

Information Booklet



A Ksalsuti Wellness Resources Inc. initiative

About Us

Sankewi-pomawsuwikuwam: A Peaceful Place to Live offers second stage housing (also known as transitional housing) for Indigenous women and children in New Brunswick who have experienced intimate partner violence (IPV). *Our space* offers safe housing alongside individualized and group support for survivors of IPV who need a safe space to heal from their trauma. The foundation of *Sankewi-pomawsuwikuwam*'s approach is women-led healing, recognizing each woman's right to determine her own goals, pace, and path forward.

We began operations in December of 2025, under the direction of Ksalsuti Wellness Resources Inc. - an Indigenous non-profit organization using Indigenous perspectives to cultivate compassionate spaces, innovative programming, and holistic resources that encourage every child, youth, and family to flourish.

Sankewi-pomawsuwikuwam is located in the Fredericton/Oromocto area, off-reserve, next to the beautiful Wolastoq river. Because we are not directly affiliated with any one community, it allows us to service all Indigenous women and children throughout the province who may find themselves in need. We currently host 6 three-bedroom units designed specifically for mothers and children under the age of 16. In the Spring of 2026, we will also have 2 single units.

Our Values

At *Sankewi-pomawsuwikuwam: A Peaceful Place to Live*, our team, advisory committee and Elders share the following values:

Safety and Trust

Safety is the heart of our community — physical, emotional, spiritual, and cultural. Trust grows through honesty, consistency, and care.

Self-Determination

Each woman leads her own healing journey. We walk beside her with respect, support, and belief in her strength.

Respect and Accountability

Every person is treated with dignity and compassion. We hold ourselves and each other responsible for creating a safe, respectful, and confidential space.

Community and Belonging

We build connections through kindness, shared responsibility, and collective care. Healing is a community effort.

Cultural Strength

Our roots are in Indigenous teachings, ceremony, language, and connection to the land. Culture is a source of healing, identity, and pride.

Healing and Renewal

Healing takes time and courage. We honour each person's journey and celebrate the hope and new beginnings that grow from it.

Admission Criteria

To be eligible for the program, participants must:

- Be an Indigenous woman (18 years or older) who is leaving or has recently left a situation involving family or intimate partner violence;
- Be committed to sobriety during their stay. Sankewi-pomawsuwikuwam is a dry facility, meaning that alcohol and non-prescription drugs are not permitted anywhere on the property;
 - Prescription medication, including prescribed medical marijuana, is permitted when used safely and as directed by a healthcare provider.
- Be willing to engage in the healing and safety programming offered;
- Be able to live cooperatively in a shared community environment;
- Be prepared to contribute a monthly accommodation fee, which supports the upkeep and sustainability of the program.

Because Sankewi-pomawsuwikuwam is an Indigenous-led and Indigenous-centered space, **priority is given to First Nations women and/or children with status under the Indian Act, Inuit and Métis with established and ongoing connection with their community.** However, we also recognize that connection to community and culture can take many forms.

Women without status may be considered if they can provide a Letter of Support from someone who can speak to their connection with the Indigenous community. *This letter does not need to come from band leadership — it can be written by a healthcare provider, Elder, counsellor, or another trusted person who knows the applicant well.*

Non-Indigenous women who are mothers or primary caregivers of Indigenous children may also be considered if they can provide a Letter of Support from someone who can speak to the child or children's connection with the Indigenous community.

Admission is based on availability, need, and program fit. All applications are reviewed carefully to ensure that Sankewi-pomawsuwikuwam can provide the right support for each woman and family.

What Program Participants Can Expect

At *Sankewi-pomawsuwikuwam*, we are committed to creating a safe, supportive, and empowering environment where women and their children can heal, rebuild, and move forward. While we each have a role in maintaining this community, our shared goal is to foster a space that supports self-determination, respect, and mutual care. Together, we follow a set of rules and guidelines designed to protect everyone's safety, dignity, and confidentiality.

Program participants can expect:

- A secure and private environment, designed with multiple safety measures.
- Healing-centered programs focused on safety, wellbeing, and personal growth.
- Respectful relationships with staff and other participants built on trust, collaboration, and shared responsibility.
- Access to supportive programming for both women and children, including one-on-one and group opportunities.

- A private apartment unit for each family, with access to shared community spaces.
- A community grounded in cultural safety, inclusivity, and women-led healing.

Physical Safety and Confidentiality

The safety and confidentiality of all survivors, their families, and staff are of utmost importance at *Sankewi-pomawsuwikuwam: A Peaceful Place to Live*.

The identity of program participants, and any information seen, heard, or discussed within the program are strictly confidential. This confidentiality is not optional — it is an essential part of keeping everyone safe.

Our location should be treated as private and shared only with those who may also be in need of our services or are trusted friends, family and allies. Our address is not published and should not be shared unless necessary to help protect the safety of participants and staff.

To help ensure safety, our facility includes the following measures:

- Security cameras are located in the parking lot, around the property perimeter, and in common areas. Cameras record both video and sound.
- No cameras are located inside program participants' private units — your personal space remains your own.
- Safety and emergency protocols are posted in every unit, outlining what to do and who to contact in case of fire, alarm, or emergency.
- A fenced property and secure entry system provide additional layers of privacy and protection.

Your safety, and the safety of others, depends on everyone's commitment to discretion, mutual respect, and the confidentiality of this shared space.

Cultural Safety

Sankewi-pomawsuwikuwam is grounded in Indigenous worldviews of healing, balance, and community care. We recognize that connecting to culture, language, and traditions is a vital part of healing for many women and children. Cultural programming, ceremonies, and connections with Elders and Knowledge Keepers are available and encouraged as part of your healing journey.

Programming

While safe housing is provided as part of the program, *Sankewi-pomawsuwikuwam* is first and foremost a healing program. The focus is on safety, growth, and rebuilding a foundation for long-term wellbeing and independence.

During your time here, you'll be invited to take part in individual and group supports designed to help you work toward your goals and continue your healing journey.

Participants can expect:

- Regular one-on-one meetings with staff to explore personal goals, build life skills, and identify the supports that feel right for you.
- Weekly group sessions where program participants can connect, share, and learn together in a supportive, non-judgmental environment.
- Cultural, wellness, and skill-building opportunities that support healing and reconnection.
- Children's programming that provides age-appropriate group and individual supports to help them process their experiences, build resilience, and strengthen their sense of safety and belonging.

Participation in programming is an important part of being in the community and is key to healing and progress. Some programs you will be expected to attend, while others are optional. The program remains woman-led, meaning each participant has a voice in shaping her goals, supports, and pace of healing. Programs we offer include:

- *Emotional support*: trauma-informed care, crisis response, and help accessing basic needs
- *Risk assessment & safety planning*: identifying and responding to physical and emotional risks
- *Education & self-development*: healthy relationships, self-esteem, assertiveness, financial literacy, and more
- *System navigation*: information, referrals, accompaniment, and advocacy
- *Children's programming*: emotional regulation, social skills, resiliency, and overall wellbeing (with parenting support from our Child & Youth Lead)

What We Provide

Sankewi-pomawsuwikuwam is a healing program that includes housing — it is not a housing program that offers support.

Participants are provided with:

- A fully furnished private apartment equipped with furniture, linens, and kitchen supplies.
- Utilities included (heat, water, electricity, and Wi-Fi).
- Access to shared community spaces, including laundry facilities, children's playrooms, garden, and outdoor areas.
- Comprehensive programming and one-on-one support tailored to each woman's goals.
- Culturally grounded and trauma-informed care, guided by values of respect, dignity, and empowerment.
- Support for children's healing and wellbeing, including play-based, cultural, and therapeutic activities.
- Assistance with community transition planning when it's time to move on from the program.

Frequently Asked Questions

1. How long can I live there?

Participants may stay at *Sankewi-pomawsuwikuwam: A Peaceful Place to Live* for 12-18 months.

We understand that healing happens at different paces. If you have met your goals and are ready to move into the community sooner—or if you feel the program is not the right fit—you may choose to leave earlier.

2. Is it communal living?

Yes and no. Each family has their own private apartment unit, with a full kitchen, living space, bathroom, and bedrooms. Families live independently and manage their own grocery shopping, cooking, and household care.

Shared spaces include the laundry room, community kitchen, children's playrooms, playground, yard, garden, and parking lot. The administration building includes staff offices and the spaces where programming and groups take place. These shared spaces are available for everyone to use and connect in, but it's up to each participant to determine how often or how much they want to use these spaces.

3. What safety/security precautions are there to keep us safe?

Safety is our highest priority. The facility is fully fenced and monitored by security cameras covering the yard, parking lot, building exteriors, and common indoor areas.

We are staffed 8:30-4:30 Monday-Friday in-person, and on-call after hours 24/7.

Each apartment has posted safety and emergency procedures, including who to contact and what to do in case of fire or other emergencies.

4. What does the unit look like?

Sankewi-pomawsuwikuwam: has six three-bedroom family units, two of which are fully accessible. Each unit has a kitchen, living room, and three bedrooms and can comfortably house a mother and up to four children.

In Spring 2026, there will also be two single units available.

All units include a stove, oven, refrigerator, microwave, heat pump, furniture, linens, and basic kitchen supplies (pots, pans, dishes, toaster, etc.).

5. How much is rent?

Because this is a program-based residence rather than a standard tenancy, we use the term "accommodation fee" instead of rent.

Participants pay an accommodation fee equal to 30% of their total gross income, following the Housing NB Subsidized Program guidelines. A \$100 damage deposit is also required, as set by Housing NB.

All utilities—including heat, electricity, water, and Wi-Fi—are included in your accommodation fee.

NOTE:

- *Sankewi-pomawsuwikuwam* is not governed by the Residential Tenancies Act
- If you have outstanding arrears with Housing NB, you are still responsible for maintaining your repayment plan while staying here.

6. Can I bring my own furniture?

All units come fully furnished, including linens and basic kitchen supplies. If you want to bring some of your furniture items other than the furniture that's provided, you are encouraged to talk to staff. If you wish to bring any soft furniture, such as couches or mattresses, there may also be isolation requirements before they can be brought onto the premises.

We do not have space to store any furniture items not used in the unit.

Program participants may bring small personal items to make their space feel like home.

7. What about my pets?

Pets are welcome with prior approval. A Pet Application Form must be completed, and all pets must be approved by staff before arrival. If you're approved to bring your pet, we have a pet policy outlining responsibilities for pet care and safety.

8. Can I have visitors?

Yes — visitors are welcome when their presence supports safety, healing, and peace.

All visitors must be approved by staff in advance before coming onto the property and sign in/out. This process helps us ensure that everyone remains safe, informed, and comfortable.

Because Sankewi-pomawsuwikuwam is a women-led, safety-based environment, there are additional precautions for male visitors to protect the privacy and wellbeing of all program participants.

For everyone's safety and confidentiality, only approved program participants and their children may live on site. Couch-surfing, boarding, or allowing others to stay overnight without approval is not permitted.

9. Are drugs and alcohol allowed?

Sankewi-pomawsuwikuwam is a dry facility. This means that alcohol and non-prescription substances are not permitted anywhere on the property. The only exception is medically prescribed medication, including prescribed cannabis, which must be stored safely in your unit's locked safe. Where medicinal cannabis is consumed through smoking, smoking may only occur in the designated areas - there is no smoking within the units or facility.

10. What commitment is expected from me?

Living at *Sankewi-pomawsuwikuwam: A Peaceful Place to Live* means being part of a community built on safety, healing, and mutual respect. Along with paying a monthly accommodation fee and committing to the dry facility environment, program participants are expected to:

- Uphold confidentiality and privacy at all times. Protecting the privacy of the location and the confidentiality of others is essential to everyone's safety.
- Follow the House Rules to maintain a healthy, safe, and respectful environment.
- Set and work toward personal goals with staff support (e.g., safety planning, wellness, education).
- Engage in programming through regular one-on-one and group sessions that support healing and growth.
- Provide care and supervision for your children, ensuring their wellbeing and participation in school, available programs, and supports.

The program is woman-led and collaborative. Staff will partner with each program participant to support her goals, address challenges, and uphold expectations in a way that honours her unique strengths and capacity.

If the program no longer feels like the right fit, staff will assist in planning a safe and supported transition out of the program and housing.

Application Process

If after reading and understanding everything written in this booklet, you decide you would like to be referred to our program, you can contact **peacefulplacetolive@ksalsuti.org** for a referral form or visit our website where our referral forms will be made available (www.ksalsuti.org).

You can either self-refer, *or* have a provider (i.e., transitional house staff, counsellor, social worker, etc) refer you.

Referrals will be reviewed by the Sankewi-pomawsuwikuwam team, then you will be contacted with next steps.