

# **Chebucto Family Centre:**

**A Service of the Home of the Guardian Angel**

AGM Report 2016-2017

Chebucto Family Centre	3
Leadership Message	5
Board of Directors	6
Staff	7
Financials	8
Fund Development	11
Membership, By-laws and Personnel	13
Social Media	14
Community Engagement	15
Early Learning	17
Family Home Day Care Agency	19
Family Wellness	20
Healthy Beginnings	21
Parenting Journey	22
Prenatal/Postnatal	23
Volunteer Doula Program	25
Youth	28
You Matter!	30
Connect With Us	31

# Chebucto Family Centre

Our mission:

*To nurture and enhance the quality of life of families through the delivery of community based programs and services.*

Located at 3 Sylvia Avenue, Chebucto Family Centre provides free services and supports to families and community members.

These include but are not limited to: advocacy and support, health and wellness programs, prenatal and parenting classes, our Volunteer Doula Program, youth programming and operating as a Family Home Day Care Agency.



# Chebucto Family Centre

130 Years  
of Service



Number of  
appointments attended  
with our bus ticket  
program



400 meals served at  
Spry Cafe



Family Home Day  
Cares licensed  
through CFC



121 Families Served  
by the VDP

12 Full Time Staff, 2 Part Time Staff



# Leadership Message

This year marks 130 years of service for the Home of the Guardian Angel. We served over 800 families. It is our goal to remain committed and provide relevant services and programming to the community. We are happy to share some of the highlights of this past year;

After years of working in an ad hoc manner, the agency, along with other like-minded organizations incorporated Women's Wellness Within in early 2017. We continue the important work together, to advance health and justice for criminalized women and trans individuals in Nova Scotia.

We facilitated a community talk in partnership with the Rehtaeh Parsons Society in November to raise awareness and bring change to sexualized violence, suicide prevention, consent and mental health. We will remain committed to this work in our community in the coming years.

Chebucto Family Centre joined the Spryfield Mental Health Committee as the community non-profit representative. This group aims to identify and fill gaps in mental health services in Spryfield.

It is evident that there is a common theme in our work, and that is to promote the health and wellness of all community members. Together, as a collective group we strive to meet the current needs of families and individuals, and will continue our work on becoming an inclusive community hub for all.

A special thank you to the warm and talented group that make up the staff of Chebucto Family Centre. Your dedication is inspiring and it is an honor to work alongside each and every one of you.

Thank you to our Board of Directors for your guidance and support this past year. And as always, gratitude to our many funders, community partners, volunteers and students. Without each and every one of you this work could not be done, and for this we thank you.

Respectfully submitted,  
Tammy Turple  
Executive Director

Respectfully submitted,  
Tammy Moffatt  
President

# Board of Directors

**Tammy Moffat**  
President

**Eileen Pelham**  
Past President

**Erin Brown**  
Member at Large

**Pat Lefebvre**  
Vice President

**Jim Evans**  
Chair of Fundraising

**Erin Bleasdale**  
Member at Large

**Alyson Hillier**  
Secretary

**Dale Darling**  
Chair of Personnel

**Rena Maguire**  
Member at Large

**Lucas Rowicki**  
Treasurer

**Sister Lorraine  
d'Entremont**  
Chair of Membership

**Johanna MacAlister**  
Member at Large

# Staff

**Tammy Turple**  
Executive Director

**Deborah Hutchinson**  
Office Administrator

**Andrea Townsend**  
Centre Coordinator

**Krista Greencorn**  
Healthy Beginnings Home  
Visitor

**Sarah White**  
Healthy Beginnings Home  
Visitor/Fund Development

**Taylor Gear**  
Program Support

**Nicole Clarke**  
Family Wellness Coordinator

**Sabah Randell**  
Parenting Journey

**Ginny Hennigar**  
Playroom Facilitator

**Jessie Harrold**  
Prenatal/Postnatal Educator

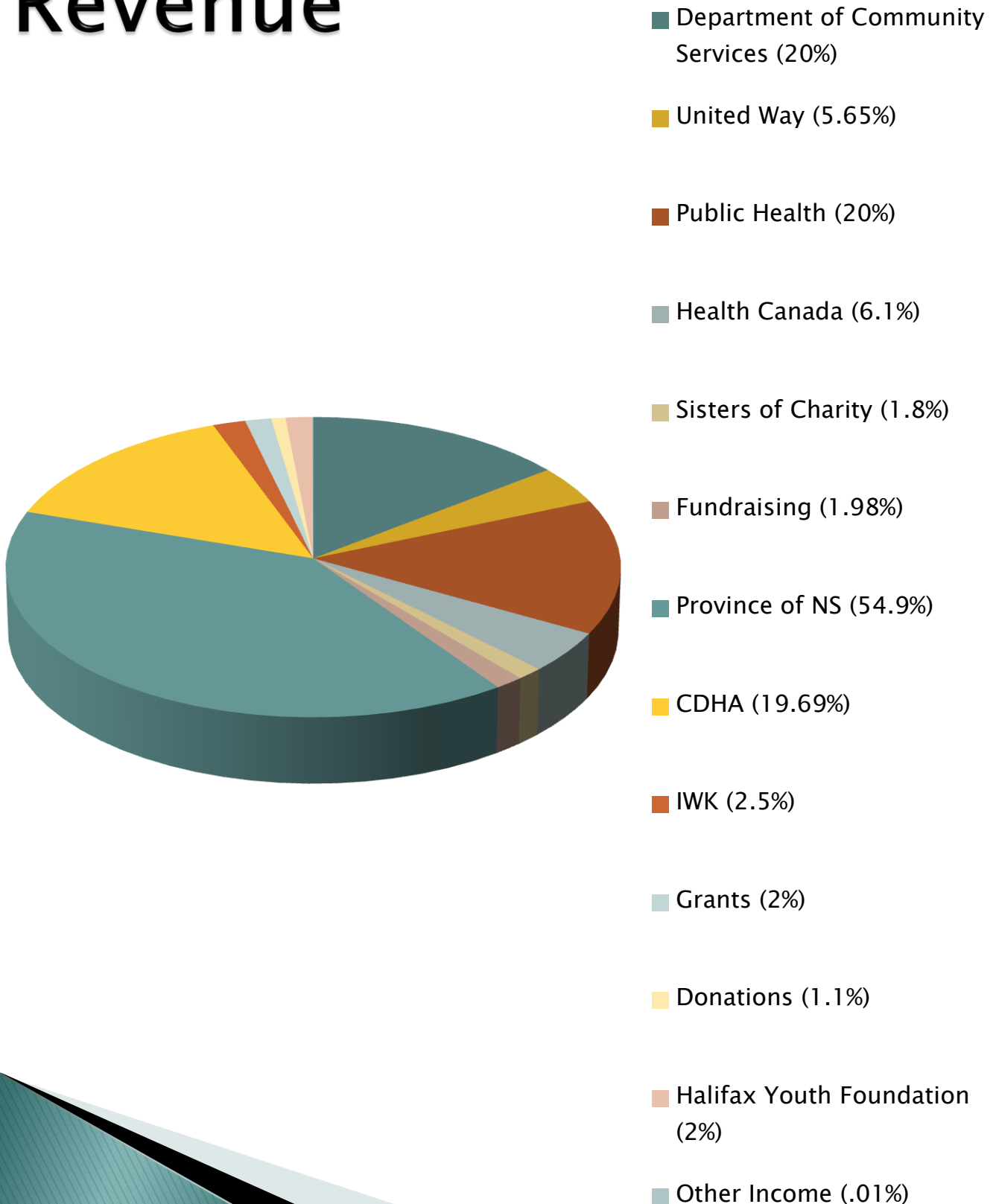
**Erinn Baillie**  
Youth and Community  
Outreach Coordinator

**Jane Hall**  
Family Home Daycare  
Consultant

**Erin Fair**  
Volunteer Doula Program  
Director

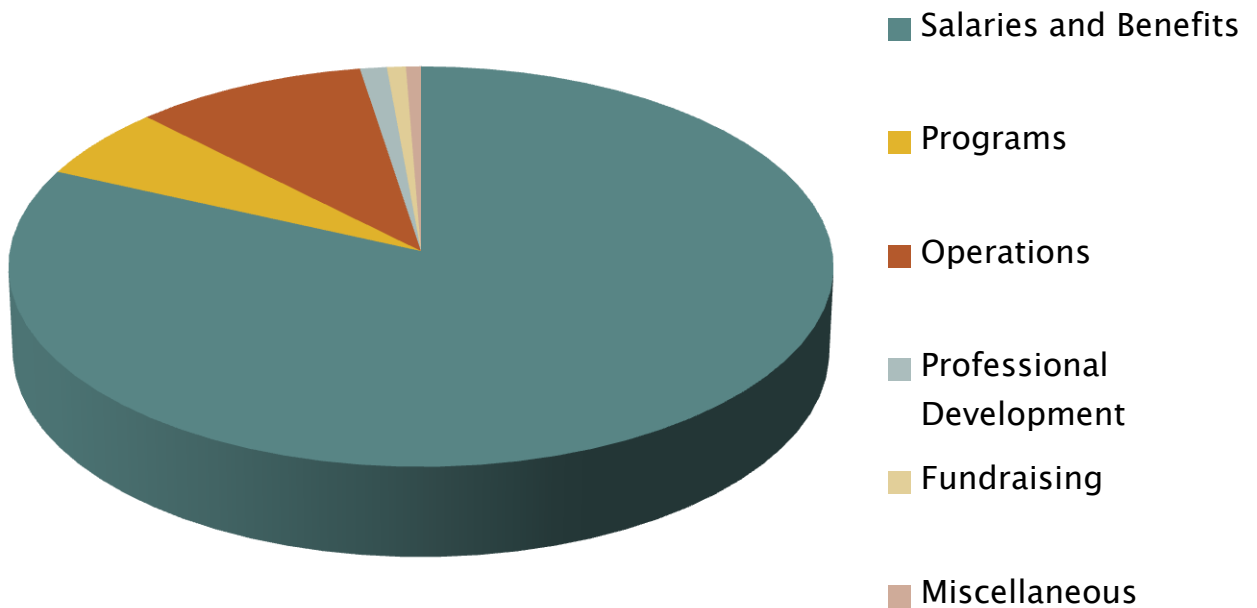
**Whitney Cruikshank**  
Volunteer Doula Program  
Coordinator

# Revenue





# Expenditures



# Financials

As per the unaudited financial statements, the Home of the Guardian Angel (HGA) came in above budget this past 2016–2017 fiscal year.

Annual revenue came in at \$712K (just under the budget of \$715.5K), nothing of importance to note in regards to the variance. Special thanks to the Executive Director and staff of HGA who diligently pursued all available options for funding.

Annual expenses came in under budget by ~\$3K at \$703K, offsetting the shortfall in revenue. Additional expenses were offset by relief in other areas. There is nothing out of the ordinary to report regarding expenses.

At the end of the year, HGA realized a surplus of \$9K, arriving at the surplus which was budgeted. HGA is in a strong position to continue its growth with community programs and support. The budget for the upcoming year has been prepared based on trends we saw this past year, along with adjustments to changes in funding that are expected for interpretation services.

The 2017–18 budget has been completed and approved by the Board of Directors.

Respectfully submitted,

Lucas Rowicki, MBA, CPA, CMA  
Chair, Finance Committee

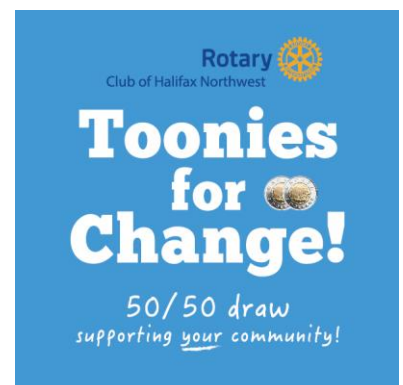
# Fund Development

On May 27, 2016 the third and final Comedy for Community fundraising event was held. The comedy show and silent auction had over 100 people laughing and bidding, with a profit of \$8367. Thank you to Scotiabank and Moosehead Breweries for their continued support! Money raised helped support the families served by the Volunteer Doula Program.

Two Community Craft Markets were held. Both markets allowed local crafters and artisans an opportunity to sell their items in the community. Chebucto Family Centre sold baked goods with the support of the board and were able to accept non-perishable donations that were used for stocking the in-house community food cupboard.

Good Robot Brewing Company hosted a Goodwill Bot in support of Chebucto Family Centre, with \$1 from every pint sold being donated to the Centre. It was a great reason to have a drink on their patio and play Disc Slam and Bingo!

Chebucto Family Centre is pleased to have partnered with Rotary Club of Halifax Northwest in their Toonies for Change campaign. Funds from this were used for CFC Youth Night.





# Membership, By-Laws & Personnel

## **Board Membership:**

Efforts to recruit new board members were made in 2016. As a result of this process, we welcomed Johanna MacAlister. We are also pleased to welcome Erin Brown who joined the Board in the spring of 2017.

Past president, Eileen Pelham, completed her second three year term and according to by-laws must leave the board at this time. She had also served as Vice President. We thank her for her generous service on the board and wish her well as she moves on. Diane Wooden also left the board in 2016.

Erin Bleasdale and Rena Maguire finish their first three year term this year. We are thankful that they have both accepted another term.

At the time of this report, twelve of the possible fifteen board positions are filled. Three board appointed positions and one Sisters of Charity appointed position remain unfilled.

## **By-laws:**

No by-law changes were made this year.

## **Personnel:**

There were no notable activities or projects for the 2016-17 fiscal year. Support was provided to management as required.

# SOCIAL MEDIA



**TWITTER**

@CFC\_hfx  
330 Followers

**FACEBOOK**

ChebuctoFamilyCentre  
824 Likes



**INSTAGRAM**



@ChebuctoFamilyCentre  
229 Followers



# Community Engagement

Chebucto Family Centre continues to be a hub of activity, providing a sense of community and source of support for many in the Spryfield area and beyond.

Chebucto Family Centre has a reputation as an inviting place, with many people walking through the door having been referred by a friend. Community members continue to come to the centre, some having sought out services 20+ years ago as a parent, returning this time as a grandparent.

As Spryfield welcomed many new community members from Syria, the need for support also increased. Through many conversations, hand gestures and occasionally Google translate, the front line staff have established relationships with these families.

No longer supporting just families with young children, the program room and kitchen are frequently filled with people of all ages.



With funding from Sisters of Charity, Chebucto Family Centre was able to provide more basic needs support than in previous years. The basic needs cupboard, which includes food and toiletries, was accessed 650 times. Over 5000 diapers were given out. There were 150 visits to the children's clothing cupboard and 120 people had their taxes filed for free. Halifax Transit donated bus tickets to be used for Youth Night and basic needs.

Chebucto Family Centre supported six different student placements. Students came from J.L. Ilsley High School, Mount Saint Vincent University, Success College, Dalhousie University and Nova Scotia Community College.

Chebucto Family Centre is proud to have continued partnerships with like minded organizations and individuals, as well as fostered new relationships. Promoting positive mental health, food security and support for the community, including youth, have been highlights of the year.





# Early Learning

The success of many programs offered at Chebucto Family Centre comes directly from the ability to offer free, quality childcare for infants and children during programming.

Community Drop-in, a staple program, has seen many new and returning faces over the past year. Each week was attended by an average of eight families. This time and space allows families to have a fun introduction to Chebucto Family Centre, meet new families, and provides a platform for parents to ask questions. With the support of Ginny, the playroom facilitator, children have time to play and interact with their peers.

Preschool and playschool provided 12 local families with a free ten week program for eligible children. These programs have a focus on early literacy, skill building and physical activity in preparation for beginning school in the fall.

To maintain a focus on health and physical activity, the outside play space requires a new fence to secure the area, as well as equipment that would better support children in their active play.





## **BOOK BONANZA**

In collaboration with community partners CFC has been supporting this free book initiative for 10+ years

## **STUDENTS**



6 students ranging from high school to post secondary were supported in work placements



## **REFERRALS**

Five families were supported in their referrals to early intervention programs



## **DOULA IN-SERVICE**

To support on-going VDP training, a previous co-op student was hired to support the staff

# Family Home Day Care Agency

From humble beginnings in September 2013, Chebucto Family Centre continues to be an approved Family Home Day Care Agency (FHDCA). This allows the agency to recruit, approve and monitor care providers interested in offering child care in their own home. Being part of an FHDCA creates a supportive network to relieve the isolation and other challenges associated with providing child care in your own home. Along with the support of the agency, care providers also support one another, offering assistance as they are able.



The FHDCA currently includes ten Family Day Homes providing quality care for 40 children. These homes allow many families access child care in their community and are enjoy the benefits of a smaller, more flexible program, including occasional extended, overnight or weekend care.

Recognizing the importance of growth, as well as the time and dedication needed, the agency is working towards having 12 licensed homes for the next year. The long term goal is to increase to 16 homes with one full time consultant and one full time director/consultant.

Entering into a new year with many changes in the Early Childhood Development field, there is a feeling of pride in knowing that the best approach for a children's program is based solely on respecting the individual needs of every child and that the best learning for children and preschoolers happens through play.

# Family Wellness

The Family Wellness service is available to community members requiring advocacy, community linkages, referrals and support. Using a strength based approach, the coordinator assists people as they overcome personal and lifestyle barriers, in times of transition and growth.

Over 520 services were delivered, supporting 90 people in the past year. Many requests for support were regarding family dynamics in Child Protection cases, accessing mental health care in a timely manner, issues surrounding food security, affordable housing and transportation, as well as providing emotional and social wellness.

This one on one service delivery allows for greater community connections and fostering working relationships with many community members.





# Healthy Beginnings

*"Just thought I'd say hi. I always think of you and thank you for the peace and joy you brought to our family during your visits and time with us. You were a great support to me! Thank you."*

Sarah and Krista have been busy the past year supporting over 30 families with children ages 0–3, including prenatal support for two families.

They encourage and promote positive parent–child interaction, as well as provide skill building opportunities to encourage meaningful and developmentally appropriate play.

They have helped families connect with the Volunteer Doula Program, assisted in referrals for Nova Scotia Hearing and Speech, find access to quality childcare, food banks, obtain legal counsel and more.

Three families have completed and “graduated” from the program, having been enrolled and active for three years!

*"Those visits saved my sanity"*



# Parenting Journey

Parenting Journey has been strong and steady this past year, supporting 65 families, including over 80 children. This year has carried a theme of monitor and maintenance as Parenting Journey continues to settle in and identify the community's needs.

Increased collaboration and coordination with Child Protection has proved beneficial to our families; we have since seen a significant increase in self-referral. Parenting Journey Reflective Supervisor, Nicole Clarke, has taken on carryover in caseload, preventing a need for a waitlist.

Highlights of this past year include intensive individual support with a defined parenting focus, including emotional support, positive discipline, child development, healthy relationships, navigation through the child protection process, home visitation, community and in-house referrals. Parenting Journey also provided one-on-one and group facilitation of parenting programs.

Chebucto Family Centre has the privilege and commitment to serve diverse Families. The upcoming year will be used to continue creating new possibilities and opportunities.

*"...has always encouraged me to never give up, no matter how awful I thought things were... She taught me to never give up and stay positive. Mostly the program has given me confidence in myself when I lacked it and needed it most."*

– Client, (Mom of 2 children)

# Prenatal and Postnatal Education

*"You have turned our fear into excitement. We feel empowered and ready, thanks to you! Bring on the baby!!"*

– Courtney

It was a busy year once again for pre- and post-natal support. Prenatal class attendance reached an all-time high. Breastfeeding support, now done in-home, has been extremely successful, with 40+ breastfeeding and post partum visits, and almost 150 phone calls.

The partnership with Dalhousie Medicine's prenatal clinic continues, with weekly prenatal education to patients there. As part of Women's Wellness Within, three successful wellness workshops were offered at Burnside Correctional Facility. The organizing and attendance of a Spinning Babies training has allowed for the valuable information about optimal fetal positioning for birth to be shared during prenatal classes.



A close working relationship with the Volunteer Doula Program has carried on, providing support and mentorship to doulas, providing breastfeeding support to VDP clients and training to the new doulas each year.

Providing home visits with each prenatal class participant allows for continuity of care and support for new parents in the community. The ability to support women as they transition to motherhood with evidence informed decision making and hands-on help is a commitment that is made and reaffirmed each year.



### **PROGRAMMING**

Over 200 families participated in programming



### **INFANT MASSAGE**

50+ hours of teaching infant massage classes for caregivers and their babies



### **PHONE CALLS**

148 breastfeeding and postpartum support phone calls



### **IN HOME SUPPORT**

43 in-home breastfeeding and postpartum support visits



### **WOMEN'S WELLNESS WITHIN**

40 women incarcerated at Burnside Correctional Facility attended 3 wellness workshops



# Volunteer Doula Program

The past year has been a big one for the Volunteer Doula Program. It experienced record breaking demand this year and celebrated the 20<sup>th</sup> anniversary of the program!

The program did intakes for 121 families, with a total of 1687 total volunteer hours devoted to families during this time period.

The 20<sup>th</sup> Anniversary Celebration was held in July at the IWK. It was a whopping success with more than 100 people in attendance. There was a strong media presence, with the VDP receiving a television slot on CTV news, a feature with CBC and a front page story with the Metro News.

The Syrian refugee influx greatly impacted the VDP, with many referrals coming directly from ISANS. The VDP worked closely with ISANS to strengthen the relationship and to collaborate on providing maternal health care to the newcomer population.

One in every four families served during this time, were non-English speaking, requiring the use of community interpreters for all pre and postnatal meetings. Languages interpreted included Arabic, Tigrinya, Swahili and Nepali. This put an unprecedented strain on the financial resources available.



Non-English speaking  
requiring interpretation



Breastfeeding rate  
at birth

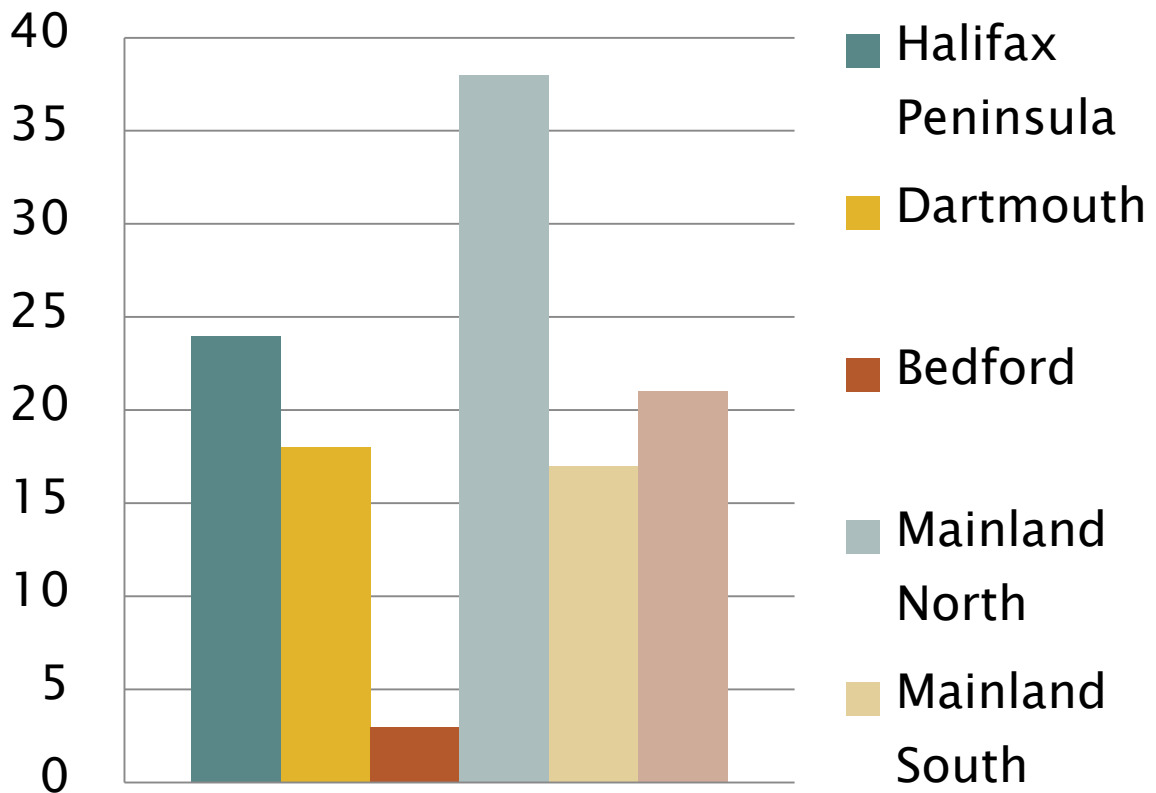
The VDP is very proud of the support provided by their doulas. One in three mamas who birthed vaginally did so without any medication. At birth, 99% were breastfeeding. By four weeks, 70% were still exclusively breastfeeding and 21% were breastfeeding with some formula supplementation. These rates are on track to surpass the provincial standard for breastfeeding exclusivity at six months, which is only 10% in Nova Scotia.

An increasing demand for doula support meant an increased need for volunteers. 14 new doulas were trained in April 2016 and began being matched with families. A legal partnership between several organizations was formed to allow Women's Wellness Within to continue supporting incarcerated women and transwomen.

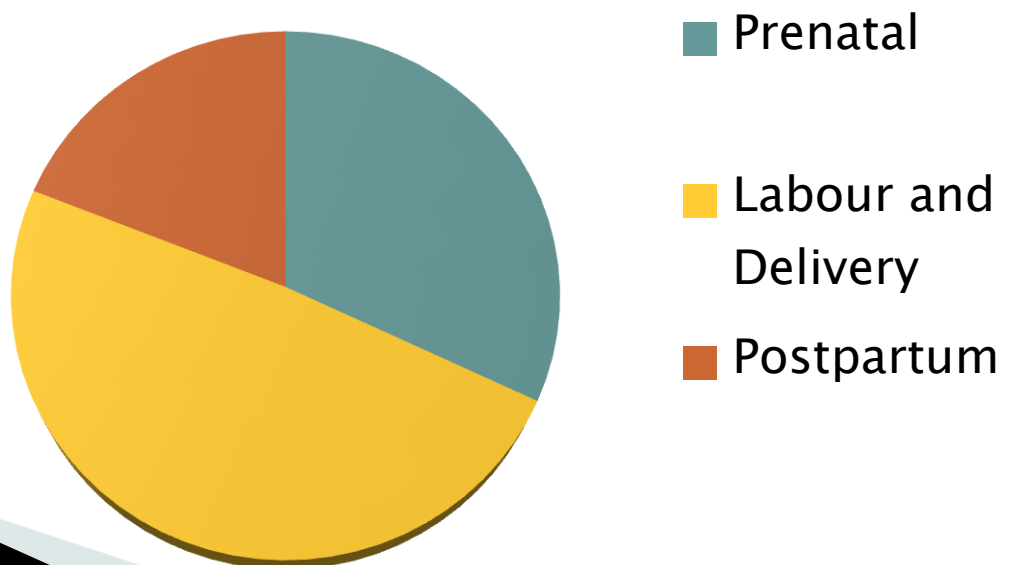
After 21 years of existence in the community, funding still continues to be the program's biggest hurdle for improving doula support for families, particularly regarding the ability to provide interpretive services.



## Communities Served by VDP



## Time Spent



# Youth

Chebucto Family Centre Youth Night continued to be successful. The program saw an average of 12 youth attend each evening, with 47 different youth participating overall.

The youth who attend Youth Night appreciate the variety of snacks and the opportunity to participate in sports and physical activity.

Through collaboration and interest, the centre was able to offer additional youth programming this year, with series focusing on food security, healthy relationships and life skills.



At the request of the participating youth, we organized two special outings: visiting the Get Air Trampoline Park, and attending a Halifax Mooseheads game. Both trips were well attended and the youth and the staff had a great time!



Funding for youth programming comes from the Chebucto West Community Health Board Wellness Fund and the Halifax Northwest Rotary Club's Toonies for Change.



# You Matter!

Black Family Foundation  
Brendan Maguire (MLA)  
Chebucto West Community Health  
Board  
Chickmas  
Corporate Research Associates  
Cosman Estates  
Craig Mac Comfort Initiative  
Deborah Mathers  
Family Learning Initiative Endowment  
Fund  
Family SOS  
Flemming Foundation  
GHD Canada  
Good Robot Brewing Company  
Halifax Transit  
Halifax Youth Foundation  
IWK

J.L. Ilsley High School  
Lena Diab (MLA)  
Moosehead Breweries Ltd  
NS Department of Community Services  
NS Health Authority  
NS Department of Education  
O'Reagans  
Patricia Arab (MLA)  
Public Health Agency Canada  
Rotary Club Halifax Northwest  
Scotiabank  
Sisters of Charity  
Steele Auto  
Submission Series Promotions  
The Printing House  
Uncle Buck's Pizza  
United Way of Halifax

# Connect With Us

You can support Chebucto Family Centre in a variety of ways:

- ❖ Sponsor a Spry Café
- ❖ Become a volunteer (both day and evening opportunities exist)
- ❖ Become a volunteer doula
- ❖ Join the Board of Directors
- ❖ Donate in person, over the phone or online at [www.canadahelps.org/en/charities/home-of-the-guardian-angel](http://www.canadahelps.org/en/charities/home-of-the-guardian-angel)  
Charitable tax number 1189 62166 RR001





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