

# Healthy Living Community Update



## Healthy Together Now 2025–2026 *Placemaking: Creating Places and Spaces to Connect*



Healthy Living is pleased to offer a grant focused on 'Placemaking: Creating Places and Spaces to Connect', for up to \$2000 in Southern Health–Santé Sud Communities.

**Goal:** The goal of Placemaking is to create long-lasting “social habitats” where people can connect, participate and thrive. This movement empowers community members to connect with each other while improving the function of their physical space to be the “heart” of the community.

### **Importance of Placemaking:**

Placemaking is a community movement to create public spaces that people feel connected to. Communities are encouraged to create/use an existing space that is active, engaging, and accessible to all community members. We support the movement to transform public spaces through art, nature, physical activity, and most importantly, social connection.

**Application deadline is December 2, 2024**

For a copy of the Grant Package please reach out to your local Healthy Living Facilitator.



Placemaking Toolkit –  
Project for Public  
Spaces

Indigenous Placemaking  
– Indigenous TMU



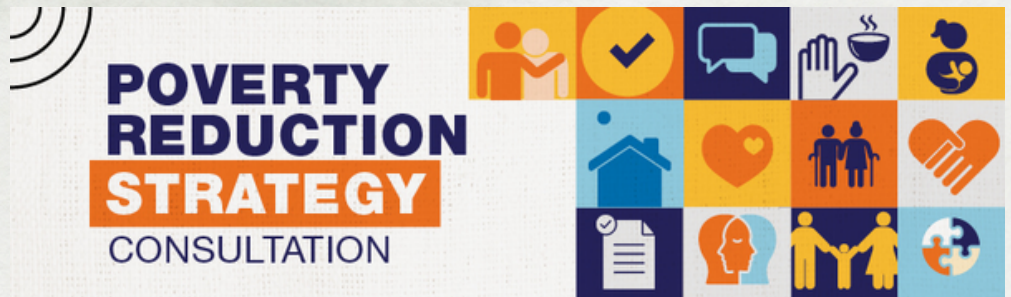
# Engage MB: Poverty Reduction Strategy Consultation

The Government of Manitoba is collecting feedback for a meaningful poverty reduction strategy. It is devoted to addressing the needs of groups who are highly dependent on the care of their families, communities or service providers to live a good quality of life. These groups are Manitoba's most vulnerable – and those in greatest need of support.

Please share your thoughts. The survey is anonymous and confidential. The survey will take about 10 to 15 minutes to complete.

Please respond no later than **November 15, 2024**.

[Click to access the survey!](#)



## Benefits of Being Grateful

- Boosts our immune system – helps you live longer
- Helps build healthy and harmonious relationships
- Better coping skills during hardships and times of stress
- For youth: enhances ability to cope with school pressures
- For older adults: promotes better sleep and lessens the feelings of sadness

Big or small...notice things to be grateful for in your day.

Write down three good things that have happened in your day.

Practice kindness - help out a friend or neighbour.

Express gratitude - remember to say thank you.

Create a gratitude poster with your family or group you belong to.

Use humour, laugh often and don't take yourself too seriously.

wellbeing

Adapted from  
[www.wellbeingguide.ca](http://www.wellbeingguide.ca)



Winnipeg Regional Health Authority · Office régional de la santé de Winnipeg




 Questions? Contact your Healthy Living Facilitator







## Recordings Available on NCTR You Tube Channel


In celebration of Truth and Reconciliation Week 2024 the National Centre for Truth and Reconciliation (NCTR) hosted five Lunch and Learn webinars. If you were unable to join live you can catch all of the webinars on the NCTR You Tube channel, please see links below:

Day 1 - [Health Related Impacts of the Residential School System](#) 

Day 2 - [Allyship and Confronting Unconscious Bias](#) 

Day 3 - [Addressing the Impacts of Indigenous Identity Fraud](#) 

Day 4 - [A Community Perspective of United Nations Declaration of the Rights of Indigenous Peoples](#) 

Day 5 - [How do we Address the Barriers to Reconciliation?](#) 

In honour of the National Day for Truth and Reconciliation a number of organizations worked together to host a 90-minute commemorative gathering entitled [‘Remembering the Children: National Day for Truth and Reconciliation’](#).







Women's Health Clinic

## Provincial Eating Disorder Prevention & Recovery Program

# Fall 2024 Workshops

Workshops are free and open to people of all genders aged 16 and up. We welcome clients, community members, families, and service providers. You do not need to have an eating disorder to attend, only a desire to have a more balanced and peaceful relationship with food and your body.

To register, please email [edprogram@womenshealthclinic.org](mailto:edprogram@womenshealthclinic.org) with your name, number, and workshop titles you are registering for. You can also call (204) 947-2422 ext. 137 for more information

NOV 12 | 6PM - 8PM

### Transforming Body Image

Learn about the factors that affect body image and discover practical ways to help you feel better about the body you have.

WHERE

Virtual – MS Teams

FACILITATOR(S)

Julia Klassen



DEC 5 | 6PM - 8PM

### Coping with the Holidays (2SLGBTQIA+)

The holidays can be a time of stress for many reasons--especially for those in the 2SLGBTQIA+ community. This workshop explores holiday season coping strategies, community, connection, and care through a queer/trans lens.

WHERE

Virtual – MS Teams

FACILITATOR(S)

Jay Cormack

