



John Howard

THE JOHN HOWARD SOCIETY OF MANITOBA

Change from the inside



John Howard Society of Manitoba

PROGRAMS AND SERVICES

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.

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REINTEGRATION SERVICES

For all reintegration needs, please contact:

Kaylee Monkman
kmonkman@johnhoward.mb.ca
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 confirming employment is required to obtain boots.

How to access the clothing closet

Incarcerated individuals who need clothing for their release should contact their caseworker with their requests. The caseworker can then contact our Reintegration Caseworker, Kaylee Monkman, kmonkman@johnhoward.mb.ca.

She will prepare a bag of clothing for the individual, which will be placed in their property for their release. A hygiene kit will be included (see below for contents). Please note: This request should be made 2 months prior to release.

Individuals in the community are also welcome to make use of the clothing closet. Please call our Reintegration Caseworker ([204.775.1514](tel:204.775.1514), ext. 110) on a Monday, and the clothing will be ready for pickup on Thursday afternoon at 2:00 p.m.

For winter jackets and boots, please contact

Bill Heil

Manager of Clothing Program

Siloam Mission

Phone: [204.956.4344](tel:204.956.4344)

Email: bill.heil@siloa.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 help participants 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. We assist with preparing the applications, mailing them in, and collecting the certificates on the participants' behalf.

Please call the office ([204.775.1514](tel:204.775.1514)) or email Kaylee Monkman at kmonkman@johnhoward.mb.ca for more information.

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 ext. 108

Rob Erickson
rerickson@johnhoward.mb.ca
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 provides 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.

LITERACY SERVICES

For questions, please contact:

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

John Samson Fellows
jsfellows@johnhoward.mb.ca
204.775.1514 ext. 113

Chanelle Lajoie
clajoie@johnhoward.mb.ca
204.775.1514 ext. 113

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.

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!

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 Correctional 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.

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 literacy@johnhoward.mb.ca or [204.775.1514](tel:204.775.1514) ext. 113*



Through our Get The Story Out program, Danika Letander's kids get to listen to stories read by their dad, even though he is incarcerated.

Photo credit: Prabjhot Singh Lotey/CBC. From "Presents from Prison: How Manitoba inmates are able to read stories to their kids" by Darren Bernhardt, CBC Manitoba.

PARDON/RECORD SUSPENSION PROGRAM

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

George Chartrand
gchartrand@johnhoward.mb.ca
204.775.1514 ext. 117

Mike Mahon
mmahon@johnhoward.mb.ca
204.775.1514 ext. 109

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 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.

When can applicants expect a decision?

The time needed to complete the application and receive a decision from the Parole

Is your old record making it hard to build a stable life?

You might be eligible for a pardon

We offer **free** assistance with record suspension/pardon applications

Call **204-775-1514** to find out if you are eligible

JohnHoward.mb.ca/Record-Suspension-Program

When your record is suspended, you can truthfully reply “no” on job or housing applications that ask if you have a record.

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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 (see above for contact info) to learn more or explore eligibility for a record suspension.

CBSA ALTERNATIVES TO DETENTION

For questions, please contact:

Ansu Daramy
adaramy@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 116

The John Howard Society of Manitoba provides services under the Community Case Management and Supervision (CCMS)/ Alternatives to Detention program. As a contracted service provider, JHSM delivers the CCMS Program on behalf of the Canada Border Services Agency (CBSA).

Community services are provided as part of the CBSA's Alternatives to Detention program while an individual's immigration processes are ongoing. These services provide support in the areas of housing, employment, addiction, as well as physical and mental health. The CCMS caseworker works alongside the staff of the Four Healing Roads Lodge Community Residential Facility (operated by JHSM), connecting CCMS clients to critical community support.

FOUR HEALING ROADS LODGE

For questions, please contact:

Rhonda Gosselin
rgosselin@johnhoward.mb.ca
[204.775.1514](tel:204.775.1514) ext. 118

On the Healing Road

Four Healing Roads Lodge is an inclusive and welcoming half-way house for men traveling from a life of incarceration towards freedom and reintegration into the community.

Support for Residents

This halfway house offers a number of services and programs at no cost to residents, including elder services, self-improvement

courses, literacy skills, birth certificates, clothing, and toiletries.

Grounded in Indigenous teachings

The name “Four Healing Roads Lodge” is a translation of the Anishinaabe name, Waakaa’igan niiwin mashkiki miikanawan. Given in a ceremony with Elders Ervin Hilts and Vern Dano, the name includes the physical, mental, emotional and spiritual dimensions of healing.

It also reflects a combination of approaches to healing: Elder-led Indigenous teachings and ceremonies, and Western education and programs.

This booklet was last updated in May 2026.

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