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**Respect**

**Independence**

**Self-determination**

**Integration**

**Empowerment**

Skills Unlimited

Spring 2025



## Spring Clean Your Life



After the cold dark winter, spring arrives to renew the world with a burst of activity and new life abounds, surrounding us with the energy of, and required for, rebirth. Spring is an ideal time to throw open the shutters, and let fresh air and sunlight in: both literally and figuratively. As you consider your activities and goals for the season, a Spring Clean can help you make space for new growth. As you make plans, remember that a spring-cleaning can be done for your life too: your routines, relationships and leisure activities need attention as well as your physical living and/or working space.

The following list can serve as a guide for prioritizing a good, thorough spring clean:

### **1. De-Clutter Physical Spaces:**

- ❖ Clear out kitchen, hygiene, and cleaning supply cupboards of any products that have expired, and tools that need to be replaced.
- ❖ As you swap out winter clothes for summer clothes, keep an eye out for anything that needs mending, and items you have not worn for a year or more that can be donated or discarded.

### **2. De-clutter Emotional/Mental Spaces:**

- ❖ Commit to making decisions and taking actions that you have been procrastinating or avoiding.
- ❖ Challenge any limiting beliefs you have about yourself and your abilities.
- ❖ Let go of the past to make room for new growth.

### **3. Add a new practise to your wellness routine:**

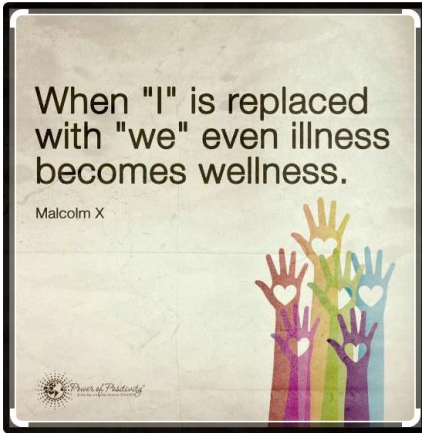
- ❖ Spring is the perfect time to go back outside for your exercise if the cold had you hibernating over winter.
- ❖ Add time for mindfulness in your daily routine if you haven't already. If you have a regular mindfulness practice, you may want to switch it up a bit or add something new.
- ❖ Are you attending to your self/spiritual life? One way to mindfully and effectively attend to self/spirit is to line up your actions, habits and goals with your own set of deep core values.

### **4. Take a trip:**

- ❖ A big fancy holiday, a day excursion, a road trip, a visit to a new park or leisure space: they all count as a trip. Feel free to pick what fits your schedule, budget, and resources. A trip is a great way to refresh our mood and perspective.

### **5. Keep it simple:**

- ❖ Slow down: the increased sunlight and energy of spring can have us running in overdrive. Remember it's equally important to get adequate and proper rest.
- ❖ Re-prioritize what is important and valued by you. Here are a few questions to help you:
  - What do you value most in your life?
  - How much quality time do you spend with the people and the things you care about the most?
  - What is the best way to use your time to create the life you truly want to have?



## Shout Out!!!



To our **Board of Directors** and **The College of Registered Psychiatric Nurses of Manitoba** for your generous donations of hygiene supplies and warm winter accessories. These items were used in prize packs for our virtual Let's Make a Deal game at our Winter Event. Our participants were thrilled with the prizes, and expressed gratitude for supporting their self-care and wellness.

From the team here at steps2work: Thanks for supporting our work with your essential contributions that made our 'Winter Event: Let's Make a Deal' in 2024 a success!



## Community Financial Counselling Services



CFCS offers low-income individuals **free** services for filing taxes, budgeting and more.

→ If you haven't used their services, it would be worth having them do your taxes at least once, as they specialize in ensuring that individuals are receiving all the benefits and tax breaks that they are entitled to.

CFCS and their annual Norquay Tax Clinic can help you access:

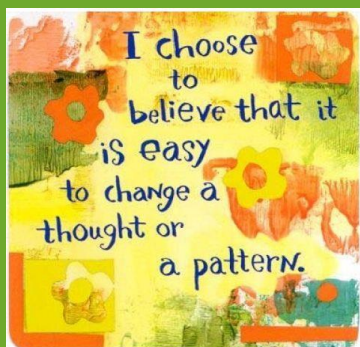
- ❖ Disability Tax Credit (DTC)
- ❖ If you qualify for the DTC, CFCS can help you access Registered Disability Saving Plans. Once you've been approved for a plan, the federal government can contribute to your savings through disability bonds and grants.
- ❖ Canada Manitoba Housing Benefit (CMHB) Youth Stream for individuals aged 17 – 26.
- ❖ & more!

Give them a call at: 204-989-1913, or check them out on the web at: [cfcstaxes.com](http://cfcstaxes.com)

## Confidence Boost: Put a Spring in Your Step

See what we did there? Attending to de-cluttering your space, mind, and life in general can help re-energize you and increase confidence. As you de-clutter, you might like to consider some of these tips to give an extra boost to your confidence:

- ❖ Purge old clothes that are ragged and replace a few pieces with new or thrifted items.
- ❖ If new clothing is out of your budget, a new accessory, such as a tie or necklace can refresh your wardrobe and your confidence without breaking your budget.
- ❖ Try a new self-care, or hygiene, practise or product.
- ❖ Do 1 thing you have been procrastinating and have a little dance party, or another mini celebration, when it's completed.
- ❖ Sprout some seeds, or get a new plant. Care for it, watch it grow, and let your confidence swell as you see the results of your consistent care.
- ❖ Adopt a new mantra or inspirational phrase. Write it on a post-it note or paper and place it where you will see it regularly, or post multiples around your home.



## Creating Stability During Times of Continuous Change

The old saying goes: The more things change, the more they stay the same. If the last handful of years have reminded and/or taught us of one thing, it would probably be that life, and the world around us, is constantly changing and it can be quite the challenge to keep up. Sometimes, especially when we wake to another round of shocking world news updates and uncertainty about the coming days and weeks, it feels like we are living out the movie 'Groundhog Day'.

Another fact of the matter is that the only thing we truly have control over is our own selves and our own actions, and there is great empowerment and freedom in this fact! No matter how chaotic or boring, challenging or joyful, painful or pleasurable the current situation may be, we have the power to decide how we will respond and how we chose to navigate the path ahead of us. We even have the power, creativity, and skills to forge new paths in the direction of our choosing.

Want, and/or need more stability and predictability in your life? Keep it simple and start by taking a look at your habits and routines. When we have a steady, consistent, and fairly balanced routine, it creates stability that we can depend on no matter what life is serving up. When we have an established regular way of organizing and attending to our chores, work, relationships, leisure time and self-care, we sink into the security of the predictable rhythm of that routine. It becomes ever present and comforting, like our heart beat: it is there when we wake in the morning, it is there as we care for ourselves and our responsibilities throughout the day, and there when we wind down at night.

Another advantage of establishing and maintaining a consistent and healthy routine, is that, over time we begin to see ourselves as predictable and stable too. We see that we are capable of caring for ourselves in a compassionate and effective way, our skills grow in this more consistent environment, we begin to trust ourselves more, and our confidence grows too. We start to see the daily evidence that we are capable of more than we thought we were. We begin to achieve more of our goals and dreams. And it all began with a simple, consistent, self-care practice!

# Activities & Events of Interest

## Downtown Farmer's Market

Find fresh and local vegetables, baking, preserves, meat, crafts, jewellery, and other food and artisan items. Check it out:

<https://www.cityplacewinnipeg.com/events-promotions/>

## Walking & Biking Tours

Check out Winnipeg's unique and interesting features on foot or bike. Tours are self-guided or require a nominal GPS Kit Rental Fee (usually under \$10), others are small group tours led by a Tour Guide:

<https://www.tourismwinnipeg.com/things-to-do/tours>

## Walk a Labyrinth

Did you know that there is a Labyrinth walking path at King's Park in south Winnipeg? King's Park is also home to some unique features and gorgeous trails, all of which are free to use: It's worth the trip!

<https://www.tourismwinnipeg.com/things-to-do/attractions/display.listing/05877/kings-park>

## Contact Us:

Give us a call for more information about our programs and services.



1-201 Scott Street Winnipeg, MB  
R3L 0L4

(204) 474-2303

[inquiry@steps2work.ca](mailto:inquiry@steps2work.ca)

Visit us on the web at

[www.steps2work.ca](http://www.steps2work.ca)

[www.facebook.com/Steps](https://www.facebook.com/Steps)

### Membership / Donation Form

#### General - \$15

- Quarterly Newsletter
- Use of steps2work library
- Invitation to annual Christmas Party
- Discounts at steps2work events
- Vote at Annual General Meeting

#### Organization - \$25

- Quarterly Newsletter
- Use of steps2work library
- Invitation to annual Christmas Party (limit of 2 Staff)
- Discounts at steps2work events (Limit of 2 Staff)

#### Free

- Quarterly Newsletter
- Use of steps2work library
- Invitation to annual Christmas Party

I am buying a membership \$ \_\_\_\_\_

I am gifting steps2work a donation \$ \_\_\_\_\_

I am buying a membership + gifting steps2work a donation \$ \_\_\_\_\_

#### Type of Membership:

\_\_\_ \$15 General Membership  
(up to one year of exit)

\_\_\_ \$25 Organization membership

\_\_\_ Free to current and past clients

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Please make cheques payable to: Skills Unlimited, 1-201 Scott Street, Winnipeg, MB R3L 0L4

**Tax receipts will be issued and mailed for ALL donations.**  
**Membership purchases will be mailed a general receipt.**