healing.