





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.



Community members at the West Broadway Farmers' Market, organized by the Good Food Club. Learn more on page 24.

OUR VISION

A Winnipeg where community life flourishes for all

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



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GET IN TOUCH

We'd love to hear from you! Please send your comments to vitalsigns@wpgfdn.org

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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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Registered charity number: 119300960RR0001

Publications Mail Agreement No. 40623039

Return undeliverable Canadian addresses to:

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Filmmaker Sonya Ballantyne recently took her first foray into theatre, directing a play with Sarasvati Productions. Learn more about Sarasvati 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

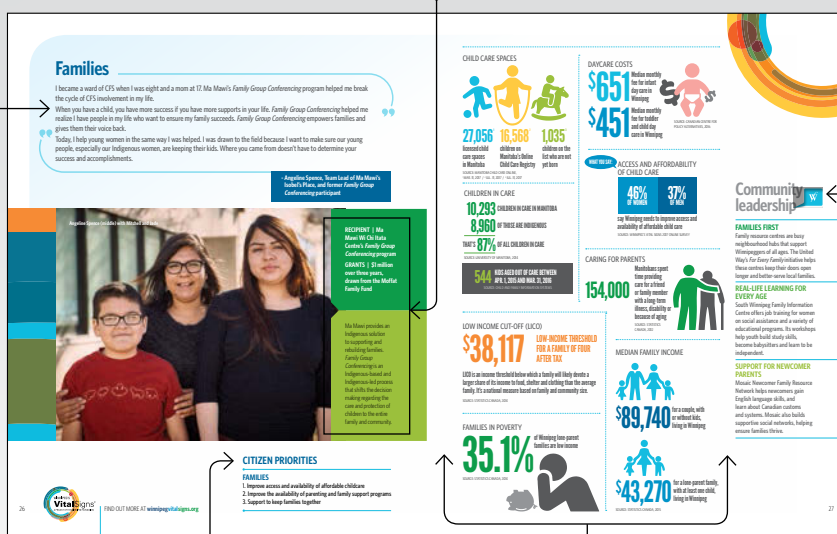
A quote from someone who is involved with or impacted by each issue area.

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.

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.

Rick Frost, CEO



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 convener 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.

WHAT VITAL SIGNS TOLD US ABOUT RECONCILIATION:

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.

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

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.

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...



50
WOMEN

AVERAGE LIFE EXPECTANCY
80 YEARS

50
MEN

* DATA IS FOR THE ENTIRE PROVINCE
SOURCE: STATISTICS CANADA, 2016

AGE

AGE 0-14.....	17
AGE 15 TO 24.....	13
AGE 25 TO 64.....	54
AGE 65 TO 74.....	9
AGE 75 TO 84.....	5
AGE 85+.....	2
MEDIAN AGE.....	38.8

SOURCE: STATISTICS CANADA, 2016

MARITAL STATUS

MARRIED.....	46
LIVING COMMON LAW.....	8
NEVER MARRIED.....	31
SEPARATED.....	3
DIVORCED.....	6
WIDOWED.....	6

SOURCE: STATISTICS CANADA, 2016

INDIVIDUAL INCOME

UNDER \$10,000.....	19
\$10,000- \$29,999.....	27
\$30,000-\$59,999.....	32
\$60,000-\$99,999.....	17
\$100,000 AND OVER.....	5
MEDIAN EMPLOYMENT INCOME: \$32,900	

SOURCE: STATISTICS CANADA, 2014

MISCELLANEOUS

EMPLOYED.....	64
INDIGENOUS.....	11
IMMIGRANT.....	21
POST-SECONDARY CREDENTIAL.....	49
SPEAK ENGLISH MOST OFTEN AT HOME.....	78
SPEAK LANGUAGES OTHER THAN ENGLISH AND FRENCH MOST OFTEN AT HOME.....	12
HAVE KNOWLEDGE OF BOTH OFFICIAL LANGUAGES.....	10

SOURCES: 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

GENDER

♂ MALE.....	34%
♀ FEMALE.....	63%
⚧ TRANSGENDER PEOPLE.....	<1%

AGE

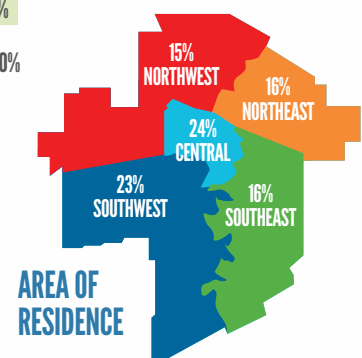
UNDER 18.....	<1%
18-24.....	5%
25-34.....	14%
35-44.....	15%
45-54.....	18%
55-64.....	23%
65-74.....	15%
75+.....	5%

LENGTH OF TIME LIVING IN WINNIPEG

LESS THAN 1 YEAR.....	1%
1-5 YEARS.....	5%
6-10 YEARS.....	5%
MORE THAN 10 YEARS.....	87%

WORK SECTOR

BUSINESS.....	30%
RETIRED.....	24%
GOVERNMENT.....	15%
NON-PROFIT/ CHARITABLE/ SOCIAL SERVICES.....	7%
UNEMPLOYED.....	6%
VOLUNTARY.....	4%
EDUCATION.....	4%
STUDENT.....	4%
HEALTHCARE.....	3%
OTHER.....	3%



AREA OF RESIDENCE



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 Laramée, 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.

Continued...

VITAL INFORMATION: Indigenous People in Canada

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.

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.

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

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

RECONCILIATION AND THE WINNIPEG FOUNDATION

The Winnipeg Foundation is committed to working with everybody in our community toward a shared goal of reconciliation. Like so many, we're still discovering exactly what that means.

In 2015, The Circle on Philanthropy and Aboriginal Peoples in Canada drafted the Philanthropic Community's Declaration of Action. The Foundation is a signatory, and this document is helping guide our strategic direction.

By supporting projects that respond to the TRC's Calls to Action, The Foundation is engaging in the work of reconciliation. We are tracking grants we make that support organizations and programs that increase awareness, elevate the dialogue and advance the reconciliation process. We are also consulting with the community and proactively looking for programs we can support that uphold the TRC's Calls to Action.

These are just preliminary steps in our ongoing journey toward truth and reconciliation. We are looking forward to exploring new opportunities to support the implementation of the spirit, intent and content of the Truth and Reconciliation Commission's findings and Calls to Action.

Why we recognize Winnipeg is on Treaty 1 territory



Elder Dr. Myra Laramée

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

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 Laramée, 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. Laramée, 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. Laramée 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 convenor.

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 Laramée. 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 Blaikie 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



Mental Health, Addictions and Healing Vital Conversation.



FIND OUT MORE AT winnipegvitalsigns.org

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 Laramée 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.

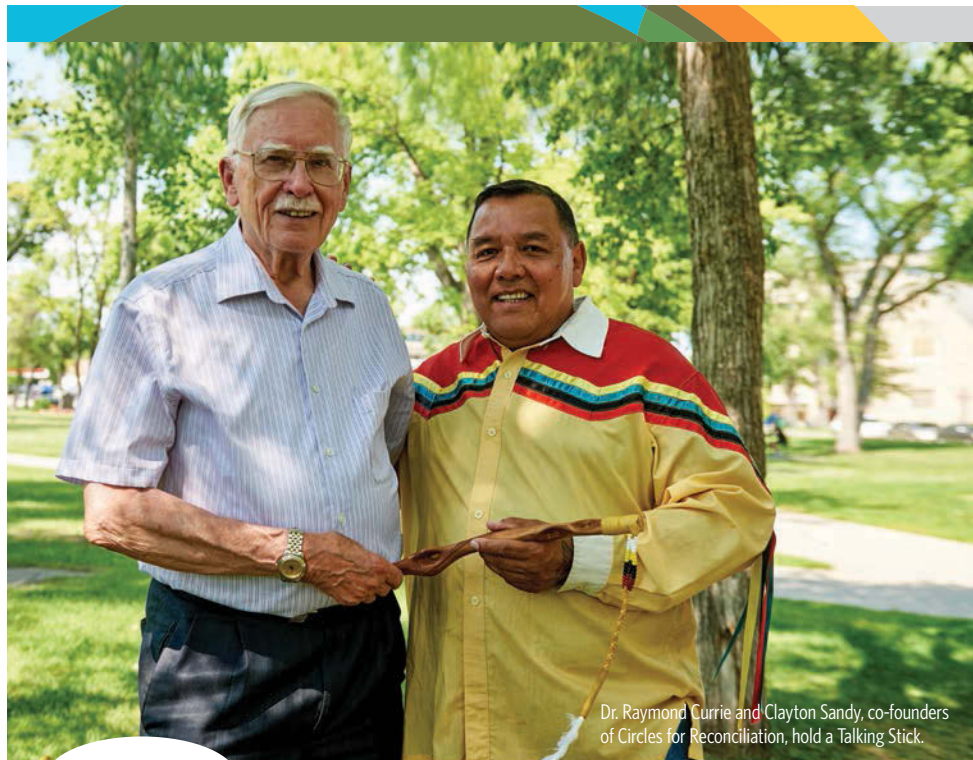
Inspired by the hope and optimism that reconciliation can be pursued by cultivating better knowledge, understanding and compassion, attendees split into 16 circles spread across conference rooms. Many of the circles inspired impassioned, enlightening and insightful dialogue; for many, it was the first 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.



Dr. Raymond Currie and Clayton Sandy, co-founders of Circles for Reconciliation, hold a Talking Stick.

WHAT YOU SAY:

RECONCILIATION

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



Table for 1200 More.

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
DOWNTOWN

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**



FIND OUT MORE 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

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



Shanae Blaquiere

RECIPIENT | Frontier College and Community Education Development Association's *Truth and Reconciliation Camp*

GRANTS | \$46,838, drawn from the Dr. John E. and Amy C. MacKenzie Memorial Fund, and from the Barbara Awrey, Milton Awrey and Elizabeth Binnie Memorial Fund, which are Field of Interest Funds; as well as the Moffat Family Fund, which is a Donor-Advised Fund

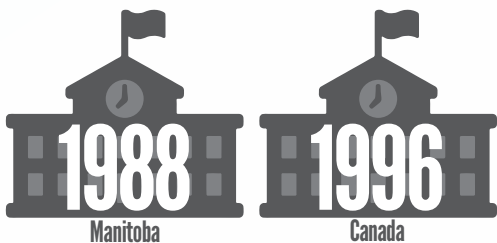
Frontier College is Canada's original charitable literacy organization. Founded in 1899, Frontier College recruits and trains volunteers to deliver literacy programs to children, youth and adults in communities across the country. The Community Education Development Association promotes educational opportunities 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.



FIND OUT MORE AT winnipegvitalsigns.org

RESIDENTIAL SCHOOL CLOSURES

Last residential school closed in...



SOURCE: THE BENEVOLENT EXPERIMENT: INDIGENOUS BOARDING SCHOOLS, GENOCIDE, AND REDRESS IN CANADA AND THE UNITED STATES

IMPORTANCE OF HISTORY

92%

of Canadians feel it is very or somewhat important for all non-Indigenous Canadians to understand the true history of how Indigenous People have been treated by governments and society

SOURCE: ENVIRONICS INSTITUTE FOR SURVEY RESEARCH, 2016

ATTITUDES AND PERCEPTIONS

52%

of non-Indigenous Canadians

37%

of non-Indigenous Manitobans

believe Indigenous People have unique rights as the first inhabitants of Canada

SOURCE: ENVIRONICS INSTITUTE FOR SURVEY RESEARCH, 2016

DISCRIMINATION

2006

77%

2016

87%

Canadians who believe Indigenous People are subject to discrimination

SOURCE: ENVIRONICS INSTITUTE FOR SURVEY RESEARCH, 2016

MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS

1,181

police-recorded homicides of Indigenous women between 1980 and 2012

SOURCE: RCMP

Manitoba

Canada

18x

12x

Likelihood of Indigenous women to be murdered or missing, compared to other women in Canada

SOURCE: TAKENTHESERIES.COM

RELATIONS

MANITOBAANS : 56%

CANADIANS : 44%

describe the current relations between Indigenous and non-Indigenous people in Canada as somewhat or very negative

SOURCE: ENVIRONICS INSTITUTE FOR SURVEY RESEARCH, 2016

ROLE IN RECONCILIATION

Canadians who believe individuals have a role to play in efforts to bring about reconciliation between Indigenous and non-Indigenous people



2008

67%

2016

84%

SOURCE: ENVIRONICS INSTITUTE FOR SURVEY RESEARCH, 2016

PROSPECTS FOR RECONCILIATION



of Canadians are optimistic or somewhat optimistic there will be meaningful reconciliation between Indigenous and non-Indigenous people in their lifetime

SOURCE: ENVIRONICS INSTITUTE FOR SURVEY RESEARCH, 2016

WHAT YOU SAY:

RECONCILIATION

81%

of Winnipeggers are familiar with the Truth and Reconciliation Commission and the Calls to Action

42%

of those familiar believe our community is not doing enough to address the Calls to Action

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

36%

didn't know or had no opinion

WHAT YOU SAY:

IS WINNIPEG DOING ENOUGH?

Those more likely to say Winnipeg is doing enough to address the Calls to Action include:

AGES 35+

MEN

LIVED IN WINNIPEG 10+ YEARS

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

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



Abraham Bwalya

RECIPIENT | Pan Am Place

GRANTS | \$79,462, drawn from the Moffat Family Fund, which is a Donor-Advised Fund; the Nourishing Potential Fund; the Youth in Philanthropy Fund; and from The Foundation's Employee Charitable Contribution Fund

Pan Am Place uses the principles of boxing and healthy living to teach young men the discipline it takes to win their battle against homelessness by providing a safe place to stay, nourishing food, mentorship and volunteer opportunities.

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



FIND OUT MORE AT winnipegvitalsigns.org

HOUSING

HOUSE PRICES

Average resale price of a home in Winnipeg

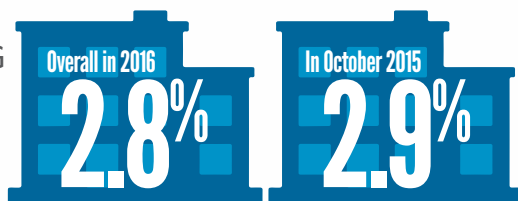
SOURCE: CANADA MORTGAGE AND HOUSING CORPORATION, 2016



RENTAL HOUSING

Winnipeg has a low but stable vacancy rate

SOURCE: CANADA MORTGAGE AND HOUSING CORPORATION, 2016



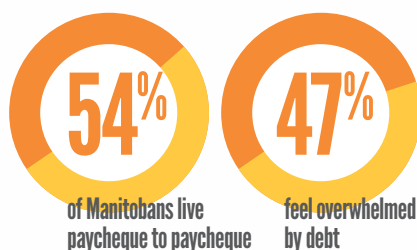
\$927

Average rent in Winnipeg

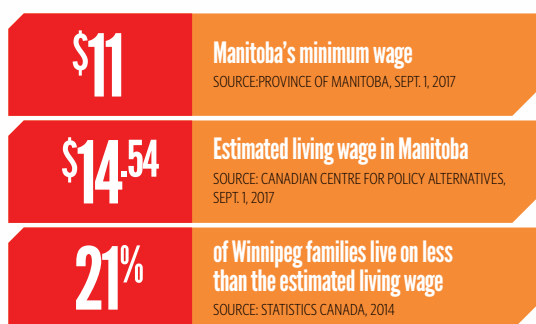
SOURCE: CANADA MORTGAGE AND HOUSING CORPORATION, 2016

POVERTY

FINANCIAL SECURITY



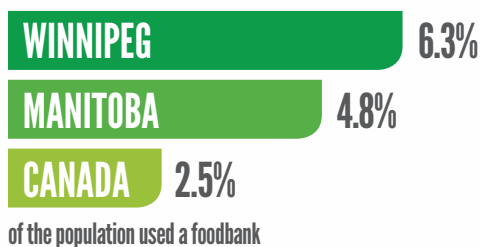
SOURCE: CANADIAN PAYROLL ASSOCIATION, 2016



A living wage is based on the principle that full-time work should provide families with a basic level of economic security. This means a family of four, with two parents working full-time, can pay for necessities, support the healthy development of their children, escape financial stress, and participate in the social, civic and cultural lives of their communities.

FOOD SECURITY

FOOD BANK USAGE



of the population used a foodbank

FOOD COSTS



FRUITS & VEGETABLES



SAFETY

NEIGHBOURHOODS

Criminal code violations in Winnipeg per 100,000 people

SOURCE: STATISTICS CANADA, 2016

1,291

72%

of Winnipeggers feel safe walking alone at night

SOURCE: CITY OF WINNIPEG CITIZEN SURVEY, 2016

Community leadership

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.

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



Jean Pierre Venegas

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.

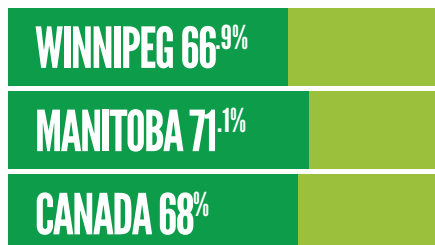
IDENTITY AND BELONGING

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.

SOURCE: PSYCHOLOGYTODAY.COM; BIOMED CENTRAL PSYCHOLOGY

BELONGING

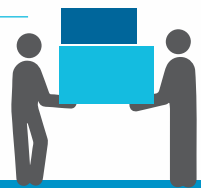
SENSE OF BELONGING



of people aged 12+ who have a strong or somewhat strong sense of community belonging

SOURCE: STATISTICS CANADA, 2015

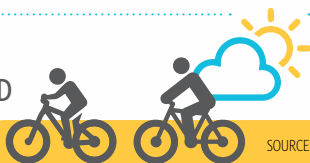
ASKING FOR HELP



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

SOURCE: STATISTICS CANADA, 2013

SEEING FRIENDS AND FAMILY



SOURCE: STATISTICS CANADA, 2013

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

17.7% have daily social contact with friends or family

WHAT YOU SAY:

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

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

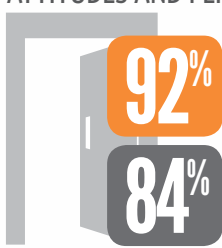
POPULATIONS

NEW WINNIPEGERS



SOURCE: NATIONAL HOUSEHOLD SURVEY, 2011

ATTITUDES AND PERCEPTIONS



SOURCE: PROBE RESEARCH 2016

WHAT YOU SAY:

NEWCOMERS

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

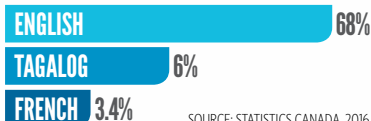
25% less likely than people who have lived here for 10+ years to feel a sense of belonging

Although Winnipeggers are excited about newcomers in our community, we're not always making them feel welcome

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

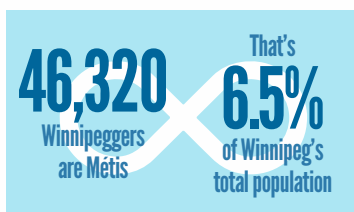
LANGUAGES

Mother tongues in Winnipeg



SOURCE: STATISTICS CANADA, 2016

MÉTIS POPULATION



SOURCE: STATISTICS CANADA, 2011. PLEASE NOTE NEW DATA WILL BE RELEASED LATE OCTOBER 2017

INDIGENOUS PEOPLE

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

This accounts for **11%** of Winnipeg's total population and is the highest percentage for any major Canadian city. It is also the highest total number of Indigenous People living off reserve in any city in Canada.

Edmonton has the second highest Indigenous population of any Canadian city with **61,765**.

SOURCE: STATISTICS CANADA, 2011. PLEASE NOTE NEW DATA WILL BE RELEASED LATE OCTOBER 2017

Community leadership



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

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

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.



Laura Rose

CITIZEN PRIORITIES

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

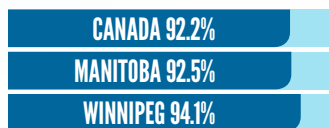
PHYSICAL HEALTH

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

LIFE SATISFACTION



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

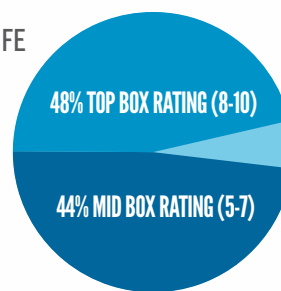
SOURCE: STATISTICS CANADA, 2014

WHAT YOU SAY:

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



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

How often Winnipeggers feel stressed about personal finances

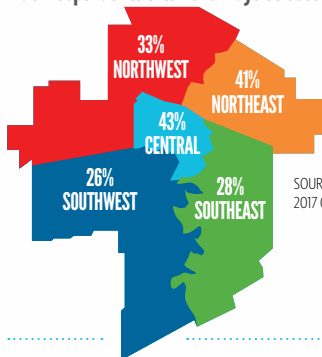
<1% DON'T KNOW



SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

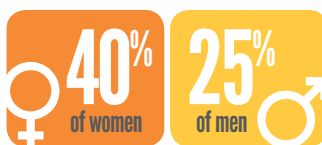
REGIONAL BREAKDOWN

% of respondents often or always stressed about finances



SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

GENDER COMPARISON



SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

say they often feel stressed about personal finances

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 vs 26% OF WOMEN

say increased physical activity is top priority

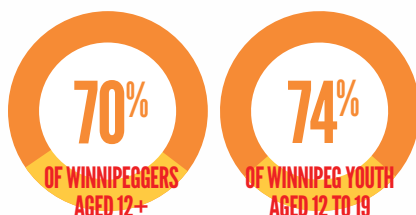
SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

28% OF WOMEN vs 17% OF MEN

say increased awareness of and access to stress reduction programs and activities is top priority

MENTAL HEALTH

MENTAL WELL-BEING



perceive their mental health as very good or excellent

SOURCE: STATISTICS CANADA, 2014

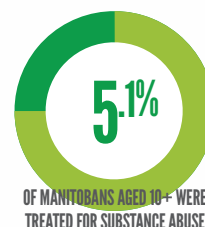
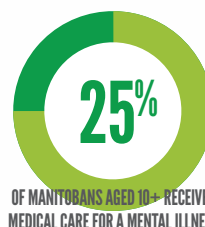
MOOD DISORDERS

Between 2010/2011 and 2014/2015...



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

SOURCE: MANITOBA HEALTH, 2014-2015



Community leadership

ART HEALTHY

Artbeat 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.

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

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

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.

Rex Gosselin



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

COMMUNITY LIFE



KNOWING YOUR NEIGHBOUR

60% of people know their neighbours well enough to ask for a favour or offer help

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

WINNIPEG CIVIC ELECTION VOTER TURNOUT

SOURCE: CITY OF WINNIPEG

38.2%

2006

47.1%

2010

50.2%

2014



67% FUTURE PROSPECTS of Winnipeggers agree or strongly agree our city is a good place for the next generation to settle down

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

VOLUNTEERING

WINNIPEG 38%

MANITOBA 52%

CANADA 44%

of people volunteer their time and skills to the community

SOURCE: STATISTICS CANADA, 2013

WHAT YOU SAY:

CIVIC ENGAGEMENT

84% of people have a medium to high level of civic engagement

A civically engaged citizen is involved in their community, votes in elections, volunteers and/or donates money to local causes, contributes in many ways and genuinely wants to make Winnipeg a better place to live.

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY



WHAT YOU SAY:

VOLUNTEERING

71% of people volunteered their time at least once in the past year

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

64%

MAKING A DIFFERENCE

of Winnipeggers feel they have the opportunity to make a difference in their community

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

CHARITABLE GIVING

GIFTS

26% of Winnipeg tax filers made charitable donations

SOURCE: STATISTICS CANADA, 2015

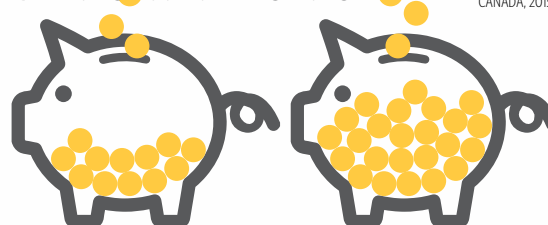
WHAT YOU SAY:

88% of Winnipeggers gave to a charity at least once in the last year

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

MEDIAN CHARITABLE DONATION

SOURCE: STATISTICS CANADA, 2015



CANADA \$300

WINNIPEG \$400



CROWDFUNDING

\$82 Winnipeggers' average GoFundMe.com donation

\$3.3M Winnipeggers' total donations through GoFundMe.com

SOURCE: GOFUNDME.COM, 2014-2016

DONORS' AVERAGE AGE



SOURCE: STATISTICS CANADA, 2015

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.

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

CHILD CARE SPACES



27,056¹

licensed child
care spaces
in Manitoba

16,568²

children on
Manitoba's Online
Child Care Registry

1,035³

children on the
list who are not
yet born

SOURCE: MANITOBA CHILD CARE ONLINE,
¹MAR. 31, 2017 / ²JUL. 31, 2017 / ³JUL. 31, 2017

CHILDREN IN CARE

10,293

CHILDREN IN CARE IN MANITOBA

8,960

OF THOSE ARE INDIGENOUS

THAT'S **87%** OF ALL CHILDREN IN CARE

SOURCE: UNIVERSITY OF MANITOBA, 2014

544

KIDS AGED OUT OF CARE BETWEEN
APR. 1, 2015 AND MAR. 31, 2016

SOURCE: CHILD AND FAMILY INFORMATION SYSTEMS

LOW INCOME CUT-OFF (LICO)

\$38,117

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.

SOURCE: STATISTICS CANADA, 2014

FAMILIES IN POVERTY

35.1%

of Winnipeg lone-parent
families are low income

SOURCE: STATISTICS CANADA, 2014



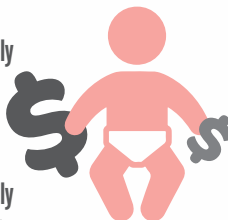
DAYCARE COSTS

\$651

Median monthly
fee for infant
day care in
Winnipeg

\$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

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



MEDIAN FAMILY INCOME



\$89,740

for a couple, with
or without kids,
living in Winnipeg



\$43,270

for a lone-parent family,
with at least one child,
living in Winnipeg

SOURCE: STATISTICS CANADA, 2015

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.

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 Feliksiak, participant in A&O Support Services' *Senior Centre Without Walls* program

CITIZEN PRIORITIES

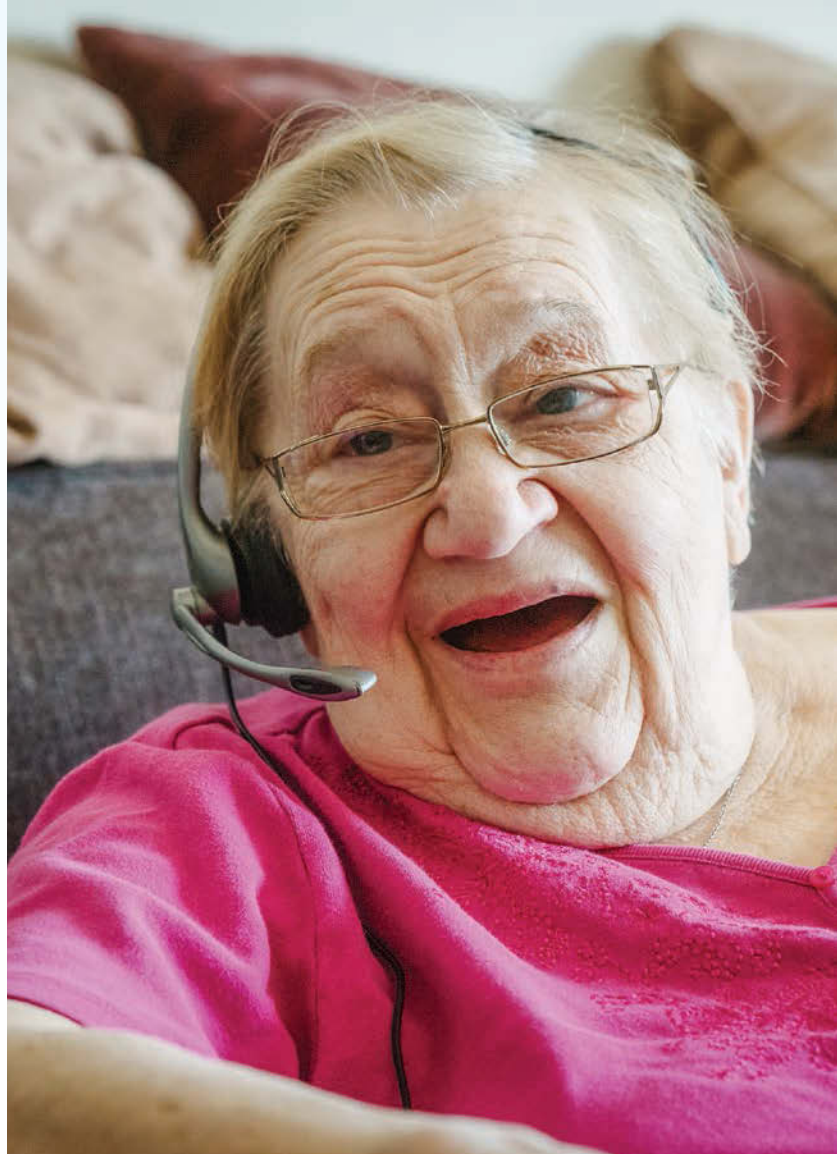
AGING POPULATION

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

Jean Feliksiak

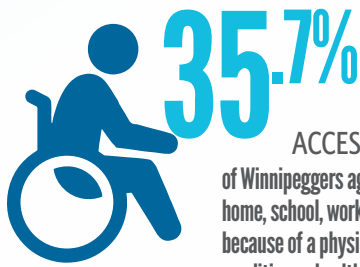


RECIPIENT |

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.

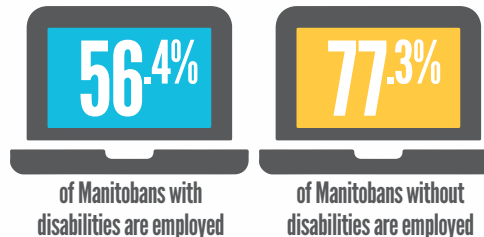
ACCESSIBILITY



SOURCE: STATISTICS CANADA, 2014

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

EMPLOYMENT CHALLENGES



SOURCE: BARRIER FREE MANITOBA, 2012

WHAT YOU SAY:

STIGMA



SOURCE: BARRIER FREE MANITOBA, 2015

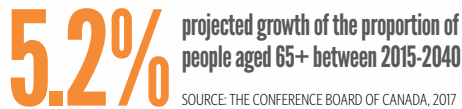


say decreasing the stigma of ability-specific barriers is top priority

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY

OUR AGING POPULATION

NUMBER OF SENIORS



SOURCE: THE CONFERENCE BOARD OF CANADA, 2017

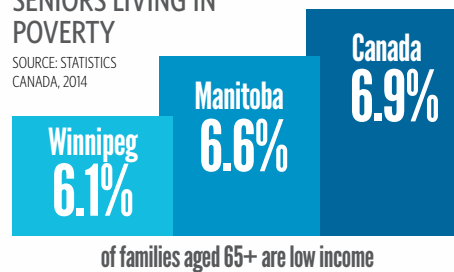


SENSE OF BELONGING
seniors aged 65+ report the strongest sense of belonging to Canada, Manitoba and their local community, amongst all age groups

SOURCE: STATISTICS CANADA, 2013

SENIORS LIVING IN POVERTY

SOURCE: STATISTICS CANADA, 2014



of families aged 65+ are low income

SENIOR ABUSE



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

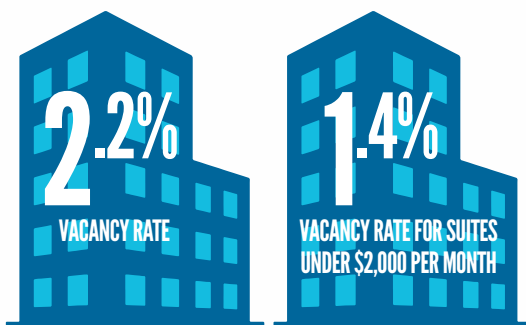
SOURCE: NATIONAL INITIATIVE FOR THE CARE OF THE ELDERLY, 2015

PERSONAL CARE HOME ADMITTANCE



SOURCE: MANITOBA CENTRE FOR HEALTH POLICY, 2013

RETIREMENT HOMES



SOURCE: CANADA MORTGAGE AND HOUSING CORPORATION, 2016

SENIOR CENTRES



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

SOURCE: MANITOBASENIORCENTRES.COM, 2017

Community leadership

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.

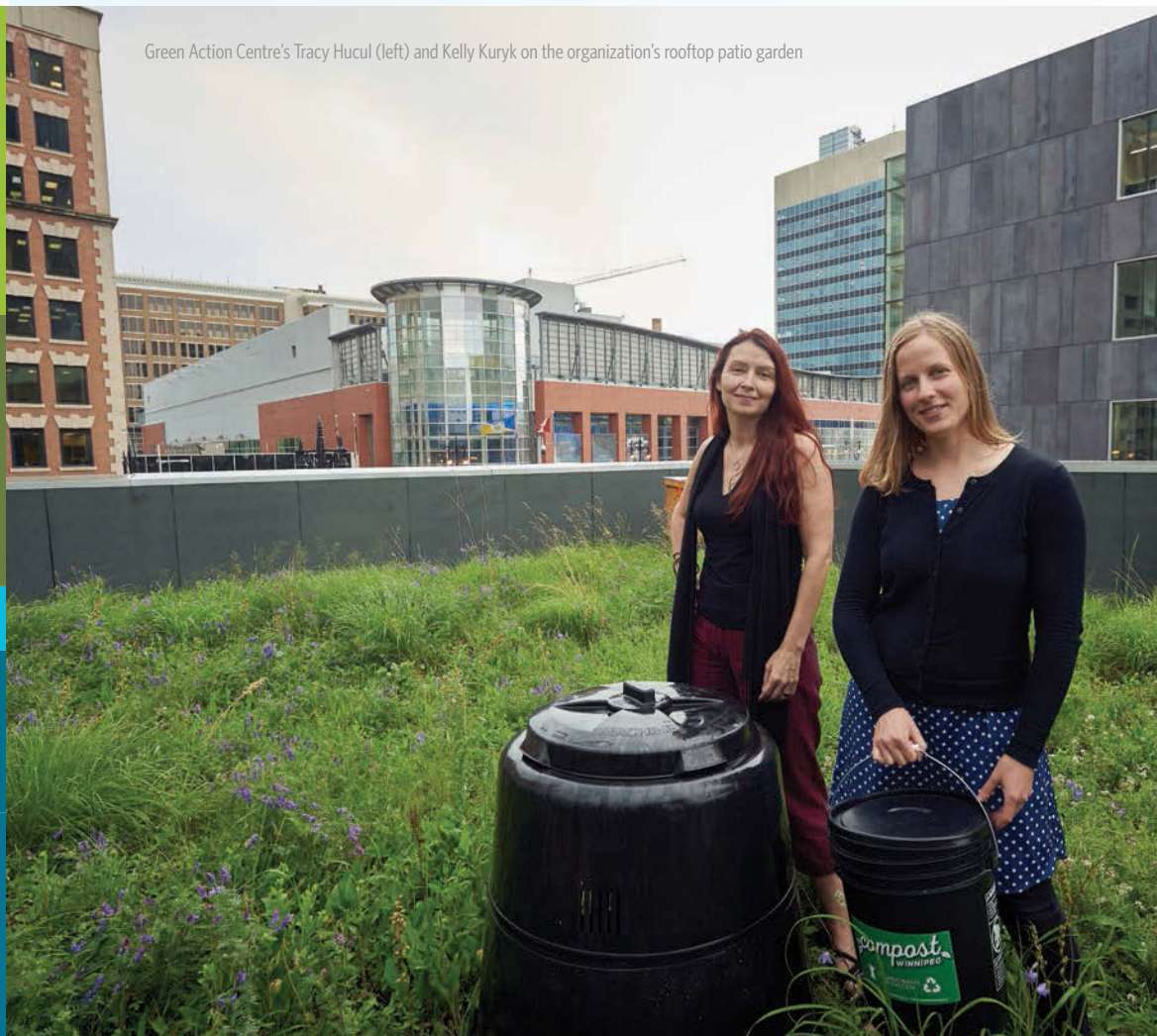
Sustainability

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

Green Action Centre's Tracy Hucul (left) and Kelly Kuryk on the organization's rooftop patio garden



RECIPIENT | Green Action Centre's *Compost Winnipeg*

GRANTS | \$21,786, drawn from the Youth in Philanthropy Fund; the Edgar and Kathleen Russenholt Memorial Fund, Barbara H. (Tarr) Kendel Fund, the Ian C. McGonigal Fund, and the Ron and Lesley Swaine Fund, which are all Field of Interest Funds; and from the hundreds of Community Building Funds held at The Foundation

Green Action Centre promotes greener living through environmental education and encourages practical green solutions for homeowners, workplaces, schools and communities. *Compost Winnipeg* is a social enterprise that helps individuals and businesses set up a compost program and hauls away organic waste.

CITIZEN PRIORITIES

SUSTAINABILITY

1. Decrease waste through more recycling and composting programs
2. Increase and preserve urban parks and natural green spaces
3. Maintain a healthy watershed

GREEN ECONOMY

1. Improve options for alternative energy
2. Increase production and access to locally grown food
3. Address density and land use issues

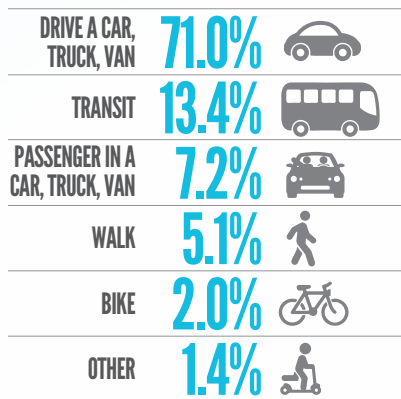
GETTING AROUND

1. Expand and enhance bus systems
2. Improve affordability of public transit
3. Improve awareness and promote year-round sustainable transportation options



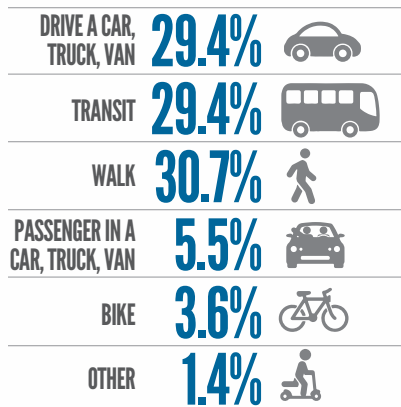
FIND OUT MORE AT winnipegvitalsigns.org

COMMUTING TO WORK



SOURCE: STATISTICS CANADA, 2011

GETTING AROUND DOWNTOWN



SOURCE: CITY OF WINNIPEG, 2011

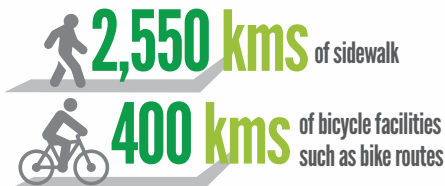
AVERAGE COMMUTE TIME IN WINNIPEG

Includes all methods of transportation

SOURCE: STATISTICS CANADA, 2011



GREEN TRANSPORTATION



SOURCE: WINNIPEG PEDESTRIAN AND CYCLING STRATEGIES, 2014

CYCLING

7,100 cyclists commute in and out of Downtown Winnipeg*
14,790 cyclists commute city-wide*
 *On a typical workday in May or June

SOURCE: BIKE WINNIPEG, 2015



WHAT YOU SAY:

TAKING TRANSIT

25% OF RESPONDENTS AGED 35-44

18% OF RESPONDENTS AGED 65-74

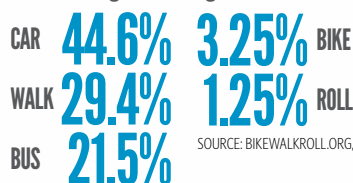
say Winnipeg's bus system should be expanded and enhanced

SOURCE: WINNIPEG'S VITAL SIGNS 2017 ONLINE SURVEY



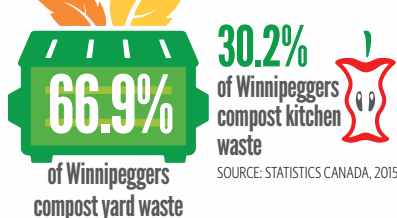
GETTING TO SCHOOL

How school-aged children get to school



SOURCE: BIKEWALKROLL.ORG, 2017

COMPOSTING



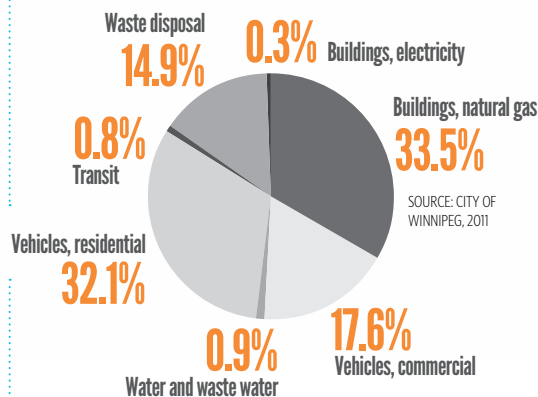
SOURCE: STATISTICS CANADA, 2015

GREENHOUSE GAS EMISSIONS



SOURCE: CITY OF WINNIPEG, 2011

SOURCES OF GREENHOUSE GAS EMISSIONS*



SOURCE: CITY OF WINNIPEG, 2011

* Does not equal 100% due to rounding

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.

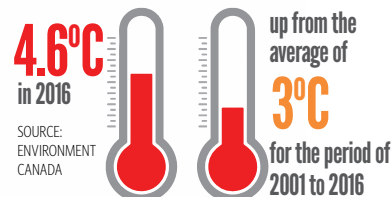
CENTRE FOR INDIGENOUS ENVIRONMENTAL RESOURCES

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.

AVERAGE TEMPERATURE



SOURCE: ENVIRONMENT CANADA

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

The Derek and Polly Riley Bursary, held at The Winnipeg Foundation, provides annual support to students enrolled in the Social Work bachelorette program. Since 2012, the Bursary has provided 90 students with \$174,000 in support

Located on Selkirk Avenue in the city's North End, the University of Manitoba's William Norrie Centre is home to the Inner City Social Work Program.



Karen Bruce

SCHOOL READINESS

37.2% of kindergarten students lack prosocial and helping behaviours

36.5% of kindergarten students are very ready in general knowledge and communication skills

SOURCE: HEALTHY CHILD MANITOBA, 2014/2015



AVERAGE INCOME

HIGH SCHOOL GRADUATE

POST-SECONDARY GRADUATE



SOURCE: NATIONAL HOUSEHOLD SURVEY, 2011

ADULT LITERACY AND LEARNING

2,228 adults enrolled in adult literacy programs

8,153 number of adults enrolled in adult learning programs

SOURCE: PROVINCE OF MANITOBA, 2014/2015

HIGH SCHOOL INCOMPLETES

WINNIPEG 15.5%

MANITOBA 19.0%

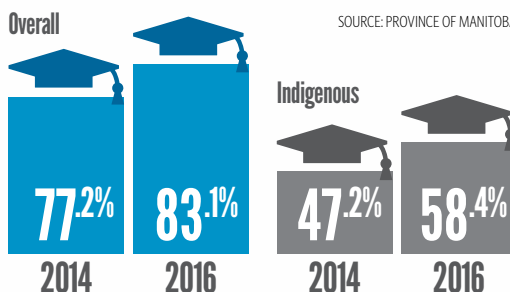
CANADA 16.9%

of the population aged 15+ who have not completed high school

SOURCE: STATISTICS CANADA, 2016

MANITOBA HIGH SCHOOL GRADUATION RATES

SOURCE: PROVINCE OF MANITOBA



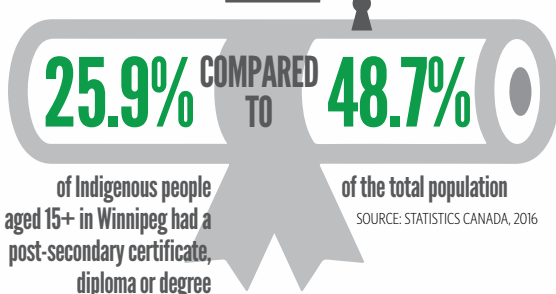
STUDENT MENTAL HEALTH

17,723

students aged 6-19 diagnosed with a mental disorder between 2009-2013

SOURCE: MANITOBA CENTRE FOR HEALTH POLICY, 2016

EDUCATIONAL ATTAINMENT



UNIVERSITY ENROLMENT



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

SOURCE: ASSOCIATION OF UNIVERSITIES AND COLLEGES, 2017

POST-GRADUATION EMPLOYMENT

93% of college graduates employed within three years

95% of bachelor degree graduates employed within three years

SOURCE: NATIONAL GRADUATE SURVEY, 2013

AVERAGE COST OF UNDERGRADUATE TUITION Canadian Student:

UNIVERSITY OF WINNIPEG \$3,405

UNIVERSITY OF MANITOBA \$4,008

International Student:

UNIVERSITY OF WINNIPEG \$12,687

UNIVERSITY OF MANITOBA \$15,430

SOURCE: VARIOUS, 2016

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.

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. Sarasvati 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 Sarasvati Productions

RECIPIENT | Sarasvati 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

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

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

Sarasvati Productions uses theatre to promote human understanding and address social issues.



Hope McIntyre

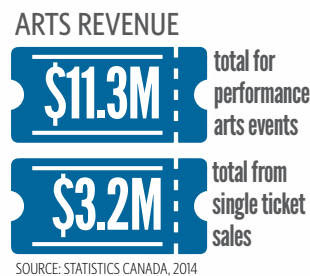
CITIZEN PRIORITIES

ARTS AND HERITAGE

1. Offer affordable arts and culture activities
2. Preserve Winnipeg's historic buildings
3. Create festivals and community celebrations



FIND OUT MORE AT winnipegvitalsigns.org



Community leadership



RECONCILIATION THROUGH ART

Manito Ahbee 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.



PUBLIC ART



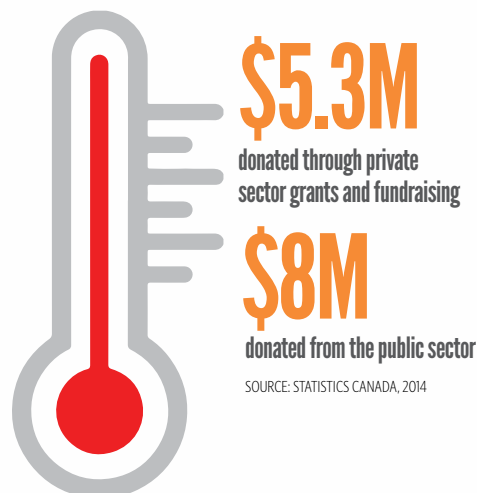
MURALS



LOST MURALS



DONATIONS TO THE ARTS IN MANITOBA



ARTS AND CULTURE ORGANIZATION ENDOWMENTS



VOLUNTEERS



Things we love, issues we face

VITAL SIGNS ONLINE SURVEY RESPONDENTS LEFT ALMOST 17,000 COMMENTS. HERE IS A SAMPLING.

"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."



FIND OUT MORE AT winnipegvitalsigns.org



ISSUES WE FACE

“MY ETHNICITY NEEDS TO BE 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.”

Pan Am Place residents and staff.

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:

Young Winnipeg's Report Card



RECIPIENT

Art City's *Indigenous Arts* program, designed to engage youth across the city in hands-on exploration of Indigenous arts and culture.

GRANT | \$10,000



RECIPIENT

Islamic Social Services Association's two-day conference for youth from diverse cultural backgrounds to encourage intercultural understanding and build relationships between local youth.

GRANT | \$8,000



RECIPIENT

Manitoba Eco-Network's collaborative cycling project, designed to encourage youth to incorporate active transportation in their lives.

GRANT | \$10,000



RECIPIENT

Ma Mawi Wi Chi Itata Centre's *Urban Indigenous Youth Voices*, a youth-driven initiative to strengthen and mobilize Indigenous youth to learn, participate, build and lead change in Winnipeg.

GRANT | \$10,000

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.



FIND OUT MORE AT winnipegvitalsigns.org

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.

Top Five Issues Identified by Youth	2014	2017
1	Poverty	Youth voice
2	Housing and Homelessness	Human Rights
3	Safety	Housing and Homelessness
4	Employment	Education and Learning
5	Transportation	Employment

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.

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

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).

Survey Question	2014 Full Survey Response	2017 Check in Response
"How connected do you feel to your community?"	72.3% responded 'very' or 'somewhat'	89% responded 'very' or 'somewhat'
"Do you volunteer?"	63.3% responded 'yes'	77% responded 'yes'
"Have you ever made a financial contribution to a charitable organization?"	59.5% responded 'yes'	80.5% responded 'yes'
"In the future, do you plan to relocate to another city/province/country?"	41% responded 'yes'	34.5% responded 'yes'

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

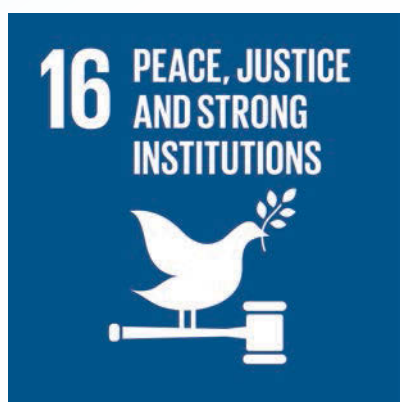
The Winnipeg Foundation's Summer Internship Program (SIP) is designed to build on the non-profit experience students receive through the YiP program. Interns are matched with hands-on, full-time, paid summer jobs in the non-profit sector and work closely with a mentor. During the summer, interns gain 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.

SUSTAINABLE DEVELOPMENT GOALS

International framework, local responsibility



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/

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.

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



COMMUNITY
FOUNDATIONS
OF CANADA

Vital Signs® is a community check-up conducted by community foundations across Canada that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. Vital Signs® is coordinated nationally by Community Foundations of Canada.

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