



Grow in Guiding



MANITOBA
ANNUAL CONVENTION 2025

Note From Provincial Commissioners

Dear Guiders and Rangers,

We would like to extend an invitation to each of you to attend the 2025 Annual Provincial Convention taking place April 25-27 in Winnipeg!

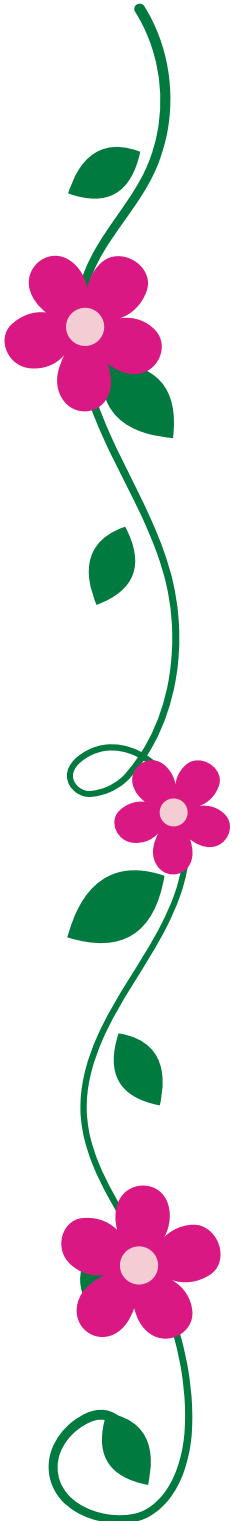
This year's theme, Grow in Guiding, will focus on sessions relevant to personal and Guider growth. Our hope is that session options reflect opportunities for new and experienced Guiders. Session options will also include some fun outings to provide a chance to connect with fellow Guiders!

There is something for everyone!

The convention is a great way to learn new skills, brush up on old skills, make new friends and reconnect with friends you haven't seen in a while.

We hope to see you there!

Tamara Elias + Carolyn Titterton
Co-Provincial Commissioners



Annual Convention

CONVENTION DETAILS

April 25 - 27, 2025
Best Western Plus
1715 Wellington Ave

Clothing
SWAG
sale coming soon

REGISTRATION

Registration for the 2025 convention will be \$90*
Registration deadline is March 21

*Partial reimbursements may be available from your District, contact them for details

Some sessions have an additional cost, which are noted in the session description. With the exception of the off-site session at The Leaf, all additional fees are due at the time of registration.

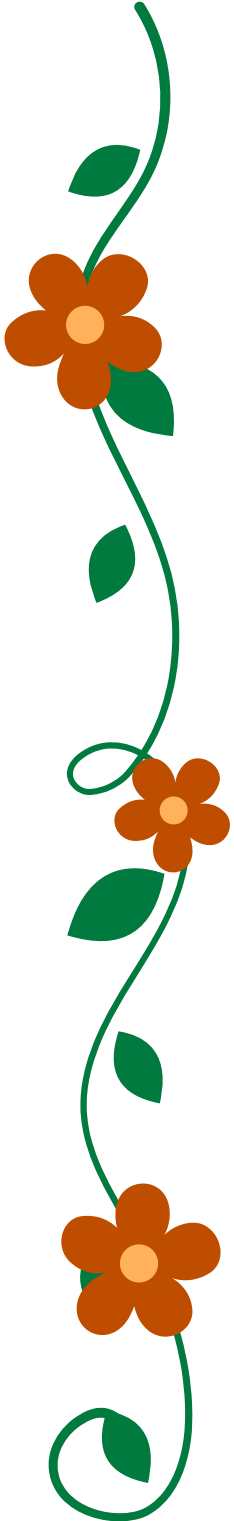
ACCOMMODATION + TRANSPORTATION

Rooms have been reserved at Best Western Plus for \$149/night (plus taxes). Contact 204.775.9889 to book one of those rooms, just let them know you're with Girl Guides Manitoba. These rooms need to be booked by March 25.

There are a few off-site sessions options being offered. Transportation to these sites will be the responsibility of each attendee. We recommend carpooling with another Guider!

UNIFORM DRESS CODE

Guiding wear is encouraged for the sessions and a uniform is required for the dinner



Important Information

Bring a friend!

FRIDAY EVENING “GROW GUIDING” EVENT

Join us for a fun night of mingling and interactive activities! The evening will have many booths set up for Guiding and non-Guiding members to engage in various activities, explore what guiding has to offer, and discover new opportunities for units, young adult members and adult members. This free-flow evening will include the following booths to engage in:

- Guiding World Centres
- World Association of Girl Guides and Girl Scouts (WAGGGS) opportunities
- Guiding on the Resume
- STEM activities in the unit
- Service Projects in the unit
- Youth and Adult Awards Opportunities
- Arts and Crafts for the unit
- Camping and Outdoor Cooking for the unit
- Meetings beyond the unit space
- We love Cookies!
- Travel with Guiding
- Training Opportunities



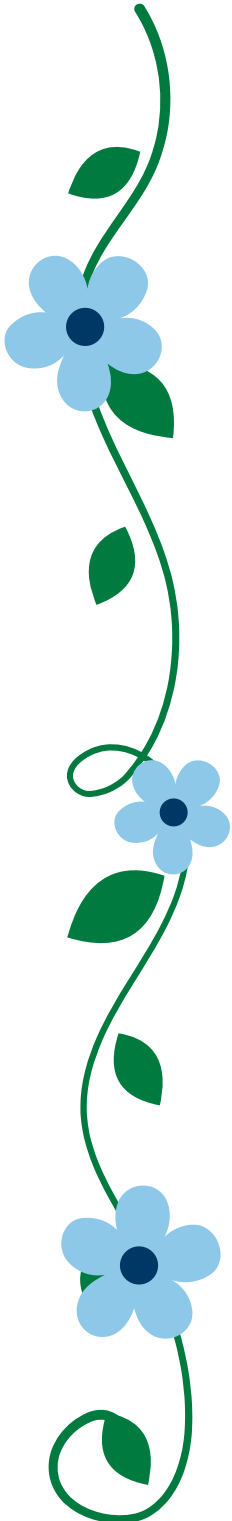
Have any non-guiding friends or parents interested in Guiding? This evening will be open to the public as well and are invited to discover what Guiding is all about!

SERVICE PROJECT

We will be collecting materials to support Small Gardens Have Big Impact through Food Matters Manitoba. This organization creates small plots in the North End of Winnipeg for planting vegetables and flowers. This organization creates relationships with residents and allows the residents to learn more about gardening, the growing process and the end result—The harvest!

Items that can be donated:

- Seeds
- Gardening Gloves
- Gardening Tools
- Watering Cans
- Anything else that might be useful for a community garden



Convention Schedule

FRIDAY, APRIL 25

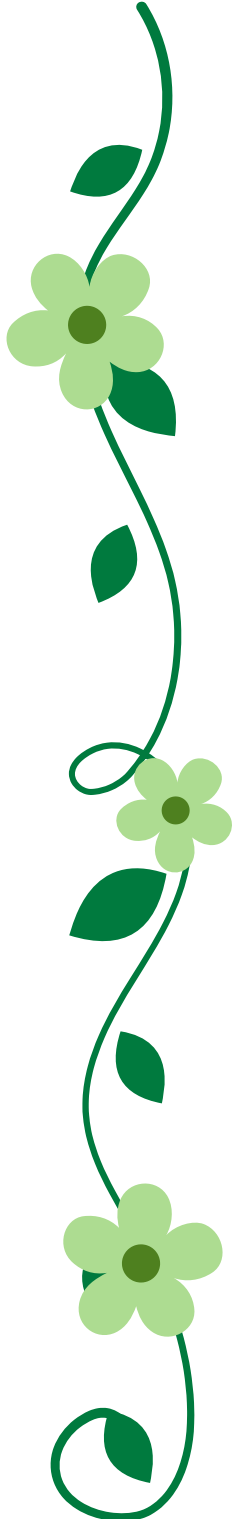
6:00pm - 8:00pm	Early Registration (can also register Saturday morning)
7:00pm - 10:00pm	Grow Guiding Event (fun + connection)

SATURDAY, APRIL 26

7:30am - 8:30am	Registration + Breakfast
8:30am - 9:15am	Plenary Barrett Millar, Fort Whyte Alive
9:30am - 10:45am	Session 1
11:00am - 12:30pm	Session 2
12:30pm - 1:30pm	Lunch
1:45pm - 3:15pm	Session 3
3:30pm - 5:00pm	Session 4
6:30pm - 7:00pm	Cocktails
7:00pm - 10:00pm	Dinner + Awards

SUNDAY, APRIL 27

8:00am - 9:00am	Breakfast
9:15am - 11:00am	Session 5
11:15am - 11:45am	Guides Own



Convention Sessions

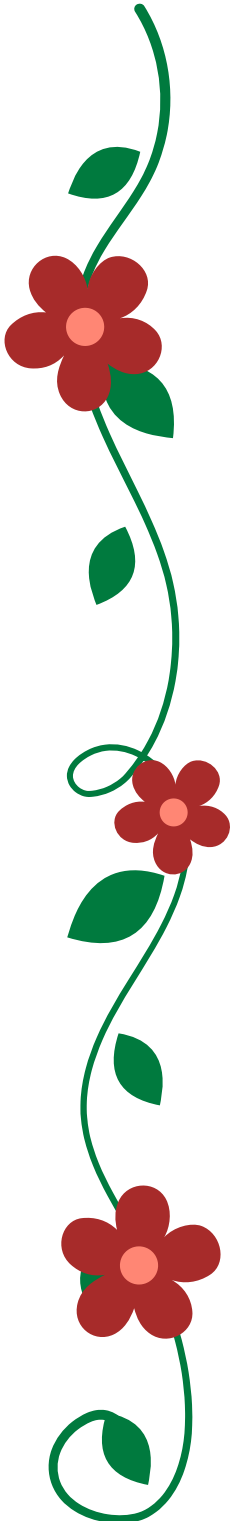
SESSION 1

Indigenous Beading | Are you interested in learning how to bead? Come learn the basics with Prairie Owl Beads! This introduction to beading will include all the materials you need to learn the basics. While you won't have time to finish the small project, you will have all the knowledge you need to do so at home. [This session has an additional cost of \\$32](#)

Indigenous Painting | Join us in an exciting artistic experience with Indigenous artist Heather Endall, who is a proud member of Peter Ballantyne Cree Nation in Treaty 6 territory. Heather has been painting since the age of 4 and received her Bachelor of Fine Arts from the U of Manitoba in 1997. Come to discover and explore your own artistic talents, while you are guided through the creation of your own acrylic on canvas painting, through learning a few basic techniques while learning a few things about Indigenous culture. [This session has an additional cost of \\$20](#)

Indigenous Traditions | Join us for an informative discussion about Indigenous traditions, including spiritual ones (smudging, sweat lodges and different ceremonies) and the importance of oral tradition, such as storytelling. Our speaker will provide some insight into traditional foods, music and dance as well as games and traditional ways of hunting, gathering and fishing. There will also be a focus on traditional Indigenous languages and the importance of preserving these. This interactive session will allow for sharing and questions, focusing on topics that most interest participants.

Traditional Medicines | Join us for an informative session about Indigenous medicines, including their uses and how these traditional medicines are still used today. This session will introduce traditional medicines, describe their uses and how they can help with a variety of ailments. Come prepared with questions and any knowledge you have on this topic. We will have time for sharing and learning how to incorporate traditional medicines into our lives.



Convention Sessions

SESSION 2

Let's Talk, Period. | Interested in empowering youth with a period party, but not sure how to broach the topic of menstruation with your unit? Learn about talking to youth about menstruation in this presentation, follow by a Q&A period. No pun intended!

Teaching First Aid to Kids | Wondering how to complete the Be Safe part of the program? How to teach basic first aid skills to youth of all levels to meet program requirements? This session will tackle those questions and help you leave with confidence to implement in your meetings.

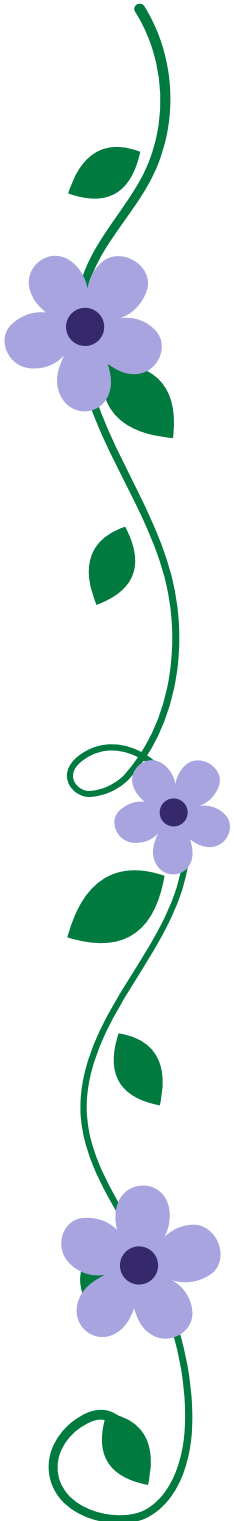
Chair Yoga | Have you wanted to improve your mobility or your flexibility but don't know where to start? Chair Yoga is a great alternative to traditional yoga that allows you to get the same physical and mental health benefits while being seated or using the chair as support, you will discover the art of chair yoga!

Planting | Are you a "succulent" for plants or want to explore your green thumb? This session will allow you to discover the perfect recipe to care for your new succulent plant. All supplies will be included to bring your plant to it's new home! [This session has an additional cost of \\$30](#)

SESSION 3

Including Outdoor Adventures | Join Momenta for a three-hour experiential workshop exploring the Ten Essentials for Outdoor Learning. Participants will learn about ten tools that should be included in outdoor adventures to increase confidence, safety and fun. This workshop will take place outdoors. Please dress to be outside!

This session is a double length and will be from 1:45pm-5pm.



Convention Sessions

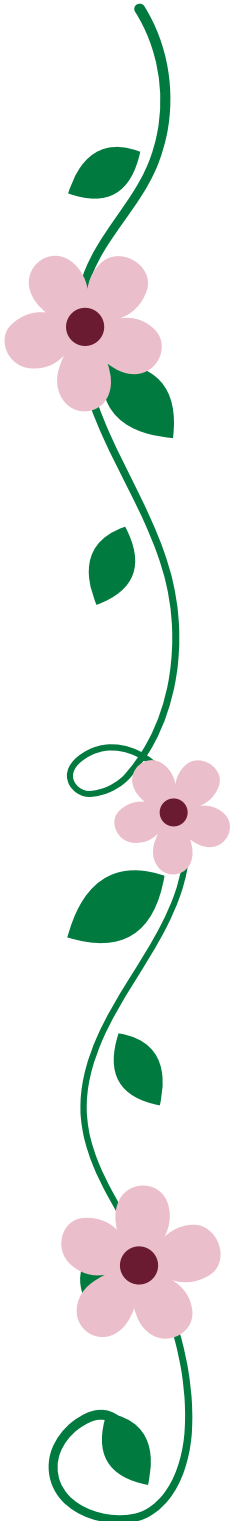
SESSION 3

Kids + Anxiety | Join us for an informative session about interacting and supporting kids with anxiety. Kids come to meetings and activities with lots going on (that usually has nothing to do with what we're planning to do!) and we, as Guiders, can always use more tips and tricks to help them feel comfortable and accepted. This session will include tips and best practices, relating specifically to Guiding. Session will include time for sharing of ideas and questions you have about supporting kids with anxiety.

Mentoring | Do you have a youth member wanting to join your unit as a Jr Leader, but you're not sure how mentor them in that role? Or do you have new Guiders joining your unit or district (or hope to!) and would like to know how to best come alongside them and provide mentorship? Join us for a discussion on mentorship and how we can become great mentors as we grow the sisterhood!

Camping + the Outdoors 101 | Whether you're a seasoned Guider or just starting out, this session is designed to help you hone your camping and outdoor skills and enhance your confidence and competence as you lead your unit in the great outdoors. Hosted by The Camping Advisors, this interactive and informative session will dive deep into several key topics that you—our Guiders—requested in the 2024 Camping and Outdoors Skills survey. Topics will include camp planning, knife safety, packing strategies, fire starter options, and leave no trace principles. We will also cover what OAL training is, the various streams available, and qualifications for challenging the stream(s). The session will conclude with an open forum where Guiders can ask questions, share experiences, and collaborate on camp planning.

Inclusivity and You | Have you ever felt confused or unsure about terminology around gender and sexual identities? Join us to learn more about that and how we can be inclusive of youth and their families in our units. Q&A to follow



Convention Sessions

SESSION 4

Card Making | Pull out the creative hat and get your hands busy creating 1 3D item and 1 card. Barb Stewart will entice you in creating and mastering your inner artist through 2 hands on projects to take home. For all creativity levels! [This session has an additional cost of \\$15](#)

Activate | Enter the game where you become the player in the world's first active gaming facility. Jump, climb, problem-solve and laugh, as you and your fellow Guiders move between challenges. Each dynamic game room has interactive technology that reacts in real time, ensuring an adrenaline-filled adventure. Suitable for most fitness levels, but mobility is required. Indoor runners required. [This session will take place off-site and has an additional cost of \\$32](#)

The Real Escape | If you love puzzles, twists, and a good mystery, this one's for you! Join your fellow Guiders for an escape room adventure. With one hour to escape, you'll need to work together and put your skills to the test. [This session will take place off-site and has an additional cost of \\$30](#)

Archery | Join a group of your fellow Guiders and aim for the bullseye! All equipment is provided. [This session will take place off-site and has an additional cost of \\$15](#)

The Leaf | The Leaf is a spectacular indoor horticultural attraction at Assiniboine Park. You will journey through four distinct biomes at your own pace + can walk together with fellow Guiders [This session will take place off-site and has an additional cost of \\$18, payable on entry](#)

SESSION 5

Branch Sharing | Whether you are new to Guiding or a seasoned veteran, this session will be an opportunity to exchange ideas. There will be separate sessions for Sparks + Embers, Guides, and Pathfinders + Rangers

