



Indigenous Peoples' Centre Staff Happy Spring March 20th

This Issue:

- March calendar
- Upcoming and past events and activities
- Word of the month
- Student supports & resources



IPC Elders/ Knowledge Keepers

KNOWLEDGE KEEPER OFFICE HOURS

JOAN

CHURCHJ@BRANDONU.CA

Mon. 12:00-4:00 pm

Thurs. 9:00am-4:00 pm

Mon. 3:00- 6:00 pm

Tues. & Wed. 11:30 am- 1:00 pm

Thurs. 9:00 am-1:00 pm

Fri. 3:00 -4:30 pm

SUSIE

MCPHERSON-DERENDYS@BRANDONU.CA

Tuesdays 5:00 - 7:30 pm

Wednesdays 12:00 - 2:00 pm

BARB

BLINDBARBARA2@GMAIL.COM

Thurs. 9:00 am- 12:00 pm/ 1-3:00 pm

- Available to meet by request



**Joan C
Metis**

**Susie McP-D
Cree**

**Barb B
Anishinaabe**

Thursday



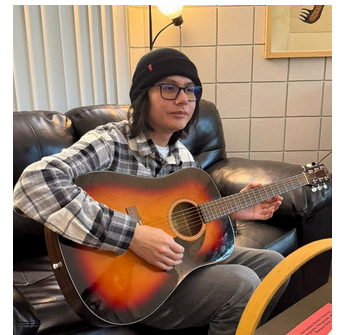


Guitar Club


**THURSDAYS 1-2 PM
IN IPC**

**NEW & EXPERIENCED PLAYERS
WELCOME**

**OPEN TO BU STUDENTS, FACULTY &
STAFF**



Food Resources

 BRANDON FOOD PROGRAMS - Weekly Calendar Updated DEC 2025 <i>Information is subject to change.</i>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH Bear Clan 1:30pm - 3:00pm Downtown Mobile (no set location)	BREAKFAST Women's Resource Centre 9:30am - Noon Women & children only	TO-GO BAGS Women's Resource Centre 9:30am - Noon Women & children only	BREAKFAST Women's Resource Centre 9:30am - Noon Women & children only	TO-GO BAGS Women's Resource Centre 9:30am - Noon Women & children only	BREAKFAST Women's Resource Centre 9:30am - Noon Women & children only	LUNCH 7th Street HAC Sandwiches 11:30am - 1:00pm
LUNCH Love in the City Ministries 1:00-3:00pm	BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants	LUNCH Helping Hands 11:30am - 1:00pm	BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants	LUNCH Helping Hands 11:30am - 1:00pm	BREAKFAST Men's Resource Centre 9:00-10:00 am Program Participants	DINNER Salvation Army Princess Park 4:30pm
LUNCH 7th Street HAC Sandwiches 11:30am - 1:00pm	LUNCH Helping Hands 11:30am-1:00pm	HAMPERS Samaritan House Monthly Hamper (or Weekly Kit for unhousehold population) Register in person only Mon-Fri 10:00am-3:00pm Tues evening 4:00pm-5:30pm	LUNCH Helping Hands 11:30am - 1:00pm	GROCERIES Food Rescue Grocery Store Wed & Thurs 12:00-6:00pm Fri 1:00-6:00pm Sat 10:00-4:00pm Closed Sun-Tues	LUNCH Helping Hands 11:30am - 1pm	OUTDOOR WATER BOTTLE REFILL STATIONS Closed for the season until the Spring
Ask Auntie Coffee Lounge Mon-Fri 9:00 am - 11:00 am 4:30 pm - 7:00 pm Sat-Sun 11:00 am - 7:00 pm	COFFEE 7th St. HAC Tues & Thurs 9:00am - 11:00am BFC Drop-In Mon-Fri 8:30am-4:30pm		HAMPERS St. Augustine's Church Monthly on Wed 1:30pm - 3:00pm Drop in basis. East door. 204-727-4728 Salvation Army Monthly on Wed. Call Tues to book 204-727-4334	LIGHT MEAL Bear Clan - Mobile Thurs. & Fri. 7:00pm - 9:00pm	LIGHT MEAL Bear Clan - Mobile Thurs. & Fri. 7:00pm - 9:00pm	PHONE APPS FOR DISCOUNTED GROCERIES Flashfood (Superstore) Food Hero (Safeway/Sobeys)

Contact Information:

Brandon Bear Clan: 603 Princess Ave 431-720-2327
 Brandon Friendship Centre (BFC): 603 Princess Ave 204-727-1407
 Ask Auntie (new location): 24-6th St 204-901-4049
 Food Rescue Grocery Store: Town Centre parkade 204-727-1696
 Helping Hands Soup Kitchen: 111 7th Street 204-727-4635
 Love in the City Ministries: 302 8th Street 204-717-7744

Samaritan House: 820 Pacific Avenue 204-726-0758
 The Women's Resource Centre: 1233 Rosser Ave 204-726-8632
 Salvation Army: 9 Princess Avenue East 204-727-4334
 (Food Truck location - Princess Park)
 St. Augustine's Church: 327 4th Street 204-727-4728
 7th Street Health Access Centre: 20 - 7th Street 204-578-4800

Find the most up-to-date Brandon Food Calendar



SOCIAL MEDIA @CWCBRANDON @WVBRANDON.CA

• CAMPUS CUPBOARD •



The BUSU Campus Cupboard is an initiative started in 2024 which aims to alleviate the issue of student hunger and food insecurity. The Cupboard provides preserved, dry, fresh, and frozen foods to those in need at a much lower price than supermarkets, and even the dollar store. Several free offerings will also be available to those who most need it.

The Cupboard is located in the BUSU Main Office.

BUSU Office Hours: Monday-Friday 8:30am - 4:30pm

Email: info@busu.ca Phone: (204) 727-9660

Lean, Green & In Between

MARCH BASKET

****CONTENTS ONLY****

**Draw Date: March 27
@ Noon**

For BU Students
Donations Welcome
Enter name on the sheet to be entered



Assiniboine College



Brandon University



WALK-IN MEDICAL CLINICS

Please bring your student insurance card.

Rotating every Wednesday between AC & BU.
Students welcome to attend at either campus.

CLINIC TIMES: 12 PM TO 2:30 PM

AC DATES:

January 21
February 4, 18
March 11, 25
April 8, 15

Room 234 2nd Floor
Victoria Ave East Campus
Brandon

BU DATES:

January 14, 28
February 11, 25
March 4, 18
April 1

Knowles Douglas Building
Mingling Area
Lower Level

Confidential Services Offered (but not limited to):

- Medical prescriptions
- Birth control, pap tests, prenatal care, pregnancy tests,
- Confidential 2SLGBTQIA+ services
- Partnership with accessibility services
- STI testing,
- Chlamydia and gonorrhea treatments
- Referrals

**With Nurse Practitioner
Berly Belsar-Lawrence**



Summer Job Fair

Wednesday, March 11, 2026

10:00 am – 2:30 pm



**Mingling Area,
Knowles Douglas Building**

Employers will be actively recruiting for a variety of positions.

Come by to find out about employers and look for your next position!

For more information contact BU Career Planning and Placement at 727-9651 or people@brandonu.ca
or visit our website at <https://www.brandonu.ca/careerplanning/>

Student-Life Yoga

~Come move, breathe. Get out of your head and release some stress~

Classes will be
Thursdays 5-6 pm
March 5-April 30

Ceremony Room He Oyate Tawapi
Located in Room 141 in the Health Studies Complex

Open to BU Indigenous Students
FREE Space is limited
to sign up email Deidre at
GregoryD@BrandonU.ca



Indigenous Peoples' Centre

SHARING CIRCLES

With Deidre & IPC Knowledge Keepers

12:40-1:30

January 20

New Year, New Me

February 24

Financial Responsibility

March 17

Identity & Wellness

April 7

Grounding

He Oyate Tawapi Ceremony Room

Open to current BU students



Student (PSAC) Positions

or go to www.Brandonu.ca/jobs/



Mondays

Mondays

Drumming

3:30-4:30 pm

&

Cree Language Circle

5-6 pm

with Cree Knowledge Keeper

Open to BU students, faculty and staff
and All Brandon Community

**Indigenous Peoples' Center
at BU**

*Come listen,
Come sing,
Come learn*



Tuesdays



BEADING BABES



Tuesdays

5:30 pm

All students, faculty and staff welcome
Beginners and experienced beaders
welcome
Supplies provided in IPC





Beading



March Beading

with
Métis Elder Joan Church &
Métis Inclusion Coordinator Nicole Braun

Mondays

&

Wednesdays

12pm-2pm

202 Clark Hall

All skill levels welcome!!

All Materials Provided by MMF

nicole.braun@mmf.mb.ca

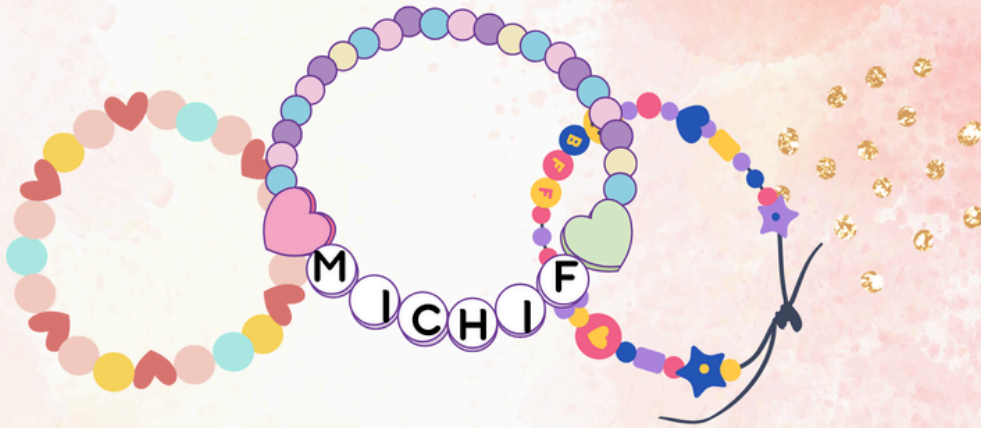


Presented By:



Michif Language

MICHIF FRIENDSHIP



BRACELET WORKSHOP

March 25, 2026

12-2pm

Metis Room (202 CHO)

****Open to BU Students****

Lunch Provided

To Register: email Nicole by March 20th

nicole.braun@mmf.mb.ca



SAVE THE DATE



CALLING MÉTIS, FIRST NATION AND INUIT CRAFTERS/ VENDORS

for Our Journey - Indigenous
Student Success Celebration

MAY 22

NO SETUP COST
Details of the setup will be
relayed upon registration

Register before April 30th with Suelee at Inness@brandonu.ca

assiniboine.net/journey2026

In partnership with:



CALLING DRUMS AND DANCERS

for Our Journey - Indigenous
Student Success Celebration

MAY 22

Grand Entry at 11 a.m. | Powwow till 3:30 p.m.
Dancers register at the event at 9:30 am
Honorariums, food and water provided

Limit of 6 drums (minimum of 5 drummers each)
Drums to register in advance at Moodye@BrandonU.ca

assiniboine.net/journey2026

In partnership with:



CALLING LOCAL FOOD TRUCKS

for Our Journey - Indigenous
Student Success Celebration

MAY 22

NO SETUP COST
Details of the setup will be
relayed upon registration

Register before April 30th with Suelee at Inness@brandonu.ca

assiniboine.net/journey2026

In partnership with:



CRIB NIGHT



**MARCH 5TH
5PM
INDIGENOUS PEOPLES' CENTRE**

**Open to BU Students
Standard Crib Rules Apply
Count your own Point**

nicole.braun@mmf.mb.ca



HOSTED BY: FACULTY OF HEALTH STUDIES

SPRING EQUINOX

POTLUCK FEAST

FOOD IS PROVIDED, BRING A DISH
TO SHARE IF ABLE.

BRING A BLANKET TO SIT ON.
BRING A FEAST BUNDLE (BOWL,
PLATE, CUP, CUTLERY).

WOMEN ARE REQUESTED TO
WEAR A LONG SKIRT.

MARCH 19, 2026 AT 12:00PM

CEREMONY ROOM HSB141

COME AND JOIN





ACADEMIC SUPPORTS

IPC DROP INS



Rainer

LIBRARY/RESEARCH HELP

THURSDAYS

11AM-12PM

*Knowledge
is
Power*

*Stay *
focused*

*Practice
Makes
PROGRESS*

*Keep on
learning*



Alex B

ACADEMIC ADVISING

CONNOR - TUESDAY 1-3 PM

ALEX - WED. 10 AM-12 PM



Connor T

WRITING SKILLS

WEDNESDAYS

10AM-12PM



Joan G



LEARNING SKILLS

THURSDAYS

10:30AM-12:30 PM

**MATH SUPPORT IN
STUDENT SERVICES**



$$(x^a)^b = x^{a \cdot b}$$

**BUILD
SKILLS**



Jaime T

Times may change. Come into IPC to check our calendar



Winter

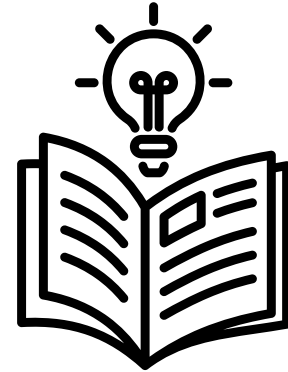


Students Study Skills Workshops

- Jan 6 - The "Busy Method" Schedule
- Jan 13 - Reading a Textbook
- Jan 20 - Taking Notes in Class
- Jan 27 - Mid-Term Prep
- Feb 3 - Test Taking Strategies
- Feb 10 - Flashcards & Memory
- Feb 24 - Multiple Choice Exam Prep
- Mar 3 - Exam Study Plan
- Mar 10 - Improving Memory
- Mar 17 - Exam Study Plan
- Mar 24 - Active Study Strategies
- Mar 31 - 5-Day Study Cycle
- Apr 7 - Test Anxiety

IPC

12:00-1:00pm



Winter



ACADEMIC SKILLS DROP IN

Tuesdays and Thursdays

IPC

10:00-12:00pm

Are you in
class then?

Book an appointment
Jaime Taggart
Academic Specialist



Open Fields

IWGI Department of Visual Art
Student Exhibition

FEBRUARY 26 - MARCH 7, 2026
OPENING RECEPTION: Thursday, February 26th at 7pm

Glen P. Sutherland Gallery of Art
2021 Victoria Ave, Brandon, MB R7B 2J9



Gallery Hours:
February 27-28: 2:00pm - 6:00pm
March 1-2: Gallery closed
March 3-7: 2:00pm - 6:00pm

Writing Skills Walk-Ins

Winter 2026

January 12 to April 10

NAME	LOCATION	DAY	TIME
Karen	Library Ref Desk	Mondays	10:00 – 12:00
Alex	Library Ref Desk	Mondays	1:30 – 3:30
Molly	Library Ref Desk	Tuesdays	1:00 – 4:00
Joan	Indigenous Peoples' Centre	Wednesdays	10:00 – 12:00
Alex	Library Ref Desk	Wednesdays	2:00 – 4:00
Molly	Library Ref Desk	Thursdays	1:00 – 4:00
Alex	Library Ref Desk	Fridays	1:30 – 3:30



At Library Walk-Ins there is a same-day sign-in sheet. Stay in the Reference Desk area—if your name is called and you are not present, then the next person in line will be seen, and your name will go to the bottom of the list.

Walk-ins are meant for questions/reviews of approximately 15-20 minutes.

Please plan accordingly.

If you require assistance by Zoom, or have other accessibility concerns, please contact Karen or Joan through the Writing Skills website. Online appointment booking is available for individuals and small groups.

WORD OF THE MONTH



*Learn
and
Grow*



Sun

CREE- Pisim

DAKOTA- Wi

MICHIF- Li Salay

ANISHINAABE- Giizis



The monthly basket is made possible by donation, Thank you for continuing to make this possible :)



**Congratulations to Brad
February Basket Winner
The theme was "Self Love"**

Do you have
something you
would like to
share in “The Tea”
next month?
Let us know !



Contact IPC@brandonu.ca

Courtesy of...



**THANK YOU!
MIIGWECH!
WOPIDA!
MARRSII!
KINANASKIMOTIN!
NAKURMIIK!
MAŠI CHOK!**

