



# Fall Newsletter



## Message From Our CEO

As the fall season begins, we are filled with excitement for the many programs and fundraising initiatives we have planned at Empowering EveryMind. Our mission remains rooted in supporting the mental health and well-being of children, youth, and their families—especially those navigating neurodevelopmental and cognitive differences. With your support, we are able to continue creating spaces of connection, learning, and care that reduce barriers and strengthen resilience.

This fall, we look forward to offering a variety of workshops, training sessions, and group programs designed to empower families and service providers alike.

We are also thrilled to be hosting several community-based fundraisers, which not only raise vital funds for our services but also bring people together in celebration of creativity, knowledge, and connection.

Each of these efforts reflects the power of community collaboration. By joining us—whether through attending an event, participating in a program, or making a donation—you are directly helping to ensure that families have access to compassionate, affordable, and life-changing support.

We are grateful for your ongoing encouragement and generosity, and we can't wait to share this exciting season with you. Together, we can continue to build a more inclusive, equitable, and supportive future for the families we serve.

With gratitude and anticipation,

*Hortense Coffi*

CEO of Empowering EveryMind

### In this newsletter you can expect:

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CEO

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Mission

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## Social Work Students

We would like to extend a warm welcome to our two Master of Social Work students, Taylor and Cheyane! We are excited to support both students in deepening their knowledge about evidence-based, disability-informed support for neurodivergent children. If you are interested in connecting with one of our students this fall/winter, please contact [info@empoweringeverymind.org](mailto:info@empoweringeverymind.org).



### CHEYANE CHAMBERS

I am a Master of Social Work student at the U of M. I love plants, animals and helping people. For the past 3 years I have served in my inner-city church's children's ministry, working with kids and youth from diverse backgrounds and experiences. I am passionate about creating a space for children to thrive by developing their unique strengths and helping them shine as individuals.



### TAYLOR HARDMAN

I am a Master of Social Work student at the University of Manitoba. For the past couple years, I have spent time doing respite for children with Autism Spectrum Disorder, as well as coaching competitive swimming for the Jr. Bisons program at the U of M. In my free time, I enjoy reading and doing anything crafty.

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## Programming Updates

Our team at Empowering EveryMind is offering our highly anticipated AFCCA series again this Fall! The series is titled **Aggression Towards Family/Caregivers in Childhood and Adolescence**, and this program received much positive feedback when we had our launch in the Spring. We are excited to have our research and invaluable tools shared not only with families, but also to community supports and networks.

Due to interest in our virtual option, we will be offering our two-part series online:

**Thursday, October 9<sup>th</sup> and Thursday, October 16<sup>th</sup> from 7:00 - 8:30 PM.**

If you are interested in signing up, email us at [info@empoweringeverymind.org](mailto:info@empoweringeverymind.org)

Would you like an in-person presentation for your organization? We offer these as well! Please reach out to [info@empoweringeverymind.org](mailto:info@empoweringeverymind.org)

**Empowering EveryMind** info@empoweringeverymind.org  
204-996-1547

**SIGN UP TODAY**

**Aggression Towards Family/Caregivers in Childhood and Adolescence (AFCCA)**

Have you or anyone you support experienced the following?

- Targeted aggression towards a family member
- Property destruction
- Psychological or emotional harm
- Aggressive language and swearing

**VIRTUAL**  
**Thurs, October 9<sup>th</sup>**  
&  
**Thurs, October 16<sup>th</sup>**

**TWO-Part Series \$25 per session**  
*Certificates available for attendance.*

Our team of professionals at Empowering EveryMind have gathered the research, strategies and tools for success.

You'll receive invaluable support and resources, as well as a new skillset to manage these concerning behaviours.

**Attention Service Providers!**  
**20% off for non-profits!**

## **Circle of Security Program for Parents of Children aged 3-6 with Neurodevelopmental Differences**

Families residing in *St. Vital, Winnipeg*: this renowned program will be offered in 7 sessions throughout the fall and winter season, facilitated by Circle of Security Program facilitator, *Robyn Sugden*.

**Dates: Fridays, October 31 - December 12, 2025**

**Time: 10:30 am - 12:00 pm**

This program will be specifically tailored for parents and children aged 3-6 with neurodevelopmental differences, or other social, emotional, or behavioural concerns.

We will have extra helpers - for you and your children!

The goal of the Circle of Security Program is to improve caregivers' comprehension of their child's emotional needs, fostering a secure and supportive environment where the child feels understood and supported. Developed from attachment theory, it provides a visual and practical model for promoting secure attachments between parents and children.

Throughout the 7 sessions, you will:

- Explore the concept of being available for your children's emotions.
- Explore healthy ways to develop your child's self-esteem.
- Support your child's ability to successfully manage challenging behaviors.
- Understand how relationships with children can be repaired.
- Take an active approach to supporting your own needs and your child's.



A big thank you to the St. Vital Parent Child Coalition for funding this program, ensuring that St. Vital parents can participate in this program for free!



ST. VITAL  
Parent Child Coalition

# Circle of Security Program



**St. Vital Library**  
**6 Fermor Ave**



**FRIDAYS**  
**10:30am-12:00pm**



**October 31<sup>st</sup> -**  
**December 12<sup>th</sup>**

[Register Here!](#)



Join us for a  
**7 week program** that helps  
**parents and caregivers of**  
**children aged 0-6 with**  
**neurodevelopmental**  
**differences** strengthen their  
relationship with their children  
through the **Circle of Security**  
**Parenting™** model.

**IF YOU HAVE QUESTIONS – CONTACT US:**  
(204) 996-1547 | [INFO@EMPOWERINGEVERYMIND.ORG](mailto:INFO@EMPOWERINGEVERYMIND.ORG)

**St. Vital Families**

practical  
tools

**Circle of  
Security**

supportive  
discussion

strategies

**With trained facilitator Robyn S**  
**you will gain new insight into:**

- **children's emotional needs**
- **building secure, lasting connections**
- **fostering trust, resilience & emotional security**
- **parenting style, and more!**

**Empowering  
EveryMind**



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Thank You's!



## Whimsical Paint Night Success!



We recently hosted a fundraising Paint Night led by a talented art teacher with 28 years of experience. She brings a fresh approach to the traditional paint night—rather than following the same design, each participant chooses their own image, which is pre-etched onto canvas. This creative twist allowed everyone to express their individuality while still receiving expert guidance.

The event was filled with laughter, creativity, and community spirit. Each guest left with a unique, original piece of art to cherish—and with wonderful memories of a night well spent!

*Thank you, @lake\_gal\_artworks!*



Thank You's!



## Trivia Night at Boston Pizza



At the end of September, we enjoyed a lively and engaging Trivia Night! The atmosphere was filled with energy as teams competed, laughed, and tested their knowledge about the 90's.

In addition to the trivia fun, we were also able to host a silent auction and sell raffle tickets, making it a memorable evening of both entertainment and community support. A huge thank you to Boston Pizza St. Vital (@bpstv\_) for being such wonderful hosts!



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## Fundraisers



### Art for Impact

We have beautiful art pieces available, one of which is "Painting the Feminine", donated by the talented Lori Gagnon.

If you are interested in this piece or in seeing others available, please email:

**[fundraising@empoweringeverymind.org](mailto:fundraising@empoweringeverymind.org)**



### Neurodivergent Merch

Our neurodiversity merchandise sale has ended, but if you missed it and are interested in purchasing an item, please email:

**[fundraising@empoweringeverymind.org](mailto:fundraising@empoweringeverymind.org)**



### In the Works...

We are currently in the process of organizing a bowling event in support of our community.

Watch our social media for updates!

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## Host a Fundraiser



We are looking for passionate individuals to get creative and host exciting fundraisers in support of our mission! Whether it's a trivia night, themed party, charity event, or bake sale, every effort helps us provide inclusive neurodiversity-informed education, support, and programming for individuals and families.

Your support makes a real impact in helping our community thrive. Interested in getting involved? Email **[fundraising@empoweringeverymind.org](mailto:fundraising@empoweringeverymind.org)** to learn more!

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## Empowering EveryMind: Nurturing Community Growth

At Empowering EveryMind, we recognize the unique barriers that neurodivergent individuals and their families often face. Our mission is to provide affordable, individualized care and support to those who may otherwise lack access to the services they need. We are committed to not only supporting neurodivergent individuals but also educating and empowering those living with these experiences, while raising awareness to break down the barriers they encounter.

Our team of dedicated outreach workers offers tailored support to individuals, caregivers, and families, including therapy, counseling, and group programming. We also assist with navigating complex systems like healthcare, mental health services, and social services.

Above all, Empowering EveryMind is dedicated to helping our clients build the confidence, skills, and resilience they need to lead the fulfilling lives they deserve.

## Support Our Mission

You can support us by:

- Monthly donations through Canada Helps.
- Item donations (Arts & Craft supplies, Play Therapy toys).
- Sponsor a programming group.
- Host a fundraiser!
- Purchase some of our merch.
- Purchase an art piece through GalaBid.

Visit our website and click "Get Involved" for more information!

*Thank you for reading!*

EMPOWERING EVERYMIND	204-996-1547
<a href="http://www.empoweringeverymind.org">www.empoweringeverymind.org</a>	#5-1172 Pembina Hwy R3T 2A4