

Mailing Address

Box 736
545 Industrial Drive
Winkler MB, R6W 4A8
204-325-0257

Contact

Krista Rempel
krista@winklercentralstation.ca



Website

www.winklercentralstation.ca

Bringing individuals and families and their supporters together to work through complicated life issues.





OUR VALUES

- **RESPECT** Be respected and be respectful.
- **VOICE** The right to be listened to and truly heard and understood.
- **PURPOSE** Recognition that you are a sacred part of creation and you have a purpose.
- **CHOICE** Directed by YOU - Your voice, your choice.
- **SUPPORT** You have a right to care and support even through complex or multiple needs.
- **COMMUNITY** To be part of or contribute to your community
- **STRENGTH** Using your strengths and your teams strengths to move you forward.



FAQ PARTICIPANTS

Who is this for?

It is for those who are facing complex and difficult life situations. Often with the involvement of multiple agencies.

How will this help me?

Empowerment - you will make the decisions for your future.

- Building relationships - you have the opportunity to connect your family, friends and professional supporters in a unique way.
- Resources - tap into resources you may not know about.
- Someone to walk with you through this challenging period of time.

How long does it take?

This is not a quick fix solution. The process can take anywhere from 4 months to as long as a year or more.

TEAM MEMBERS

What is required of me?

- Attend the support team meetings
 - Offer suggestions and input
 - Help set goals and make plans
 - Stay positive and encouraging

What is the time commitment?

It is up to you how much involvement you are willing to take on. The meetings typically take 1 hour per month.

WHAT IS THE PROGRAM ABOUT?

Building a support team of agencies and natural support who help you create a plan to achieve the goals that matter to you.

WHAT IT IS NOT ABOUT

No blame, no shame.

