



Guide to Indigenous Student Centre Resources

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Success

This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:
healthyu@umanitoba.ca



Indigenous Student Centre Resources and Wellness

Information on This Guide

Throughout this guide, you will find resources that are available to UM Indigenous (First Nations, Métis, Inuit) students.

This guide includes academic, cultural, personal, financial support and additional resources that may be of help to you in your student journey and was compiled in collaboration with the Indigenous Student Centre.

Your Wellness Matters

Regardless of your area or year of study, all students are welcome and encouraged to access UM health and wellness resources. These resources are designed on the basis that your wellness matters. If you feel you may benefit from support, please do not hesitate to reach out to any of the resources listed below.

Indigenous Student Centre (ISC)

Taanshi, Boozhoo, Hello! The Indigenous Student Centre welcomes and supports Indigenous students and offers programming for students at any level of study such as first-year transition, financial wellness, and graduate student support. We also provide opportunities for students, staff and the wider community to learn about Indigenous culture and traditional knowledge.

<https://umanitoba.ca/indigenous/student-experience>

This package was created by Healthy U: Peer Health & Wellness at the University of Manitoba in collaboration with the Indigenous Student Centre.

Student Support at Migizii Agamik – Bald Eagle Lodge

To connect with with any of the Indigenous Student Centre staff or resources located at Migizii Agamik, contact isc@umanitoba.ca or 204-474-8850 or come by Migizii Agamik in person. We are located at 114 Sidney Smith St. on UM's Fort Garry campus. For the Access & Aboriginal Focus programs, please contact accessafp@umanitoba.ca or 204-474-8000.

Indigenous Student Centre Advisors ISC Student Advisors offer holistic and culturally grounded advising services for Indigenous students by answering course planning or registration questions, creating an academic plan, clarifying university policies, and providing referrals. Each advisor facilitates a program, including new student, continuing student, cultural, financial, wellness and advising enhancement programming. Contact the Indigenous Student Centre to book an appointment. <https://umanitoba.ca/indigenous/student-experience/indigenous-student-advising>

Student Counselling

Contact ISC to book an appointment with student counsellor, Karla Penner, at Migizii Agamik on Thursdays and Fridays.

Tutoring Book an appointment with a tutor from the Academic Learning Centre. Migizii Agamik houses the only free content tutoring program at the Fort Garry Campus (virtual or online). You can also book an appointment with an Academic Learning Specialist here who provides tutoring specific to academic writing and study skills. Contact ISC to book an appointment with the learning specialist. [https://umanitoba.ca/student-supports/academic\[1\]supports/academic-learning](https://umanitoba.ca/student-supports/academic[1]supports/academic-learning).

Reading and Learning Coach

Valdine Bjornson supports Indigenous students with textbook readings, assignments, and test preparation. She is also a Reading Specialist. Contact ISC to book an appointment or email valdine.bjornson@umanitoba.ca.

Liaison Librarian

Lyle Ford is the Indigenous Liaison Librarian supports students with research and library questions. Email Lyle.Ford@umanitoba.ca to book an appointment.

University Health Services (UHS)

Dr. Lori Ann Loch from UHS will be at Migizii Agamik every month to answer questions and get to know the Indigenous student and staff community. Contact ISC to find out when she will be onsite.

Career Services

Jordan Robinson, Indigenous Career Consultant, can help you choose courses and programs that will lead you to a fulfilling career. Contact ISC or email Jordan.Robinson@umanitoba.ca to book an appointment with Jordan at Migizii Agamik or at the Career Services office.

Student Advocacy

Student Advocates will be onsite or available for virtual appointments on a bi-weekly basis during the academic year basis to meet with students about any academic concerns, appeals or disciplinary processes. Contact ISC to find out when they will be onsite.

<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>

Events Calendar

The events calendar outlines Indigenous cultural activities and programs throughout the year, including Sharing Circles for Students, Sharing Circles for Community, Fireside Chats, Zongigabowen Men's Group, Full Moon Ceremony, Tea with Auntie, a Drumming Group, Kookum in the Kitchen, Sweat Lodge Ceremonies and more.

<https://eventscalendar.umanitoba.ca/site/indigenous>

Student Groups

There are several groups for students that have been created by, and for, Indigenous students.

<https://umanitoba.ca/indigenous/student-experience#get-involved>

Cultural Supports

Indigenous Student Centre Elders and Grandmother-in-Residence

The ISC Elders and Grandmother-in-Residence provide cultural and spiritual guidance to students and employees of the University of Manitoba. They can be invited for cultural teaching sessions, leading ceremonies, or being part of events at the Fort Garry campus (primarily). We are honoured to work with:

- Elder Carl Stone
- Elder Norman Meade
- Grandmother Karen Courchene

To book an appointment with an ISC Elder/Grandmother, please contact isc@umanitoba.ca. They will also be at the Spiritual Care and Multi-Faith Centre in 528 UMSU University Centre on Wednesday mornings from 9:00-11:30a.m. every two weeks beginning September 24th.

For other Elders and Knowledge Keepers on campus visit:

<https://umanitoba.ca/indigenous/culture-and-protocol/elder-profiles>.
Please contact their units for any engagement questions.



Migizii Agamik – Bald Eagle Lodge

Community Building at UM

Neechiwaken Indigenous Peer Mentor Program

The Neechiwaken Indigenous Peer Mentor Program matches Qualico Bridge to Success students with experienced Indigenous students, known as Lead Neechiwaken (mentors) who provide academic and social support and ongoing advice. <https://umanitoba.ca/indigenous/student-experience/neechiwaken-indigenous-peer-mentor-program>

Bison Spirit Indigenous Leadership Program

Bison Spirit is a co-curricular leadership development program specifically designed for new Indigenous UM students who have completed less than 30 credit hours of coursework. This program provides a supportive, culturally enriching, and identity affirming space where Indigenous students can explore and develop their leadership potential while excelling academically.

<https://umanitoba.ca/indigenous/student-experience/bison-spirit>

Indigenous Circle of Empowerment

This program is a student leadership development program rooted in culture and focused on self-development and community engagement. This program helps Indigenous students develop leadership skills, connect with their culture, expand their network, and provide volunteering opportunities.

<https://umanitoba.ca/indigenous/student-experience/indigenous-circle-empowerment-ice>

University of Manitoba Indigenous Birding Club

Building a vibrant community of UM students, staff and faculty who love birds, connecting with nature, and honouring Indigenous Knowledge. Come birding with us!

<https://www.umindigenousofmanitobabirdingclub.com/>

Annual Traditional Graduation Pow Wow

All Canadian Indigenous graduates (First Nations, Métis, Inuit) are encouraged to participate in the Annual Traditional Grad Pow Wow so we can honour you for successfully completing your post-secondary program.

<https://umanitoba.ca/indigenous/student-experience/annual-traditional-graduation-pow-wow>

Financial Supports and Recruitment

EmpoweringU Financial Wellness Program

EmpoweringU recognizes that students pay for university in a combination of ways: savings, scholarships, wages, and loans. The website outlines several resources and information on financial wellness.

<https://umanitoba.ca/indigenous/student-experience/empoweringu>

Scholarships and Bursaries

Prospective UM students can connect with Indigenous Student Recruitment + Community Relations for assistance with Indigenous-specific funding options. Once a student is admitted to the UM, they can then connect with the Indigenous Student Centre for assistance with their funding.

<https://umanitoba.ca/financial-aid-and-awards/indigenous>

Indigenous Student Recruitment + Community Relations

The Indigenous Student Recruitment + Community Relations team is available to help folks with their applications to the UM - whether you are applying directly from high school, are coming from an adult learning centre or are a mature learner.

The ISRCR team works with all Indigenous students who self-identify as First Nations, Métis, Inuit.

- Find the university program that is right for Indigenous students
- Explore the university's Indigenous programs and resources
- Complete the student application process, including help with documents, online application forms and processes
- Find financial aid and awards
- Connect with the Indigenous campus community
- Attend a one-on-one campus tour/advising session

<https://umanitoba.ca/admissions/indigenous-student-admissions>

Programs Dedicated to Indigenous Student Success

There are several programs dedicated to Indigenous student success. Please visit the following website for program-specific supports:

<https://umanitoba.ca/admissions/indigenous-student-admissions#programs-to-help-you-succeed>

Qualico Bridge to Success (QBTS)

The QBTS program is to facilitate the transition of new Indigenous (First Nations, Métis, Inuit) students into post-secondary education at the University of Manitoba by offering pre-orientation activities, academic learning support, advising, peer mentoring and special events that will enhance the first-year experience. Any student who applies to the QBTS program is considered a QBTS student. A QBTS student who completes three or more activities between August to April will be considered as completing the program successfully. Being a successful QBTS student at the end of the academic year will qualify students for one of four \$1000 tuition prize draws. Activities are listed on the QBTS website.

<https://umanitoba.ca/community/indigenous-community/qualico-bridge-to-success>

Blankstein Momentum Program (Momentum)

The Momentum program is for returning Indigenous students. The program is designed to provide you with access to supports that contribute to your post-secondary persistence, overall well-being and personal success. Resources include advisors, tutors, workshops, group activities, and spiritual care. Requirements for the program are on the website.

<https://umanitoba.ca/indigenous/blankstein-momentum>

Indigenous Graduate Student Support

Tiana Bone is the Indigenous Graduate Student Success Coordinator who works with new, current and potential graduate students to assist them in navigating all systems (academic, financial, research, etc.) so that they can achieve optimal success in their graduate program. Tiana identifies common needs/interests of students and co-coordinate workshops and information sessions such as writing and research techniques, navigating institutional systems, etc. To book an appointment, email Tiana.Bone@umanitoba.ca

For other Indigenous programs on campus, visit:

<https://umanitoba.ca/admissions/indigenous-student-admissions>



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