WELCOME TO WINNIPEG’S
Vital Signs® 2017

A project of The Winnipeg Foundation, Vital Signs® is a snapshot of life in Winnipeg as identified by citizens, and supported by secondary research. We hope you find it as fascinating and useful as we do.

METHODOLOGY

Both the online and telephone surveys were conducted by NRG Research Group. The online survey, based on a self-selected respondent population, asked individuals to prioritize key issues and comment about 10 issue areas, as well as share information about their quality of life. The random sample telephone survey focused on quality of life questions.

Secondary data

The Institute of Urban Studies, International Institute for Sustainable Development (IISD) and the Social Planning Council of Winnipeg provided data support to ensure the indicators used for Winnipeg’s Vital Signs 2017 are relevant, accurate and comprehensive.

Community Foundations of Canada, which retains IISD to undertake national research, provided additional indicator data.

Please note: the information in this publication was gathered to the best of our abilities using the most current data available.

VITAL SIGNS ADVISORY COMMITTEE

A special thank you to the volunteer panel who provided guidance and advice for the production of this report.

Kirsten Bernas, West Central Women’s Resource Centre
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Carol A. Phillips, Winnipeg Arts Council
Mary Scott, Community Volunteer
Shahina Siddiqui, Islamic Social Services Association
Louise Simbandumwe, SEED Winnipeg
Cathy Staines, Health in Common

Special appreciation to Elder Dr. Myra Laramee for her insights and perspectives generously shared with the Vital Signs Team.

13 DAYS
TELEPHONE SURVEY CONDUCTED FROM MAY 10 TO 23, 2017

1 MONTH
ONLINE SURVEY AVAILABLE FROM MAY 5 TO JUNE 4, 2017

1,771
ONLINE SURVEYS COMPLETED

2,171
SURVEYS COMPLETED

400
TELEPHONE SURVEYS COMPLETED

13 DAYS
TELEPHONE SURVEY COMPLETED FROM MAY 10 TO 23, 2017

10
ISSUE AREAS

3
VITAL CONVERSATIONS

16,837
ONLINE COMMENTS RECEIVED

2,171
SURVEYS COMPLETED
Community members at the West Broadway Farmers’ Market, organized by the Good Food Club. Learn more on page 24.
The Winnipeg Foundation is For Good, Forever.

We help people give back to our shared community by connecting generous donors with causes they care about For Good. We are an endowment-based public foundation, so gifts are pooled and invested and the annual earnings are granted back to the community Forever.

We strive to be a catalyst for strengthening community well-being, now and for future generations, by promoting philanthropy, creating partnerships and supporting diverse charitable organizations. Formed in 1921, we are proud to be the first community foundation in Canada.

We are committed to working with everyone in our community toward a shared goal of reconciliation. A copy of the Philanthropic Community’s Declaration of Action was signed in 2015 by both The Foundation’s Board Chair and Chief Executive Officer, and helps guide our strategic direction.

LEARN MORE
Check out the Vital Signs website for additional information including animated stats, videos, photos and additional reports at winnipegvitalsigns.org

Join the conversation using #WVS2017

Facebook facebook.com/wpgfdn
Twitter @winnipegfdn
YouTube youtube.com/user/winnipegfoundation
LinkedIn linkedin.com/company/the-winnipeg-foundation
Instagram @winnipegfdn

GET IN TOUCH
We’d love to hear from you! Please send your comments to vitalsigns@wpgfdn.org

The Winnipeg Foundation 1350-One Lombard Place | Winnipeg, Manitoba R3B 0X3
204.944.9474 | 1.877.974.3631 | wpgfdn.org

On the cover: Participants in the Truth and Reconciliation Camp, run by Frontier College and the Community Education Development Association. Learn more on page 16.

Winnipeg’s Vital Signs® 2017

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The Foundation is pleased to present Winnipeg’s Vital Signs® 2017 in place of your regular Working Together magazine. Don’t worry - the winter issue of Working Together will be here in no time!

The Foundation recognizes Winnipeg is located on Treaty 1 territory, and on the homeland of the Métis Nation.

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Filmmaker Sonya Ballantyne recently took her first foray into theatre, directing a play with Sarasvàti Productions. Learn more about Sarasvàti on page 34.
What is Vital Signs

Winnipeg’s first-ever Vital Signs is a check-up on the vitality of our community. It identifies significant needs and trends by combining research with the results of surveys, in which community members provided insights on issue areas critical to quality of life in Winnipeg.

During the process, we also convened Winnipeggers around issues of importance. We called these gatherings Vital Conversations and you can learn more about them starting on page 12.

The information contained in Vital Signs is for everyone. All the data collected is available on the Vital Signs website, winnipegvitalsigns.org. There you can also find full copies of the online and phone survey results, a complete list of the 16,837 comments received throughout the process, the data obtained through secondary research, special surveys completed during our Vital Conversations, and more.

We hope you find both this report, and the data available as a result, useful.

The Foundation’s goals for Winnipeg’s Vital Signs 2017 are to:
• Inspire new discussion, connections and community advancement on issues
• Enhance resources on issues/opportunities for our donors and the broader community
• Increase the effectiveness of The Foundation’s grant-making
• Inform our strategic plan as we define the path toward our centennial in 2021

Vital Signs is a national program led by individual community foundations and coordinated by Community Foundations of Canada. More than 65 communities in Canada and around the world are using Vital Signs to mobilize the power of community knowledge for greater local impact.

This project builds on The Winnipeg Foundation’s experience with Winnipeg’s Youth Vital Signs report in 2014 when young Winnipeggers, aged 14-29, were invited to grade key areas of life, identify opportunities for change and categorize priorities for community investment.

HOW TO READ THIS REPORT

STORY
A quote from someone who is involved with or impacted by each issue area.

ORGANIZATION
The organization or program featured is tied to The Foundation in some way, which is also indicated.

COMMUNITY LEADERSHIP
Organizations and programs currently working in the issue area.

CITIZEN PRIORITIES
Determined through the online survey completed by 1,771 people. Citizens were asked to select their top priority from a list of options, or to specify another option.

SECONDARY DATA
The Institute of Urban Studies, the International Institute for Sustainable Development and the Social Planning Council of Winnipeg provided data support to ensure indicators used are relevant, accurate and comprehensive.

FIND OUT MORE AT winnipegvitalsigns.org
From our CEO

We are pleased to present Winnipeg’s Vital Signs 2017 – our first-ever snapshot into life in Winnipeg. It is the culmination of more than a year’s work. It is filled with the results from online and telephone surveys completed by 2,171 people, as well as secondary research cultivated from several sources. This information is organized into 10 categories that touch on all aspects of life in Winnipeg, as well as information about our quality of life and sense of belonging.

As a part of the Vital Signs process, The Foundation also held a series of Vital Conversations, which brought the community together to discuss the issues of mental health and addictions, reconciliation, and community pride. Read more on page 12.

From all this information, we identified significant needs and trends, and key findings that fall into the following areas: Reconciliation, Belonging, Well-being, and Lines that Divide our community. Read more on the following page.

Throughout the Vital Signs process, we learned a lot about our city and the people who live here. According to results obtained through Vital Signs, Winnipeggers overwhelmingly rate their quality of life as good or very good, have a strong sense of belonging to Winnipeg, and are proud of our community. That being said, almost a quarter of our citizens reported feeling out of place, more than half live pay cheque to pay cheque, and only 24 percent say they are very familiar with the Truth and Reconciliation Commission of Canada and its Calls to Action.

The Winnipeg Foundation is committed to working with everybody in our community toward a shared goal of reconciliation. And like so many, we’re still discovering exactly what that means. We know truth and reconciliation is a journey that calls on each one of us – individually and collectively, corporately and institutionally – to respond. The process we engage to do this will, of course, vary. But whatever path we follow, we know education plays a significant role.

In an effort to help educate citizens about reconciliation, this report includes a section called Vital Information: Indigenous People in Canada. You can read it starting on page 10.

Of course, all aspects of community life are very closely intertwined. You can’t have a strong sense of well-being without basic human rights and a sense of belonging; you can’t feel you belong when we have unreconciled relations between Indigenous and non-Indigenous citizens; you can’t reconcile relationships when there are huge divisions and misconceptions in our city.

But give Winnipeggers an opportunity to gather and discuss topics that matter, and they’ll come out in droves. We were inspired by the amazing response people had to the Vital Conversations, and will be further prioritizing community engagement and expanding our role as community convenor going forward. The results will also be influencing our grants. Stay tuned for more information in the coming months.

The Winnipeg Foundation’s vision is ‘a Winnipeg where community life flourishes for all’. I hope you’ll agree this report is packed with information about what a flourishing community looks like to different people. From here, we can see the potential next steps our community can take.

The Winnipeg Foundation is looking forward to taking these next steps. We hope you’ll join us.

Please send your feedback to vitalsigns@wpgfdn.org
Key findings

**RECONCILIATION**
More than 150 years of systemically racist Canadian government policies regarding Indigenous People, combined with centuries-old anti-Indigenous sentiments entrenched in society, has resulted in the recent and long overdue calls for reconciliation between Indigenous and non-Indigenous citizens. Parliament’s 2008 apology for the residential school legacy, followed by the Truth and Reconciliation Commission (TRC) of Canada (2008-2015) and its subsequent Calls to Action (2016), are challenging Canadians to examine our own attitudes and address issues of justice, safety and inclusion for Indigenous People.

**MANY CITIZENS ARE STILL UNINFORMED**
Older Winnipeggers and those living in Southwest, Southeast and Central neighbourhoods say they are the most familiar with the TRC and its Calls to Action. Citizens who think our community is doing enough to address reconciliation are likely to be men, people aged 35+ and those who have lived in Winnipeg more than 10 years. One-third of Winnipeggers don’t know if reconciliation is being achieved in our community.

**A LONG ROAD AHEAD**
While attitudes among Canadians, during the past decade, have shown an increased awareness on issues affecting Indigenous citizens, a large portion of the population is still unaware of the true history of how governments and society have treated Indigenous People and the impact this has had on all communities. Furthermore, while 52 percent of non-Indigenous Canadians believe Indigenous People have unique rights as the first inhabitants of Canada, only 37 percent of Manitobans share this belief. Despite having the largest urban Indigenous population of any city in Canada, Manitobans’ perceptions and attitudes of Indigenous People remain relatively negative when compared to the rest of the country. Still this gap hasn’t dampened hopes as most citizens, especially those aged 18 to 29, remain optimistic that one day there will be meaningful reconciliation between Indigenous and non-Indigenous Canadians.

**BELONGING**
Feeling you belong is vital to ensuring a meaningful life. It’s about how much we believe we fit in a group or place - and how much that place or group welcomes or includes us. A sense of belonging is a human need, just like the need for food and shelter. However one finds their sense of belonging, it is a key element to happiness and well-being.

**WHAT VITAL SIGNS TOLD US ABOUT OUR SENSE OF BELONGING:**

**THERE IS NO ‘ONE SIZE FITS ALL’ WHEN IT COMES TO BELONGING**
Winnipeggers find their connections in a variety of places, whether it’s at a community or cultural centre, in the arts or through social media, it differs for everyone. What is key, are the meeting places and the opportunities to share common interests and experiences.

**NOT ALL WINNIPEGGERS FEEL WELCOMED IN OUR CITY**
Multiculturalism is part of our national identity. Winnipeggers are proud of the cultural diversity of our city. But if you’re Indigenous or new to our country or city, chances are you don’t feel as welcomed or connected to the community.

**WELL-BEING**
Extending beyond the traditional definition of health, well-being brings together the interconnected dimensions of physical, mental and social well-being. Physical vitality, mental acuity, social satisfaction and connectedness, a sense of accomplishment, and personal fulfillment are all commonly associated with a positive sense of well-being.

**WHAT VITAL SIGNS TOLD US ABOUT OUR WELL-BEING:**

**MENTAL HEALTH IS AN ISSUE**
Mental health is a community concern. Just like physical illnesses can take many forms, so too can mental illnesses. In any given year, one in five people in Canada will personally experience a mental health challenge or illness. Whether it is mild or severe, preventive measures and supports are needed. We need to talk about it so we better understand and reduce stigma.

**NOTHING HAPPENS IN A VACUUM**
Well-being is tied to our surroundings, finances, nutrition, work and stress levels, physical activity, connectedness, and sense of belonging. These elements do not exist in isolation; they are all interconnected.

**LONG-TIME WINNIPEGGERS ARE MORE LIKELY TO THINK OUR CITY IS DOING ENOUGH TO ADDRESS RECONCILIATION**

6 FIND OUT MORE AT winnipegvitalsigns.org
THE LINES THAT DIVIDE

We form communities based on commonalities and interests, and by their very nature these communities may exclude others. These divisions can be influenced by the geographic area in which we live, our age, education level, income, employment, culture, religious beliefs, values, gender, sexuality, and more.

WHAT VITAL SIGNS TOLD US ABOUT THE WAYS IN WHICH WE’RE DIVIDED:

WHERE YOU LIVE IN WINNIPEG MATTERS

We love to ask where people live and where they grew up. This helps build connections, but it also enables us to pass judgement. Where you live in our city influences your quality of life and beliefs.

Generally, those who live in Winnipeg’s South or Central neighbourhoods are more likely to believe they can make a difference in our city, to participate actively in their communities, and to say Winnipeg is a good place for the next generation. They’re also more likely to say they’re familiar with the TRC and its Calls to Action.

Those who live in communities in the South are more likely to say they have a very good quality of life.

Southeast residents are more likely to say they support initiatives that foster intercultural understanding between Indigenous and non-Indigenous groups.

Those in the Southwest state they’d like more opportunities to interact with their neighbours. They’re also more likely to rate their physical and emotional well-being as high, be satisfied with their home life, give to charity, and volunteer their time.

Those in the Southwest, Northeast and Northwest are more likely to say they know their neighbours well enough to ask for help.

Those in the Northwest, Northeast and Central communities are much more likely to feel uncomfortable or out of place, and to stress about personal finances.

Those living in the Northeast are much more likely to feel lonely.

SO DOES HOW LONG YOU’VE BEEN HERE

The longer you’ve lived here, the more connected and engaged you are, the more likely you are to rate your quality of life as very good and your sense of well-being as high, and the stronger your sense of belonging. You’re also more likely to be more satisfied with your home life.

You’re more likely to say Winnipeg is doing enough to welcome newcomers and to say our city is doing enough to address reconciliation and the TRC’s Calls to Action, meaning the longer you’re here, the more likely you are to be satisfied with the status quo.

Those living in Winnipeg for 10 or fewer years are much more likely to feel lonely and to feel uncomfortable or out of place.

Those in Winnipeg for more than 10 years are much more likely to give to charity.

64 PERCENT OF WINNIPEGGERS FEEL STRESS ABOUT PERSONAL FINANCES

ONE OUT OF FOUR WINNIPEGGERS HAVE FELT UNCOMFORTABLE BECAUSE OF DISCRIMINATION

60 PERCENT OF WINNIPEGGERS KNOW THEIR NEIGHBOURS WELL ENOUGH TO ASK FOR HELP
A village of 100

IF WINNIPEG WERE MADE UP OF 100 PEOPLE, THERE WOULD BE...

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<td>0-14</td>
<td>17</td>
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<tr>
<td>15-24</td>
<td>13</td>
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<td>25-64</td>
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<td>75-84</td>
<td>5</td>
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<tr>
<td>85+</td>
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MEDIAN AGE 38.8

SOURCE: STATISTICS CANADA, 2016

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<tr>
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<td>NEVER MARRIED</td>
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<td>SEPARATED</td>
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<tr>
<td>DIVORCED</td>
<td>6</td>
</tr>
<tr>
<td>WIDOWED</td>
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SOURCE: STATISTICS CANADA, 2016

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<tr>
<th>INDIVIDUAL INCOME</th>
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<tbody>
<tr>
<td>UNDER $10,000</td>
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<tr>
<td>$10,000-$29,999</td>
<td>27</td>
</tr>
<tr>
<td>$30,000-$59,999</td>
<td>32</td>
</tr>
<tr>
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<tr>
<td>$100,000 AND OVER</td>
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MEDIAN EMPLOYMENT INCOME: $32,900

SOURCE: STATISTICS CANADA, 2014

<table>
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<tr>
<td>IMMIGRANT</td>
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</tr>
<tr>
<td>POST-SECONDARY Credential</td>
<td>49</td>
</tr>
<tr>
<td>SPEAK ENGLISH MOST OFTEN AT HOME</td>
<td>78</td>
</tr>
<tr>
<td>SPEAK LANGUAGES OTHER THAN ENGLISH AND FRENCH MOST OFTEN AT HOME</td>
<td>12</td>
</tr>
<tr>
<td>HAVE KNOWLEDGE OF BOTH OFFICIAL LANGUAGES</td>
<td>10</td>
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SOURCE’S PROVINCE OF MANITOBA, 2016; STATISTICS CANADA, 2011; STATISTICS CANADA, 2016

SURVEY RESPONDENTS

Vital Signs invited Winnipeggers to choose priorities, voice opinions and share comments about 10 key issue areas in our city. They were also asked about their quality of life, happiness and connection to community.

The online survey, conducted by NRG Research Group, was completed by 1,771 people. The survey was open to all individuals living and/or working in Winnipeg. Survey respondents volunteered to take part in the survey, therefore results should be considered representative of ‘interested Winnipeggers’ and may not be representative of Winnipeg’s population overall.

WHO PARTICIPATED IN WINNIPEG’S VITAL SIGNS 2017

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<thead>
<tr>
<th>GENDER</th>
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<tr>
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<tr>
<td>FEMALE</td>
<td>63%</td>
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<tr>
<td>TRANSGENDER PEOPLE</td>
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<td>65-74</td>
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<td>75+</td>
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<td>RETIRED</td>
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<tr>
<td>GOVERNMENT</td>
<td>15%</td>
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<tr>
<td>NON-PROFIT/ CHARITABLE/ SOCIAL SERVICES</td>
<td>7%</td>
</tr>
<tr>
<td>UNEMPLOYED</td>
<td>6%</td>
</tr>
<tr>
<td>VOLUNTARY</td>
<td>4%</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>4%</td>
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<tr>
<td>STUDENT</td>
<td>4%</td>
</tr>
<tr>
<td>HEALTHCARE</td>
<td>3%</td>
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<tr>
<td>OTHER</td>
<td>3%</td>
</tr>
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FIND OUT MORE AT winnipegvitalsigns.org
VITAL INFORMATION:
Indigenous People in Canada

Truth and reconciliation is a journey on which we all must embark. Like so many, The Foundation is still discovering what that process looks like; we know education is key. We’ve included this section in an effort to share some of what we’ve learned so far, and to help educate our community. It was developed with the help of many, including Elder Dr. Myra Laramee, who provided guidance throughout the Vital Signs process.

WHAT’S IN A NAME?

INDIGENOUS PEOPLE

Indigenous People are descendants of the original inhabitants of the land, who have occupied North America (traditionally known as Turtle Island) for tens of thousands of years. This rich history of sophisticated civilizations based on traditional laws and cultural practices, along with complex trading and economic relationships between nations, was well-established many centuries before European explorers came to these shores.

Today, there are approximately 1.4 million Indigenous citizens in Canada, comprised of First Nations, Métis and Inuit people in communities across the country. Each community is diverse and unique with its own history, experience and language, as well as cultural protocol and spiritual traditions.

Each Indigenous group also has its own history with the Crown, often marred by racist policies implemented by the Canadian government. It is now generally accepted that Canada has not lived up to the treaties it signed and continues to deny the rights of, and social justice for, Indigenous People.

WHAT NOT TO SAY

The Canadian Constitution uses the term ‘Aboriginal Peoples’ in reference to Indigenous People of Canada, however using the term ‘Aboriginal’ and ‘Native’ in everyday speech is not appropriate.

The word ‘Aboriginal’ is defined in most dictionaries as ‘original inhabitants’ or ‘first inhabitants’. But according to some Indigenous scholars, the root meaning of the word means the opposite: the first two letters in the term – ab – is a Latin prefix that means ‘away from’ or ‘not’. And so, the term ‘Aboriginal’ can literally mean ‘not’ or ‘away from’ the original.”

FIRST NATIONS

The term First Nations came into use in the 1980s to replace the pejorative designation ‘Indian’. This generally refers to those from the 634 bands across Canada and includes those with status (people who are encompassed under the treaties or the Indian Act) and those without status (not covered by the treaties). This term does not include Métis or Inuit people.

WHAT NOT TO SAY

While the title ‘Indian’ remains a legal term in the Canadian Constitution, its use outside the legal context is considered offensive.

MÉTIS

Canada’s Métis people are descendants of First Nations women and European men. A distinct people who developed a unique culture that grew out of Canada’s fur trade tradition, the Métis played a crucial role in Canada’s history, acting as intermediaries and working as guides and interpreters to the new forts and trading companies. In Manitoba, the role is particularly significant as Métis leader Louis Riel – once considered a traitor – is now recognized as the leader of the first provisional government in Manitoba and the catalyst of Manitoba’s confederation into Canada.

In 2016, the Supreme Court of Canada ruled that tens of thousands of Métis and non-status First Nations people are now the responsibility of the federal government.

WHAT NOT TO SAY

Historically referred to as ‘mixed-bloods’ and ‘half-breeds’, these terms are now considered offensive.
WHAT’S IN A NAME?

INUIT

Inuit people live in northern Canada, as well as in parts of Greenland, Alaska and Chukotka (Russia). Traditional Inuit land in Canada consists mostly of Nunavut but also includes the Northwest Territories, Northern Quebec, and Northern Labrador. Inuit homeland within Arctic Canada is known as Inuit Nunangat, which refers to the land, water and ice.

WHAT NOT TO SAY

Using the historic term ‘Eskimo’, which literally means ‘eater of raw meat’, is no longer considered appropriate.

TOWARD A BETTER FUTURE: TRUTH AND RECONCILIATION COMMISSION OF CANADA

Truth commissions have been used around the world to discover and reveal past wrong-doings of governments and to provide proof of historical revisionism and human rights abuses, in the hopes of resolving conflicts of the past. Truth commissions often use restorative justice models in efforts to reconcile societies.

The Truth and Reconciliation Commission (TRC) of Canada was established June 1, 2008 and wrapped up in December 2015. Canada’s TRC was unique from others around the world in that its scope was primarily focused on the experiences of children, spanning more than 100 years. The TRC was led by Manitoba Justice and now Senator Murray Sinclair to gather information and hear testimony from survivors and create an accurate and public historical record of the past regarding the policies and operations of residential schools.

The TRC resulted in 94 Calls to Action, urging all levels of government, as well as institutions such as educational and community organizations, social service agencies and museums and archives, to work together to change policies and programs in an effort to repair the harm caused by residential schools and to move forward with reconciliation.

On June 11, 2008, the Prime Minister, on behalf of the Government of Canada, issued an apology in the House of Commons to former students, their families and communities. The apology was considered by many as a first step toward reconciliation.

The government’s apology and the establishment of the TRC came in the wake of lawsuits (one being the largest class action in Canadian history) brought by residential school survivors against the Government of Canada. It should also be noted residential school survivors helped fund Canada’s TRC, using a portion of the monetary settlement they received from the government as ordered by the court.

Métis, non-status First Nations and Innu people of northern Quebec, Newfoundland and Labrador, as well as Indigenous People who attended day school or lived in orphanages, all were not included in the Indian Residential School Settlement Agreement, the Government of Canada’s apology or the mandate of the TRC.

To learn more about Canada’s TRC, visit the website for the National Centre for Truth and Reconciliation at nctr.ca.

For the purposes of this report we use the term ‘Indigenous’ to be an inclusive term that encompasses all who identify as First Nation, Métis, or Inuit, while recognizing their unique cultural identities.
UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLES

A United Nations General Assembly declaration is a document expressing political commitment on matters of global significance.

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) is a document that describes both individual and collective rights of Indigenous People around the world. It addresses the rights of Indigenous People on issues such as culture, identity, language, health and education and sets minimum standards. UNDRIP states the rights contained within it, “Constitute the minimum standards for the survival, dignity and well-being of the Indigenous Peoples of the world.”

The declaration was adopted by the UN General Assembly in September 2007. At the time, Canada was one of four nations to vote against the declaration. However, in May 2016, Canada removed its objector status and officially adopted UNDRIP.

The first principle of reconciliation from Canada’s TRC confirms UNDRIP is the framework for reconciliation for all sectors of Canadian society. The TRC’s Call to Action No. 43 calls upon “the federal, provincial, territorial and municipal governments to fully adopt and implement the United Nations Declaration on the Rights of Indigenous Peoples as the framework for reconciliation.”

To learn more about the declaration, visit un.org

Why we recognize Winnipeg is on Treaty 1 territory

If you’ve been to a public event lately, odds are you’ve heard it acknowledged Winnipeg is on Treaty 1 territory, and in the homeland of the Métis Nation.

You’ve also probably heard the saying, ‘We Are All Treaty people.’

But you may not know what it all means. And you’re not alone.

Throughout the Vital Signs process we worked with Elder Dr. Myra Laramee, who provided guidance, insight and perspective to the project.

Treaties set out promises, obligations and benefits for both parties. They were signed nation to nation, to coexist in peace and harmony.

Treaty 1 was signed Aug. 3, 1871 by representatives of the Crown and of Indigenous communities. There are seven First Nations that were part of the signing of Treaty 1: Brokenhead Ojibway, Sagkeeng, Long Plain, Peguis, Roseau River Anishinabe, Sandy Bay and Swan Lake. The land encompassed by Treaty 1 includes Winnipeg, Brandon, Portage La Prairie, Selkirk, Steinbach, Grand Beach, Emerson, Winkler and many more. You can view the treaty, as well as the traditional names of these First Nations, on the Treaty Relations Commission of Manitoba’s website, trcm.ca.

According to Dr. Laramee, if you’re living on or visiting treaty land you should be familiar with the treaty that encompasses it. That goes for everyone – Indigenous or not. The only way that understanding can happen is by reading the treaty, she says.

When you read Treaty 1, it quickly becomes clear stipulations in it have not been met by the Canadian government. Moving from a place of ignorance to a place of knowing is uncomfortable, as it forces people to take responsibility – something that for too long hasn’t been required or done, Dr. Laramee says.

Once we as individuals understand what was promised and what hasn’t been delivered, we can encourage action on the part of other Canadians, government, institutions, and more.

The Winnipeg Foundation’s vision is: A Winnipeg where community life flourishes for all. This is consistent with the society promised in Treaty 1. Knowing this helps us along our individual and collective journeys toward truth and reconciliation – something we owe ourselves, and all Canadians.
VITAL CONVERSATIONS
connect Winnipeggers, inform Vital Signs

There’s something special about bringing people together around a topic. Gathering people not only creates commonalities and connections, it also inspires action.

Public input is key to the Vital Signs process. One way The Foundation gathered input was by convening a series of public discussions on community priorities.

Between January and June, The Foundation held three Vital Conversations: the first focused on mental health and addictions, the second on steps to reconciliation, and the third on community pride.

While our goal was to gain additional ideas and views, we didn’t realize the extent to which these Vital Conversations would motivate people – to attend, to learn, to connect, to share, and to act.

The results from these first three conversations have inspired The Foundation to further prioritize community engagement and expand our role as a community convener.

You can read more below about the findings at the three Vital Conversations, including what happened, what we learned, and results from specific surveys developed for each event.

MENTAL HEALTH, ADDICTIONS AND HEALING

The first Vital Conversation was held Jan. 23. Convened in partnership with the Canadian Mental Health Association, the event brought together 100 people to focus on the challenges confronting issues of mental health and addictions in our community, and potential paths to healing and well-being.

Global TV journalist Eva Kovacs emceed the event, which began with an opening prayer offered by Elder Dr. Myra Laramee. The keynote address came from musician and motivational speaker Robb Nash, who uses the experience of his own nearly-fatal auto accident, along with the power of music, to positively influence young people confronting addiction, self-harm and suicide.

“When I went through my mental illness, and when I had the suicidal thoughts, I was by myself,” said Nash. “When I see something like this – coming together and making a community aware and bringing together resources – we can make a bigger impact and make things more significant.”

The event also incorporated a panel discussion on mental health and addictions, featuring physician Dr. Lisa Monkman, sociologist Tessa Blakie Whitecloud and mental health advocate Sean Miller. Attendees also participated in roundtable discussions on a range of mental health-related topics.

“It’s a long haul to get any help,” said participant Raymond Cornish, who works as a chaplain for the RCMP.

With waitlists so long, young kids must routinely wait several months before seeing mental health professionals, and after that there are no next steps, he added.

“It’s like a black hole,” he said.

WHAT WE LEARNED

The two-hour event scratched the surface in understanding how to best approach issues regarding mental health and addictions in our community. Many attending commented on the value of bringing together citizens from various professions and life experiences to learn from one another and discuss best practices. Mental health and addictions are a common struggle. Service providers know connecting with others is often one of the best ways to alleviate some of the struggles that come along with mental health and addictions.

WHAT YOU SAY:

MENTAL HEALTH SUPPORTS

Areas that need the most attention, according to attendees at the Mental Health, Addictions and Healing Vital Conversation:

- Increasing access to publicly funded therapy and/or rehabilitation services
- Increasing support for individuals/families coping with mental health crises
- Developing and delivering earlier and later in life education about mental health and related supports
- Providing affordable housing and employment training/opportunities
- Building awareness around mental health and addictions stigma
- Ensuring children and young adults have early access to good clinical care

SOURCE: WINNIPEG’S VITAL SIGNS 2017
BRIDGING DIVIDES, SHAPING FUTURES

The second Vital Conversation focused on how, as individuals and as a community, we can all work toward reconciliation and improve relations between Indigenous and non-Indigenous Winnipeggers.

The all-day event, attended by 250 people, was held Apr. 12. It was organized in partnership with Circles for Reconciliation, a recently-created charity that brings together Indigenous and non-Indigenous professionals who facilitate circles of dialogue on a host of topics. From the legacy of residential schools, to the ‘60s Scoop, to the Indian Act, to everyday racism and many other difficult subjects, Circles for Reconciliation brings together citizens from all walks of life to sit in circles where they listen, share, learn and heal.

Elder Dr. Myra Laramee introduced the day with a balance of humour and seriousness. The keynote address came from Kevin Lamoureux, National Education Lead of the National Centre for Truth and Reconciliation.

A dynamic speaker, Lamoureux captivated the audience by taking a provocative look at the past, challenging the myths of justice and inclusion for Indigenous Canadians. His laid-back style made him easy to understand as he helped clarify the impact on today’s society – both for Indigenous and non-Indigenous citizens.

Inspired by the hope and optimism that reconciliation can be pursued by cultivating better knowledge, understanding and compassion, attendees split into 16 circles spread across conference rooms. Many of the circles inspired impassioned, enlightening and insightful dialogue; for many, it was the first time they had ever discussed these tough issues, and they were doing it with people they had just met. For some non-Indigenous attendees, it was their first time meeting someone Indigenous.

“The event today was ground-breaking,” said attendee Diane Redsky, Executive Director of Ma Mawi Wi Chi Itata Centre. “Bringing together Indigenous and non-Indigenous people who have never been together before is such an important first step on this road to reconciliation.”

WHAT WE LEARNED

The event allowed people to learn about history and lived experiences that many wouldn’t otherwise know. Sharing stories allowed people to connect on a human level. Creating a welcoming, inclusive and empathetic environment allowed for these sometimes-difficult discussions to happen.

“The simple, straightforward nature of our circles, its grassroots approach, and the parity between Indigenous and non-Indigenous participants, are the features that attract people,” said Dr. Raymond Currie who, along with Clayton Sandy, founded Circles for Reconciliation.

WHAT YOU SAY:

Key areas for Foundation grant-making, according to attendees at the Bridging Divides, Shaping Futures Vital Conversation:

1. Increasing understanding of Indigenous Peoples’ historical and contemporary contributions, residential school experiences, and treaties based on recommendations of the Truth and Reconciliation Commission of Canada

2. Building awareness and understanding of the impact of inter-generational trauma on Indigenous communities

3. Supporting youth leadership programs with a focus on the importance of their role in community: role-modeling, cultural identity, advocacy, and mentorship

SOURCE: WINNIPEG’S VITAL SIGNS 2017
COMMUNITY PRIDE

The third Vital Conversation took place at this year’s Table for 1200 More, an annual pop-up dinner in a surprise location that highlights architecture and design in Winnipeg and supports StorefrontMB. This year’s event was held June 3 and stretched from Portage and Main along Rorie Street to the Royal Manitoba Theatre Centre.

Attendees were invited to fill out a short Vital Signs survey, which was also distributed to several neighbourhood renewal corporations. The process allowed Foundation staff to engage in many interesting conversations.

WHAT WE LEARNED

This Vital Conversation was an opportunity to celebrate our city! We wanted to learn more about people’s connections to Winnipeg: where those connections happen, whether citizens feel safe, what they are proud of, and what they would do to improve this place we all call home.

Wholeheartedly the short survey told us people want to belong - to feel part of a community. Give them a place to be and a common experience, and they’ll foster that sense of community pride. Proud Winnipeggers say they generally feel safe and have multiple connections to their community.

WHAT YOU SAY: COMMUNITY PRIDE

73% FEEL SAFE
95% FEEL SAFE IN THEIR NEIGHBOURHOOD

680 RESPONDENTS COMPLETED THE COMMUNITY PRIDE VITAL CONVERSATION SURVEY

SOURCE: WINNIPEG’S VITAL SIGNS 2017

YOU CAN SEE ALL THE RESULTS AND READ ALL THE COMMENTS FROM THE THREE VITAL CONVERSATIONS AT WINNIPEGVITALSIGNS.ORG
WHAT YOU SAY:

QUALITY OF LIFE

92%
RATE THEIR OVERALL QUALITY OF LIFE IN WINNIPEG AS GOOD OR VERY GOOD

67%
AGREE WINNIPEG IS A GOOD PLACE FOR THE NEXT GENERATION TO SETTLE DOWN

60%
HAVE NO PLANS TO RELOCATE IN THE FUTURE

49%
WERE SATISFIED OR VERY SATISFIED WITH THEIR WORK. 23% SAID IT WASN’T APPLICABLE TO THEIR SITUATION

73%
AGREE OR STRONGLY AGREE THEY ARE SATISFIED WITH THEIR HOME LIFE

49%
ARE SATISFIED WITH THEIR WORK/LIFE BALANCE. 18% SAID IT WASN’T APPLICABLE TO THEIR SITUATION

64%
FEEL STRESS ABOUT THEIR PERSONAL FINANCES

37%
WERE SOMETIMES, OFTEN OR VERY OFTEN LONELY IN THE PAST WEEK

47%
PARTicipate actively in their community of interest

SOURCE: WINNIPEG’S VITAL SIGNS 2017 ONLINE SURVEY

2017 South Osborne Permaculture Commons’ People Garden.
Reconciliation

The Truth and Reconciliation Camp is an important opportunity for youth to begin learning about the history of colonialism and residential schools while increasing traditional knowledge and cultural literacy. Whether it be a field trip to pick sage, a visit to a sweat lodge, a sharing circle with an Elder, a group read of a graphic novel, a workshop to create medicine pouches, or a fiddler playing to us through the Métis fiddle style, our campers have learned to look back at our history, understand our present, and empower one another for a future of reconciliation.

- Shanae Blaquiere, Administrator of the Truth and Reconciliation Camp run by Frontier College and Community Education Development Association

CITIZEN PRIORITIES

RECONCILIATION

1. Support initiatives that foster interaction and intercultural understanding between Indigenous and non-Indigenous groups
2. Increase understanding of Indigenous Peoples’ contemporary and historical contributions, residential school experience and treaties based on Truth and Reconciliation Commission of Canada’s Calls to Action
3. Create educational opportunities for early, mid and later life learners on truth and reconciliation

Frontier College is Canada’s original charitable literacy organization. Founded in 1899, Frontier College recruits and trains volunteers to deliver literacy programs to children, youth and adults in communities across the country. The Community Education Development Association promotes educational opportunities to youth in the inner city. The Truth and Reconciliation Camp teaches youth in Grades 7 and 8 about the history and intergenerational impacts of residential schools and colonialism.
Community leadership

PERCEPTIONS

The Perception series, a photo exhibit by artist KC Adams, challenges racist stereotypes about Indigenous People. Hosted by Urban Shaman gallery, it was supported by Donor Advisors from The Winnipeg Foundation.

MOVING FORWARD TOGETHER

Returning to Spirit provides intensive, life-changing workshops to help Indigenous and non-Indigenous Peoples build reconciliation, healthy relationships, and hope. Participants gain insight, correct misconceptions, and learn to move forward together.

HANDS-ON HERITAGE

Manitoba Indigenous Cultural Education Centre’s Cultural Opportunities for All Peoples Project is building skills, intercultural awareness, and community. Participants learn the arts of making hand drums and star blankets, as well as beading and jigging.

CONNECTING WITH MÉTIS CULTURE

The Louis Riel Institute provides workshops and presentations for educators and community members to learn more about Métis history and culture, the Michif language and traditional Métis crafts.
Human Rights and Needs

I moved into Pan Am Place the day I turned 18. Without it I would have been sleeping in churches, homeless shelters, empty buildings or public parks.

Pan Am Place provides me with food, entertainment, shelter and friendly staff members each day without fail. It also helped me get my first job. The individuals that constitute our society are also the responsibility of our society. People who are unable to obtain these human rights may grow up to be unhealthy, psychologically damaged, physically impaired, without social connections, in a state of dependence/lacking autonomy, and much more.

If an individual ends up with these issues, then not only will they be unable to exert themselves to their fullest potential, they’ll be more likely to become burdensome to society.

- Abraham Bwalya, a resident of Pan Am Place

CITIZEN PRIORITIES

HOUSING
1. Increase supports for those who are homeless or at risk of becoming homeless
2. Improve the affordability of rental housing
3. Improve the affordability of home ownership

POVERTY
1. Provide increased opportunities to earn a living wage
2. Increase services that encourage and support transition into the workforce
3. Increase supports for those who are homeless or at risk of becoming homeless

FOOD SECURITY
1. Increase access to affordable and nutritious food
2. Support programs to decrease food waste
3. Support policies and programs to reduce reliance on food banks

SAFETY
1. Provide gang prevention programs to youth and adults
2. Reduce incidence of family violence/domestic conflict
3. Increase neighbourhood watch programs
**ACCESSING SERVICES**

Many in the low-income community don't access the services they're entitled to because they don't know what's available. SEED Winnipeg's Access to Benefits: Increasing Capacity & Reducing Barriers helps people take full advantage of benefits they deserve.

**MAKE WAY FOR MAMA BEAR**

North Point Douglas Women's Centre's Mama Bear Clan patrols the streets twice a week to provide a positive presence in the downtown neighbourhood. To further increase safety, the Centre also organizes neighbourhood events, domestic violence awareness and support, self-defence classes, and more.

**DIGNITY AND RIGHTS**

In 2003, The Winnipeg Foundation made the largest grant in its history: $6 million to the Canadian Museum for Human Rights. The Museum aims to demonstrate and educate visitors that we are all born free and equal in dignity and rights.

**HUMAN RIGHTS HUB**

A project of Christie McLeod supported by The Foundation's Emerging Leaders' Fellowship, the Global College Human Rights Hub centralizes information and events around human rights in Winnipeg through the creation of a website.

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**Community leadership**

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**POVERTY**

- **Financial Security**
  - 54% of Manitobans live paycheque to paycheque
  - 47% feel overwhelmed by debt

- **Food Security**
  - WINNIPEG: 6.3% of the population used a foodbank
  - MANITOBA: 4.8%
  - CANADA: 2.5%
  - 20,611 of those food bank users in Winnipeg were under the age of 18

- **Safety**
  - 72% of Winnipeggers feel safe walking alone at night
  - 71% of Winnipeggers 12 years and up don’t eat the recommend amounts

- **Housing**
  - Average resale price of a home in Winnipeg: $290,060
  - Average rent in Winnipeg: $927

- **Food Bank Usage**
  - WINNIPEG: 6.3%
  - MANITOBA: 4.8%
  - CANADA: 2.5%
  - Monthly cost of healthy eating for a family of four in Winnipeg: $914.34
  - Estimated living wage in Manitoba: $14.54
  - Manitoba’s minimum wage: $11
  - Average rent in Winnipeg: $927
  - Average resale price of a home in Winnipeg: $290,060

- **Food Costs**

- **Fruits & Vegetables**
  - 71% of Winnipeggers 12 years and up don’t eat the recommend amounts

- **Estimated living wage in Manitoba**
  - Source: Canadian Centre for Policy Alternatives, Sept 1, 2017

- **Manitoba’s minimum wage**
  - Source: Province of Manitoba, Sept 1, 2017

- **Food Bank Usage**
  - Source: Foodbanks Canada, March 2016

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**Source:**
- Statistics Canada, 2014
- Statistics Canada, 2015
- Statistics Canada, 2016
- Canadian Payroll Association, 2016
- City of Winnipeg Citizen Survey, 2016
- Canada Mortgage and Housing Corporation, 2016
Identity and Belonging

I arrived in Canada almost 16 years ago on a frigid morning in January, with the hope of finally touching peaceful soil after many years of struggle as a refugee. The name ‘Welcome Place’ began to sound in my ears, and I quickly found the meaning of the name: compassion, support, integration, the light at the end of the tunnel.

Immediately after arriving I registered as a volunteer with Welcome Place to return some of the kindness received. After six months I was employed, and have been working ever since to make a difference in our clients’ lives.

Almost 90 percent of Welcome Place staff are former clients, which brings humanity to the daily job and the best example of integration into Canadian lifestyle.

- Jean Pierre Venegas, Senior Manager of Volunteer and Reception Services at Welcome Place

CITIZEN PRIORITIES

NEWCOMERS
1. Ensure newcomers are welcomed and integrated into the Winnipeg community
2. Increase support for accreditation of foreign professionals
3. Increase learning opportunities for English as an Additional Language (EAL) education

YOUTH
1. Increase opportunities for youth to gain employment skills
2. Increase youth participation in community and civic life
3. Increase access to mental health supports

CULTURAL DIVERSITY AND INCLUSION
1. Address issues of racism and prejudice
2. Implement the Calls to Action from the Truth and Reconciliation Commission of Canada
3. Increase awareness and inclusion of Indigenous communities

RECIPIENT | Welcome Place’s support for asylum seekers
GRANTS | $273,043, drawn from the Welcome to Winnipeg Fund; The Foundation’s Strategic Initiatives Fund and Emergency Grants Fund; as well as the Moffat Family Fund and the Gray Family Fund, two Donor-Advised Funds

Manitoba Interfaith Immigration Council, affectionately known as Welcome Place, is the province’s largest refugee resettlement agency. It is one of the only charities in the province that provides comprehensive services to refugee claimants.
IDENTITY AND BELONGING
A sense of belonging is a human need, just like the need for food and shelter. Sense of belonging is recognized as an important determinant of psychological and physical well-being.  

BELONGING
SENSE OF BELONGING

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Winnipeg</td>
<td>66.9%</td>
</tr>
<tr>
<td>Manitoba</td>
<td>71.1%</td>
</tr>
<tr>
<td>Canada</td>
<td>68%</td>
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ASKING FOR HELP

- 89.6% of Winnipeggers aged 15+ know someone well enough to ask for a favour

FEELING UNCOMFORTABLE

- 23% of Winnipeggers have felt uncomfortable or out of place because of religion, skin colour, culture, race, language, accent, disability, gender, or sexual orientation

POPULATIONS
NEW WINNIPEGGERS

- 45,270 Recent immigrants welcomed to Winnipeg

- 45.3% of Manitobans have weekly social contact with friends or family
- 17.7% have daily social contact with friends or family

ATTITUDES AND PERCEPTIONS

- 92% of Winnipeggers feel good about the presence of immigrants in the city
- 84% feel Winnipeggers should try harder to be more welcoming

NEWCOMERS

- 90% of survey respondents identified things we should celebrate about Winnipeg when it comes to newcomers but

INDIGENOUS PEOPLE

- 78,420 Winnipeggers are Indigenous
- That’s an increase of 20,000 people of Indigenous heritage in the last 10 years

- 61,765 Indigenous population of any Canadian city with

MÉTIS POPULATION

- 46,320 Winnipeggers are Métis
- 6.5% of Winnipeg’s total population

STRENGTHENING RELATIONSHIPS
As a fellow in Emerging Leaders’ Fellowship program, Naomi Gichungu has designed an Indigenous-Newcomer Relations project to strengthen relationships and intercultural understanding between groups. The curriculum developed is intended to be used as part of IRCOM’s training opportunities.

CAMP AURORA
Held at Camp Brereton by Rainbow Resource Centre, this summer camp offers a range of programming for LGBT2SQ+ and allied youth. Activities include art, identity awareness workshops, and outdoor recreational activities, in addition to outreach, parenting support, health and healing programs.

SHARING KNOWLEDGE, CELEBRATING CULTURE
This past summer, Assiniboine Park enhanced its summer concert series with cultural teachings and historical context workshops. For 2017’s inaugural series, Indigenous, Filipino, Caribbean and Latin American communities were featured.

WHERE EVERYONE BELONGS
The Winnipeg Folk Festival is a quintessential Manitoba experience. The Guest for a Day program invites community groups to share in the Festival, free of charge. It provides the opportunity for people who might not be able to attend the festival otherwise, to enjoy a guided day at the event.
Health, Healing and Well-being

NorWest Community Food Centre has given my life new meaning since my necessary early retirement. After my second knee replacement surgery, my stamina did not return. I volunteer up to three, two-hour shifts per week, and stretch my stamina at NCFC. I started with a diabetic cooking class, soon joined Hans Kai and a Chair Yoga class, and finally took advocacy training, and a Food Handlers’ Certificate through NorWest Access. I fell five times last winter, and sometimes had to roll between parked cars to avoid being hit. The infrequent plowing of sidewalks and lanes make winter mobility almost impossible. However, I’ve rebuilt my lagging self-esteem and made lasting relationships at NCFC.

- Laura Rose, Peer Advocate at the NorWest Community Food Centre

NorWest Co-op Community Health, located on Keewatin Street, aims to engage the surrounding community in cooperative health and wellness. The NorWest Community Food Centre provides access to healthy food, education about gardening and cooking, and advocacy for good food for all.

RECIPIENT | NorWest Community Food Centre
GRANTS | $150,000, drawn from the Moffat Family Fund, which is a Donor-Advised Fund; and from the hundreds of Community Building Funds held at The Foundation

MENTAL HEALTH/MOOD DISORDERS
1. Increase access to mental health supports
2. Raise awareness of mental health issues and decrease stigma
3. Promote prevention strategies and well-being programs

PHYSICAL HEALTH
1. Increase physical activity levels
2. Increase awareness of and access to stress reduction programs and activities
3. Promote consumption of nutritious food

SPORTS AND RECREATION
1. Affordability of sport and recreation programs for citizens
2. Support the repurposing of existing outdoor spaces to be multi-purpose and multi-season
3. Increase the number of children and youth involved in recreation or sport
Community leadership

ART HEALTHY
Arbeat Studio is a place for artists living with mental illness to create, connect and recover. The six-month residency program provides social supports, studio and gallery space, mentorship and inspiration.

REACHING OUT TO VETERANS
The Veteran’s Transition Network provides group counselling and peer support to help former military personnel overcome Post Traumatic Stress Disorder and the challenges of returning to civilian life.

THE POWER OF PLAY
After school and during the summer months, the Winnipeg Aboriginal Sport and Recreation Association keeps kids active, learning and having fun. And, it’s growing strong community leaders in our inner city.

SUPPORTING SUMMER FUN
In 2017, The Winnipeg Foundation’s Camp and Summer Program grants provided $420,000 to 78 overnight camps, day camps and summer programs run by local charitable organizations.

LIFE SATISFACTION
- Canada 92.2%
- Manitoba 92.5%
- Winnipeg 94.1%

of people aged 12+ who are satisfied or very satisfied with their life

SOURCE: Statistics Canada, 2014

QUALITY OF LIFE
How Winnipeggers rate their quality of life using a scale of 0 to 10, where 0 represents ‘Very Poor’ and 10 represents ‘Very Good’

SOURCE: Winnipeg’s Vital Signs 2017 Online Survey

WHAT YOU SAY: LIFE SATISFACTION

QUALITY OF LIFE
48% TOP BOX RATING (8-10)
44% MID BOX RATING (5-7)
8% LOW BOX RATING (0-4)
<1% DON’T KNOW

WHAT YOU SAY: STRESS

22.9% of Winnipeggers perceived that “most days in their life were quite a bit or extremely stressful.”

SOURCE: Statistics Canada, 2014

WHAT YOU SAY: MONEY WORRIES

% of respondents often or always stressed about finances

33% NORTHWEST
43% NORTHEAST
26% SOUTHWEST
28% SOUTHEAST
40% CENTRAL
40% NORTH
40% SOUTH

SOURCE: Winnipeg’s Vital Signs 2017 Online Survey

WHAT YOU SAY: PHYSICAL HEALTH

58.9% of Winnipeggers perceive their physical health as very good or excellent

52.4% of Winnipeggers spend leisure or “free” time being physically or moderately active

SOURCE: Statistics Canada, 2014

WHAT YOU SAY: PHYSICAL HEALTH

35% of men
26% of women
say increased physical activity is top priority

28% of women
17% of men
say increased awareness of and access to stress reduction programs and activities is top priority

SOURCE: Winnipeg’s Vital Signs 2017 Online Survey

WHAT YOU SAY: MENTAL HEALTH

MENTAL WELL-BEING
70% of Winnipeggers aged 12+
74% of Winnipeg Youth aged 12 to 19 perceive their mental health as very good or excellent

SOURCE: Statistics Canada, 2014

MOOD DISORDERS
Between 2010, 2011 and 2014, 2015...

23.2% of Winnipeggers aged 12+ suffered from mood or anxiety disorders
25% of Manitobans aged 12+ received medical care for a mental illness
5.1% of Manitobans aged 12+ were treated for substance abuse

PREVALENCE IS SIGNIFICANTLY RELATED TO INCOME IN URBAN AREAS, WITH MUCH HIGHER RATES AMONG RESIDENTS OF LOWER INCOME AREAS.

Community Pride

As a *Good Food Club* member and volunteer, I have met many genuine and awesome people who work and engage with West Broadway Development Corporation through various community projects. *Good Food Club* supports persons who are low income by offering low cost food and helpful workshops, but also invites people from many walks of life to become a part of the community, as supporters and friends.

I’ve lived in many different cities including Edmonton and Nanaimo, and I am extremely proud to be a part of a community as inclusive and eclectic as the West Broadway Development Corp.

- Rex Gosselin, member and volunteer of the Good Food Club

**CITIZEN PRIORITIES**

**NEIGHBOURHOODS**
1. Improve well-being of neighbourhoods through community economic development
2. Increase opportunities to interact with neighbours
3. Increase community networks of support to rely on in times of stress, crisis or change

**CITIZEN ENGAGEMENT**
1. Improve voter turnout
2. Increase awareness of volunteer opportunities
3. Increase public participation in community meetings

West Broadway Development Corporation coordinates and supports renewal efforts in Winnipeg’s West Broadway neighbourhood. Its *Good Food Club* empowers members to eat healthier, gain new skills and build community.

RECIPIENT | West Broadway Development Corporation’s Good Food Club
GRANTS | $75,348, drawn from the Moffat Family Fund, The Gray Family Fund and the Triple A – Manitoba Community Fund, three Donor-Advised Funds held at The Foundation

Rex Gosselin
COMMUNITY LEADERSHIP

COMMUNITY RENEWAL
North End Community Renewal Corporation is working with a number of partners to convert the century-old Merchants Hotel – once a magnet for social problems on Selkirk Avenue – into Merchants Corner, an innovative educational and student housing complex for surrounding neighbourhoods.

EVERGREEN ACROSS COMMUNITIES
Evergreen’s Learning from the Land project improves outcomes for young people through outdoor learning and play, with a focus on better-serving Indigenous youth. Through consultation, it is working toward more culturally relevant outdoor classroom designs, land-based programming and educator training.

LEAD BY EXAMPLE
Leadership Winnipeg nurtures a sense of community and cross-sectoral knowledge in young leaders. Through mentorship and networking opportunities, it builds capacity in many sectors, with a focus on non-profit. Many graduates go on to volunteer Board roles.

PRETTY CITY
Take Pride Winnipeg! works to inspire community pride and make the city clean and beautiful through a number of programs. The Mural Program has been recognized internationally. In addition, it provides youth opportunities to experience collaborative art making by painting murals together.

COMMUNITY LIFE

KNOWING YOUR NEIGHBOUR
60%
SOURCE: WINNIPEG’S VITAL SIGNS 2017 ONLINE SURVEY

WINNIPEG CIVIC ELECTION VOTER TURNOUT
38.2% 47.1% 50.2%
2006 2010 2014
SOURCE: CITY OF WINNIPEG

FUTURE PROSPECTS
67%
SOURCE: WINNIPEG’S VITAL SIGNS 2017 ONLINE SURVEY

VOLUNTEERING
WINNIPEG 38%
MANITOBA 52%
CANADA 44%
SOURCE: STATISTICS CANADA, 2017

WHAT YOU SAY:
71%
do you volunteer your time and skills to the community

WHAT YOU SAY:
84%
of people have a medium to high level of civic engagement

WHAT YOU SAY:
60%of people know their neighbors well enough to ask for a favor or offer help

WHAT YOU SAY:
88%of Winnipeggers gave to a charity at least once in the last year

WHAT YOU SAY:
26%of Winnipeg taxpayers made charitable donations

WHAT YOU SAY:
64%of Winnipeggers feel they have the opportunity to make a difference in their community

CHARITABLE GIVING

GIFTS
26%
of Winnipeg taxpayers made charitable donations
SOURCE: STATISTICS CANADA, 2015

WINNIPEG $400
MEDIAN CHARITABLE DONATION
CANADA $300
SOURCE: STATISTICS CANADA, 2015

DONORS’ AVERAGE AGE
54
SOURCE: STATISTICS CANADA, 2015

WINNIPEG $82
WINNIPEG $3.3M
crowdfunding
of Winnipeggers feel they have the opportunity to make a difference in their community

WINNIPEG’S VITAL SIGNS 2017 ONLINE SURVEY

WINNIPEG’S VITAL SIGNS 2017 ONLINE SURVEY
Families

I became a ward of CFS when I was eight and a mom at 17. Ma Mawi’s Family Group Conferencing program helped me break the cycle of CFS involvement in my life. When you have a child, you have more success if you have more supports in your life. Family Group Conferencing helped me realize I have people in my life who want to ensure my family succeeds. Family Group Conferencing empowers families and gives them their voice back.

Today, I help young women in the same way I was helped. I was drawn to the field because I want to make sure our young people, especially our Indigenous women, are keeping their kids. Where you came from doesn’t have to determine your success and accomplishments.

“- Angeline Spence, Team Lead of Ma Mawi’s Isobel’s Place, and former Family Group Conferencing participant

Angeline Spence (middle) with Mitchell and Jade

RECIPIENT | Ma Mawi Wi Chi Itata Centre’s Family Group Conferencing program
GRANTS | $1 million over three years, drawn from the Moffat Family Fund

Ma Mawi provides an Indigenous solution to supporting and rebuilding families. Family Group Conferencing is an Indigenous-based and Indigenous-led process that shifts the decision making regarding the care and protection of children to the entire family and community.

CITIZEN PRIORITIES

FAMILIES
1. Improve access and availability of affordable childcare
2. Improve the availability of parenting and family support programs
3. Support to keep families together
**Community leadership**

**FAMILIES FIRST**

Family resource centres are busy neighbourhood hubs that support Winnipeggers of all ages. The United Way’s *For Every Family* initiative helps these centres keep their doors open longer and better-serve local families.

**REAL-LIFE LEARNING FOR EVERY AGE**

South Winnipeg Family Information Centre offers job training for women on social assistance and a variety of educational programs. Its workshops help youth build study skills, become babysitters and learn to be independent.

**SUPPORT FOR NEWCOMER PARENTS**

Mosaic Newcomer Family Resource Network helps newcomers gain English language skills, and learn about Canadian customs and systems. Mosaic also builds supportive social networks, helping ensure families thrive.

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**CHILD CARE SPACES**

- **16,568** children on Manitoba’s Online Child Care Registry (Source: University of Manitoba, 2014)
- **1,035** children on the list who are not yet born (Source: Manitoba Child Care Online, Mar 31, 2017 / Jul 31, 2017)

**DAYCARE COSTS**

- **$651** median monthly fee for infant day care in Winnipeg (Source: Canadian Centre for Policy Alternatives, 2016)
- **$451** median monthly fee for toddler and child day care in Winnipeg (Source: Canadian Centre for Policy Alternatives, 2016)

**WHAT YOU SAY:**

**ACCESS AND AFFORDABILITY OF CHILD CARE**

- **46%** of women say Winnipeg needs to improve access and availability of affordable child care (Source: Winnipeg’s Vital Signs 2017 Online Survey)
- **37%** of men say Winnipeg needs to improve access and availability of affordable child care (Source: Winnipeg’s Vital Signs 2017 Online Survey)

**CARING FOR PARENTS**

- **154,000** Manitobans spent time providing care for a friend or family member with a long-term illness, disability or because of aging (Source: Statistics Canada, 2012)

**LOW INCOME CUT-OFF (LICO)**

- **$38,117** for a family of four after tax (Source: Statistics Canada, 2014)

**LOW INCOME THRESHOLD FOR A FAMILY OF FOUR AFTER TAX**

LICO is an income threshold below which a family will likely devote a larger share of its income to food, shelter and clothing than the average family. It’s a national measure based on family and community size.

**FAMILIES IN POVERTY**

- **35.1%** of Winnipeg lone-parent families are low income (Source: Statistics Canada, 2014)
Access and Ability

A&O’s Senior Centre Without Walls program makes me feel part of a group. We call in, we’re from different areas of the city, and in some cases from all over Canada and the States. We learn about different ideas and views. A&O is so very informative and a welcome part of days when it is difficult to get to outside events. We talk to each other, and even though we don’t see faces, we all know each other by our voices. The program really helped during the recent loss of my husband when everyone was so kind, I even had a nice sympathy card from the staff at A&O.

- Jean Felikiak, participant in A&O Support Services’ Senior Centre Without Walls program

CITIZEN PRIORITIES

AGING POPULATION
1. Develop more options for assisted living
2. Develop more affordable housing options
3. Reduce isolation

ACCESSIBILITY
1. Increase access to ability-specific supports and accommodations
2. Develop more options for independent living
3. Decrease stigma of ability-specific barriers people face

RECIPIENT |
GRANTS | $30,000, drawn from the Robert and Irene Comrie Fund, the James A. and Muriel S. Richardson Trust, and the Miss Frieda Major Fund, which are all Field of Interest Funds; and from the hundreds of Community Building Funds held at The Foundation

A&O Support Services for Older Adults empowers and supports older adults across the province. Senior Centre Without Walls is an educational and recreational teleconference program.
**ACCESSIBILITY**

35.7%

ACCESS LIMITATIONS

of Winnipeggers aged 12+ are limited in home, school, work and other activities because of a physical condition, mental condition or health problem

SOURCE: STATISTICS CANADA, 2014

**EMPLOYMENT CHALLENGES**

56.4%

of Manitobans with disabilities are employed

SOURCE: BARRIER FREE MANITOBA, 2012

77.3%

of Manitobans without disabilities are employed

**WHAT YOU SAY:**

STIGMA

21% of respondents under the age of 35

say decreasing the stigma of ability-specific barriers is top priority

SOURCE: WINNIPEG’S VITAL SIGNS 2017 ONLINE SURVEY

**OUR AGING POPULATION**

NUMBER OF SENIORS

5.2%

projected growth of the proportion of people aged 65+ between 2015-2040

SOURCE: THE CONFERENCE BOARD OF CANADA, 2017

SENiors LIVING IN POVERTY

Winnipeg 6.1%

Manitoba 6.6%

Canada 6.9%

of families aged 65+ are low income

SENSE OF BELONGING

seniors aged 65+ report the strongest sense of belonging to Canada, Manitoba and their local community, amongst all age groups

SOURCE: STATISTICS CANADA, 2013

PERSONAL CARE HOME ADMITTANCE

median wait time for residents aged 75+ admitted from hospital

10.2 weeks

SOURCE: MANITOBA CENTRE FOR HEALTH POLICY, 2013

median wait time for those admitted from the community

19.5 weeks

SENior ABUSE

8.2%

estimated prevalence of mistreatment of the elderly, including physical, psychological, sexual and financial abuse and neglect


**SENiOR CENTRES**

28

senior centres, clubs and organizations listed on the Manitoba Association of Senior Centres website

SOURCE: MANITOBASENIORCENTRES.COM, 2017

**SERVING UP OPPORTUNITY**

L’Arche Tova Café is a win-win for the community. It’s a place where diners can grab a sandwich while people with developmental disabilities gain important job experience and meaningful employment.

**UNDERSTANDING AND SUPPORT**

The Alzheimer Society of Manitoba’s Dementia-Friendly Communities initiative works to increase the general public’s understanding of dementia in order to build a community of support for those living with the disease.

**INSPIRING INCLUSION**

Winnipeg Jewish Theatre is working toward inclusion on its stage and in its audience. An upcoming production includes deaf actors and each play in its current season includes sign language interpretation.
Sustainability

The environment is the most pressing issue of our time. Green Action Centre takes a positive, practical approach to environmental issues by providing solutions to help Winnipeggers live green at home, work and school. Our programs focus on healthy transportation, sustainable living, and waste reduction.

It’s promising to watch the momentum for our social enterprise, Compost Winnipeg, grow. We collect organic waste from businesses and residents across the city, actively diverting that waste from the landfill. We are eager to get more Winnipeggers composting and taking other actions to address climate change.

- Tracy Hucul, Executive Director of the Green Action Centre
Community leadership

**INLAND OCEAN HEALTH**
The Lake Winnipeg Foundation is dedicated to finding solutions to ensure a healthy Lake Winnipeg and watershed, by supporting research, public education, stewardship and a collective impact strategy that includes working with the Lake Winnipeg Indigenous Collective.

**CENTRE FOR INDIGENOUS ENVIRONMENTAL RESOURCES**
This national, First Nation-directed organization works to protect lands and waters, solve environmental challenges and build sustainable communities. It has worked with school divisions in Winnipeg and First Nations across Manitoba, in addition to implementing local programs with an environmental leadership focus for youth.

**ACTIVE TRANSPORTATION AND ACCESS**
The WRENCH (Winnipeg Repair, Education and Cycling Hub) was established in 2010 with a mandate to make bicycles and cycling accessible to the public. It supports community bike shops; provides programming, education and resources; and promotes cycling within the city.

**TAKING TRANSIT**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-44</td>
<td>25%</td>
</tr>
<tr>
<td>65-74</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Source: Winnipeg’s Vital Signs 2017 Online Survey*

**WHAT YOU SAY: TAKING TRANSIT**

25% of respondents aged 35-44 and 18% of respondents aged 65-74 say Winnipeg’s bus system should be expanded and enhanced.
Learning and Living

When it comes to opportunities for education and learning, post-secondary schools in Winnipeg take it one step further by offering access programs, professional development opportunities and student support services to help ensure students successfully complete their studies. Student awards also help facilitate this success. Receiving the Derek and Polly Riley Bursary allowed me to complete my bachelor of Social Work degree at the University of Manitoba’s William Norrie Centre without having to worry about finances. My hope for the future is to graduate this spring with a Master of Social Work based in the Indigenous Knowledge degree, and to continue working with First Nations people.

- Karen Bruce, Master of Social Work student at the University of Manitoba

CITIZEN PRIORITIES

EARLY CHILDHOOD DEVELOPMENT
1. Increase the number of high quality, affordable early learning services
2. Increase supports for children experiencing developmental difficulties
3. Increase access to early childhood parenting programs

EDUCATION AND LEARNING
1. Improve affordability of post-secondary education
2. Improve Indigenous youth high school completion rates and enrolment in post-secondary education
3. Increase supports for students living in poverty
Community leadership

LEARNING OPPORTUNITY
Canada Learning Bonds help low income students attend post-secondary, but in Manitoba only 19 percent of eligible families have signed up. Career Trek is reaching out to raise awareness and help youth succeed.

ON THE RIGHT PATH
Pathways to Education is an after-school tutoring program that provides customized support for high school students in the inner-city, helping ensure they thrive in school and in life.

SCHOOL SUPPORT FOR NEWCOMER KIDS
The Newcomer Youth Education Support Services Coalition brings together local African cultural organizations to provide summer learning and after-school programs for newcomer kids at locations across the city.

EDUCATION WITHIN THE SECTOR
The Winnipeg Foundation supports learning and leadership development for those working in the charitable sector. Professional Development Grants for conference attendance, training and mentorship help organizations better serve our community.

SCHOOL READINESS
37.2% of kindergarten students lack pro-social and helping behaviours of kindergarten students are very ready in general knowledge and communication skills.

ADULT LITERACY AND LEARNING
2,228 adults enrolled in adult literacy programs
8,153 number of adults enrolled in adult learning programs

HIGH SCHOOL INCOMPLETES
WINNipeg 15.5%
MANITOBA 19.0%
CANADA 16.9%
of the population aged 15+ who have not completed high school

STUDENT MENTAL HEALTH
17,723 students aged 6-19 diagnosed with a mental disorder between 2009-2013

EDUCATIONAL ATTAINMENT
25.9% of Indigenous people aged 15+ in Winnipeg had a post-secondary certificate, diploma or degree
48.7% of the total population

UNIVERSITY ENROLMENT
29,990 full-time university undergraduate students enrolled in Winnipeg

POST-GRADUATION EMPLOYMENT
93% of college graduates employed within three years
95% of bachelor degree graduates employed within three years

AVERAGE COST OF UNDERGRADUATE TUITION
Canadian Student:
UNIVERSITY OF WINNPEg $3,405
UNIVERSITY OF MANITOBA $4,008

International Student:
UNIVERSITY OF WINNPEg $12,687
UNIVERSITY OF MANITOBA $15,430

SOURCE: HEALTHY CHILD MANITOBA, 2014/2015
SOURCE: NATIONAL HOUSEHOLD SURVEY, 2011
SOURCE: PROVINCE OF MANITOBA, 2014/2015
SOURCE: STATISTICS CANADA, 2016
SOURCE: ASSOCIATION OF UNIVERSITIES AND COLLEGES, 2017
SOURCE: NATIONAL GRADUATE SURVEY, 2013
SOURCE: VARIOUS, 2016
SOURCE: PROVINCE OF MANITOBA, 2014/2015
SOURCE: MANITOBA CENTRE FOR HEALTH POLICY, 2016
SOURCE: ASSOCIATION OF UNIVERSITIES AND COLLEGES, 2017
SOURCE: STATISTICS CANADA, 2016
Arts, Culture and Heritage

I came to Winnipeg because I had heard how strong the arts community was and because I wanted to create theatre that could create social change. It has been the ideal place to do that. Not only is it a vibrant place for artists but there is a strong sense of giving back. Combining the two is a powerful thing.

Art lets us explore what it means to be human and to see the world through someone else’s eyes. Saravàti strives to make it accessible to all of the community so we can hear stories that will increase our understanding.

- Hope McIntyre, Artistic Director of Saravàti Productions

RECIPIENT | Saravàti Productions
GRANTS | $78,100, drawn from the Samuel Gilfix Fund, the Allison and Harold Popham Fund, and the Children’s Foundation of Winnipeg Fund, which are all Field of Interest Funds; the St. Mary’s Academy Philanthropy Fund, the Triple A – Manitoba Community Fund, and two anonymous funds, which are all Donor-Advised Funds; and from the hundreds of Community Building Funds held at The Foundation

Saravàti received an additional $17,200 in support through its Agency Endowment Fund held at The Foundation*

*Between Oct. 1, 2012 and Sept. 30, 2017

CITIZEN PRIORITIES

ARTS AND HERITAGE
1. Offer affordable arts and culture activities
2. Preserve Winnipeg’s historic buildings
3. Create festivals and community celebrations

Saravàti Productions uses theatre to promote human understanding and address social issues.
Community leadership

RECONCILIATION THROUGH ART
Manito Abbee Festival’s Reconciliation through Art program educates and communicates the residential school experience through a variety of artistic disciplines, including beadwork, star blanket quilting, quillwork and hand drum crafting, among others.

STUDIO 393 IS THE PLACE TO BE
This high-energy creative hub offers programming for youth in Portage Place Mall. It helps youth feel welcome downtown, reduces gang involvement, increases safety, and provides innovative opportunities using art in a variety of media, including renowned hip hop choreography, breakdance, rap, leadership and film programs.

A LONG TRADITION
Le Cercle Molière was established in 1925, and is Canada’s longest lasting, continuously producing French theatre company. Each year, it presents six plays and welcomes nearly 12,000 attendees to its dramatic gathering space in St. Boniface.

FLIGHT AT THE MUSEUM
The Royal Aviation Museum of Western Canada is the second largest aviation museum in Canada and features a number of educational and interactive exhibits, a reference library and photo archives. The organization is in the midst of planning a new facility located at the airport.

ARTS AND CULTURE ORGANIZATION ENDOWMENTS
Value of the 45 Agency Endowment Funds held at The Winnipeg Foundation

ARTS REVENUE
Total for performance arts events
Total from single ticket sales

VOLUNTEERS
Manitobans volunteered their time to an arts and culture organization

PUBLIC ART
Recorded public art installations in Winnipeg

DONATIONS TO THE ARTS IN MANITOBA
$5.3M
Donated through private sector grants and fundraising

SOURCES
THEMURALSOFWINNIPEG.COM, 2017

Source: Variuos, 2017

Source: Statistcs Canada, 2014

Source: Statistics Canada, 2014

Source: The Winnipeg Foundation, 2017

Source: Hill Strategies Research, 2013

Source: Community Foundations of Canada and Canada, 2016

Source: The Winnipeg Foundation, 2016

Source: Variuos, 2017

Source: Variuos, 2017

Source: Variuos, 2017

Source: Variuos, 2017

Source: Hill Strategies Research, 2013

Source: The Winnipeg Foundation, 2016

Source: Hill Strategies Research, 2013

Source: Hill Strategies Research, 2013

Source: Hill Strategies Research, 2013

Source: Hill Strategies Research, 2013
“Programs like the Bear Clan that give people pride, create a sense of community and belonging and provide a feeling of security and respect.”

“Locally-grown food is plentiful in the summer and autumn, it tastes good, and it is cheap. I like the markets that have become more plentiful around the city.”

“The abundance and diversity of cultural, heritage, arts, and sports resources and activities. The feeling of family and home in our neighbourhoods. The fact that we are home to the Human Rights Museum!”

“I love our friendliness, our seasons, our rivers and our green spaces.”

“Celebrate [seniors’] strengths, experiences and wisdom. The joy of life; what they have seen in their lifetime is phenomenal and their willingness to share is exemplary. Programs and work spaces that embrace seniors’ expertise have created beautiful environments where everyone benefits. Let’s duplicate them across the city.”

“I live in a city where my young children do not have to leave home to experience the wealth of meeting other cultures. All they need to do is walk down the street or attend public school and be willing to look, listen and learn.”

“We’ve made a start in understanding and repairing the relationship between Indigenous and non-Indigenous people. We should also celebrate that we have many fine Indigenous leaders in our community and take advantage of the wisdom and counsel they can provide.”

THINGS WE LOVE

“We have incredible young people in Winnipeg who work hard, are innovative and entrepreneurial. They are concerned about social justice and want to contribute to their city.”

“Winnipeg has a wealth of green spaces and parks to allow families even in the most urban areas to enjoy the outdoors together.”

“Winnipeg has a rich cultural life, with fine music, art galleries, dance companies, theatre and a festival for everything under the sun.”
“MY ETHNICITY NEEDS TO REFLECTED BACK TO ME AT THE BANK, HOSPITAL, SERVICE PROVIDERS, POLICE, ETC. PRESENTLY IT IS NOT: MANY SECTORS ARE STILL VERY HOMOGENOUS EVEN THOUGH OUR POPULATION IS BECOMING VERY DIVERSE.”

“I think it is a real challenge for families to afford sports activities. This becomes especially difficult for families with more than two children.”

“We should celebrate that we are able to live on treaty land, despite the fact treaties have been broken by Non-Indigenous peoples. But few businesses, social contracts, and daily interactions respect Indigenous cultures.”

“For the middle and upper class, I think we have the most affordable housing... in Canada – and things are even pretty decent for those that can genuinely afford some sort of housing. It’s the bottom end where we have a crisis.”

“...Winnipeg really does need more access to family supports and community services. I know we have a few services but it is not enough, there are so many people affected by mental illness but don’t want to be associated to it because of the fear of stigma.”

“We are educating ourselves about the green economy and becoming more understanding that we have to look after the future of our planet.”

“There are multiple reasons for poverty or homelessness: lack of education, racism, trauma, etc. Poverty is a cycle that is very hard to break.”

“There are many accessible programs and spaces in Winnipeg. But then you turn a corner and in some cases, literally run into a wall.”

“Winnipeg is the only major city in Canada that doesn’t have a decent public transit system. We should celebrate our bus manufacturing and increase the demand for the electric bus.”

“Winnipeg is so segmented – people identify with the area they live in first and then the city. Not sure how to solve this geographic distinction.”
Winnipeg’s Youth Vital Signs 2014

In 2014, The Winnipeg Foundation’s Youth Vital Signs 2014 (YVS) invited young Winnipeggers, aged 14 to 29, to grade key areas, identify opportunities for change and categorize priorities for community investment. The results of the survey were compiled into Young Winnipeg’s Report Card, released in October 2014. More than 1,860 youth took the time to fill out this survey and share their perspectives on life in Winnipeg as a young person.

In response to the findings of the YVS report, in spring 2015, The Winnipeg Foundation put forward a one-time call for applications for projects with the goal to improve life in Winnipeg for youth and young adults, by addressing one or more of the areas identified in the YVS report. Selected projects were approved with a recommendation from the YVS Response committee: a group of diverse young leaders and community representatives. In June 2015, The Foundation made grants totaling $100,000 to 11 charitable organizations through YVS Response Grants. Some grant highlights include:

**2017 check in with Winnipeg youth**

During Winnipeg’s Vital Signs 2017 process, we checked in with local youth to compare and contrast perspectives about community priorities, three years after the original YVS.

To do this, we surveyed participants of our Youth in Philanthropy (YiP) program in May after their year of learning more about community issues and grant-making.

We also promoted the online survey to YiP staff advisors and their students, as well as sharing it more broadly on social media and with community organizations. This survey was a shortened version and more than 100 youth participated. While our survey sample was smaller for the 2017 check in, many themes reflected the 2014 findings.

**CHALLENGES AND LIMITATIONS**

The survey sample was made up largely of YiP participants, who tend to be significantly engaged in the community, given the purpose of the program. Youth were able to skip any questions they chose, and thus survey completion was not 100 percent. Demographic information was not gathered.
FINDINGS
Of the issue areas identified by youth in 2014 and 2017, Housing and Homelessness, and Employment remained in the top five. In 2017’s survey, Youth Voice, Human Rights, and Education and Learning took priority, while 2014’s placements of Poverty, Safety, and Transportation were no longer present.

<table>
<thead>
<tr>
<th>Top Five Issues Identified by Youth</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Poverty</td>
<td>Youth voice</td>
</tr>
<tr>
<td>2</td>
<td>Housing and Homelessness</td>
<td>Human Rights</td>
</tr>
<tr>
<td>3</td>
<td>Safety</td>
<td>Housing and Homelessness</td>
</tr>
<tr>
<td>4</td>
<td>Employment</td>
<td>Education and Learning</td>
</tr>
<tr>
<td>5</td>
<td>Transportation</td>
<td>Employment</td>
</tr>
</tbody>
</table>

Of the 15 key areas of life in Winnipeg youth were invited to grade in both 2014 and 2017, all except for three areas produced the same grade.

<table>
<thead>
<tr>
<th>Key Areas of Life Graded</th>
<th>2014 Full Survey Grade</th>
<th>2017 Check in Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Voice</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>Youth Spaces</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>Poverty</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>Sustainability</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>Active Living</td>
<td>C</td>
<td>B</td>
</tr>
<tr>
<td>Health, Healing and Well-Being</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>Culture, Identity and Belonging</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>Human Rights</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>Housing and Homelessness</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>Access and Ability</td>
<td>C</td>
<td>B</td>
</tr>
<tr>
<td>The Arts</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>Safety</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>Transportation</td>
<td>B</td>
<td>C</td>
</tr>
<tr>
<td>Employment</td>
<td>C</td>
<td>C</td>
</tr>
<tr>
<td>Education and Learning</td>
<td>B</td>
<td>B</td>
</tr>
</tbody>
</table>

In addition to finding out Young Winnipeg’s opinion on a range of topics, we also asked questions about volunteering, contributions to charitable causes and connections to community. In this area there were some fluctuations in youth responses (15.8 percent increase in how connected youth feel to community; 13.7 percent increase in how many youth volunteer; 21 percent increase in how many youth have made a financial contribution to a charitable organization; and a 6.5 percent decrease in how many youth plan to relocate to another city/province/country in the future).

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>2014 Full Survey Response</th>
<th>2017 Check in Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>“How connected do you feel to your community?”</td>
<td>72.3% responded ‘very’ or ‘somewhat’</td>
<td>89% responded ‘very’ or ‘somewhat’</td>
</tr>
<tr>
<td>“Do you volunteer?”</td>
<td>63.3% responded ‘yes’</td>
<td>77% responded ‘yes’</td>
</tr>
<tr>
<td>“Have you ever made a financial contribution to a charitable organization?”</td>
<td>59.5% responded ‘yes’</td>
<td>80.5% responded ‘yes’</td>
</tr>
<tr>
<td>“In the future, do you plan to relocate to another city/province/country?”</td>
<td>41% responded ‘yes’</td>
<td>34.5% responded ‘yes’</td>
</tr>
</tbody>
</table>

YOUTH ENGAGEMENT AT THE WINNIPEG FOUNDATION
During the past 18 years, The Winnipeg Foundation has worked to engage thousands of diverse youth and young adults (aged 14 to 35) in developing and sustaining a deeper understanding of philanthropy. Each Young Winnipeg Connect (YWC) program provides Winnipeggers with opportunities for skill-building, leadership, networking, and community knowledge.

YOUTH IN PHILANTHROPY
Made possible through the generosity of our donors, The Winnipeg Foundation’s Youth in Philanthropy (YiP) program was established in 1999 as a way to introduce high school students to philanthropy and community development. During this year – the program’s 19th – 27 high school-based committees and three at community organizations will be participating. During the past 19 years, more than $1.5 million has been distributed in community grants by the more than 5,000 students who have taken part.

SUMMER INTERNSHIP PROGRAM
The Winnipeg Foundation’s Summer Internship Program (SIP) is designed to build on the non-profit experience students receive through the YiP program. Interns are matched with hands-on, full-time, paid summer jobs in the non-profit sector and work closely with a mentor. During the summer, interns gain meaningful employment and learn about all facets of a local charity’s operations, while organizations increase their capacity to undertake important, short-term projects.

EMERGING LEADERS’ FELLOWSHIP
The Emerging Leaders’ Fellowship (ELF) is designed to encourage post-secondary students and young professionals to learn more about the local non-profit sector, while increasing their experience and understanding of community issues. Applicants design and propose a project based on the needs of an agency of their choice. Qualifying ELF applicants work with a local charitable organization to develop and implement these projects providing the Fellows with hands-on experience in the community and helping the organization take on short-term projects.
End extreme poverty. Fight inequality and injustice. Tackle climate change. All by 2030.

These are three extraordinary things that we’d all like to see happen. The Global Goals for Sustainable Development, which world leaders committed to in 2015, lay out the framework for how they can be achieved. The 15-year framework includes 17 goals and 169 accompanying targets.

To develop the goals, the United Nations undertook a global survey — My World2015 — to understand what issues matter most to individuals around the world and to use that feedback to inform these global priorities. The resulting Sustainable Development Goals (SDGs) incorporate all dimensions of development — economic, social and environmental.

Nationally, Statistics Canada will begin to track and align with SDGs this fall. Locally, knowing that SDGs are universal helps The Foundation understand our work is part of a larger global development effort.

Philanthropy has a key role to play in ‘bringing home’ the SDGs. As community foundations have deep and longstanding ties within each of our communities, we have existing knowledge of where strengths and gaps lie. “The goals provide a mutual language and create new windows for collaboration. Foundations who view the goals as essential and urgent calls to action for every sector, will have a clear way of connecting their own local efforts to broader humanitarian goals,” says the 2016 Council on Foundations and SDG funders report, From Global Goals to Local Impact: How Philanthropy Can Help Achieve the U.N. Sustainable Development Goals.

In recognition that community foundations are an essential aspect of civil society and have a role to play, and as part of its Vital Signs initiative, The Foundation is exploring how the Global Goals for Sustainable Development fit within our work.

Winnipeg’s Vital Signs 2017 provides a snapshot of how our work at The Foundation fits with six of the 17 United Nations sustainable development goals. See them at left.

For more information on the Global Goals for Sustainable Development visit sustainabledevelopment.un.org/
WELCOME TO WINNIPEG’S Vital Signs® 2017

A project of The Winnipeg Foundation, Vital Signs® is a snapshot of life in Winnipeg as identified by citizens, and supported by secondary research. We hope you find it as fascinating and useful as we do.

METHODOLOGY

Both the online and telephone surveys were conducted by NRG Research Group. The online survey, based on a self-selected respondent population, asked individuals to prioritize key issues and comment about 10 issue areas, as well as share information about their quality of life. The random sample telephone survey focused on quality of life questions.

Secondary data

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A special thank you to the volunteer panel who provided guidance and advice for the production of this report.

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13 DAYS
TELEPHONE SURVEY CONDUCTED FROM MAY 10 TO 23, 2017

1 MONTH
ONLINE SURVEY AVAILABLE FROM MAY 5 TO JUNE 4, 2017

2,171 SURVEYS COMPLETED
1,771 ONLINE SURVEYS COMPLETED
400 TELEPHONE SURVEYS COMPLETED
13 DAYS TELEPHONE SURVEY CONDUCTED FROM MAY 10 TO 23, 2017

10 ISSUE AREAS
16,837 ONLINE COMMENTS RECEIVED
3 VITAL CONVERSATIONS

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Circles for Reconciliation founders, Dr. Raymond Currie and Clayton Sandy.