

2023

ANNUAL REPORT

A look at our 2023
impact



Through culture, we find
our resilience.

In community, we discover
our strength.

Together, we find our
power

CONTENTS

01	LETTER FROM ED	05
02	INTRODUCTION	08
03	OUR TEAM	10
04	OUR PROGRAMS	16
05	PROJECTS & EVENTS	41
06	FINANCES	47
07	CONCLUSION	54

Boozhoo!

Boozhoo. Songe Wabigwanikwe niindizhinikaaz, Mamawmattawa nindonjiba, mukwa nindodem. My name is Nicole Ineese-Nash, and I am Anishinaabe-Oji Cree from Constance Lake First Nation in Treaty 9 territory. As the founder and director of Finding Our Power Together, I am honored to share our journey through 2023, our third year as a national charity dedicated to supporting Indigenous children, youth, and communities to thrive.

This year, we continued to forge pathways of hope and healing, navigating the complexities of a post-COVID world while remaining steadfast in our commitment to our communities. Our key initiatives, have flourished, providing crucial support and cultural connection for our youth and their families. These programs have not only offered a space for cultural teachings and personal growth but have also fostered strong, positive relationships within and across our communities.

In 2023, we successfully delivered numerous sessions through various platforms, reaching out to hundreds of participants who sought to connect with their heritage and enhance their well-being. The strength of our programs lies not only in their content but in the relationships they nurture.

We've been fortunate to receive generous support from various funders like The Patricia Jensen Foundation, the CRE, Ontario Arts Council, and many others, totaling over \$150,000 in grants. These funds have been pivotal in sustaining and expanding our work, allowing us to reach more hearts and minds across the nation.

Yet, our journey was not without its challenges. Navigating the fluctuating landscapes of post-pandemic recovery and the continuous quest for funding has tested our resilience. However, it has also underscored the incredible strength and dedication of our team, partners, and community members.

As we reflect on the past year, we are filled with gratitude for every individual who has joined us in this journey. Your support, whether through time, resources, or spirit, has been the lifeblood of our work. Looking ahead, we are excited to continue building on our shared achievements, exploring new opportunities for growth, and deepening our impact.

Miigwetch to all for your unwavering support. Together, we are finding our power, building a community of resilience, hope, and collective well-being that stretches across the horizon.



Nicole Ineese-Nash





10
PROGRAMS

320
CLIENTS
SERVED

13
CEREMONIES
HOSTED

\$200K
RAISED

INTRODUCTION

OUR MISSION

Our mission is to empower Indigenous youth to achieve their goals and access supportive resources, fostering connections with peers and mentors within a framework of traditional Indigenous practices. We strive to enhance resilience, social connectedness, and personal growth through counseling, skills development, and cultural healing practices, celebrating Indigenous identities and lifeways.

Our ultimate goal is to prevent suicide in Indigenous communities and ensure our youth not only survive but thrive.

OUR VISION

We envision a world where:

- Indigenous young people are rooted in who they are with access to cultural knowledge, language, and ceremony
- Indigenous youth have a strong commitment to life through their interconnections to others, to land, and to spirit
- Indigenous youth have support from their families, communities, and societies to develop the skills and gifts they would like to
- Indigenous youth understand that they are valued, important, and belong
- Indigenous youth know their power and use it to help others.



ABOUT OUR ORGANIZATION

Finding Our Power Together (FOPT) is an Indigenous-led non-profit organization supporting Indigenous youth to access support and relationships that enable them to thrive. FOPT offers a variety of therapeutic programs and services designed to develop community, increase capacity, and promote holistic wellbeing, particularly to save our young people from preventable death by suicide. We collectively understand the value in bringing together young people and community members from various communities to share resources and maintain connection; We know we can find our power together.

OUR STORY

FOPT began as a youth engagement initiative in Nibinamik First Nation as a way to support youth leaders who were responding to a suicide epidemic in their community.

OUR HISTORY

FOPT began as a community-based initiative in Nibinamik First Nation in 2016, founded in collaboration with Indigenous youth from Nibinamik and other communities in Treaty 9 territory. At this time, many young people had experienced high rates of suicide in their communities. Youth in Nibinamik sought to support their own people and worked with faculty and researchers from Ryerson university to film a documentary video, sharing their experiences of systemic discrimination and colonialism. More than that though, they shared their messages of hope and support for the young people in their community and across Turtle Island.

This film premiered at a fundraising event in 2017 at Ryerson University in Toronto which brought together nearly 400 Indigenous and non-Indigenous allies to share in collective solidarity. We have since grown to support communities and youth across Canada in learning and developing skills and practices to promote life and wellbeing. We registered as a formal nonprofit in May 2020 to meet the growing need for Indigenous mental health services in the context of COVID-19.

OUR APPROACH

- We promote culture by incorporating Indigenous teachings, values, and languages into our mental health interventions and programs
- We encourage interconnection by welcoming relationships with land, ancestors, and spirit into our practices and programs
- We foster caring, reciprocal, and respectful relationships with individuals and communities in order to nurture the connections we have with all things in creation
- We support youth to practice self-discovery and determination in order to better understand themselves, their emotions, and their reactions to make wise choices on their own behalf
- We support wholism through honouring individuals in all facets of the self and promoting self-acceptance
- We encourage the exploration of balanced living through reflection and practice of care within all aspects of the self
- We actively acknowledge environmental and historical factors that have and continue to impact each individual and their lived-reality and adapt to suit the specific needs of individuals and communities

OUR TEAM

At Finding Our Power Together, our strength lies in the diversity and dedication of our team. Comprising board members, staff, and a vibrant group of students and volunteers, each individual brings unique perspectives, skills, and a shared commitment to empowering Indigenous youth and communities.

OUR BOARD OF DIRECTORS



Cecile Akiwenzie

Board Member

Cecile Akiwenzie-Martin, a board member since 2020, is an Ojibway woman of the Turtle Clan with a diverse background that includes roles as a Lodge Conductor, Sundancer, Aboriginal Midwife, and wellness practitioner. She has over 20 years of experience in health and wellness, deeply rooted in her community's traditions.



Judy Finlay

Board Member

Judy Finlay, a board member since 2020, is an associate professor at Ryerson University and has extensively researched improving wellness in remote northern Ontario First Nations communities. As Ontario's longest-serving child and youth advocate, her career spans over three decades in child welfare and mental health.



Nicole Ineese-Nash

Board Chair

Nicole Ineese-Nash, founder and Board Chair since 2020, is Anishinaabe-Oji Cree from Constance Lake First Nation in Treaty 9 territory. A dedicated advocate for Indigenous youth, Nicole has spearheaded numerous initiatives aimed at fostering resilience, cultural connection, and empowerment within Indigenous communities.

OUR TEAM

OUR STAFF



Nicole Ineese-Nash
Founder and Executive Director

Nicole Ineese-Nash, an Anishinaabekwe from Constance Lake First Nation, leads as Founder and Executive Director. Also an Assistant Professor at Ryerson University, she specializes in early childhood development and Indigenous perspectives. Her doctoral research focuses on land-based youth programs, underpinning her commitment to social justice and community empowerment.



Nyle Johnston
Cultural Coordinator

Nyle Johnston is an Anishinaabe artist and Oshkaabewis from Chippewas of Nawash Unceded First Nation, serving as the Cultural Coordinator at Finding Our Power Together. Through his art, which reflects the interconnectedness of life and traditional Anishinaabe knowledge, Nyle contributes to various community projects and initiatives.



Kaitlyn Wilcox
Mental Health Coordinator

Kaitlyn Wilcox, a neurodivergent, mixed Potawatomi, Métis, and settler Two-Spirit person from Moose-Deer Point First Nation and Beausoleil Island, serves as the Mental Health Coordinator. With a background in Social Work, Philosophy, and Psychology from Toronto Metropolitan University, Kaitlyn employs anti-oppressive, strengths-based, and trauma-informed approaches in their work.

OUR TEAM

OUR STAFF



Jasmine Ehret
Mental Health Counselor

Jasmine Ehret, a registered social worker with a Master of Social Work from Toronto Metropolitan University, specializes in mental health counseling for Indigenous youth. Building on her family's legacy in education and mental health, Jasmine integrates these foundations into her counseling work, fostering environments that support the mental health and educational success of Indigenous youth.



Jadyn Hardie-Bardy
Program Coordinator

Jadyn Hardie-Bardy, a queer Mohawk and Jamaican poet and beader based in Tkaronto, served as the Programming Coordinator at Finding Our Power Together from August to December 2023. Jadyn's creative insights and commitment to cultural expression enriched our community programs, fostering spaces for dialogue and growth among Indigenous youth.



Gabby Holt
Administrative Coordinator

Gabby Holt served as the Administrative Coordinator at Finding Our Power Together from August to December 2023. Passionate about mental health, inclusion, and diversity, her tenure with us was marked by a keen enthusiasm to integrate her academic background with her commitment to supporting diverse communities, contributing significantly to our administrative efficiency while gaining valuable experience and insights with our team.

OUR TEAM

2023 STAFF, STUDENTS AND VOLUNTEERS

The team here at Finding Our Power Together wants to sincerely thank all of the amazing students and volunteers that have selflessly supported us throughout 2023! It is with our students and volunteers that we are able to thrive as an organization to create meaningful programming and foster connections with Indigenous youth. Chi-miigwetch!

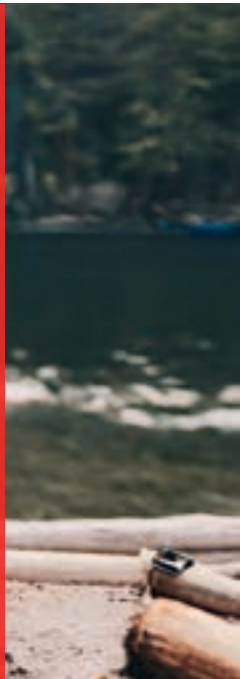
Angel Persaud
Amanda Vo
Joanna Spyridon
Tyana Chiblow
Anaa Mai Le
Lily Zepeda
Brienne Bennett
Tasneem Mohamed
Kate Russell-Picano
Gem Logan
Shazia Sami
Wanda Monague
Qiu Lu
Sumayyah Shajahan

Li Peltier
Samama Butt
Richelle Sauve
Seema Ali
Ashley Cristales
Tasha Silverman
Richie Stewart
Miguel Apurada
Harmony Huang
Faye Wang
Yvette Cooper
Nan Mcleod



WE CAN'T DO IT WITHOUT YOU!

Fun fact: since our inception in 2020, we've had the privilege of working with 75 student interns. Each has brought unique skills and perspectives, significantly enriching our programs and helping us achieve our mission. Your contributions are invaluable, and we are incredibly grateful for the impact you've made. Together, we continue to empower and uplift Indigenous youth and communities. Thank you for being an essential part of our journey!



OUR YEAR IN REVIEW

In 2023, Finding Our Power Together continued to build on our mission of empowering Indigenous children, youth, and communities. Through a diverse array of programs and initiatives, we have fostered environments where cultural connections thrive, mental health is prioritized, and community bonds are strengthened. Here is a snapshot of our activities this year:



KEY HIGHLIGHTS

- **Expanding Mentorship and Leadership:** Our programs like the Mentorship Program and the Young Leaders Circle have continued to provide Indigenous youth with the tools and relationships needed to forge their paths, focusing on self-determined goals, cultural teachings, and leadership skills.
- **Cultural and Spiritual Enrichment:** Through our Full Moon Teachings and Sweat Lodges, we have deepened participants' connections to traditional practices, offering both virtual and in-person sessions that honor our cultural heritage and promote spiritual well-being.
- **Educational and Psychological Support:** Initiatives like Building Our Bundle and the Orange Heart Club have combined mental health support with educational opportunities, helping participants navigate their mental health journeys while fostering academic and personal growth.
- **Creative and Intergenerational Exchange:** Programs such as Telling Our Stories Together have enabled youth to engage creatively with Elders, preserving and passing on invaluable cultural knowledge through mediums like filmmaking, which also enhance practical skills.
- **Infrastructure Growth and Community Engagement:** This year saw the construction of a new youth sweat lodge, expanding our capacity to host cultural and healing ceremonies. Additionally, our network has grown significantly, impacting over 400 youths across the nation and enhancing our community-based initiatives.
- **Educational Outreach and Reconciliation:** We've launched new systems and workshops aimed at fostering understanding and reconciliation, reflecting our commitment to education and systemic change.



OUR PROGRAMS



BY THE NUMBERS

OUR PARTICIPANTS

37

Individuals supported through **mental health mentorship**

38

Youth who learned mental health skills through **Building our Bundle**

31

emerging leaders enhanced their skills through the **Young Leaders Circle**

62

Children who learned to be reconciliation warriors through **Orange Heart club**

92

Women and girls who learned to connect with **Full Moon** teachings and ceremonies

40

Indigenous youth connected spiritually in **Youth Sweat Lodge** ceremonies

12

Youth and adults learned cultural skills about being a helper at **Helpers Camp**

58

Indigenous youth learned art skills through **Guiding our Gifts**

27

Community members engaged with elders' wisdom through **Circle of Wisdom**

320

Individuals who found their power

OUR PROGRAMS

FOPT offers a variety of programs that seek to meet the needs of Indigenous youth all across Turtle Island. Our programs are particularly designed to offer relational support through mentorship, social connection, psychoeducation and skills development, cultural teachings and ceremonies, and youth-centered design.

PROGRAMS AT A GLANCE

PROGRAM	DESCRIPTION	DATE	REGISTRANTS
Mental Health Mentorship	Individual sessions for mental health support	Ongoing	37
Building our Bundle	Online Group Psychoeducation program	Mar/April May/June Oct/Nov	8 15 15
Young Leaders Circle	Seasonal networking and professional development sessions	Mar 8 Aug 1 Nov 1	5 13 13
Orange Heart Club	An educational program for children aged 6-12 to learn about Indigenous perspectives of reconciliation	Ongoing After school, PA days, and Camps	62
Online Full Moon Teachings	An online circle to share the teachings of the full moon from an Anishnaabe perspective	Jan 10 Feb 7 Mar 7 Apr 11 May 9	5 5 5 7 3
Full Moon Women's Sweat	Full moon sweat lodge ceremonies for Indigenous women and girls	Mar 11 Apr 8 May 6 Jun 3 Jul 1 Aug 5 Sept 2 Sept 30 Oct 28	6 10 13 10 3 7 5 9 4

OUR PROGRAMS

PROGRAMS AT A GLANCE (CONT)

PROGRAM	DESCRIPTION	DATE	REGISTRANTS
Youth Sweat	Traditional Sweat Lodge Ceremony for Indigenous Youth	Jul 22 Aug 26 Oct 14	14 15 11
Helpers Camp	A weekend camp for Indigenous youth and youth-serving adults to learn cultural skills about being a helper and sweat lodge building teachings	July	12
Telling Our Stories Together	Film making intensive training program	Sep/Dec	5
Guiding our Gifts	Arts-Based Workshops for Indigenous youth in Toronto	Jun/Aug	58
Circle of Wisdom	Online and video sessions with Indigenous elders	June	27



FOPT's programs are designed to support Indigenous youth across Canada through our three programming pillars:

- Culturally based and informed programming
- Capacity building through education, skill development, and mentorship
- Well-being through supportive, safe, and healing environments

BUILDING OUR BUNDLE

INDIGENOUS MENTAL HEALTH SKILLS GROUP

ABOUT

The Building Our Bundle Program (BOB) is a mental and spiritual health program to support Indigenous youth (aged 14-29) in developing mental health skills through a cultural framework. Modeled after the teachings of a traditional ceremonial bundle, the program seeks to uncover and build upon the inherent gifts and skills that all individuals can access to support their wellness journeys. The program was designed through the integration of Indigenous healing methods, mainstream mental health modalities (notably Dialectical Behaviour Therapy), and youth care therapeutic relationships.

Through weekly online sessions, Indigenous youth connect with one another, youth workers, mental health professionals, and cultural teachers to explore various mental health skills and cultural practices. All participants are also encouraged to participate in weekly one-on-one mental health mentoring support from the FOPT team who work directly with young people on their self-determined goals.



The program is designed with the cultural understanding of a traditional "bundle"; a collection of spiritually significant tools one might carry along their journey

PROGRAM OBJECTIVES

- ✓ **Enhance Cultural Connection and Identity**
- ✓ **Increase Mental Health Literacy and Awareness**
- ✓ **Build Resilience and Capacity Through Skill Development**
- ✓ **Improve Mental Health Outcomes**

BUILDING OUR BUNDLE

BUILDING OUR BUNDLE: 2023 OVERVIEW

SPRING 2023



The spring session of the Building Our Bundle Program centered on the concept of "Being a Good Relative" integrating relational effectiveness skills from Dialectical Behavior Therapy (DBT) with traditional cultural understandings. Throughout the session, participants explored various dimensions of relationships including those with oneself, others, the community, the land, and spiritual entities.

REGISTRANTS

8

OF 15 AVAILABLE SPOTS

SUMMER 2023



The summer session combined a DBT skills group structure with Ojibwe cultural teachings, covering the four key modules of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. This integration provided participants with a comprehensive toolkit for managing mental health while deeply connecting them to their cultural heritage. Through this approach, the program supported the development of holistic well-being and enhanced relational skills among Indigenous youth.

REGISTRANTS

15

OF 15 AVAILABLE SPOTS

FALL 2023



The fall session continued to blend DBT skills with Ojibwe cultural teachings, this time aligning with fall seasonal themes of transition and letting go. Reflecting the natural cycle of release that autumn brings, the program focused on helping participants embrace change and release behaviors and thoughts that no longer serve them. Sessions covered mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, each infused with the wisdom of fall teachings—emphasizing the importance of preparation, reflection, and renewal.

REGISTRANTS

15

OF 15 AVAILABLE SPOTS

MENTAL HEALTH MENTORSHIP

ONE-ON-ONE MENTAL HEALTH SUPPORT

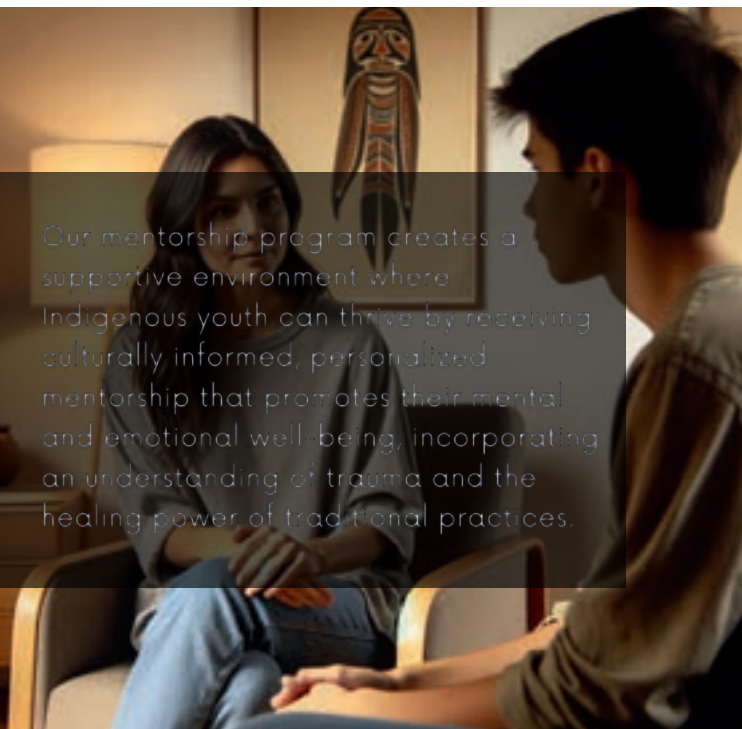
www.findingourpowertogether.com

ABOUT

Our Mental Health Mentorship program is designed to offer one-on-one support tailored to the unique needs of Indigenous youth. This relational psychoeducation initiative pairs participants with experienced mental health mentors for regular weekly sessions conducted via telephone or video call, lasting one hour each.

Throughout the program, mentors, who come from diverse professional backgrounds including child and youth care, social work, early childhood studies, and traditional knowledge, provide personalized guidance. They help youth develop key skills, achieve specific goals, and foster a sense of consistent connection and support.

In 2023, we enhanced our support offerings by launching formal counseling services with licensed mental health therapists and counselors. This addition ensures that participants not only receive mentorship but also have access to comprehensive mental health care tailored to their cultural and individual needs, strengthening the program's impact and reach.



Our mentorship program creates a supportive environment where Indigenous youth can thrive by receiving culturally informed, personalized mentorship that promotes their mental and emotional well-being, incorporating an understanding of trauma and the healing power of traditional practices.

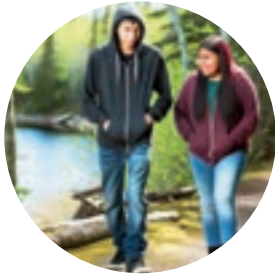
PROGRAM OBJECTIVES

- ✓ **Empower Through Indigenous Healing**
- ✓ **Promote holistic well-being and healing from trauma**
- ✓ **Provide Tailored Support**
- ✓ **Improve Mental Health Outcomes**
- ✓ **Enhance Personal Development**

MENTAL HEALTH MENTORSHIP

MENTORSHIP 2023 OVERVIEW

PEER MENTORSHIP



Our Peer-Mentorship program offers online support from trained peers with relevant lived experiences or mental health training. This free service provides empathetic guidance, helping youth navigate their challenges with someone who can relate personally to their experiences.

REGISTRANTS

25

MENTAL HEALTH COUNSELLING



Our Mental Health Counseling provides individual online sessions by Indigenous and allied professionals, using approaches like Dialectical Behavior Therapy (DBT), Trauma-Informed Practices, and Indigenous healing. It offers a safe space for Indigenous youth to develop coping strategies and discuss personal issues. Sessions are available on a sliding scale.

REGISTRANTS

12

CULTURAL COUNSELING



Cultural Counseling connects Indigenous youth with cultural healers and counselors online, focusing on traditional healing practices and cultural ceremonies. This service aims to strengthen youths' connection to their cultural roots in a supportive environment, also available on a sliding scale.

SESSIONS

11

YOUNG LEADERS CIRCLE

INDIGENOUS LEADERSHIP PROGRAM

ABOUT

The Young Leaders Circle, known in Anishinaabemowin as Oskatis Nigaaniwemowin or “The Way of the Young Leader,” is a dynamic group of Indigenous youth aged 14-35 from across Turtle Island. Members are united by a common purpose to support and uplift youth within their communities. The Circle serves as a platform for young leaders to develop essential skills, address challenges, and celebrate achievements in youth life promotion efforts. It also plays a crucial role in advising Finding Our Power Together on organizational decisions and program designs.

Each gathering is designed to provide:

- **Cultural Teachings:** Participants engage with traditional teachings that offer guidance and perspective on their personal and leadership journeys.
- **Sharing & Networking Circle:** The Circle provides a space for members to connect, share experiences, and collaborate, enhancing their collective impact.
- **Professional Development and Learning Opportunities:** These gatherings equip young leaders with the skills necessary to effectively support youth in their respective communities.
- **Opportunity to Provide Input to the Advisory Circle:** Members have the opportunity to influence Finding Our Power Together's strategies, ensuring that the organization aligns with the needs and aspirations of Indigenous youth across Canada.

PROGRAM OBJECTIVES

- ✓ **Develop and enhance leadership skills among Indigenous youth**
- ✓ **Promote Cultural Connection and Learning**
- ✓ **Equip youth with practical skills and knowledge**
- ✓ **Create a supportive network among young Indigenous leaders**
- ✓ **Influence Organizational Strategy**

www.findingourpowertogether.com

The YLC was inspired by and designed in alignment with our foundational support for a group of dedicated youth in Nibinamik First Nation, who were actively involved in saving their peers. Recognizing their deep understanding of their community's needs, yet seeing their desire for further support, training, and leadership development, we created the YLC to empower and elevate Indigenous youth leaders across the nation.

YOUNG LEADERS CIRCLE

INDIGENOUS LEADERSHIP PROGRAM

YLC 2023 OVERVIEW

SETTING INTENTIONS WITH CREATION: WINTER 2023



The Winter Session of the Young Leaders Circle, themed "Reflecting on Our Journey," centered around the themes of healing, introspection, and cultural connection during the winter season. Participants began with a traditional opening, storytelling, and goal setting activity; setting the stage for deep reflection and learning.

REGISTRANTS

5

HEALING THE PAST TOGETHER: SUMMER 2023



The Summer Gathering of the YLC focused on healing from the impacts of colonialism and reconciliation efforts. Participants explored the 7 Fire Prophecies and creation stories, engaging in activities that envisioned a future free from colonial legacies. This session not only fostered a sense of unity and cultural reconnection but also empowered participants to lead the way in healing and reconciliation.

REGISTRANTS

13

HELPING THE HELPERS: FALL 2023



The Fall Gathering of the YLC focused on equipping our young leaders with essential self-care strategies, understanding boundaries, and fostering supportive relationships. Participants delved into rich cultural teachings and shared their experiences in nurturing their roles as community supporters.

REGISTRANTS

13



ORANGE HEART CLUB

RECONCILIATION EDUCATION PROGRAM

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ABOUT

The Orange Heart Club is a comprehensive educational program designed for elementary school students (Grades 1-6) that encompasses after-school sessions, summer camps, March break camps, and PA days. This initiative helps both Indigenous and non-Indigenous children develop meaningful relationships, practices, and understandings of Indigenous perspectives and histories in Canada. Named for the orange heart, a symbol of truth and reconciliation, the program aims to prepare the next Seven Generations of Canadians to engage in more meaningful, honest, and inclusive relationships with Indigenous peoples and their lands.

Throughout the year, the Orange Heart Club offers a diverse array of activities that integrate play, storytelling, and interactive experiences to explore significant themes related to Indigenous experiences and colonialism. This approach ensures that children learn in an engaging, age-appropriate manner that respects and honors Indigenous cultures.

In 2023, the Orange Heart Club delved deeply into several crucial topics, including reconciliation, the history of residential schools, treaties, and the practice of land acknowledgments. These subjects were explored through various dynamic activities designed to foster understanding and respect.



PROGRAM OBJECTIVES

- ✓ **Cultivate Cultural Awareness and Reconciliation**
- ✓ **Foster Inclusivity and Diversity**
- ✓ **Develop children's emotional intelligence**
- ✓ **Enhance Community Engagement and Participation**
- ✓ **Encourage Creative and Critical Thinking**

The orange heart symbol used in our Orange Heart Club is a powerful emblem of truth and reconciliation in Canada. The color orange is also linked to Phyllis Webstad's story from the St. Joseph Mission Residential School, where her new orange shirt was taken away on her first day of school, symbolizing the stripping away of culture, freedom, and self-esteem experienced by Indigenous children.

ORANGE HEART CLUB

RECONCILIATION EDUCATION PROGRAM

OHC SESSION 2023 OVERVIEW

AFTER SCHOOL PROGRAM



The Orange Heart Club after-school program offers a structured yet engaging environment where children learn about Indigenous cultures, histories, and perspectives through creative and interactive activities. Highlights include the creation of a mutual respect treaty, exploring the Medicine Wheel, and participatory games that emphasize diversity and inclusion. Each session begins with mindfulness exercises to foster a calm and focused setting, encouraging respectful interactions and deep learning.

REGISTRANTS

9

PA DAY PROGRAM



During PA days, the Orange Heart Club hosts special activities that dive deeper into cultural and personal development themes. For example, children create their own talking sticks and participate in sharing circles at local parks, enhancing their understanding of being good relatives. These sessions not only provide fun and educational activities but also focus on fostering gratitude and respect for the environment and each other.

REGISTRANTS

22

WEEK LONG CAMPS



The OHC Camp extends the learning and engagement over several days, where children participate in a variety of activities that blend educational content with physical play. Sessions include discussions on treaties, the significance of truth symbols, and engaging in Indigenous games. Special field trips to local parks and museums are organized to enrich the children's learning experience with practical insights into Indigenous perspectives on land, water, and community.

REGISTRANTS

31

FULL MOON TEACHINGS & LODGE

CULTURAL PROGRAM FOR INDIGENOUS WOMEN AND GIRLS

ABOUT

The Full Moon Teachings & Lodge program, led by Turtle Lodge keeper Cecily Akiwenzie Martin, provides a transformative series of cultural teachings and ceremonies specifically designed for Indigenous women and girls. Rooted in Anishinaabe traditions, the program delves into the profound connections between lunar cycles and feminine life cycles, integrating traditional knowledge about menstruation, birth, and the sacred teachings of water.

Held at the Sacred 13 Moons Turtle Lodge in Oshweken, Ontario, the program features Full Moon Women's Sweat ceremonies that align participants with the natural world, facilitating healing, restoration, and deepened understanding of the lunar influence on both ecological and personal health.

The program also includes online sessions that extend learning opportunities to participants in various locations. These sessions emphasize the significance of the full moon in Anishinaabe culture, guiding agricultural practices, personal health, and spiritual well-being. Structured to foster community and support among Indigenous women and girls, these teachings enhance connections to cultural knowledge.

PROGRAM OBJECTIVES

- ✓ **Provide a safe and sacred space for Indigenous women and girls to engage in healing practices**
- ✓ **Deepen understanding and appreciation of Anishinaabe moon teachings**
- ✓ **Teach the ecological aspects of the full moon and its influence on the natural world, integrating these teachings with broader environmental awareness**
- ✓ **To empower young women to take active roles in their communities as keepers of traditional knowledge and cultural practices**



FULL MOON TEACHINGS & LODGE

CULTURAL PROGRAM FOR INDIGENOUS WOMEN AND GIRLS

2023 SESSION OVERVIEW

ONLINE FULL MOON TEACHINGS

Monthly virtual sessions are designed to deepen participants' understanding of the full moon's significance within Anishinaabe culture:

- **January 10, 2023 - Spirit Moon:** This session explores how the full moon of January helps guide our intentions and resolutions, illuminating paths to spiritual awakening and renewal.
- **February 7, 2023 - Bear Moon:** Discussion focuses on the introspective energy of February, encouraging participants to reflect on their personal hibernation and the wisdom it brings.
- **March 7, 2023 - Sugar Moon:** This teaching delves into the time when the sap of the sugar maples starts to flow, symbolizing the new life springing forth, and how we can tap into our own potential for renewal.
- **April 11, 2023 - Sucker Moon:** The April session aligns with the migration of the sucker fish, discussing themes of determination and the importance of seizing opportunities as they arise.
- **May 9, 2023 - Flower Moon:** Focusing on growth and beauty, this session celebrates the blooming of flowers and how they are a metaphor for our own blossoming lives and communities.



REGISTRANTS

25

FULL MOON SWEAT LODGE

Located in Ohsweken, Ontario, these in-person gatherings align with the lunar cycles to facilitate physical and spiritual purification and renewal for Indigenous women and girls.

- **February 4, 2023 - Bear Moon Sweat Lodge**
- **March 11, 2023 - Sugar Moon Sweat Lodge**
- **April 8, 2023 - Sucker Moon Sweat Lodge**
- **May 6, 2023 - Flower Moon Sweat Lodge**
- **June 3, 2023 - Strawberry Moon Sweat Lodge**
- **July 1, 2023 - Raspberry Moon Sweat Lodge**
- **August 5, 2023 - Blackberry Moon Sweat Lodge**
- **September 2, 2023 - Corn Moon Sweat Lodge**
- **September 30, 2023 - Falling Leaves Moon Sweat Lodge**
- **October 28, 2023 - Freezing Moon Sweat Lodge**



REGISTRANTS

67

YOUTH SWEAT SWEAT LODGE CEREMONY

www.findingourpowertogether.com

ABOUT

This year marked a significant development in our cultural and healing practices with the construction of a new Bear Lodge at our ceremony site in Oshweken, Ontario. Under the guidance of Anishinaabe knowledge keeper Nyle Johnston, we have expanded our offerings to include Youth Sweat Lodge Ceremonies, integrating Indigenous healing methods with youth-centered practices.

The sweat lodge ceremonies are a profound form of spiritual healing, deeply rooted in Anishinaabe traditions. These ceremonies provide a space for intense healing—where physical, emotional, and spiritual cleansing occurs. Participants experience a deep connection to the land and their culture, emerging with a renewed sense of clarity and purpose.

The Youth Sweat Lodge Ceremonies serve as a powerful land-based intervention that allows young participants to immerse themselves in the practices of their ancestors. It's an opportunity to learn about traditional ways, hear stories, and engage in rituals that have been passed down through generations, fostering a strong connection with their culture.

This year, we offered 3 youth sweat lodge ceremonies for our youth. For many participants, this was the first opportunity they had to experience the ceremony and many expressed a profound shift in their understandings of self and culture.

Our Ceremonies play a vital role in our mission to end preventable deaths by suicide among Indigenous communities. Engaging in these ceremonies helps participants release emotional pain, reconnect with their cultural practices, and gain spiritual strength, all of which are essential for mental health and resilience. By providing young people with a supportive space to address personal and collective traumas, sweat lodge ceremonies are a powerful intervention in our ongoing efforts to enhance well-being and prevent suicide.

PROGRAM OBJECTIVES

- ✓ **Promote Cultural Reconnection and Education**
- ✓ **Facilitate Holistic Healing and Personal Growth**
- ✓ **Strengthen Connections to Land and Community**
- ✓ **Develop Resilience and Self-Reflection Skills**
- ✓ **Encourage somatic healing methods for trauma within the context of Indigenous traditions**

YOUTH SWEAT

SWEAT LODGE CEREMONY

SESSION 2023 OVERVIEW

YOUTH SWEAT SESSIONS:

- **July 22nd:** The first session of the summer welcomed 14 young participants. This ceremony focused on renewal and cleansing, offering the youth a chance to reconnect with their cultural roots during a time of growth and renewal in nature.
- **August 26th:** The following session saw an increase to 15 participants. This ceremony emphasized resilience and preparation for the coming transitions of the seasons, aligning with the teachings of perseverance and strength.
- **October 14th:** The final session of the year included 11 participants and coincided with the seasonal shift into autumn. This ceremony provided a space for reflection and preparation for the winter months, focusing on introspection and gathering inner strength.

REGISTRANTS

30



HELPERS CAMP

LAND-BASED CULTURE CAMP FOR HELPING PROFESSIONALS

ABOUT

In July 2023, Helpers Camp was hosted at Six Nations, Ontario, focusing on the practical and spiritual training of participants who play vital roles in their communities as helpers. This unique camp not only trained participants in traditional and contemporary support methods but also involved them in the construction of a community sweat lodge, aligning with Anishinaabe traditions of hands-on learning and service.

The camp ran from July 7th to 9th and provided a comprehensive experience where participants learned both by doing and by reflecting. It combined the physical task of building a sweat lodge with the spiritual practice of inaugurating it through traditional ceremonies, embodying the Anishinaabe concept of the Oshkwabewis—sacred helpers apprenticing with traditional leaders to serve their communities.

PROGRAM HIGHLIGHTS

- **Sweat Lodge Construction:** Participants actively contributed to the building of a community sweat lodge, gaining practical skills and a deeper understanding of the cultural significance of these sacred structures.
- **Sweat Lodge Ceremony:** The new lodge was opened with a ceremonial sweat that allowed participants to directly experience the fruits of their labor and the cleansing and unifying power of this tradition.
- **Skill Development Workshops:** Workshops focused on self-care for helpers, sustainable helping practices, and leadership within the context of Indigenous traditions, ensuring participants were well-prepared to continue their roles effectively.
- **Community Building:** The camp fostered a strong sense of community among attendees, who shared not only the physical space but also personal and cultural experiences, reinforcing their commitment to their roles as helpers.

Traditionally, the role of the 'Oshkwabewis' or sacred helper was a vital apprenticeship path for those aspiring to become medicine people or cultural leaders within Indigenous communities. However, the impacts of colonialism have significantly disrupted these traditional learning pathways, severing vital cultural continuities. Programs like Helpers Camp are crucial in revitalizing these roles by providing hands-on opportunities to reengage with and restore traditional practices, ensuring the preservation and continuation of Indigenous cultural leadership.

HELPERS CAMP

LAND-BASED CULTURE CAMP FOR HELPING PROFESSIONALS

2023 SESSION OVERVIEW



Day 1 - Friday: Fostering Connections

The camp kicked off with participant arrivals and shuttle transport to the site, where attendees set up camp and engaged in an Opening Circle to learn about the role of helpers and set personal intentions. This was followed by icebreaker activities and an evening session on the significance of bundles and medicine pouches, enhancing cultural connection.

Day 2 - Saturday: Building Together

Starting with a sunrise ceremony, the day focused on the construction of a sweat lodge. Participants received hands-on teaching about the lodge's symbolism and spent the day building it, culminating in participating in the sweat lodge ceremony they built. The day ended with a feast and reflection session.

Day 3 - Sunday: Celebration and Reflection

The camp concluded with a sunrise ceremony and a Closing Circle where participants shared their experiences and reflections. The camp ended with a collective clean-up, emphasizing environmental respect and leaving the site pristine.

Helpers Camp provided a comprehensive experience that combined cultural education, personal growth, and community building, leaving participants equipped with deeper insights and stronger connections to apply in their roles as community helpers.

REGISTRANTS

12



GUIDING OUR GIFTS

INDIGENOUS ARTS WORKSHOPS

ABOUT

Guiding Our Gifts is a cultural arts initiative (funded in 2023 through the Indigenous Artists in Schools and Communities grant) which aims to reconnect Indigenous youth with their culture through traditional art practices, aligning with our broader mandate to support cultural revitalization and enhance the well-being of Indigenous communities.

The core objective of Guiding Our Gifts is to immerse Indigenous youth aged 14-29 in their heritage by engaging them in the creation of culturally significant artworks. The program offers workshops focused on traditional crafts such as dreamcatchers, ribbon skirts, beaded earrings, murals, and hand drumming, facilitated by experienced artists. These activities are designed to foster not only skills but also a deeper connection with cultural traditions and community.

Guiding Our Gifts directly supports our mandate to prevent cultural disconnection and promote resilience among Indigenous youth. By providing hands-on, culturally grounded education, the program helps participants build a strong sense of identity and community. It also plays a crucial role in preserving traditional knowledge and practices, contributing to the broader goal of cultural continuity and empowerment within Indigenous communities.

PROGRAM OBJECTIVES

- ✓ **Cultural Skill Development**
- ✓ **Enhance Cultural Identity and Pride**
- ✓ **Community Building and Networking**
- ✓ **Expand awareness and appreciation of Indigenous art forms**
- ✓ **Build Mastery and Improve wellbeing**

www.findingourpowertogether.com



GUIDING OUR GIFTS

INDIGENOUS ARTS WORKSHOPS

2023 SESSION OVERVIEW

DREAMCATCHERS

May 30 2023

A one day dreamcatcher making workshop



REGISTRANTS

12

RIBBON SKIRTS

June 20 2023

A one day ribbon skirt making workshop



REGISTRANTS

15

INDIGENOUS PLACE MAKING

Part 1: July 29 2023

Mural Making Workshop



Part 2: 30 2023

Mural Making Workshop

BEADED EARRINGS

Aug 28 2023

A one day beading workshop



REGISTRANTS

12

HANDDRUMMING

Sep 28 2023

Learning hand drumming songs



REGISTRANTS

13



REGISTRANTS

6

TELLING OUR STORIES TOGETHER

FILM MAKING INTENSIVE WITH BAWAADAN COLLECTIVE

www.findingourpowertogether.com

ABOUT

In 2023, Finding Our Power Together, in partnership with the Bawaadan Collective and funded by the City of Toronto Indigenous Arts & Culture Partnerships Fund, successfully completed the "Telling Our Stories Together" project. This initiative fostered a powerful narrative journey highlighting the relationships between Indigenous youth and Elders in Tkaronto.

The project engaged Indigenous youth in an intensive filmmaking process, where they learned and applied skills in cinematography, scriptwriting, interviewing, and editing. Beginning with foundational workshops in 2022, participants developed their ideas into a polished script, which was then brought to life through a series of hands-on filming sessions early in 2023.



Program Highlights:

- **Foundation Workshops:** Participants received training in filmmaking basics such as cinematography, writing, and interviewing.
- **Script Development:** Youth co-created film concepts, honed their technical skills, and moved through script drafting to final edits.
- **Production:** From January to April 2023, intensive filming sessions were conducted, where participants, guided by professionals including actor Kevin Allan Hess, took on roles from acting to handling camera and sound equipment.
- **Post-Production:** Youth involved in editing gained hands-on experience in transforming raw footage into a polished final product.

The program not only enhanced the technical skills of the participants but also deepened their understanding of cultural narratives and the significance of preserving these stories through film. The project culminated in a short film that stands as a testament to the powerful stories of Indigenous communities and the vital role of youth in bringing these stories to life.

TELLING OUR STORIES TOGETHER

FILM MAKING INTENSIVE WITH BAWAADAN COLLECTIVE SESSION 2023 OVERVIEW

- **Script Polishing:** On January 10, 2023, participants engaged in refining the script, ensuring that it authentically represented the stories and voices of the community.
- **Script Read Through:** On January 26, 2023, a comprehensive read-through session was conducted, providing participants with a chance to hear the script out loud and make final adjustments based on collective feedback.
- **Production Session:** On January 28, 2023, the main filming took place. This session saw the active participation of youth actors and crew, under the guidance of experienced filmmakers, capturing the essence of the narrative crafted during earlier phases.
- **Post Production:** From February 1 to April 1, 2023, the footage underwent editing, sound mixing, and other post-production processes to polish the final product, readying it for audience viewing.
- **Dissemination and Share Back:** In May 2023, the finished film was shared back with the community and broader audiences. This dissemination included local screenings and discussions, as well as online distribution to reach a wider audience, facilitating greater awareness and understanding of the themes explored in the film.



FEEDBACK

WHAT OUR PARTICIPANTS SAY

The mentors brought out the **best in me**, to move along in a positive way with also being aware of our abilities and to share our experiences with others to help them move along in a **healthy way**.

FOPT has helped me to **reconnect** with my culture and has provided a great array of opportunities for me to meet like-minded people. It's **empowering** as a young Indigenous person to see others being leaders in our community and help provide this amazing programs.
-ALYSSA

Every program I have attended at FOPT has been so **welcoming** and engaging. They make it so easy to connect with community and learn **new skills and teachings!**
-MEGAN

“
This program helped me so much on my **healing journey**. I am so blessed to have been given the opportunity to learn, grow and be supported in such a warm, open and accepting **safe space**. No matter if I could come to group in a good way, I was encouraged to explore those feelings and share them with the group. I was never made to feel like the feelings I had or my struggles were unjustified. Thank you for seeing me, I mean really seeing me
-OMINOTAGO
”

“
The most **welcoming** experience I could have asked for. I went in with no expectations and was blown away. As a reconnecting person it felt hard and scary to join community, but FOPT **makes it easy**.
-CATHERYN
”

“
Having a place in the city to immerse myself and relearn my culture has made me feel so at home. The amazing staff and fellow attendees make it all the better!
- TAYLOR
”



PROJECTS, EVENTS & OTHER ENGAGEMENTS

CIRCLE OF WISDOM

ELDER STORYTELLING SERIES

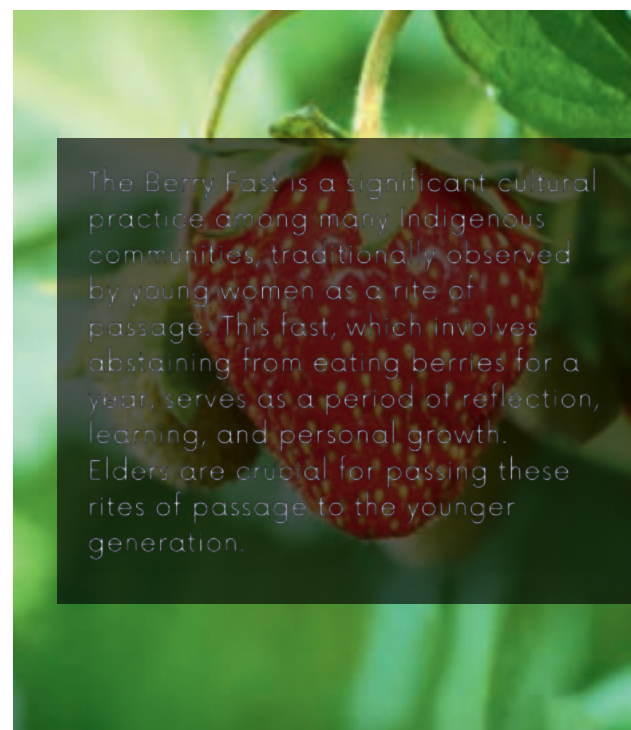
ABOUT

The Circle of Wisdom project is a vital initiative aimed at bridging the gap between generations within Indigenous communities through the sharing of knowledge and wisdom. Funded by the New Horizons for Seniors Grant, this program facilitates the transmission of cultural knowledge from respected Elders to Indigenous youth and community members, fostering a deeper understanding and appreciation of Indigenous heritage.

The Circle of Wisdom series includes both live online workshops and pre-recorded video sessions. These formats are designed to make the teachings accessible to a broader audience, allowing participants to engage with the material at their convenience and foster dialogue across different mediums.

2023 PROJECT HIGHLIGHTS

- The Circle of Wisdom aims to:
 - Encourage the transmission of essential cultural knowledge from Elders to youth.
 - Build community solidarity by fostering intergenerational connections.
 - Enhance the cultural competence and resilience of Indigenous youth through Elder-led teachings.
 - Provide a platform for Elders to contribute actively to community wellness and identity.
- The program was launched in 2023 with a live online session led by Cecile Akiwenzie Martin, focusing on Berry Fast teachings. This session attracted 27 registrants, demonstrating a strong interest and need for such cultural education within the community. The success of this initial session has set a positive precedent for future engagements.
- Following the successful launch in 2023, the Circle of Wisdom series is scheduled to continue into 2024 with more sessions, each designed to cover various aspects of Indigenous culture such as storytelling, language lessons, weaving, and song-sharing. These sessions will not only preserve critical cultural practices but also strengthen the social fabric of Indigenous communities.



The Berry Fast is a significant cultural practice among many Indigenous communities, traditionally observed by young women as a rite of passage. This fast, which involves abstaining from eating berries for a year, serves as a period of reflection, learning, and personal growth. Elders are crucial for passing these rites of passage to the younger generation.



MENTAL HEALTH ONLINE RESOURCE DEVELOPMENT MENTAL HEALTH APP AND RESOURCE PROJECT

ABOUT

The Finding Our Power Together Mental Health Resources and App Development Project represents a significant advancement in our commitment to enhancing mental health support within Indigenous communities. Funded by the McConnell Foundation and the Telus Friendly Futures Foundation, this project has enabled the development and pilot of an innovative online app alongside a comprehensive mental health activity center as well as research and test out various online systems to enhance our mental health mentorship program.

The project underscores our ongoing dedication to supporting mental health in Indigenous communities through innovative technology and culturally sensitive resources. This initiative not only broadens the reach of our support services but also enhances the effectiveness of mental health interventions, promising a future where mental wellness is more accessible and sustainable for all community members.

Project Components

- **Mental Health Program Development:** The project has allowed us to expand our existing mental health programs, tailoring them more effectively to meet the specific needs of Indigenous populations. These programs focus on culturally relevant approaches to mental health and wellness, ensuring accessibility and community relevance.
- **Online App Pilot:** A key component of the project is the piloting of a new mental health app designed specifically for Indigenous youth and community members. This app provides users with easy access to mental health resources, support systems, and tools that can be used to manage stress, anxiety, and other mental health challenges.
- **Mental Health Activity Center:** Alongside the app, the project has facilitated the creation of a mental health activity center that houses hundreds of mental health worksheets, videos, and interactive activities. These resources are designed to provide both educational content and practical tools to help users understand and manage their mental health in supportive and engaging ways.

The Finding Our Power Together Mental Health Resources and App Development Project underscores our ongoing dedication to supporting mental health in Indigenous communities through innovative technology and culturally sensitive resources. This initiative not only broadens the reach of our support services but also enhances the effectiveness of mental health interventions, promising a future where mental wellness is more accessible and sustainable for all community members.



SUPPORTING INDIGENOUS- SETTLER EDUCATION AND HEALING

TRUTH AND RECONCILIATION EVENT SERIES

ABOUT

Funded by Canadian Heritage's National Day of Truth and Reconciliation Fund, the Intergenerational Healing and Reconciliation Education Series was launched in 2023. This initiative was designed to address the impacts of intergenerational trauma and foster reconciliation between Indigenous and non-Indigenous communities. The series consisted of two main components: an Indigenous Youth Healing Circle and the subsequent creation and dissemination of educational resources informed by these discussions.

The Intergenerational Healing and Reconciliation Education Series aims to create lasting impacts by enhancing community understanding of Indigenous experiences, supporting the mental and emotional well-being of Indigenous youth through empowerment, and fostering actionable steps towards reconciliation in various societal sectors. By involving Indigenous youth directly in the creation of educational content, the project not only validates their experiences but also ensures that the resultant resources are deeply reflective of their truths and needs.

PROJECT OBJECTIVES

- ✓ **Promote Dialogue about colonization and healing**
- ✓ **Raise awareness about the historical and ongoing impacts of colonialism on Indigenous communities**
- ✓ **Empower Indigenous youth by providing them with platforms to share their stories**
- ✓ **Foster reconciliatory relationships**

Truth and Reconciliation Day, observed annually on September 30th, was established to honor the children who never returned home and Survivors of residential schools, as well as their families and communities. The creation of this federal statutory holiday was one of the 94 Calls to Action by the Truth and Reconciliation Commission of Canada. It's a day dedicated to reflecting on the tragic history and ongoing legacy of residential schools, and it is part of Canada's broader efforts to commit to the process of reconciliation with Indigenous peoples.

SUPPORTING INDIGENOUS-SETTLER EDUCATION AND HEALING

SESSION 2023 OVERVIEW

TALKING TO KIDS ABOUT RECONCILIATION



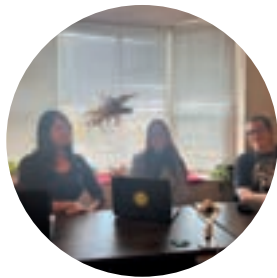
September 26, 2023

Designed for parents, teachers, and early childhood educators, this session provided participants with the necessary tools and knowledge to engage in meaningful conversations about reconciliation and Indigenous peoples with children. Facilitated by Nicole Ineese-Nash and Ji Eun Park, the workshop focused on delivering practical strategies for discussing these significant topics in an accessible manner.

REGISTRANTS

49

RECONCILI-ACTION IN PRACTICE: SUPPORTING INDIGENOUS CHILDREN AND YOUTH



September 27, 2023

Facilitated by Kaitlyn Wilcox, Nicole Ineese-Nash, and Nyle Johnston, this workshop was pivotal in teaching participants about culturally safe practices and the integration of traditional Indigenous perspectives into professional environments. The workshop aimed to enhance the cultural competency of professionals working with Indigenous children and youth.

REGISTRANTS

55

HAVE AN ORANGE HEART: A CHILDREN'S WORKSHOP ON RECONCILIATION



September 28, 2023

This community-oriented workshop aimed to educate young minds about Orange Shirt Day and the broader context of reconciliation through Indigenous storytelling and interactive activities. The event provided a family-friendly setting where children could learn about the significance of reconciliation in an engaging and supportive environment.

REGISTRANTS

15



BRIDGING THE GAP

SYSTEMS INNOVATION PROJECT

ABOUT

Bridging the Gap is a pivotal five-year collaborative research study initiated in 2023, with the partnership of Bereaved Families Ontario and funded by the Ontario Trillium Foundation Systems Innovation Project. This initiative aims to deeply understand and subsequently strengthen the mental health support systems available to Indigenous youth within the Greater Toronto Area (GTA).

Throughout 2023, the project laid the foundational work necessary for a comprehensive exploration of the mental health landscape as it pertains to Indigenous youth. The project's initial phase focused on designing the research methodology and preparing for extensive data collection through storytelling interviews and institutional ethnography. The goal is to perform journey mapping to trace the experiences of Indigenous youth within the mental health system, assessing both kinship networks and institutional support mechanisms.

PROJECT OBJECTIVES

- **Understand Indigenous Youth Experiences:** Conduct in-depth storytelling interviews to map the personal journeys of Indigenous youth through the mental health system, identifying key touchpoints, challenges, and moments of support.
- **Analyze Institutional Impact:** Investigate how mental health institutions currently serve Indigenous youth, spotlighting both the positive influences and areas where needs are unmet.
- **Develop Recommendations:** Based on the collected data, identify strengths and weaknesses within the existing system and propose targeted strategies for improvement to better serve the Indigenous youth population.

In 2024, the project will move into its main phase of data collection. This will involve engaging directly with Indigenous youth in the GTA to capture their stories and experiences. The ultimate aim of "Bridging the Gap" is to create a more responsive, inclusive, and effective mental health system for Indigenous youth.

Indigenous youth face significantly higher rates of mental health challenges compared to their non-Indigenous counterparts. Studies show that Indigenous youth under the age of 25 are up to six times more likely to die by suicide than non-Indigenous youth. This stark disparity underscores the urgent need for culturally appropriate and accessible mental health services that are informed by and adapted to the unique needs and circumstances of Indigenous communities. "Bridging the Gap" aims to address these critical issues by tailoring mental health systems to better support Indigenous youth in the GTA.

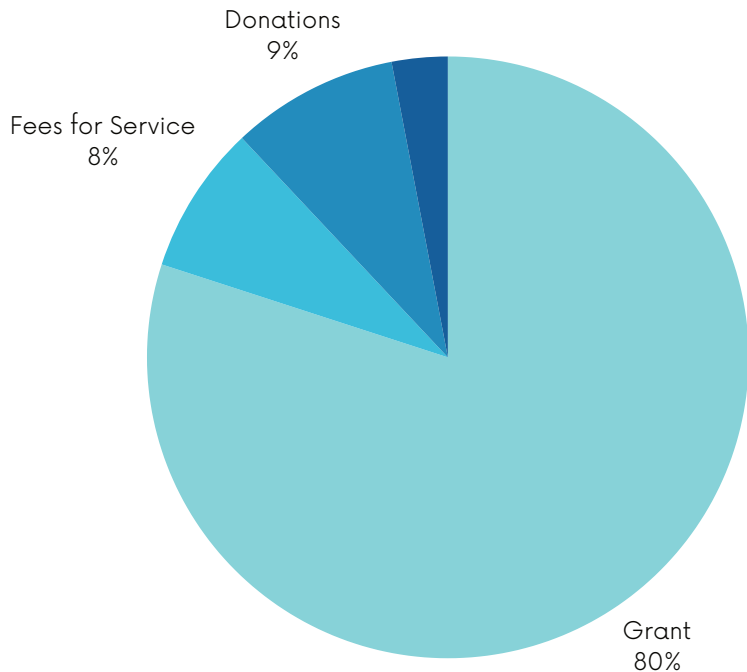
FINANCIAL REPORT

FINANCIAL POSITION

RECORD OF TRANSACTIONS

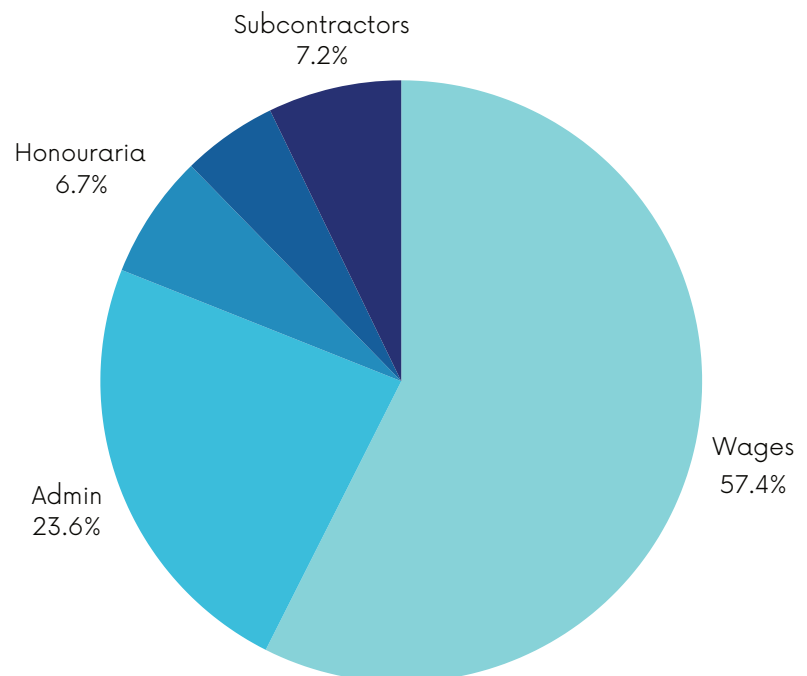
Categories	Expenses	Income	Totals
Wages	171641	0	-171641
Administrative	71166.09	10516.73	-60649.36
Honouraria	19935	64.16	-19870.84
Supplies	14306.17	0	-14306.17
Store	7477.92	7342.46	-135.46
Grant	0	186897	186897
Donations	0	21330.46	21330.46
Fees for Service/Earned Income	0	6316.59	6316.59
Subcontractor	21310	0	-21310
Total	305836.18	232467.4	-24,044.61

FINANCIAL POSITION



INCOME CATEGORIES

EXPENSE CATEGORIES



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Finding Our Power Together

Balance Sheet

As of December 31, 2023

	TOTAL
Assets	
Current Assets	
Cash and Cash Equivalent	
1020 BUSINESS DEPOSIT ACCOUNT CAD (7416)	-5,198.71
Shopify Store	2,889.26
Total Cash and Cash Equivalent	\$ -2,309.45
Accounts Receivable (A/R)	
Accounts Receivable (A/R)	1,000.00
Total Accounts Receivable (A/R)	\$1,000.00
Uncategorized Asset	13,812.54
Total Current Assets	\$12,503.09
Total Assets	\$12,503.09
Liabilities and Equity	
Liabilities	
Current Liabilities	
Accounts Payable (A/P)	
2000 Accounts Payable (A/P)	2,200.00
2700 Deferred income	50,000.00
Total Accounts Payable (A/P)	\$52,200.00
2350 2022 Payroll Arrears	14,510.77
2355 2023 Payroll Arrears	6,427.99
2400 Payroll Liabilities	-1,294.95
2405 Federal Taxes	79,587.95
2407 Vacation Pay	72.80
Total 2400 Payroll Liabilities	78,365.80
2500 Direct Deposit Payable	0.00
GST/HST Payable	-321.75
Total Current Liabilities	\$151,182.81
Total Liabilities	\$151,182.81
Equity	
Opening Balance Equity	0.00
Retained Earnings	-57,318.52
Profit for the year	-81,361.20
Total Equity	\$ -138,679.72
Total Liabilities and Equity	\$12,503.09

Finding Our Power Together

Profit and Loss

January - December 2023

	TOTAL
INCOME	
4000 Subsidies & grants	102,734.00
4001 Sales	11,015.07
4005 Donations	20,842.32
4010 Grant - Federal Government	10,000.00
4011 Grant - Municipal & Regional	5,000.00
4012 Refunds-Allowances	9,001.44
Uncategorized Income	400.24
Total Income	\$158,993.07
COST OF GOODS SOLD	
Supplies and materials - COS	64.16
Total Cost of Goods Sold	\$64.16
GROSS PROFIT	\$158,928.91
EXPENSES	
6600 Travel	800.00
6605 Gas Expenses	650.00
Total 6600 Travel	1,450.00
7700 Bank charges	783.41
8000 Utilities	3,543.00
8100 Rent or lease payments	26,930.00
8450 Materials & supplies	10,494.11
8500 General technology expenses	4,303.20
8600 Office Supplies & Postage	1,955.00
Supplies	2,892.66
Total 8600 Office Supplies & Postage	4,847.66
8605 Store expense	4,508.93
8705 Insurance - Liability	2,877.95
9700 Payroll Expenses	
9705 Wages	136,701.53
9710 Taxes	9,993.10
Total 9700 Payroll Expenses	146,694.63
9800 Wages & Payroll Expenses	11,643.83
9900 Subcontractors	10,720.27
Fees for services	-600.00
Taxes and Licenses	26.00
Total Expenses	\$228,222.99
OTHER INCOME	
Other Ordinary Income	3,500.00
Total Other Income	\$3,500.00
OTHER EXPENSES	
Penalties and settlements	20,938.76
Total Other Expenses	\$20,938.76
PROFIT	\$ -86,732.84

GRANTS RECEIVED IN 2023

GRANT NAME	FUNDER	AMOUNT
The Patricia Jensen Foundation	Toronto Foundation	3,250
Small Project Stream	CRE	15,000
Indigenous Artists in Communities and Schools Projects	Ontario Arts Council	15,000
McConnell Foundation	McConnell Foundation	50,000
Telus Friendly Futures Foundation	Telus	20,000
New Horizons for Seniors Program	Government of Canada	22,134
Indigenous Youth & Community Futures Fund	Laidlaw Foundation	30,000
Johansen Larsen Foundation	Johansen Larsen Foundation	10,000
Youth Empowerment Stream	CRE	5000
Summer Experience Program	Ministry of Tourism, Culture and Sport	3812
Commemorating the National Day for Truth and Reconciliation	Government of Canada - Celebration and Commemoration Program	10,000
Ontario Trillium Foundation	OTF	\$120,013.70 for the year

\$304,209.70

MIIGWETCH

FOPT WISHES TO ACKNOWLEDGE

FUNDERS

Toronto Foundation
Canadian Roots Exchange
Ontario Arts Council
McConnell Foundation
Telus
Government of Canada
Laidlaw Foundation
Johansen Larsen Foundation
CRE
Ministry of Tourism Culture and Sport
Government of Canada
Ontario Trillium Foundation

PARTNERS

Bawaadan Collective
Toronto Metropolitan University
Center for Grief and Healing
JaneApp

DONORS

Kristle Calisto-Tavares
Jaime Klein
Toronto Foundation
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Donna Castledine
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Ashley Sen
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Abigail Morris
Rose Goulais
Chris Holman
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Marni Binder
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Jasmine Wong
Leora Schaefer
JamieLee Reardon
Elizabeth Lecky
Lorraine Chung
Lisa Angeli
Joy Wilson
Lauri Esteves
Emily Jones
Maeve Williams
Jackie Nguyen
Elyse Wilson
Toronto Metropolitan University
Rachel Berman
Elizabeth Morin
Jane Cervi
Donna Devlin
Ellen Flanders
Reagan Kennedy
Hopi Martin
Leah Espineda
Rose Goulais

CONCLUSION AND NEXT STEPS

As we reflect on the journey of Finding Our Power Together in 2023, we are filled with gratitude for the progress we have made and the impact we have achieved. Our programs and initiatives have not only continued to support the well-being and empowerment of Indigenous children, youth, and communities but have also deepened our collective understanding and appreciation of Indigenous cultures and traditions.

This year has been a remarkable period of growth, learning, and connection. Through our diverse range of programs, from mentorship and leadership circles to cultural teachings and storytelling through film, we have fostered environments where Indigenous voices are heard and valued. The success of our initiatives is a testament to the strength and resilience of our communities and the power of collaborative efforts in driving meaningful change.

Our financial and operational stability, bolstered by the generous support of our funders and partners, has allowed us to expand our reach and enhance our offerings. The stories of transformation and connection that emerge from our programs inspire us to continue our work, emphasizing the importance of nurturing spaces where Indigenous youth and communities can thrive. Looking ahead to 2024, we are excited to build on the strong foundation we have established. Our focus will be on:

- **Expanding Program Reach:** We aim to extend the reach of our existing programs, exploring new communities and regions where our services can make a difference. This includes enhancing our digital platforms to facilitate wider access and participation.
- **Developing New Initiatives:** Based on the feedback and evolving needs of our communities, we will develop new initiatives that address emerging challenges and opportunities, ensuring that our programs remain relevant and impactful.
- **Strengthening Partnerships:** Collaborative efforts will continue to be a priority. We will seek to strengthen existing partnerships and establish new ones, enhancing our capacity to deliver comprehensive and effective support.
- **Enhancing Organizational Capacity:** To support our growth and ensure sustainability, we will focus on building our organizational capacity, including staff development, infrastructure improvement, and financial management.
- **Engaging in Continuous Learning and Evaluation:** We commit to ongoing learning and evaluation to understand the impact of our work better and to inform continuous improvement in our programs and strategies.

As we move forward, we remain committed to our mission of empowering Indigenous youth and communities, honoring our traditions, and fostering a future where every individual has the opportunity to thrive. Together, with our partners, supporters, and the communities we serve, we look forward to a year of continued growth, impact, and shared success.

We welcome you to join this journey with us,

Miiigwetch



2023

FINDING OUR POWER TOGETHER

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**SUPPORTING INDIGENOUS YOUTH TO
THRIVE**