



FUTURE HOPE

building productive lives away from prison

Summer/Fall Newsletter

October 2023

Message from Kim, Next Step Coordinator



Summer was such a gift and we have enjoyed it very much. The warm sun, slight breeze, occasional rain and longer days of sunlight have been a joy. We have spent a lot of time together in group, at Quixote House and in activities enjoying some outdoor time together.

Our Next Step group continues to meet weekly in person, and we have a wonderful time at group. We continue to be thankful for our 6 volunteers (Father John, Scott, Lenny, Joel, Rosalinda and Crystal) who attend weekly to provide care and a listening ear to the men in our group. The volunteers assist with computer training, resume prep, Monday night group in Stony Mountain and visits both in and outside of Stony Mountain.

We are currently meeting 1 on 1 with many men who live in mostly the minimum but also a few in the medium and who look forward to joining our Next Step group. Building relationships is the foundation of our work and most of that begins with visits.

Quixote House continues to be a place of joy and kindness and a safe and sober space for men to live. Quixote House is full, and we have another home in St. Boniface that is also full. Quixote House on Furby and on Aulneau continue to be wonderful homes of stability and warmth. Scott the manager there is a gifted and kind peer support and provides and fosters social care and connection. Friday Community night with pizza is always a fun time where we welcome current and former members of Future Hope to mingle and visit. Our Friday nights continue to grow with more and more people stopping by. We try to incorporate some fun

It continues to be an honour that the group has a trust that we all share each week when we get together. We have had wonderful topics and presentations on gratitude, conflict, agape table, some life stories, and some getting to know you nights. We have made some community connections with Thrive and Acorn Family Centre who come and present on occasion. We welcomed board member Louis and friend Sister Peter to share about their lives which the men appreciated. Some of the men live at the two Quixote Houses and Massie Apartments and others are in other halfway houses in the city. It is a wonderful community to be a part of.

A wonderful joy each week is going out to Stony Mountain to visit and meet with the men who will be joining our community in the future. We have begun a Monday night Next Step group inside the institution where we see a lot of interest and participation.

times into our days, and we have enjoyed a Goldeyes game, pool parties, Fort Whyte, canoeing, and a great fundraiser of bowling hosted by volunteer Crystal.

It continues to be an honour and a privilege to walk with people on their journey into reintegration into community. Family, work, finances, enneagram, relationships, friendship, school, and general supports is where you can find us in people's lives.

We have some very generous donors who bless us with their contributions. We have several parishes and communities who assist us and many who have been with us for many years. Thank you for your trust in what we do. Thank you to St. John Cantius Parish, Holy Rosary Parish, St. Saviour's parish, and the St. Mary's Academy Mission Club.

Summer/Fall 2023

A Future Hope Biography



Quan

I was born in Portage La Prairie, but I grew up all over the place. I was a part of Child and Family Services I think from when I was about 2 or 3 years old. We were determined kids and I was always with one of my sisters so every time we would run away and go back to my mom. I did live in a lot of foster homes and most of them were good. There was one time though I do remember being treated badly. School, I remember enjoying for the most part. I did go to a lot of different schools because of living in so many places. I really liked this one school in St. Vital but we got kicked out of the house we were living at so I couldn't go to that school anymore. So

heard a lot about prison and the awful things that can happen but it's the things people do when they get there that causes the problems. I minded my own business. I stayed away from gangs, and politics and debt. This last time I was in prison my mom has passed away and she was my biggest support, and she had a lot of hope for me. I loved her so much and loved spending time with her. She gave me food. She helped me out and I helped her out. I have no plans to ever return to prison. Meeting the people of Future Hope and Next step and the guys at Quixote House have made a major impact for me. Next Step is such a great support. Helping each other and the activities we do. At first, I was anxious about attending and wondered what I would talk about. But after a while I got used to it. It is good to talk and share and it takes away the anxiety.

I am fortunate to live at Quixote House with a

sometimes we lived with my mom and sometimes not, but we always wanted to be with my mom. I finished grade 6 or 7 I think but then I dropped out. I do remember geography being something I liked. I have recently signed up to take my GED to complete my education and I am proud and excited to do that.

I began getting into trouble around 2015 when I started hanging out with some friends and drinking. Over time the drinking continued, and I got into drugs and it led to me committing a number of armed robberies which led me to prison twice. Drinking, drugs, wanting money and poor decisions led me to prison not once but then twice.

When I first was taken into custody it felt awful. I was sitting in cell and worried about what was to become of me. I had

great group of guys. There is a lot of support here and no one bothers me. I have privacy, the food is good, and my housemates are great. It is quiet and can be peaceful. I am getting to know the guys better, and I enjoy watching sports together.

As for drinking and drugs, now I don't care for it. I don't need it. Sometimes I feel like I could use again but I don't want to go back to Stony Mountain. My mom did not want me to be in jail anymore and I want to honour my mom.

As for my future, I will be returning to school. I hope to get my driver's license and I love to attend pow wows and sun dances. I like spending time in the community. I look forward to what life brings.

Sincerely,
Quan

Community Building Events

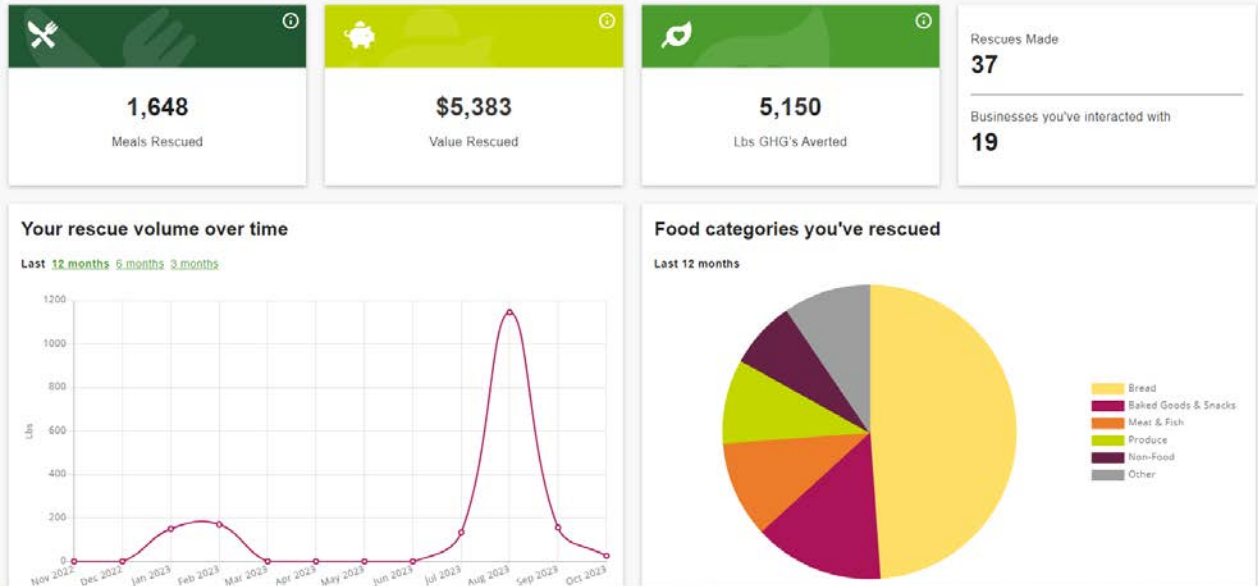


Our first "Pins and Pizza" fundraiser at Westwood Lanes in support of Next Step, a community of support for men transitioning into the community from incarceration. A rebuilding of lives and an opportunity to live a different way. An amazing \$1,765 was raised which will be used for our group activities that mean so much to our guys and volunteers. A huge thank you to all who came out to the event! It was so much fun and went so fast that we will need to do it again! 😊 Also a big thanks to everyone else who sent support dollars our way, we will put these funds to great use! Finally, if you haven't already, please follow

us here and on Instagram for more news and stories about the great things we and our guys are doing!

Second Harvest Rescues

Here are your key statistics for the last 12 months:



A Message From The Board

On behalf of all of us at Future Hope, we remember the great contribution that our Chair of the Fund-Development Committee and good friend, Heather Grant-Jury, brought to our organization. Heather was a lifelong Winnipegger who contributed countless hours giving back to the community she called home. Heather's deep sense of community made a difference through fundraising and volunteering initiatives with Future Hope for many years. Her passion for helping people and giving hope to those who need it led her to join Future Hope; her tenacity and dedication to our Mission were qualities that led to the direct improvement of our participants and other volunteers.

We shall always remember her kind efforts, powerful spirit, and courage to act for the betterment of all persons.



Thank you to our donors ... It is because of you that men can **Stand Tall Again** after incarceration. On behalf of the Future Hope Team, we are sincerely grateful for your ongoing support! There is no way we could manage this alone, so from our hearts to yours please receive a big bouquet of

gratitude.

A special thanks goes to the Sisters of the Holy Names of Jesus and Mary, without whom our day-to-day operations could not continue. This community of women religious arrived in Manitoba in 1874, inspired by the Blessed Marie-Rose Durocher, and centered on education, the promotion of justice and the full development of the human person. Through their generosity, we continue the Next Step Program both in and outside of the prison-system and start the process of individual healing.

A reminder: *Anyone in need of a tax receipt for your gifts, be they in-kind or monetary, can contact us at any time!* We use the ZEFFY system to generate tax receipts and donations, and have learned (over the last year) that it requires a working e-mail address of the recipient to automatically send them out. If you have no e-mail address, made a change to your e-mail address, or would like a manually-processed tax receipt, we can certainly accommodate that at any time!

