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ANNUAL  
**REPORT**  
2023

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## Our Mission

1JustCity's mission is to strengthen and sustain social justice work in Winnipeg through the financial support of its member charities.

## Our Vision

1JustCity works towards a city that is founded on justice, where all are heard, all are welcome, all are cared for, all are celebrated, and all are working together.

## Land Statement

1JustCity is located on Treaty One territory, which is the traditional and ancestral lands of the Anishinaabe, Cree, Anisininew, Dakota peoples and the homeland of the Red River Metis Nation.

We respect the treaties that were made on these territories. We have learned and continue to learn from Indigenous wisdom and spiritual practices.

We know too, that deep and lasting harm has been caused by actions which are part of Canada's history of systemic colonization, and many hurtful actions continue to be made even now.

Therefore, we commit ourselves to the truth telling that needs to continue as we seek reconciliation and healing and as we work toward a better future.





# CHAIR'S REPORT

As chairperson of the past year, I have had a front row seat to the changes and growth within our organization.

With the ongoing commitment of Glynis, our Executive Director, our staff, board members, volunteers and donors, 1JustCity continues to be a strong presence and support for the underrepresented in our community.

Our environment presents many challenges on a daily basis but we remain dedicated to our pillars of loving the underloved, working towards reconciliation, growing individuals' capacities and building inclusive communities.

Uncertainty was the theme for the start of 2023. Repeated break ins at our West End site during February and March necessitated we move out temporarily as the space was no longer safe for guests, staff or volunteers. There was tremendous teamwork within the organization to keep providing services to our guests. We moved our drop-in to our West Broadway site while we looked for a new space. This included preparing food at Oak Table and transporting it to West Broadway so a meal was still able to be provided to those who needed it. It was uplifting to see staff and volunteers go outside their comfort level to continue to meet the needs of our guests.

A difficult decision was made in July to cease operations at West End Commons after a 45 year relationship. But the saying "every cloud has a silver lining" was about to be lived when we were invited with an opportunity to work out of space located within what was then known as the Balmoral Hotel. This new site now called the Pimicikamak Wellness Centre is continuing to be developed and we look forward to cultivating relationships and building community relationships at this new location.

Luke Rempel and Alexandra Aquila resigned from the board during the year due to a move out of Winnipeg. Dell Dyck resigned due to increased work and education demands. We are grateful for their time and contributions to the board. We welcomed Jamila Rempel, as a board member and look forward to her ideas and contributions.

I must convey a special good-bye to our long serving board member, Jack Cameron. Jack has been involved with 1JustCity since its inception and was involved with social justice issues for many years before this. Jack was on the Board of Oak Table as a member and then as their Chairperson. He will continue volunteering at the Oak Table site each week, and we will continue to see him at our Fundraising events.. Thank you Jack for everything you have done during your tenure, and for helping to make 1JustCity move from a dream to reality.

In closing, I want to thank everyone for helping to make the life of someone else a little brighter. Whether it be a meal, a clean pair of socks, a shared laugh, a safe place to stay - it all makes a difference.

Respectfully,

Kelly Thompson  
Chairperson, 1JustCity





# EXECUTIVE DIRECTOR'S REPORT

IJustCity was able to provide support to thousands of vulnerable people in our city in 2023.

All three sites offered food through either our breakfast, lunch or supper service or a combination of these services, as some of our guests frequent more than one site. We provided additional food to guests through our Food Banks, and supplemental food kits to those needing a little extra help. The rising cost of food hit our guests hard, and even those who were managing a year or two ago, found themselves unable to buy healthy food. When people attend one of our sites, we work to set them up with a sustainable source of food. We assist with Harvest applications, and last year all of our sites participated in the Manitoba Food Currency Program which allowed many of our guests to receive weekly vouchers so they could shop at their local Farmers Market. A staff member accompanied each trip to answer questions, teach about food items participants had never tried, and assisted them in picking out fruits, vegetables and meat. As many barriers as possible were removed by providing bus tokens, wagons to transport their purchases, and staff support. This support helped make trips to the market an enjoyable experience for everyone, and gave guests an opportunity to enjoy food they could not otherwise afford.

We continued our winter overnight shelter, Just a Warm Sleep (JAWS), starting November 1st and participated in a pop-up shelter with other organizations. Guests frequently tell us they feel safe at JAWS. I am always amazed when I walk through a space where 30 people are in close proximity to one another, and it feels and sounds serene. That is a real gift for people whose lives are often chaotic. Serenity and safety is what they seek, and our donors help make that possible. Cats, dogs and rabbits are common at the shelter helping our guests keep their pets with them rather than needing to make a decision to forfeit them to have a place to sleep. We are the only shelter in Winnipeg where pets are accommodated and welcomed.

Our housing and eviction program has made a significant difference in the lives of those without a home or at risk of losing one. Prior to this resource being available to our guests, an eviction inevitably led to a loss of housing because guests did not know their rights or how they needed to respond. Our housing team provided information and instruction on tenant rights, landlord rights as well as tenant responsibilities to hundreds of guests. This education makes for more informed tenants who know what is expected of them as well as what they can expect. When we first started helping to find housing for individuals, we had very little support to offer in the way of helping them make a home. A bare room is not conducive to making a new life for oneself. Last year, we began providing new tenants with a bed, nightstand, lamp, table, microwave, bedding, shower curtain, towels, dishes, cooking utensils, cleaning supplies and a gift card for food. We provide each person in our housing program with a full year of support, making it much more likely they will succeed. Our housing staff work closely with EIA and landlords, and helped guests apply for Rent Assist. We held several SuperClinics at our sites where a variety of resources such as EIA, CRA, and people to provide ID made it easier for guests to get the help they needed.





Last year, the drug crisis in Winnipeg had implications for every one of our sites. Drugs are cheaper than food or shelter and cause great devastation to people from every walk of life. We saw drug involved individuals who were professionals, labourers, and university students, spiral into the cycle of poverty, homelessness and despair. Due to the drug epidemic we needed to be on alert to things we never needed to think about before. We needed to be aware how long a person was in the bathroom or shower, contacting them regularly to make sure they were safe. People living in nearby encampments and on the street around our sites knew they could come to us if someone they were with lost consciousness. We needed to be aware of the terrible toll drugs took on the personality of the individual. Our teams administered and provided many Naloxone kits over the last year, saving lives. Our team has helped others get safely home to family where they could participate in treatment programs. Pre-pandemic, we never expected to be training our staff in the use of Naloxone or anticipating they would be bringing people back from the brink of death. Drugs are often more accessible to people than the necessities of life, and for many, provide an escape, if only temporarily, from their circumstances.

Our Food Managers have been an exceptional addition to our sites. They manage our incoming food, transfer food to where it is needed most, or where we can store it until needed. Our Food Managers help keep our food costs down, and provide delicious meals for our guests. They also play a role in collecting data for our funders; support our sites, volunteer appreciation events, fundraisers, and other organizational events with their culinary talent. Cooking classes continue at our Oak Table site, and are expected to be offered at other sites in the new year.

Cooking classes continue at our Oak Table site, and are expected to be offered at other sites in the new year. They work together and make all things food related seem seamless, but their proficiency masks the complexity of what they do. We are very grateful to our donors that we are able to offer filling, nutritious meals to our guests, and that they see the important role our Food Managers have in providing support to our guests.



Although food is a primary need, it is not our guests' only need. Along with the food, we strive to meet the deeper needs, which we all share; the need for acceptance, the need for love, the need to feel seen and heard and the need for community inclusion. They also need stable housing, good medical care, and a need for spiritual and cultural self-identity and expression. When we are successful, we can then help a guest connect with resources to support their mental, physical, spiritual, and emotional health. Until a person's basic need for food is met, it is difficult for them to look beyond their next meal. Trying to meet their basic needs can take up all a person's time and energy. This is why we must not give up on advocating for a basic guaranteed income, stable housing, and accessible mental health supports.





At our Oak Table site, we continued to offer the use of our Dignity Washroom to those who need a safe, clean, bright, private space to use the bathroom. Very few public washrooms are available in our city and access to washrooms is especially difficult if you are not a paying customer. Our washroom was open 8 a.m. to 6 p.m., April to October and 8 a.m. to 6 p.m., November to March. We appreciate our donors who help with the upkeep of this well used bathroom.

Harm Reduction walks in the West End neighbourhood were a welcome event for local residents. Staff and volunteers pulled a wagon around the West End with food, clothing, medicines, hygiene items, and harm reduction supplies. Individuals who were unsheltered and those with a place to sleep looked forward to these weekly visits with anticipation. Once the new site was secured, volunteers and staff started doing Harm Reduction walks around the Pimicikamak Wellness Centre. This helped introduce 1JustCity to local residents, many of whom heard we were coming to the neighbourhood and looked forward to our arrival.

In March 2023, the West End site moved in and shared space at West Broadway, due to the break ins at West End Commons. This was a challenge for the guests, volunteers and staff of both sites. We are grateful for their patience during the disruption, as well as their faithfulness and perseverance. It took the planning and cooperation of all sites to make this temporary solution feasible. The teams pulled together and accepted their circumstances with grace, although everyone will be relieved when they can fully operate out of their own space. It did teach us that our programs are enhanced by team participation, and by using the strengths found within of each other, we can provide more support to all our guests. Food was cooked at Oak Table and transported to West Broadway for West End's lunch. Cooking for close to 250 people a day plus making meals for the winter shelter, worked our kitchen equipment at Oak Table hard. Cutlery, plates, cups and glasses all took a beating. The soup kettle we came to depend on to handle the demands is now in a cycle of repair.

We are grateful the new owners of the old Balmoral Hotel sought us out and invited us to join them in the space now known as Pimicikamak Wellness Centre. The purchase of this property went through in November and we anticipate a January possession date. We look forward to working to get to know the community and the needs of the people who live there.





In the New Year, we also plan to start a satellite program at Home Street Mennonite Church. They invited us to partner with them in delivering Indigenous Cultural Programs once a week. This will allow us to offer programs in the neighbourhood we provided programs and services in for over 51 years. We will begin by rotating our Indigenous Cultural staff from all our sites to deliver programs and help us identify what works best with our new partners.

West Broadway continued serving the supper meal last year. This allowed for people who work or attend school during the day to volunteer for the evening meal. Although providing lunch would make offering programs and resources easier, right now, the West Broadway community needs the evening meal, as it allows for families and the working poor to access nutritious meals.

We are a lean operation and we simply could not provide the programs and services without the support of many organizations, as well as our loyal volunteers who are truly vested in making a difference in the lives of our guests. Their commitment and generosity makes the world a better place, and makes such a difference in the West Broadway, Osborne Village, West End and Central areas of Winnipeg.

Our staff and volunteers work at building relationships and trust with our guests. Last year our guests gathered to bead together, make drums, learn how to drum, make and share bannock, tea and conversation, pick medicines, visit the Petroforms, participate in Sharing Circles, Sweat Lodges, smudges, as well as many cultural events in the community which all led to a better understanding of Indigenous Culture. Our guests also had the opportunity to enjoy movies, bingo, art, games and cook together, giving them a place to make friends, feel safe, and access resources.



Our sites continue to be a source for community placements for nursing, social work, and medical students. This is essential for the work they will do throughout their career, so they understand the complexities of poverty and the challenges our guests face to access care.

A big thank-you to our staff members. Working in our post pandemic world in a non-profit organization is both rewarding and challenging. Witnessing on a daily basis the impact trauma, drug dependency, poverty, lack of housing and mental health challenges have on guests, takes its toll. I am grateful for their commitment, tenacity, and willingness to go the "extra mile" to make what we do possible. I appreciate everyone who has a passion for the work they do and the people who look to them for support.

I also want to thank our Board of Directors, for their support and trust. Collectively we are a better organization because of them. An informed Board is a gift to any Executive Director, and I am blessed to work with a board who is passionate, understands its role and works hard to make our organization strong and resilient. Thank-you for caring for the vulnerable in our community.

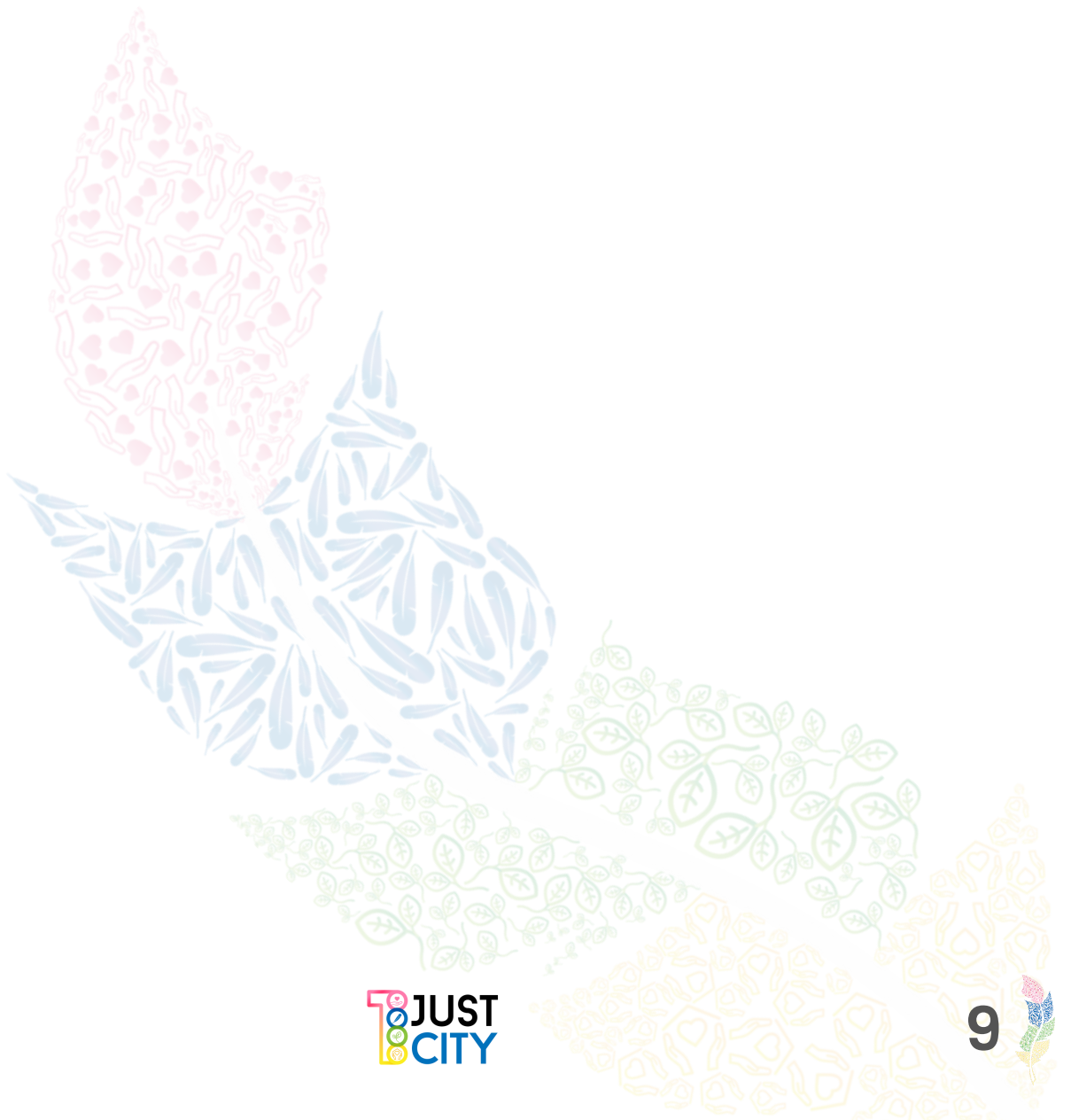






Thank-you to our partners, students, volunteers, staff, and donors for helping to make Winnipeg a place where all are cared for and have enough to eat, a place they belong, and place to feel loved.

Respectfully,  
Glynis Quinn  
Executive Director  
1JustCity





# 2023 BOARD OF DIRECTORS

<b>Kelly Thompson</b>	Chair
<b>Gail Purcell</b>	Secretary
<b>Grace Wedlake</b>	Treasurer
<b>Luke Rempel</b>	Director/Fundraising Committee/Board Rep/Beat the Cold
<b>Jack Cameron</b>	Director
<b>Kendall Dyck</b>	Director
<b>Susan Schmidt</b>	Director
<b>Colin Dorian</b>	Director
<b>Alexandra Aquila</b>	Director
<b>Jane Nicholls</b>	Director
<b>Nancy Ryan-Arbez</b>	Director

# 2023 BOARD COMMITTEES

## Beat The Cold Committee

Luke Rempel | - Board Representative

Kai Solomon

Marc Baldwin

Miriam Christensen

Erin Rafferty

Julie Simpson

Nancy Ryan-Arbez

## Finance Committee

Grace Wedlake Chair

Glynis Quinn

Susan Berube

Kendall Dyck

Alexandra Aquila

## Governance Committee

Colin Dorrian

Glynis Quinn





# TREASURER'S REPORT

In 2023, there was an increased demand for our services and we continued to strive to maximize our funding/grants and donations to provide the best service to our guests.

Our major revenue sources are from grants (multiple levels of government, or distributed through another agency and foundations) which were used for housing, our warming shelter, equipment and programs at the three 1JuctCity sites to serve our guests. Our goal is to increase our undesigned donations which give us the most flexibility in funding our greatest needs. Our management team and staff made great efforts to improve our guests' experience and by improving existing programs and developing new ones to meet their needs.

In 2023, we faced the new challenge to replace the West End location. We were happy for the new site at Pimicikamak Wellness Centre; but the general increase in the cost of living, expenditures related to the new site, and the need for increased staffing put additional demands on the organization. Our dedicated team worked hard to face these challenges and they continue to put our guests first in order to meet their needs.

We also continue to work on truth and reconciliation at our board, staff and community levels while making new and stronger connections by engaging with First Nation, Metis and Inuit communities. We continue to work on increasing underrepresented groups on our board and staff teams.

The management team, staff and Board members participated in strategic planning for the organization. Our Board has taken their responsibility for fundraising seriously and has a plan for this initiative. I am very proud of our dedicated and hard working team members.

We are grateful for all community partners, donors, volunteers and staff. Without each of you, we would not be able to meet our mission and vision. Your continued support and generosity to 1JustCity are very important.

Grace Wedlake  
Treasurer  
1JustCity





# 2023 ACCOMPLISHMENTS

## MEALS SERVED

Oak Table: 35,550  
 West Broadway: 27, 892  
 West End: 11,266  
**Total: 74,708**

## HOUSING

Evictions Prevented: 24  
 People Housed: 50

## LOADS OF LAUNDRY

Just a Warm Sleep: 1750  
 West Broadway: 34  
 Oak Table: 582  
**TOTAL: 2,366**

## VOLUNTEER HOURS

Oak Table: 15,145  
 Just a Warm Sleep: 1,360  
 West Broadway: 2691  
 West End: 4,274  
**TOTAL: 23,470**

## EMERGENCY FOOD KITS 2248

**Oak Table 2023  
 Fundraising  
 Dinner:  
 \$ 38,813.23**

**BEAT THE COLD  
 RAISED:  
 \$ 23,628.68**

**RAISED FROM  
 THE GARDEN TOUR  
 \$ 28,004.00**

## GUEST SHOWERS

Oak Table: 1,256  
 Just a Warm Sleep: 1,900  
 West Broadway: 46

**WARM SLEEPS  
 JAWS: 4,530  
 Jan-Mar and Nov-Dec**





# Indigenous Cultural Program

The Indigenous men's group, Maskaawiizi Awewiin, at West Broadway has been well received and Indigenous Bingo is making a comeback! Sharing circles continue to be well attended and at Oak Table we have started Bannock and Tea in addition to the beading and APTN viewing nights. We welcome the opportunity to start programming as West End moves into their new location at the Pimicikamak Wellness Centre.

## Housing and Just a Warm Sleep

The housing year ended strongly with all staff being trained in HiFIS and more structure, creating a strong team with coverage at all three sites. Although the service was traditionally focused on eviction prevention, we received additional funding allowing us to house guests. This included educating guests on tenant related issues and responsibilities. JAWS operated at capacity once again and we continued to improve our services and worked hard to listen to our guest's suggestions. This year we added an evening coffee/conversation time, offered a hot breakfast in the morning, and added more celebratory events.

### Oak Table

2023 brought several new programs to Oak Table. This included the Chiropractic Clinic, resulting in over 400 treatments for guests. A weekly Yoga program started and staff and volunteers joined in the classes along with guests. Karaoke restarted with our summer programming and quickly became a new/old favourite!

Over 20 new volunteers were recruited in 2023. Volunteers add so much richness to our guests lives and they make it possible for us to open our doors each day.

Covid and Flu clinics were arranged for guests, volunteers and staff. Bi-weekly in-house EIA sessions for guests became a new staple at Oak Table and even included a super clinic where a variety of resources for ID, income tax,

Oak Table served up to 170 guests a day, which was a new record for the site. This speaks to the difficulty people are experiencing in accessing the basics of life and/or safe place to find community. We experienced a change in our demographics in 2023 which included more children and younger adults than past years.





## West End

It was a year of highs and lows at West End. 2023 began with a series of break-ins at our West End Commons location resulting in a temporary pause on programs eventually leading us to move out of the building.

When we took a step back, and got over our disappointment, we saw that the demand for our services had outgrown the capacity of our space. This helped us see our situation as an opportunity for growth.

We found a new home (more accurately, our new home found us) in the Pimicikamak Wellness Centre; where we will have more program space, office space, a new commercial kitchen, showers, laundry, and even a parking lot! The Pimicikamak Wellness Centre will bring us right to the edge of our old West End neighbourhood but will also give us the opportunity to have the amenities we need to expand our resources for our guests.

West Broadway and our satellite location at Home Street Mennonite Church will continue to support the people who cannot join us at the Pimicikamak Wellness Centre.

2023 ended with us feeling excited about the future!

## West Broadway

2023 was a different year for West Broadway, in that we unexpectedly shared it once our West End site moved out of West End Commons. With two meals to serve several days each week, and programs to operate that served both neighborhoods, it was a busy place. The earlier move to a supper meal at West Broadway had an impact on our volunteer numbers. 2023 was the beginning of building a new contingent of volunteers to add to our existing group. We shared programs such as beading, bingo, Sharing Circles, movies, drumming for the two sites, and a new men's group was established. The Seniors group continued to meet on Friday afternoon.

Our guests continued to access Chiropractic Care thanks to Dr. Chris Kluge. We benefited again in 2023 from the Wolseley Miracle and were the recipients of a food, clothing and hygiene drive, as well as many donated meals from local businesses and groups.

Together, it is possible!





# Moving Into 2024

## Indigenous Cultural Program

In 2024 we look forward to a full review of how best to support our Indigenous guests. We plan to collaborate with Indigenous Leaders to identify how we might help strengthen the connections our guests have, or could have with their culture. We intend to partner with Dr. Michael Yellowbird to provide training for our staff and guests in Trauma Informed Mindfulness while seeking to understand how mind and brain function are shaped by the stresses of colonialism and comprise the well-being of Indigenous Peoples.

We have an exciting new collaboration with Home Street which allows our staff to visit their site and provide teachings, facilitate drumming and the much loved beading program. We are excited to welcome new members to this community and share knowledge and stories with them.

## Housing/Just a Warm Sleep

2024 brings growth and excitement to the housing program! We anticipate housing many more people this year and now have the ability to give them a basic housing package which includes a bed, sheets, and some kitchen and cleaning necessities. The housing team is excited to continue preventing evictions but also to be able to house individuals who were previously unhoused, while giving them a good start.

JAWS has undergone a restructure which is working well. It gives more supports for staff and provides guests with more comforts. New opportunities will be available again in the fall as we continue to evolve this essential service.

## West Broadway

At West Broadway we look forward to continuing the growth of all aspects of our site from the previous work done here, working from the 4 Pillars of IJustCity. We will be expanding our Indigenous Cultural Program, starting community cooking classes, and growing our group of amazing volunteers. Our team here will continue to foster a sense of community and belonging while building relationships with community members and community organizations.

We shared space for nine out of twelve months last year with our West End site. The coming year will include us figuring out how to best serve our community once we see who makes up the community when the former West End site moves to its new space.





# Moving into 2024

## Oak Table

There is a lot of excitement moving into 2024! We have plans for some renovations after Just a Warm Sleep closes for the season, which will not only refresh the space but make it easier to maintain in the future. One of our goals is to make the drop-in as warm and welcoming as possible. New wood grain wall protection is expected to do just that.

We are planning to join West Broadway and Pimichikamak in an online volunteer signup system. They have both used it for some time. It will take some effort to customize it to Oak Table's specific needs, but will ease in reporting statistics for our funders and our yearly financial statements. It will also make it easy for volunteers to see what shifts are available or vacant because someone is away.

Although we can't go back to pre-pandemic days before drug dependency was common, and violence became a primary response, we look to the future with optimism and hope, knowing we can make a difference and the life we save is worth saving.



## Pimichicimak Wellness Centre

Looking ahead to 2024, we are excited to re-establish our former programs, and also to respond with new programs that will allow us to best support the needs of our new neighbours. We look forward to reconnecting with former guests we haven't seen since we moved to West Broadway, as well as making space for new guests and new community connections.

2024 is going to be a good year!







# 2024 BOARD OF DIRECTORS

<b>Kelly Thompson</b>	Chair
<b>Gail Purcell</b>	Past Chair
<b>Grace Wedlake</b>	Treasurer
<b>Susan Schmidt</b>	Secretary
<b>Colin Dorian</b>	Director
<b>Jamila Rempel</b>	Director
<b>Jane Nicholls</b>	Director
<b>Nancy Ryan-Arbez</b>	Director
<b>Shannon Breckman</b>	Director
<b>Brittney Odger</b>	Director

# 2024 BOARD COMMITTEES

## Executive Committee

**The following committees will be active in 2024.**

Kelly Thompson, Chair	Fundraising Committee
Gail Purcell, Past Chair	Garden Tour
Susan Schmidt, Secretary	Beat the Cold Committee
Grace Wedlake, Treasurer	Governance Committee
	Finance Committee





Loving the Underloved



Working Towards Reconciliation



Growing Individual's Capacity



Building Inclusive Communities