



Summer Newsletter



Message From Our CEO

As a grassroots organization committed to supporting the mental health and well-being of children, youth, and their families—particularly those navigating neurodevelopmental and cognitive differences, EEM operates without government or operational funding. Since our establishment in 2013, we have relied on client-based funding, community donations, fundraising efforts, and grants from foundations and businesses to sustain our work. While we are proud to play an essential role in the community, we continue to face challenges in securing sustainable funding to meet the growing needs of the youth, families, and caregivers we serve.

To expand our reach and offer our services to a broader group of clients, particularly those who might otherwise be unable to access the support they need, we are seeking monetary donations. Specifically, your contribution will help fund three critical subsidized programs:

- **Sliding Scale Fees:** These fees are based on a client's gross annual household income. Fees are adjusted according to the availability of grant or donation funding to ensure that services remain affordable.

- **Compassionate Rate:** In certain cases, we offer a reduced fee for a limited number of visits. These fees are granted on a case-by-case basis and must be approved by management, depending on available funding.
- **Workshops, Training, and Group Programming:** We offer these services at low or no cost for service providers, organizations, and families, which helps reduce financial barriers to essential learning and development.

These three programs are crucial in addressing the significant needs of the families we serve. By investing in our work, your donation helps to reduce wait times, prevent crises, and foster resilience and stability for families. Together, we can build a more inclusive, equitable, and supportive system—one that ensures every child and caregiver has someone in their corner every step of the way.

We sincerely thank you for your consideration and support. We look forward to hearing from you. Wishing you a wonderful summer ahead!

Sincerely,

Hortense Coffi

CEO of Empowering EveryMind

In this newsletter
you can expect:

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CEO

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CEO - HORTENSE COFFI

Fresh Growth and New Energy: Spring 2025 at EEM! Program Updates:

The last few months at Empowering EveryMind have brought fresh energy and meaningful moments to our community!

We kicked off the season with Aggression Towards Family/Caregivers in Childhood and Adolescence (AFCCA) training workshops, which offered invaluable support and resources to caregivers and service providers. The AFCCA training will be a permanent, paid training, available on our website soon.

Our merchandise fundraiser collaboration with Spotted Pig Studio helped spread the important message, "Listen to Neurodivergent Kids," while raising awareness and funds for our programs.

We also participated in a couple of community yard sales, bringing people together and supporting Empowering EveryMind in a fun and accessible way.

As we look ahead to summer, we're thrilled to welcome our Summer Camp Support staff, Saena and Nyla, who will be at two Winnipeg-based summer day camps,

providing dedicated support to children with neurodevelopmental and behavioural differences.

In June, our staff facilitated our first child-oriented classroom neurodiversity presentations of 2025 for grade 4-5 students. We received very positive feedback about the impact of these presentations. The students were actively engaged, made their own fidget stress balls, and asked a lot of important questions. If you are interested in an age appropriate, strengths-based presentation for your classroom, please contact us.

We also continue to hold space for our community of caregivers through our Parent/Caregiver Education & Support Group. Running through the summer across five sessions at Youville Community Health Centre, this group offers a welcoming environment for sharing, learning, and connection.

Thank you to our staff, partners, and community members for making this spring such a vibrant season of growth!

Staff (Re)Introduction



Meet Hortense, our *CEO*! Hortense is originally from the Ivory Coast. She moved to Quebec in 1993, and has called Manitoba home since 1999. She is passionate about the non-profit sector and deeply committed to supporting families, youth, and children.

On a lighter note—Hortense is a big Christmas enthusiast! She puts up two trees right after November 11, and they stay up year-round (she usually takes the ornaments down just before Valentine's Day). And yes, she watches Christmas movies all year long!

Hortense is truly excited to be part of EEM. Because of the dedication of our long-time and current supporters, EEM is well-positioned to keep making a meaningful difference in the community.



As Empowering Everymind's *Financial Officer*, Gabriel plays a vital role in ensuring the financial health and sustainability of our organization. He is responsible for overseeing all aspects of our finances, including budgeting, expense tracking, payroll, and financial reporting. Gabriel also prepares and submits grant and funding applications, ensuring compliance with funding requirements and helping to secure the resources that make our mental health programs possible. In addition to day-to-day operations, he collaborates with the leadership team to support long-term planning, assess financial risks, and align spending with our strategic goals. Gabriel is very excited about the future of Empowering Everymind's work and looks forward to continuing to serve the community.



Carly (she/her) is a *Registered Social Worker* and is involved in various services at Empowering EveryMind including co-developing/facilitating educational programs and training, consultation, and special projects. She has over 15 years of experience serving the neurodivergent population and does policy and program analysis during the day.

Carly is a neurodivergent person and parent, and has lived experience with our disability and mental health systems. She is an advocate at heart, and is always happy to help parents and families work towards resolving the conflicts or barriers they're facing. Her special interests include neuro-accessibility, inclusion, and nervous system regulation. Her favourite areas of support: challenging behaviour, parenting, workplace and academic accessibility, and 2SLGBTQIA+. If this resonates with you, please reach out to us!

She loves time with her family, cats, travelling, reality TV and documentaries, and anything Disney Pixar or Harry Potter!

Staff (Re)Introduction



Katryna (she/her) is the *Administrative Assistant, Pre-Employment Skill Building Group Facilitator, and Counsellor* at Empowering EveryMind. In her role, she supports day-to-day operations, guides youth through job readiness and confidence-building activities, and offers one-on-one counselling to promote emotional wellness.

Katryna has 15 years of experience working in a high school with youth of many different backgrounds. She has a Counselling Certificate from the U of M, just received her Bachelor of Education and will begin teaching in the Fall.

Outside of work, she enjoys gardening, spending time with her teenage daughter, and watching reality TV.



Meghan is Empowering EveryMind's *Outreach Case Worker and Intake Specialist*. She occasionally facilitates workshops (which is a big fear of hers!) and creates presentations for EEM. When you give us a call, Meghan is the person you'll be speaking with. She connects people to individualized supports based on their needs, works with our team to advocate and respond, as well as provides resources found in the broader community.

Meghan is neurodivergent (diagnosed in her 30's with a combination of the inattentive and hyper-active subtypes). She is a cat-mom and previously a foster-mom. Meghan loves plants, and they usually love her back (as she seems to have a green thumb!)

Meghan has volunteered with Riverwood Neighbourhood Programming since 2018 as a mentor for the Refuge program, where I support and connect with mothers in the Elmwood community.



Angie is a dedicated member of our team who has recently taken on the task of planning fundraisers for EEM. She has organized a yard sale, scheduled an amazing Paint Night for the summer, and has many more ideas for the future. Angie has also been recruiting and interviewing community members as we look to add to our team.

Angie has over 35 years of experience supporting children and adults with developmental and physical disabilities. For the past 25 years, her focus has been on working with adults with developmental and mental health challenges as a Community Service Worker with the Province. She has collaborated with various nonprofits, school divisions, psychiatry teams, probation services, CFS, families, and other community resources.

Angie has also co-facilitated PAST groups with the Department of Justice and volunteered with Klinik's Sexual Assault Program. Her passion continues to be advocating for individuals with developmental disabilities.

Staff (Re)Introduction



Brandy (she/her) is an *Outreach Worker* with Empowering EveryMind. She has her Masters of Social Work based in Indigenous Knowledges degree and has worked with First Nations children, youth, and families for the past 7 years in various capacities including program development/management, case management, outreach, and community and land-based therapy. Brandy is a mother to a child with additional needs and has worked and volunteered in the disability community for many years. Brandy is passionate about supporting children, youth, and families to build healthy connections, while ensuring equitable access to critical support and resources for living a balanced life.

Green Team Project: Specialized Outreach Services for Day Camps to Support Increased Inclusion for Neurodivergent Children & Youth

With funding from the Manitoba Government, Empowering EveryMind hired 2 Child & Youth Camp Support Workers dedicated to children and youth with social, emotional and behavioural challenges attending our partner camps. With this extra support, we hope to see that children/youth feel more included and remain at camp more often. At Empowering EveryMind, we believe that when children and youth have adequate, compassionate support to participate when they need it, they can have better outcomes in recreational programs.

Thank you to the Department of Municipal and Northern Relations, Community Development Branch for accepting our application for this important project!

If you have any questions about this project, please contact info@empoweringeverymind.org.

Introducing our Child & Youth Camp Support Workers



Meet Nyla (she/her)!

In the future, Nyla is headed to the University of Maine for volleyball, where she'll study sciences with the goal of becoming a pediatric dentist.

She loves spending time outdoors, staying active, and hanging out with her family.

Welcome, Nyla!



Meet Saena (she/her)!

She has experience volunteering at Southeast Personal Care Home. In the fall, she's heading to the University of Toronto to study Life Sciences, with dreams of becoming a surgeon.

In her free time, Saena enjoys swimming, embroidering, and exploring art museums.

Welcome, Saena!

Thank You's!



Thank you to *Real Salty Design Co*, now *Spotted Pig Studio*, for their incredible collaboration with Empowering EveryMind on our recent merchandise fundraiser. Their thoughtfully designed graphic carries a message that is simple yet powerful. When we take the time to ask neurodivergent kids and youth what they need and we truly listen, we open the door to understanding, inclusion, and real change. This design isn't just art, it's advocacy. Thank you for helping us raise awareness, spark conversations, and support neurodivergent voices in our community. Your creativity and care are deeply appreciated.

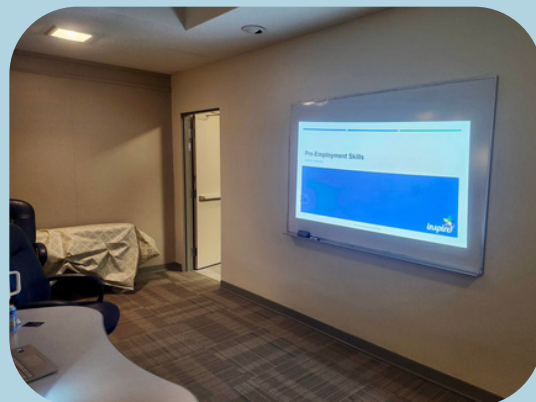


Website: spottedpigstudio.com
Instagram: [@spottedpig_studio](https://www.instagram.com/spottedpig_studio)




We are deeply grateful to *The Winnipeg Foundation* for their generous support of our programming. Their funding has made it possible to offer both our Pre-Employment Skill Building Groups and AFCCA Training Workshops, helping neurodivergent individuals gain the confidence, knowledge, and skills they need to succeed.

The Winnipeg Foundation's investment creates real opportunities and empowers people in our community to take meaningful steps toward their future. Thank you for believing in the power of inclusive, community-based support.



Thank You's!

Our **AFCCA presentations** went extremely well, with 27 attendees. We offered a two-part, in-person series in the stunning Windsor Park Library, and a virtual session which combined both parts. Family members, service providers and community partners received valuable insights and tools to address challenging behaviours in the homes of neurodivergent children and youth.



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

SUPPORT FOR CAREGIVERS & SERVICE PROVIDERS!
20% off for other non-profits!

WE CAN HELP!

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.

HAVE YOU OR ANYONE IN YOUR HOUSEHOLD EXPERIENCED THE FOLLOWING?

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

Do you feel isolated, judged and out of options?

Contact us to inquire about our AFCCA sessions!
Info@empoweringeverymind.org
204-996-1547

Empowering EveryMind

QR code

Interested in
the training?
Contact us!

We shared key statistics and research findings, which were met with enthusiastic responses. Service providers shared very positive feedback, noting that the awareness raised, the research presented, and the practical strategies offered were valuable to their organizations. Caregivers were actively engaged throughout the sessions, as were the facilitators. Attendees felt supported, asked thoughtful questions, and generously shared their personal experiences. Thank you to everyone who participated!

Thank You's!

We would like to extend a huge thank you to Robyn Sugden for providing Empowering EveryMind support as a contractor. Robyn has helped to co-develop and facilitate:

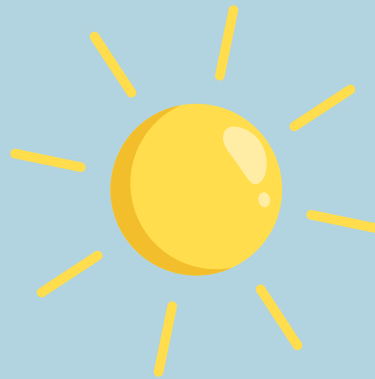
- Aggression Towards Family and Caregivers by Children and Adolescents (AFCCA) workshop
- Supporting Children and Families Living with Neurodevelopmental Differences training
- Parent Education and Support Program
- Neurodiversity in the Classroom for school aged children

Robyn brings a wealth of knowledge, including many years of work experience and a diverse educational and training background. We are so grateful to have her expertise and support as we continue developing and expanding our programming. If you are interested in services, a presentation or training with Robyn, please contact us!



Thank You's!

A heartfelt thank you to Hortense, Angie, and everyone who helped organize, facilitate, and support our recent yard sale and our participation in the West End Resource Centre's Community Market & BBQ Fundraiser! Your time, energy, and dedication helped us raise valuable funds to support our programming. We're so grateful to our community for showing up, donating, shopping, and sharing in the spirit of connection and care. Your support truly makes a difference!



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



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



Whimsical Paint Night

Join us for a whimsical paint night filled with creativity, laughter, and community connection! No experience needed; just bring your imagination and we'll take care of the rest!

Date: August 27th, 2025

Time: TBD

Location: TBD

Watch our social media for updates!

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** to learn more!

Coming Soon



We're excited to be launching two brand new programs designed specifically for:

- Neurodivergent, 2SLGBTQIA+ youth living in the River Heights area, and
- Parents/caregivers living in the Fort Garry area

Both funded by Healthy Together Now.

More details coming soon! Watch our social media for updates.

Instagram: @empowering_everymind

Facebook: Empowering EveryMind



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 one of our books.
- Purchase an art piece through GalaBid.

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

Thank you for reading!

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