



chebucto  
family | centre

# Annual Report

2020-2021

# Leadership Report

# 01

Chebucto Family Centre staff, volunteers and community members experienced yet another fulfilling year.

Continued COVID-19 restrictions impacted our program offerings and reduced participation in formal programming. However, staff were quick to adapt our services, finding new and creative ways to engage with the community.

We would like to express our sincere appreciation to staff, board members, volunteers, funders, donors and community partners who continue to collaborate in the pursuit of providing strength-based programs and services to the Spryfield community.

We also extend our heartfelt gratitude to the community members who trust in us, and join in our mission on a daily basis.

Respectfully submitted,

Meg McCallum  
Executive Director

Hilary Hatcher  
Chair of the Board

# Board Membership, By-Laws, Personnel

# 02

## **Board Membership**

We began the 2021-2022 year with twelve of thirteen possible Board positions filled.

## **By-Laws**

There were no changes to by-laws this year.

Lorraine d'Entremont

For the Nominating and By-Laws Committee

Hilary Hatcher, Dinah Simmons, Lorraine d'Entremont.

# Financial Report

# 03

As per the unaudited financial statements, the Home of the Guardian Angel (HGA) came in under budget this past 2020-2021 fiscal year.

Annual revenue came in at \$988,143. Special thanks to the Executive Director and staff of the Chebucto Family Centre who diligently pursued all available options for funding.

Annual expenses came in over budget by \$119,018 at \$950,318.

At the end of the year, HGA realized a surplus of \$37,825, arriving over the budgeted surplus of \$13,724. This surplus is deferred into the 2021-2022 fiscal year to accommodate programming and operations that could not be completed due to the COVID-19 restrictions.

Respectfully submitted,

Jennifer Toope, CPA, CA  
Chair, Finance Committee

# Community Support & Basic Needs

# 04

The Basic Needs Cupboard & Emergency Food Support continues to be one of our most accessed resources, as part of our Community Support programming. This year, 240 families accessed the Basic Needs Cupboard & Emergency Food Support, for a total of 621 visits. This is an 85% increase from the previous fiscal year. At times it can be challenging to keep up with the needs of the community, but we have received tremendous support from JL Ilsley High School again this past year with their 'Trick or Eat' initiative at Halloween.

Our Community Support programming looked significantly different this year due to the COVID-19 pandemic. Though we were not able to offer our regular daily drop-in program, we explored other ways of staying connected with the community through phone calls, emails, text, virtual programs and home deliveries. Thanks to another year of support from the Green Shield Impact Fund and the Community Foundation of Nova Scotia, we were able to quickly adapt to the evolving situation and continue to provide service to our community.



# Community Programs 05

A snapshot of some of the programming we were able to offer over the past year, either virtually, by home delivery, or in person:

- Craft Kits
- Basic Shelf At Home
- Alice on the Go (partnership with Alice House)
- Income Tax Clinic
- Flu Shot Clinic
- Coffee Chat
- Pizza Night Kits
- Prenatal Classes
- Meditation
- Cortices 4 Community
- Yoga
- Family Playgroup
- Rock & Rhyme
- Walking Club
- Lunch 2 Go
- Coffee 2 Go
- Book Lending Library
- Winter Activity Library
- Infant Massage
- Storytime
- Pancake Breakfast
- Ice Cream Day



# Food Security 06

We were unable to offer our monthly Spry Cafe this past year due to the COVID-19 pandemic. However, in July 2020 we launched our Lunch 2 Go program, preparing 75-100 meals each week. We were able to continue this program until the end of the fiscal year, thanks to generous support from the Chebucto West Community Health Board, Efficiency One and Nova Scotia Power, and the United Way Emergency Community Support Fund.

As recipients of the Community Food Access & Literacy grant through the Province of Nova Scotia, we were able to adapt our popular Basic Shelf program into "Basic Shelf at Home", allowing us to continue this program through the COVID-19 pandemic.

**"I WOULD LIKE TO THANK ALL STAFF FOR GREAT EFFORTS AND SUPPORT FROM A TO Z."**

Thanks to funding from the Chebucto West Community Health Board, we look forward to offering a "Kids in the Kitchen" program that brings families together in the kitchen, and promotes food literacy at an early age.

We renewed our Good Food Organization status with Community Food Centres Canada and continue to be so thankful for this partnership, as CFCC provides training, advocacy and funding opportunities related to our food security work. We received two grants from the Good Food Access Fund, which significantly increased our Basic Needs capacity and allowed us to reach more community members in need of food support.



# Early Learning 07

The Chebucto Family Centre playroom is a multi-age early learning space for children ages 0-5. We have an indoor playroom and an outdoor play yard which are primarily staffed by one early childhood educator and students from early childhood education post-secondary programs.

The purpose of the playroom is to support the development of children and the wellbeing of their families in a fun and engaging learning environment. This is accomplished through programs such as family playgroups, parent and infant drop-in support and play time, and new this year, a nature-based play program for children ages 3-5. We work from an attachment-focused lens, nurturing meaningful, positive relationships between children, caregivers, and their support systems through play. Learning, developing, and healing happens through play-for children and adults!

Programming looked very different in 2020-2021 due to the COVID-19 pandemic. We quickly adapted by hosting virtual Storytime, delivering craft kits to families in the community, and resuming Baby Playtime and Family Playgroup as restrictions lifted.



# Family Home Childcare Agency

# 08

The Family Home Childcare program began at CFC in 2014 and has gone through many changes over the years. We received funding for 16 homes from the Department of Education and Early Childhood Development (EECD) and even throughout the pandemic we were able to maintain that number for most of the year.

On March 15, 2020, the Province of NS announced the closure of all registered childcare centres and family home childcare, which included our agency, due to the Coronavirus. We had little time to prepare, we started working from home and established a working plan to deal with the repercussions that followed the announcement to support care providers through these unprecedented times.

Operational Cost funding was provided by the EECD which allowed care providers to close without any financial loss and for parents to stay home or find other care, if necessary, without paying for child care or the fear of losing their child care space.

Childcare re-opened on June 15, 2020. We informed care providers and parents about Public Health Protocols, provided the necessary supplies, and on-going updates to ensure a safe re-opening for all involved.

In the fall, amendments to regulations, the biggest being inspections of the day homes by a Licensing Officer, created fears and uncertainties among care providers but with support and guidance most inspections were successfully completed.

# Family Home Childcare Agency

# 09

Due to the pandemic, changes to the regulations and personal reasons, some providers choose to leave our agency. By March 31st we had 11 homes and 4 new homes in progress.

	<u>Stats</u>	
	<u>April 1, 2020</u>	<u>March 31, 2021</u>
Child Care Homes operating	15	11
Child Care Homes in progress	3	4
Total # of Children cared for	71	65
Families using NS child care subsidy	19	21
Child Care Homes withdrawn	5	8

**"WHEN I STARTED MY JOURNEY WITH HOME CHILD CARE, I WAS NERVOUS OF HOW LONELY AND STRESSFUL THE EXPERIENCE MIGHT BE. ESPECIALLY WITH THE BUSINESS SIDE OF THINGS. THAT WAS, UNTIL I FOUND JANE AND ROBYN AT THE CHEBUCTO FAMILY CENTRE HOME CHILDCARE AGENCY. TO KNOW I CAN COUNT ON THEM IS TRULY A BLESSING! THEIR SUPPORT TRULY GOES ABOVE AND BEYOND. FROM ENDLESS AMOUNTS OF RESOURCES, ANSWERING MY CALLS/TEXTS ANYTIME TIME OF THE DAY, THE GUIDANCE AND PRODUCTS THEY HAVE REACHED OUT WITH DURING THE PANDEMIC HAS BEEN INCREDIBLE. THEY HAVE ENSURED THIS PROCESS HAS BEEN THE BEST IT COULD BE FOR MY FAMILY AND I. I AM FOREVER GRATEFUL FOR FINDING THE AGENCY. I WOULDN'T HAVE IT ANY OTHER WAY."**

# Family Wellness 10

The Family Wellness Program (FWP) provides support by way of advocacy, community linkages, referrals, resource navigation and other services in the name of wellness. The FWP is strength-based in an effort to assist people to overcome individual and lifestyle barriers, in times of transition and growth. It is dynamic and ever-changing, meeting service users where they are at.

The Family Wellness Program served 40 families and community members this year, through virtual visits, by phone and text, as well as in person. The top three reasons that community members connected with the FWP over the 2020/2021 fiscal year were: Basic Needs, Social/Emotional Wellness, and Mental Health



# Healthy Beginnings

# 11



Healthy Beginnings home visiting focuses on supporting parents, promoting positive parent-child relationships, fostering healthy childhood development and linking families with community resources that further enhance the growth and development of the child and the family. Common areas of focus include language development, accessing mental health services, behaviour management and food security.

In response to the COVID-19 pandemic, our Enhanced Community Home Visitors provided support and connection in a variety of creative ways. This included check-ins by text, phone, virtual visits, home visits, outdoor visits and visits at the centre.

Our Enhanced Community Home Visitors supported approximately 30 families in the past year in collaboration with Public Health.

This includes families who continue to access our services, new referrals, families who graduated from the program, and families who accessed the program prenatally.



# Parenting Journey

# 12

Parenting Journey is a home visitation program providing support for families experiencing complex social, emotional and familial challenges. This year the Parenting Journey program supported a total of 49 families, including 63 children. We have one full time Parenting Journey Home Visitor and one part time Parenting Journey Home Visitor.

Specific areas of support included: housing, food insecurity, family violence, navigating healthcare & child protection systems, healthy relationships, single parent supports, behavioural challenges, self-regulation and much more.

Programs offered through the Parenting Journey program on an individual basis included:

- Incredible Years
- Nobody's Perfect
- Positive Discipline
- Healthy Coping Skills
- Healthy Relationships.

The Parenting Journey program continued to offer support to families based on individual needs, meeting families where they are at, utilizing a strength based approach to further propel families towards their goals.

# Pre/Post Natal

# 13



47 families attended  
infant massage



66 expectant parents  
+ caregivers  
attended prenatal



23 received  
individual prenatal  
support



59 people received  
postnatal support

**"SHARELYN SHOWED GREAT FLEXIBILITY BY ADAPTING THE CLASS MATERIAL FOR AN ONLINE PRESENTATION AND GAVE OUR GROUP THE BEST EXPERIENCE POSSIBLE"**

**"PRENATAL CLASSES WERE VERY USEFUL AND WE LEARNED A LOT"**

**"WHAT A HELP (PRENATAL CLASSES) WERE!"**

# Volunteer Doula Program

# 14

The Volunteer Doula Program supported 70 families this past year. Our 40 volunteers provided 328 hours of prenatal support, 380 hours of labour support, and 356 hours of postnatal support, for a total of 1004 volunteer hours. All families supported by the Volunteer Doula Program self-identified as having a total household income of \$42,000 or less.

Our volunteers supported clients of teen and mature ages with high risk pregnancies, language barriers, physical and intellectual disabilities, homelessness, child protection involvement, incarceration, as well as self-identified drug dependency, mental illness and domestic abuse.

- 51% of clients identified as newcomers to Canada
- 21% of clients identified as single parents
- 80% of clients identified as having little to no other support
- 57% of clients identified as BIPOC
- 24% of client identified as 25 years old or younger

**"I ENDED UP HAVING A VERY LONG LABOUR; NEEDED INTERVENTIONS. MY DOULA MADE A WORLD OF DIFFERENCE AS I HAD A WEALTH OF INFORMATION REGARDING ALL THE OPTIONS AVAILABLE TO ME. I FELT SO SUPPORTED AND SAFE WITH HER BY MY SIDE."**

**"I AM REASSURED IN MY DECISION TO BREASTFEED KNOWING THAT THERE ARE SUCH COMPETENT PEOPLE SUCH AS MY DOULA AND COMMUNITY RESOURCES IN HALIFAX."**



**A heartfelt thank you  
to all of our partners,  
funders, donors and  
volunteers.**

**We would not be able  
to continue  
to support and work  
with so many  
individuals and families  
if it were not for your  
generosity!**