



Guide to Indigenous Student Centre Resources

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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 consultation 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)

The Indigenous Student Centre welcomes and supports Indigenous students and offers programming for students at any level of study such as Indigenous leadership development and financial wellness. They also provide opportunities for students, staff and the wider community to learn about First Nations, Inuit and Métis culture.

Migizii Agamik - Bald Eagle Lodge

isc@umanitoba.ca

204-474-8850

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

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

Student Support at Migizii Agamik – Bald Eagle Lodge

To book an appointment with any of the Indigenous Student Centre staff or resources located at Migizii Agamik, contact our office at 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 planning or registration questions, creating an academic plan, clarifying university policies, and providing referrals. Each advisor facilitates a program, including new student, continuing student and graduate student programming as well as leadership development and financial wellness programming.

Student Counselling

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



Migizii Agamik

Tutoring

Make an appointment with a tutor from the Academic Learning Centre. Antoanela Denchuk provides free tutoring in academic writing and study skills. Contact ISC to book an appointment.

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

Reading Specialist

Valdine Bjornson supports students with textbook readings and test preparation. Contact ISC to book an appointment or email valdine.bjornson@umanitoba.ca.

Liaison Librarian

Caroline Chatman, the Indigenous Liaison Librarian supports students with research and library questions. Email caroline.chatman@umanitoba.ca to book an appointment.

Student Advocacy

Student Advocacy helps you navigate university processes related to your academic career. Contact ISC to book an appointment with Student Advocacy.

Career Services

A Career Consultant can help you choose courses and programs that will lead you to a fulfilling career. Contact ISC to book an appointment with Career Services.

Events Calendar

The events calendar outlines Indigenous cultural activities and programs throughout the year

- Fireside chats: Talks on Indigenous Knowledges (every second Tuesday)
- ISC Elders-in-Residence Sharing Circles
- Zongigabowin Indigenous Men's Group
- Full Moon ceremonies
- Pow Wow practice group

<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-in-Residence

ISC Elders-in-Residence provide cultural and spiritual guidance to students and employees of the University of Manitoba. They lead cultural teaching sessions, ceremonies and events on our campuses, and are also available for individual and group sessions by appointment. The following are the Indigenous Student Centre Elders-in-Residence:

- Elder Norman Meade – Indigenous Student Centre – Fort Garry campus
- Elder Wanda Joy Murdock – Indigenous Student Centre – Fort Garry campus
- Elder Carl Stone – Indigenous Student Centre – Fort Garry campus

To book an appointment with an ISC Elder, please contact isc@umanitoba.ca.

For other Elders and Knowledge Keepers on campus visit:

<https://umanitoba.ca/indigenous/culture-and-protocol/elder-profiles>. Please contact their units if you wish to speak with them.



Migizii Agamik

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>

Indigenous Circle of Empowerment (ICE)

ICE 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>

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>

Indigenous Graduation Stoles

Stoles are presented at the Annual Traditional Pow Wow to Indigenous students who self-identify as First Nations, Métis or Inuit. Students are encouraged to wear their stoles at their UM convocation.

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

Financial Supports and Recruitment

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>

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>

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

The Office of Vice-President (Indigenous) has an Indigenous Student Graduate Student Success Coordinator who offers holistic programming that supports your cultural, academic, personal and professional development throughout your master's-level and doctoral studies. Programming is open to all graduate students who identify as First Nations, Métis, Inuit or Native American. Contact ISC to book an appointment with the coordinator.

For other Indigenous programs on campus, visit:

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



Migizii Agamik on the Fort Garry Campus

Additional UM Resources

Academic Learning Centre (ALC)

ALC offers academic resources for graduate and undergraduate, full and part-time students at UM.

201 Tier

204-480-1481

academic_learning@umanitoba.ca

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

Career Services

Career support for undergraduate and graduate students with their career planning and job search, offering a wide range of help throughout a student's career journey. They also support recent alumni in their job search, and help employers with their recruitment needs.

474 UMSU University Centre

204-474-9456

cs.receptionist@umanitoba.ca

<https://www.umanitoba.ca/career-services/>

University 1 First Year Centre

Academic advisors for all first year students in any faculty.

205 Tier

204-474-6209

FirstYearCentre@umanitoba.ca

<https://umanitoba.ca/university-1>

Student Counselling Centre (SCC)

The SCC provides students with supports for their mental wellness. The offer offers individual counselling, workshops, and groups.

474 UMSU University Centre

204 474-8592

<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>

Health and Wellness

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics.

469 UMSU University Centre (within the SCC)

204-295-9032

healthandwellness@umanitoba.ca

<https://umanitoba.ca/student-supports/health-wellness>

Console

Console is a mental health service available to UM students who have insurance through the university. Console offers 24-hour crisis support, daily journal, wellness assessment quizzes, mental health literacy training, and self-guided therapy. Console also connects students with mental health professional support VIA telephone.

https://studentcare.ca/rte/en/IHaveAPlan_UniversityofManitoba_Console_Console

Spirituality Services

One-on-one emotional and spiritual support. Recognize, affirm and work with your existing values and beliefs.

528 UMSU University Centre

spiritualcare@umanitoba.ca

204-298-2467

<https://umanitoba.ca/student-supports/spiritual-services>

UM Resources

Bannatyne Campus

Ongomiizwin Education, Indigenous Institute for Health and Healing

Ongomiizwin Education provides a space to meet, study, and explore careers and culture to Indigenous students enrolled in health professional programs. Offer a welcoming environment that assists students to meet their academic potential through a variety of culturally relevant programs, resources and supports.

P122 Pathology Building

204-272-3167

ongomiizwin@umanitoba.ca

<https://umanitoba.ca/ongomiizwin/education>

Gekino'amaaged - Indigenous student mentorship program

Provides Indigenous students in the Rady Faculty of Health Sciences with the opportunity to have a role model that learners can turn to for advice and offers a comfortable space to ask questions.

P122 Pathology Building

kimberly.hart@umanitoba.ca