CENTRE DE RENOUVEAU
AULNEAU
RENEWAL CENTRE



ANNUAL REPORT 2022

Aulneau believes that people can be empowered if they have the right tools. Aulneau Renewal Centre (ARC) works with individuals, couples, and families to develop therapeutic plans that meet their specific needs through therapy, support, education, and guidance. We help our clients work through their challenges to discover a positive vision, so they can optimize their personal potential and growth towards renewal.

Aulneau acknowledges that we are Treaty Territory #1, the traditional lands of Anishinaabe, Cree, Oji-Cree, Dakota, & Dene peoples, & on the homeland of the Métis People. ARC respects the treaties made on this land and acknowledges the harms and mistakes of the past and present. We dedicate ourselves to authentic alliances with Indigenous communities in a spirit of reconciliation and cooperation.

This annual report will highlight how ARC continued to adapt through their commitment and dedication to meet the needs of the community, helping to build hope with compassion.



2022 Board of Directors

René Fontaine (Chairperson)
Randy Cameron (Vice-Chairperson)
Julie Labossière (Secretary-Treasurer)
Claudette Dorge
Kimberly Mackey
Robert George
Rhoni Mackenzie
Bernice Parent
Lisa Raven

A BIG THANK YOU to outgoing member Mala Sachdeva

CONTENTS

OUR VALUES, MISSION, GOALS & VISION 3

MESSAGE FROM THE EXECUTIVE DIRECTOR 4

WELCOMING OUR NEW MANAGEMENT TEAM 5

COMMUNITY SUCCESS STORY SPOTLIGHT 7

INTERNSHIP SUCCESS STORY (YESS PROGRAM) 8

DRAGONFLY REUNIFICATION PROGRAM RE-LAUNCH 9

IN-PERSON PROGRAMMING RE-LAUNCH 10

PARTNERSHIPS SUPPORTING FAMILIES (RAFT PROGRAM) 11

TRUTH AND RECONCILIATION DAY @ ARC 11

COMMUNITY OPEN HOUSE 12

A YEAR IN REVIEW 13

COMMITTED TO OUR FINANCES 14

COUNSELLING SERVICES THAT MAKE AN IMPACT 15

RETIREMENT ANNOUNCEMENTS 17

CENTRE DE RENOUVEAU
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our values:

HEALTHY RELATIONSHIPS:
We believe that healthy relationships grounded in secure attachments are critical to the development of the whole person.

INCLUSION:
We value all people regardless of race, culture, religion, gender, economic means, age, orientation, or ability. We have a commitment to equitable treatment and elimination of discrimination in all its forms at all organizational levels.

COMPASSION:
We work together to serve others with unconditional acceptance, using a holistic approach that brings healing and connection.

INTEGRITY:
We strive to create a culture of integrity and accountability in our actions and attitudes towards ourselves, our clients, our colleagues, our partners, and the organization.

EXCELLENCE:
We strive to lead and sustain excellence through our commitment to professionalism, and continual development ensuring high standards.

our mission

is to provide counselling and psychotherapy services to empower people and the community.

our goals

- To be a leader in attachment-informed practice
- To develop strong community partnerships
- To be financially sustainable
- To be culturally aware and provide relevant services
- To enhance organizational wellness
- To integrate spirituality and meaning

our vision

We envision an inclusive community that welcomes and supports people toward resilience, empowerment and healthy relationships that nourish mind, body and spirit.

Message from the Executive Director

2022 will be known as the year of renewal. Across the world, we saw the easing and lifting of COVID restrictions, the regathering of groups, and a return to life as we knew it pre-pandemic. And this was no different at Aulneau Renewal Centre. In 2022, we welcomed back our in-person professional development workshops, held our first Truth and Reconciliation event, and held a Community Open House in the Winter. Although we still embrace many of the lessons learned during the pandemic, such as offering services virtually and following public health guidelines, it felt good to be with our friends and community once again.

This past year was also a year of renewal for our management team. We said goodbye, and honoured the work of, two highly respected senior leaders at Aulneau, Harvey Cohen and Jean MacKinnon. Through their efforts and tireless dedication to Aulneau, we were able to transform and strengthen Aulneau's mission and presence. With their support, as well as the board's, we were able to bring in a new management team. In addition to joining the Aulneau team myself as Executive Director in April, we welcomed Barb Thiessen as our Director of Finance and Administration, and Csilla Przibislawsky as our Clinical Manager in the summer.

In our work, we also grew new partnerships. With the support of an inspiration grant from the Réseau Compassion Network, we were able to offer a parenting group in partnership with Chez Rachel, a bilingual shelter for women fleeing abusive relationships. Through this grant we were able to respond quickly to a community in need by providing services directly to a population further isolated by the pandemic. The group affectionately nicknamed themselves the "Mom Squad", a name that accurately portrays their resilience and strength.

We also began working differently with clients in a new program we launched in the summer, the Rapid Assessment and Family Therapy (RAFT) program, in partnership with Eastman Child and Family Services. This program is an innovative new way to support families through early intervention, with the goal of reducing the number of families becoming involved with CFS and the number of children going into care. What was originally created to be a temporary summer program has shown great success with participants and has continued into the new year.

Renewal was present in the relaunching of our Dragonfly program. A flagship program, Dragonfly aims to reunify and preserve families by strengthening attachment between parents and children. This relaunch includes in-home parent coach support working in tandem with our therapists, and truly represents what wrap-around supports can look like for families.

This past year has been quite the year for new faces, partnerships, and initiatives. We are thankful for the commitment and dedication of our team, our board, students, and volunteers. We also are grateful for the continued support of our partners and stakeholders who assist us in supporting the communities we serve. We look forward to continuing with our mission and seeing what 2023 will bring.

Elizabete Halprin Executive Director

Welcoming Our New Management Team!



Meet Elizabete Halprin

Executive Director

I am honoured to have joined the team at Aulneau Renewal Centre, an agency known for providing exceptional evidence-based counselling services and Professional Development opportunities to Winnipeg and the surrounding area for over 40 years.

I am very proud to say, we have accomplished a lot together in the past year with the creation of new partnerships, while honouring those in our present and our past. We have also been able to move quickly and work innovatively to make sure we are responsive to community needs, which is something I value deeply. While transitioning into this new role, I have appreciated the wisdom and support offered by my predecessor Sophia Ali, and my former management colleagues Jean and Harvey. It's been a busy year, but one that has been completely worthwhile. I believe this is just the beginning of what we can accomplish together, and I am looking forward to what Aulneau's future has in store. I have really enjoyed my past year at Aulneau, being part of the team, and working closely with the board. I am looking forward to finalizing our strategic plan this year, so we can work collaboratively to meet our strategic directions and priorities.



Meet Barb Thiessen

Director of Finance & Administration

My journey as a designated accountant has primarily been in the non-profit community service industry specifically in education and healthcare. When the opportunity came to work in mental health, I knew that the position of Director of Administration and Finance was the role I was working towards my whole career. I am beyond thrilled that I am able to work alongside other female leaders that have the same passion as I do.

I started with Aulneau Renewal Centre in June of 2022 and already I have grown so much from my time here. Personally, I have been able to build on my own mental health practices, I have been able to appreciate and be more empathetic toward others in their own mental health journey, as well as be able to impact and inspire others in taking on a mental health journey of their own. Being an advocate for mental health is a strong part of my role here at Aulneau Renewal Centre.

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Meet Csilla Przibislawsky
Clinical Manager

Aulneau Renewal Centre has remained very close to my heart, and I am thrilled to be returning in the role of Clinical Manager. I was very fortunate to have been part of all the foundational trainings in Attachment, both as a clinician and a trainer. This has informed the continuation of my work and professional development, to best serve the children, families, and adults I've worked with over my 23-year psychotherapy career.

It has been an inspiring six months since I stepped into the role of Clinical Manager, getting to know talented therapists and administrative staff, and reconnecting with friends from the past. It appears that the isolation that so many of us have felt since the beginning of the pandemic is now opening into the possibility of re-connection and collaboration. Who knew that in-person meetings/trainings/consultations could be so rejuvenating and, yes, even feeding our souls at times. I am very excited about the many possibilities that these collaborations can bring, e.g., our re-launch of the Dragonfly program and extending our ability to help families in their reunification journey and offering support for enhancing attachment relationships within families. This is one of many initiatives near and dear to our collective hearts.

We have a wonderful opportunity at Aulneau to engage our community in assessing how we can best serve them, then continuing to develop effective ways of delivering service. I look forward to exploring new initiatives and ensuring that we continue to maintain high standards in our existing multi-disciplinary counselling and psychotherapy services. I am struck by the passion that our staff and contractors bring to their work, and their dedication toward ongoing professional development. I also feel very fortunate to be working as part of a management team so full of creativity, openness, expertise, and kindness. The last few years have been fraught with frightening uncertainty, and now we begin to trust that moving toward the unknown can have within it the possibility of new discoveries and the hope for a new sense of inclusion and unity.

COMMUNITY SUCCESS

the "Mom Squad" @ ChezRachel

STORY SPOTLIGHT

With a grant received from Réseau Compassion Network, Aulneau Renewal Centre was able to expand and integrate a new parenting program partnership with Chez Rachel. Since the summer of 2022, Aulneau has been partnering with Chez Rachel to offer parenting skills classes to residents at the shelter, this group is also known as the Mom Squad! This partnership was created in response to a need for programming at the shelter.

The group quickly developed a great sense of community and shared understanding of one another and have been so encouraging and supportive. Topics explored include managing big feelings, boundary setting, and attachment.

The most empowering part about this group is the participants' resilience, their strengths and their shared experiences, which have fostered real support for one another, understanding, and compassion for their unique circumstances.



MY INTERNSHIP @

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THROUGH THE YESS PROGRAM

I was introduced to the Youth Employment Supports for Success (YESS) program by a long-time friend who completed the program a few months prior to my joining. I did my research and I knew that it was the right thing for me. After having my son at the start of the pandemic, which lead to me being out of the workforce for a little over 2 years, I found it difficult to not only find a job but one that worked with my schedule as a parent. I knew I wanted to start my career and the YESS program could and did help me do that.

From joining the YESS program, I have learned a lot that I thought I knew, but didn't. Along with the knowledge I gained, I also got placed at an amazing work placement, Aulneau Renewal Centre. When this placement was presented to me, I was not at all confident that I was the right fit, nor did I believe that I had the right skills for the position. However, the directors of the YESS program assured me that I was and told me not to sell myself short. With that confidence boost, I went for my interview at Aulneau Renewal Centre and the rest, as they say, is history!

As a receptionist at Aulneau, I have had nothing but a great experience. From the clients I get to interact with on a daily basis, to my coworkers and bosses. I have never walked into a new workplace and felt so welcomed. Without this placement, I don't know what I would be doing, nor do I think I would have gotten this lucky elsewhere.

I could never express the gratitude I have for NorWest Co-op Community Health for creating the YESS program, the directors of the YESS program; Corey, Mark, and Rabeh. I will always point anyone I come across to the YESS program as this is an opportunity that should not be missed or tossed aside. This is a knowledgeable program that truly sets up everyone who walks through the doors for success.

To find out more about the YESS Program go to: www.norwestcoop.ca

ARADIAH GIBBONS





Re-launching

DRAGONFLY REUNIFICATION PROGRAMMING

Aulneau Renewal Centre is very excited to be re-launching the Dragonfly Reunification Program this year. We are well known for our expertise in the field of Attachment, both in the work that we do with clients as well as in the trainings that we offer. The Dragonfly program has been used in the past to help reunify and/or preserve families by strengthening Attachment between parents and children. This program intends to help parents find positive ways to interact with their children by using observation, constructive feedback, and therapeutic activities to help parents strengthen their attunement with their children.

The program consists of an Attachment Therapist and a Parent Coach, who work in tandem to teach, develop, and practice parenting skills using a combination of counselling sessions at the Centre and supported access in the client's home and community. As part of ensuring the efficacy of our program, in addition to our ARC parent coach, Aulneau has partnered with Family Dynamics to train their parent coaches for the in-home support portion of this program.

The core of the Dragonfly program involves Modified Interaction Guidance (MIG), an intervention in which parents are asked to play with their child for 10-15 minutes. This play is recorded, then viewed immediately in the session together with the parent, to help the parent gain better insight into their child and their parenting. Goals for intervention are developed from collaborative conversations between parent and therapist, and homework activities that are congruent with these goals are assigned for the week. During sessions, families can ask for assistance and education regarding family specific issues.

Over years of practicing Attachment-based therapy, we have found that one hour a week offered in a therapy room is not enough for most families in the welfare system seeking reunification. To address this, we developed the Dragonfly Reunification Program in which Aulneau provides families with one hour of therapy per week and approximately four hours of support with a parent coach in their home. Generally, parent coaches will visit for two 2-hour sessions per week. These sessions will include practicing attachment and relationship building homework from the therapy sessions, establishing a detailed family schedule and routine, as well as identifying neighbourhood resources and activities. We are excited about the relaunching of the Dragonfly Reunification Program and working together as a team to help families.

Re-launching



PROFESSIONAL DEVELOPMENT:

We are pleased to share that we have successfully relaunched our in-person training. We have hosted a variety of in-person workshops including ASIST (Applied Suicide Intervention Skills Training), Attachment Level I and Level II, Developmental Trauma & Attachment, Compassion Fatigue, Child-Centred Play Therapy, & more.
We look forward to growing in this area to continue to provide quality training and workshops for professionals in the field and members of our community.



DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUPS:

In 2022, Aulneau moved into its second year of offering our DBT skills group. During the first half of 2022, we ran two 24-week DBT skills groups: an in-person group for teens, which ran from November 2021 to May 2022, and a virtual group for young adults aged 18 – 29, which ran from January 2022 to July 2022.

Our DBT skills group at Aulneau Renewal Centre was featured in the media in 2022. For Bell Let's Talk Day, our DBT team lead Grace Pagtakhan spoke with Simon Fuller from the Winnipeg Free Press Community Review to help promote our DBT skills group. In the fall, she was interviewed by Nicole Dubé from CTV Morning Live, during which she spoke about our DBT skills group and ways to help support teens who were experiencing difficulties.

In September 2022, we began our second 24-week DBT skills group for teens. During this time, we decided to implement a support group for parents and caregivers that runs simultaneously with our skills group for teens. This change in the structure of our DBT skills group aims to teach DBT skills to teens and their caregivers, and to help caregivers create a supportive and validating environment for their families. Our current DBT skills group has completed the first two modules, which taught emotion regulation and distress tolerance skills. As of January 2023, we are teaching our module on interpersonal effectiveness. The group will wrap up in April 2023 with its final module on walking the middle path.

PARTNERSHIPS SUPPORTING FAMILIES: THE RAPID ASSESSMENT AND FAMILY THERAPY PROGRAM

In the summer of 2022, Aulneau had the opportunity to partner with Eastman Child and Family Services to create and implement the Rapid Assessment and Family Therapy program (RAFT). RAFT is a crisis intervention for families, foster families, and/or children and was developed in response to the high levels of need for rapid intervention within Eastman intake services. Many families have been referred from intake, however, families receiving ongoing services have also been successfully referred to the program.

After a successful summer launching the RAFT program, with an initial 5 contracts, we saw the majority of referrals completed, and the service continues to benefit the community, growing from 5 contracts to currently supporting 17 different families. We look forward to continuing to grow the program and support the members of our community.

TRUTH & RECONCILIATION DAY





On September 30th, 2022 we held an event to commemorate and honour Truth and Reconciliation Day. The day began with a free community screening of the film "We Were Children", followed by a discussion on how we as a community can actively participate in Reconciliation. The day also included crafts for children who attended, ribbon tying, and light refreshments. It was a day of reflection and discussion with friends and community.

COMMUNITY OPEN HOUSE

On the afternoon of Friday December 16th, Aulneau Renewal Centre hosted an open house event for community members, businesses and service providers. The day began with a smudging ceremony by Elder Louise Lavallee, followed by tours of the building, refreshments and activities for children and families. This open house event was notable, as it was an opportunity for the community to see our newly renovated space, meet our staff and board, and learn more about the services we provide. It was a wonderful way to celebrate the end of a great year of renewal and reconnection.









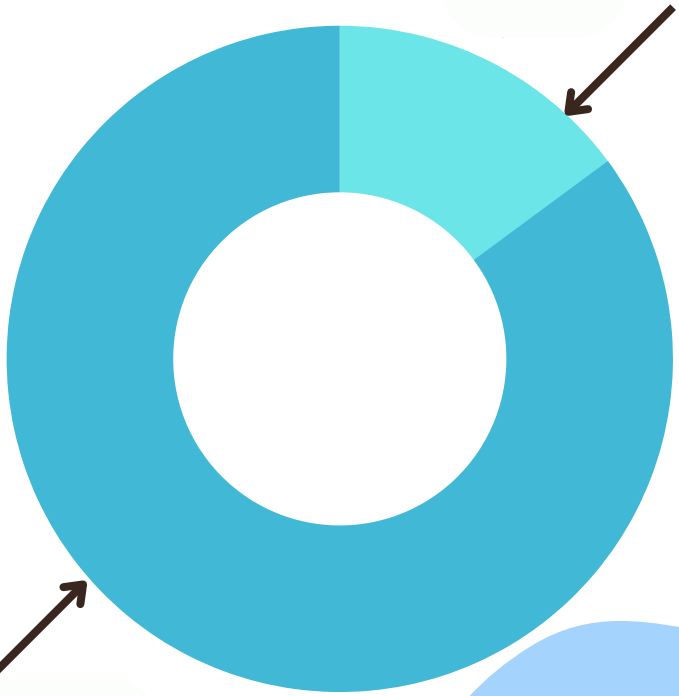
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12 PROFESSIONAL DEVELOPMENT WORKSHOPS

1,247 INTAKES

149 GROUP SESSIONS

GROUP HOURS **308**



7,133 COUNSELLING SESSIONS

A YEAR IN REVIEW

2022

Committed to our Finances

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE INC.
Statement of Financial Position

As at December 31	2022	2021
	$	$
Assets		
Current Assets		
Cash and bank (Note 3)	41,833	12,687
Investments (Note 4)	115,171	125,370
Accounts and grants receivable (Note 5)	123,974	160,771
Prepaid expenses	2,567	18,465
	283,545	317,293
Restricted investments (Note 4)	420,000	420,000
Capital assets and intangibles (Note 6)	89,146	46,899
	792,691	784,192
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued liabilities	95,713	84,702
Current portion of CEBA loan payable (Note 7)	40,000	-
Deferred contributions	41,954	116,674
	177,667	201,376
CEBA loan payable (Note 7)	-	40,000
Deferred contributions related to capital assets and intangibles (Note 8)	67,934	40,869
	245,601	282,245
Commitments (Note 9)		
Net Assets		
Unrestricted	55,878	75,917
Internally restricted net assets (Note 10)		
Fiscal reserve	100,000	50,000
Special projects	370,000	370,000
Invested in capital assets and intangibles	21,212	6,030
	547,090	501,947
	792,691	784,192

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE INC.
Statement of Operations

For the year ended December 31	2022	2021
	$	$
Revenue		
Grants (Notes 11 and 12)	865,324	897,455
Counselling	501,949	552,058
Amortization of deferred contributions related to capital assets and intangibles (Note 8)	12,935	8,535
Donations and fundraising	13,548	16,399
Interest and other	27,771	13,614
Workshops and training	37,817	11,673
Therapy group	10,650	3,125
	1,469,994	1,502,859
Expenses		
Salaries and benefits	884,996	709,990
Contract services	200,321	263,726
Administration (Note 11)	178,057	123,770
Building maintenance	53,740	61,993
Professional development	43,250	57,238
Equipment and supplies	22,628	37,120
Travel	16,893	7,325
Amortization	14,917	9,228
Program	10,049	42,850
	1,424,851	1,313,240
Excess of revenue over expenses for the year	45,143	189,619

CENTRE DE RENOUVEAU AULNEAU RENEWAL CENTRE INC.
Statement of Changes in Net Assets

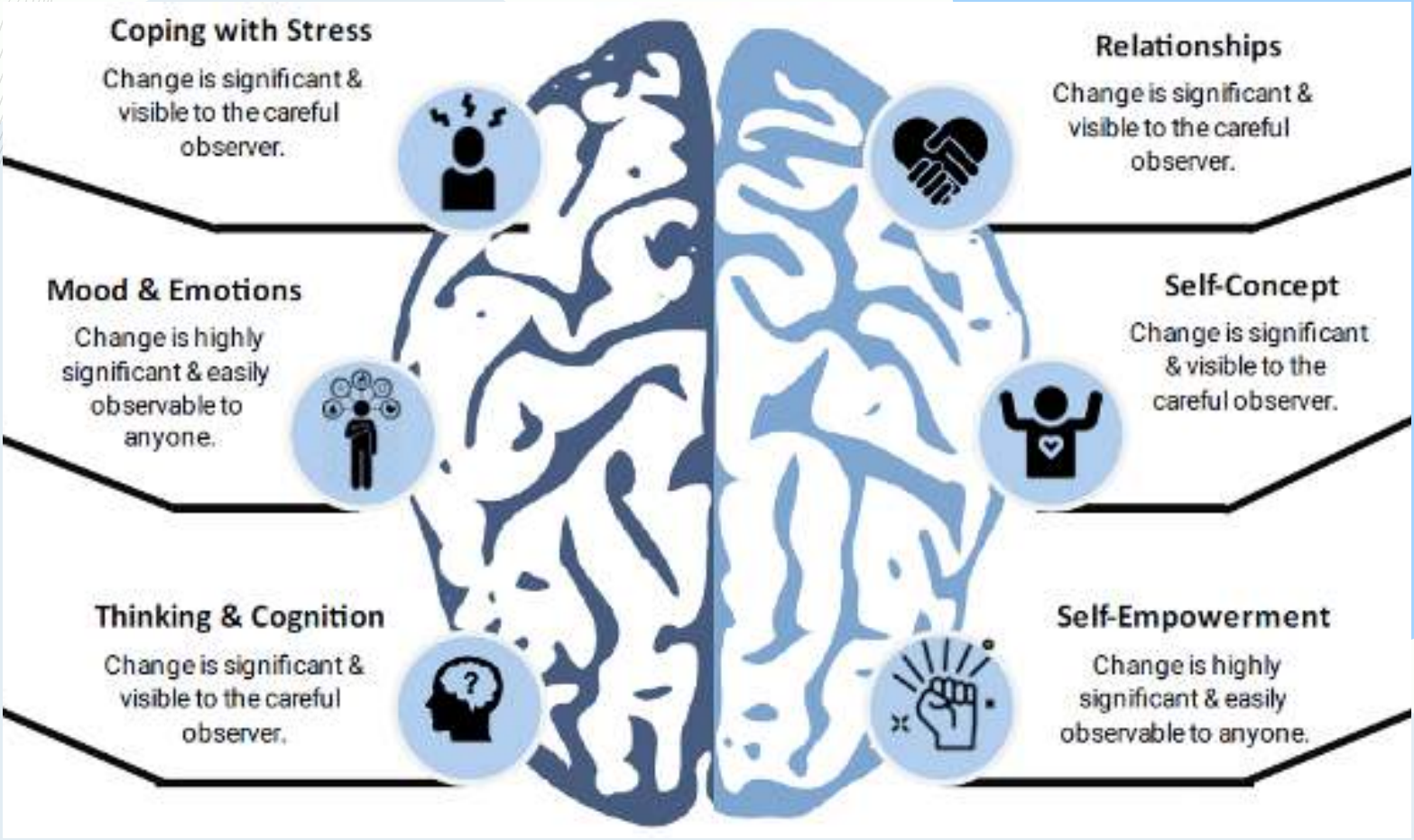
For the year ended December 31, 2022

		Internally Restricted (Note 10)				
	Unrestricted	Fiscal Reserve	Special Projects	Invested in Capital Assets and Intangibles	2022 Total	2021 Total
	$	$	$	$	$	$
Balance, beginning of year	75,917	50,000	370,000	6,030	501,947	312,328
Excess (deficiency) of revenue over expenses for the year	47,125	-	-	(1,982)	45,143	189,619
Interfund Transfers						
Acquisition of capital assets	(17,164)	-	-	17,164	-	-
Appropriation	(50,000)	50,000	-	-	-	-
Balance, end of year	55,878	100,000	370,000	21,212	547,090	501,947

COUNSELLING SERVICES THAT MAKE AN IMPACT

Assessment of Presenting Concerns

*Changes seen in the six domains of the Assessment are likely due to Aulneau Renewal Centre's counselling support



In 2022 we had the opportunity to celebrate some very exciting results from a project that took just over two years to complete. We developed our very own assessment tool to use with clients to measure what changes for them as a result of coming for counselling at Aulneau. Rather than simply adopting a pre-developed tool from an academic or other external organization, we felt it was important to assess the efficacy of our therapeutic services based on the real-world results of the unique clients we support. It's rare for an organization such as Aulneau to develop & test their own clinical tools, making this project a unique endeavor.

Assessment Overview:

We developed a 40-item, self-report assessment tool that clients completed at the beginning and end of their counselling to measure what changed for them as a result of the services they received. This tool measured six domains (i.e., areas we believed could be positively impacted by the counselling services we provide), which included: Coping with Stress, Relationships, Mood & Emotions, Self-Concept, Cognition & Thinking, and Self-Empowerment. Clients completed this assessment by responding to each of the 40 items on 4-point Likert scale, where response options ranged from: 1 = Strongly Disagree to 4 = Strongly Agree (example item = "I have adequate skills to cope with the stressors in my life.")

Results Summary:

Each of the six domains we measured had items which were statistically significant, meaning that improvements clients experienced in these areas were likely due to the counselling services they received here at Aulneau.

Each aggregated domain had a medium to large effect size, which is very rare in the social sciences! An effect size refers to how visible the changes made would be to an external observer (larger effect sizes = more visible changes). The fact that every one of our aggregated domains had a medium to large effect size is a very positive result. Aulneau's counselling was particularly successful in supporting clients to better understand and manage their mood and emotions, as well as foster self-empowerment.

The data from the Assessment of Presenting Concerns provides strong evidence that Aulneau is supporting individuals toward holistic wellness and to reach their potential. On an organizational level, this indicates that the organization is achieving its goals. Aulneau's work provides larger social value to the community, and is clearly moving toward becoming a Centre of Excellence in attachment-informed counselling practice.

Future Directions:

We are excited by these results and are pleased be able to confidently claim that our counselling services are effective and supported by evidence. We plan to use the results of this assessment to streamline its format and inspire iterations more appropriate for other client populations (eg. children/youth, couples, and families).

Questions about this project can be directed to Kira Regan at kira.regan@aulneau.com

RETIREMENTS @

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Jean MacKinnon
My Time at Aulneau

I retired from Aulneau Renewal Centre in July 2022 after 22 years. My first role was as a play therapist and family counsellor. When I arrived, I was impressed with how well-developed the children's counselling program was. There was play therapy equipment and large play therapy rooms that offered a very supportive atmosphere for children and their parents. The sliding fee scale made counselling attainable to families with multiple issues, ranging from family violence to separation & divorce, learning disabilities, etc.

In 2004, we were able to launch training in attachment with emphasis on the Modified Interaction Guidance (MIG), an approach to address and resolve attachment issues. This program helped parents gain new skills and confidence that improved their attachment to their children. By 2005, we were offering workshops on attachment for the Winnipeg community. Soon we were certified as Modified Interaction Guidance trainers and were training people all over Manitoba. These were busy years as not only was I continuing my own training in attachment under attachment experts, but I was training others.

Through the years, I came to know many families and individuals. Some of the families receiving MIG therapy in the early 2000's, returned 10 or more years later. By then, children were teens and I had an opportunity to support them once again as well as to recognize the importance of our relationship over the years. I appreciated that Aulneau was always flexible to welcome those returning individuals and families.

In my last 4 years at Aulneau, I functioned as Clinical Manager, supporting the counsellors in their clinical work and supervising Masters' students in their practicums. This opportunity to pass on my years of learning and see younger, newer counsellors develop their skills was truly exciting.

A meaningful part of my years at Aulneau was the amazing crew of counsellors, administrative staff and board members. There were many moments of planning and dreaming together as well as wonderful visits in the lunchroom and fun shared at gatherings. Perhaps these are the aspects of Aulneau that I will miss the most. I continue to carry Aulneau in my heart and send thoughts and warm feelings to you all.

Thank you for such a wonderful opportunity and experience.

RETIREMENTS @

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Harvey Cohen
My Time at Aulneau

I appreciate the recognition of my tenure and the contributions I made to the agency. It was not easy to begin with in November 2015. The agency had some challenges, both financially and in terms of leadership. It was not a situation I had anticipated when I originally accepted the position of Director of Administration and Finance. I was entrusted by the board to step into the leadership role for a brief period of time. Rudy Aptman came in as Interim Executive Director, and the board started the process of getting Aulneau back on its feet. Sophia Ali was hired as Executive Director and we started to turn things around.

We accomplished a lot, Sophia and I, as a real team. We shared ideas, confided in each other. Sophia was always open and transparent. Of course, we didn't always agree, but one had a sense of the value that you brought to the agency. I really felt I made a difference and was able to contribute a lot, making a positive contribution on all levels. Yes, we had to deal with COVID, and I take a great deal of satisfaction that with Sophia's support, I was able to put systems in place to continue to operate, to avail ourselves of any financial support that was available, all to ensure that Aulneau was continuing to fulfill its mission.

The board put its trust and confidence in me once again when Sophia left. I was very happy to be part of the process that brought Elizabete and Barb to Aulneau. It is the staff at Aulneau that made the real difference. As a manager, you are as good as the team you put together. I honestly don't think we could have pulled through without Lori Gagnon and Debbie Neufeld, and the work they did on the administrative side. We always seemed to find the best counsellors. I marvel at the work they do, in difficult situations presented by our clients. Their caring and compassion is a tribute to the legacy that the Missionary Oblate Sisters wanted to leave.

I am particularly proud of the investment we made in the beautiful building, especially the sunroom. And I understand the reception area has a new look and feel!

Thank you to for the opportunity to work at the Aulneau Renewal Centre and make a difference for the benefit of our clients. It was the best job I ever had.

AULNEAU

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THANK YOU TO OUR FUNDERS AND DONORS

SCAN TO DONATE

Personal Donations:
Sister Dora Tetrault
Wade and Jacinthe Wiebe
Debbie Neufeld
Paulette Thebarge

Donors and Grant Funding:
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Dorais Charities
Province of Manitoba: Department of Mental Health and Community Wellness, Urban Green Team Program, Building Sustainable Communities
Missionary Oblate Sisters
Réseau Compassion Network
Les Soeurs de Saint Joseph
Sisters of the Hyacinthe
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