

Winter Newsletter

EMPOWERING
EVERYMIND

January 2026



Message From Our CEO Celebrating Community Support & New Initiatives

This season, Empowering EveryMind is grateful for the continued support of our community partners who help advance our mission of inclusion, accessibility, and wellbeing. We are proud to have received multiple grants, including \$10,000 from the A Dollar A Day Foundation through the 2025 Changemaker Awards, \$10,000 from the TELUS Community Board to support Phase II of our Neurodiversity Webinar Portal, and \$4,271 from Assiniboine Credit Union for professional development initiatives.

We also extend our sincere thanks to the Board of Directors of the JFM for supporting our Family Support, Education, and Advocacy Project, which strengthens services for children and families living with neurodevelopmental differences.

Looking ahead, we are excited to launch the Employment Outreach & Coaching Project, funded by the Manitoba Government's From the Ground Up Grant, providing meaningful work experience and coaching for neurodivergent adults facing employment barriers.

Together, these investments help create more inclusive, accessible communities where every mind has the opportunity to thrive.

Wishing our valued partners a happy and healthy New Year, filled with continued collaboration, shared impact, and new opportunities to build inclusive and thriving communities together.

With gratitude and anticipation,

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CEO of Empowering EveryMind

In this newsletter
you can expect:

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CEO

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Mission

Thank You's!

As a runner-up, Empowering EveryMind received a \$10,000.00 grant from Dollar A Day Foundation (out of 161 nominations across Canada). An Empowering EveryMind employee nominated our organization for this award, stating that one thing they love about our organization is that programming and services are led by the lived experience of our service providers and community input. Thank you to Dollar A Day Foundation for your support!



Growing Together: Professional Development to Enhance our Services for Children, Youth and Families Living with Complex Neurodevelopmental Differences

Empowering EveryMind was awarded \$4,271.00 to support professional development for our service providers. This will ensure that our team has the ongoing training we need to continue providing the high-quality services that the individuals and families accessing our services deserve.

Thank You's!

Monthly Midday Support Circle

Thank you to everyone who registered for our new free community programming — “Monthly Midday Support Circle”. Through MMSC, Empowering EveryMind shared insights and practical resources on topics which were specifically requested by our community members. Our topic in November was Neurodiversity and our December topic was Issues with Screen Time. For those unable to attend, please reach out if you would like a link to the recording!



Student Update

Our Social Work practicum students, Taylor and Cheyane, are continuing to research best practices in providing services to children, youth and families living with neurodevelopmental disabilities and mental health concerns. They have spent time completing training in various therapeutic modalities, developing presentations and resources for service providers and families, and providing direct support to children and families.

In the coming months, they will be supporting various projects that ensure individuals and families living with neurodevelopmental differences who are ineligible for existing funded support will have access to the disability-informed support that they need.



Programming Updates



We excitedly look forward to our **Family Support, Education and Advocacy** project, which is launching in the month of January!

We will be offering wrap-around supports to families all due to a generous grant from the Jewish Foundation of Manitoba.



**JEWISH FOUNDATION
OF MANITOBA**

Programming Updates

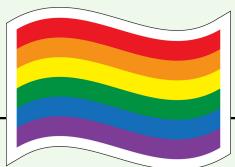


Funded by the Manitoba Government, our **Pre-Employment Group Program** will be supporting youth who experience barriers to success with employment through coaching, mentorship, and group programming.



Programming Updates

COMING SOON



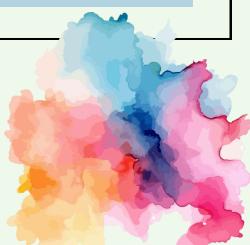
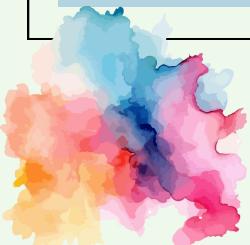
Rainbow Connect Summit is an art-based connection group for neurodivergent, 2SLGBTQIA+ individuals living in River Heights

Education and Support Circle is for parents and caregivers of youth with neurodevelopmental disabilities living in Fort Garry.

Both are funded by:



Creative Minds Collective is an art-based connection group for neurodivergent youth.



Fundraisers



Popcorn



Neurodivergent
Merch



50/50

We are busy planning an online popcorn fundraiser.

Watch our social media for updates!

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

We are currently organizing an online 50/50 draw.

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!



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.

Thank you for reading!

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!

EMPOWERING EVERYMIND

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