



chebucto
family | centre

Annual Report

2017-2018

Table of Contents



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Who We Are	1
Highlights	2
Leadership Report	3
Board Membership	4
By-laws, Personnel	4
Financials	5
Basic Needs	7
Food Security	9
Basic Shelf	10
Spry Café	11
WalkAbout	12
Craft and Chat	12
Fence	13
Early Learning	14
Family Home Daycare Agency	18
Family Wellness	19
Healthy Beginnings	20
Parenting Journey	21
Pre/Post Natal	22
Volunteer Doula Program	23
Youth	25
Chase the Ace	26
Join the Board	27
Thank You	28

Who we are

01

Chebucto Family Centre (CFC) is a family resource centre and community hub. It has been in operation since 1887 under the name, Home of the Guardian Angel. Located at 3 Sylvia Avenue in Spryfield, CFC serves as both a resource for community members, as well as a welcoming space where they are encouraged to drop in. All programs and services are offered free of charge.



A surprise donation from the Port of Halifax

Over the past year, CFC has continued to provide well loved programs such as yoga, zumba, Incredible Years, Healthy Beginnings and prenatal classes, as well as expand programming to meet the ever changing needs of the community. Programs such as morning drop in have resulted in more community members to feel welcome, meet their neighbours and enjoy a cup of coffee.



Income tax clinic 2017

CFC can frequently be found at community events such as the annual Spryfield Santa Clause Parade, Book Bonanza, In the Loop BBQ and other community events raising awareness about the programs and services offered.

These are some of the ways that the mission, ***To nurture and enhance the quality of life of families through the delivery of community based programs and services*** are being delivered.



2017 Santa Clause Parade

Highlights 02

In the past year Chebucto Family Centre...

- ...began a walking group to get more people active
- ...hosted 9 Spry Cafés, serving approximately 366 meals
- ...expanded the Parenting Journey program to support more families who were interested in parenting support
- ...hosted an income tax clinic, serving 125 low-income individuals
- ...supported 10 homes to be approved childcare providers, ensuring quality childcare is available in the community
- ...provided 260 bus tickets to assist people in getting to appointments
- ...increased youth programming to build resiliency and community networks
- ...hosted community BBQ's over the summer to bring people together
- ...got people moving during 58 fitness classes



Leadership Report 03

Last year, through reflection of where we have been and where we are going, a new agency logo was born and unveiled. The logo represents the changes throughout the years that have brought us from an agency servicing families with children, to operating as a community hub and starting place for many in Spryfield.

This year we said goodbye and thank you to long time staff, Deborah Hutchinson, who retired in December. With that, we welcomed her replacement Tara Billard. We have also welcomed Stevie Fort as Program Support and Sharelyn Stone, our Pre/Post Natal Educator; both of whom started as volunteers in our Volunteer Doula Program; and finally we saw Ginny transition to Family Day Home Consultant, and Taylor to fill the role of playroom coordinator.

Chebucto Family Centre remains thoughtful in our purpose, and our work remains guided by client and community needs. Keeping with this sentiment, we have expanded our work with youth in Spryfield. Through the development of a strong partnership with J.L Ilsley High School, staff have facilitated several programs throughout the year, and we look forward to further expansion of programs and services in this area in the coming year.

As always, a sincere thank you to our funders, partners, volunteers, board and staff. The work being done is truly a collaborative effort in building and maintaining an agency of work to be proud of. The report clearly demonstrates the commitment of our staff in their service delivery; a very special thanks to you all.

We invite you to read our annual report to learn more about the work and services that have been provided by Chebucto Family Centre over the past year.

Thank you,

Tammy Turple
Executive Director

Tammy Moffatt
Chair

Board Membership, By-Laws, Personnel

04

Chebucto Family Centre began the year with eight of ten Board appointed positions filled, and continued with seven after Johanna MacAlister withdrew due to priority of other commitments. The two Sisters of Charity appointed members brought the total membership to nine.

Two members are completing their second term, Tammy Moffatt and Dale Darling, and according to By-laws, must leave the Board at this time. Tammy, current President has also served as Secretary, and Treasurer. Dale has served on the Management/Personnel and By-laws Committees. The Board is grateful for their expertise and committed service over the past years and wish them well in the future.

Board membership recruitment has been ongoing through personal and professional connections, as well as postings online and within the community. Currently there are a number of interested applicants to be presented to the Board, however diligent recruitment processes will continue to ensure a full Board complement for the future.

By-Laws:

No changes were made this year.

Personnel:

There were no notable activities or projects for the 204-2018 fiscal year.

Financials

05

As per the un-audited financial statements, the Home of the Guardian Angel (HGA) came in above budget this past 2017-2018 fiscal year.

Annual revenue came in at \$767K (over the budgeted amount of \$722K) as a result of additional funding received for Family Home Day Care, Parenting Journey, and additional smaller grants. Special thanks to the Executive Director and staff of Chebucto Family Centre who diligently pursued all available options for funding.

Annual expenses came in over budget by ~\$32K at \$746K. These expenses were driven by growth and related to the additional funding received. There is nothing out of the ordinary to report regarding expenses.

At the end of the year, HGA realized a surplus of \$21K, arriving over the surplus of \$8K 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 2018-2019 budget has been completed and approved by the Board of Directors.

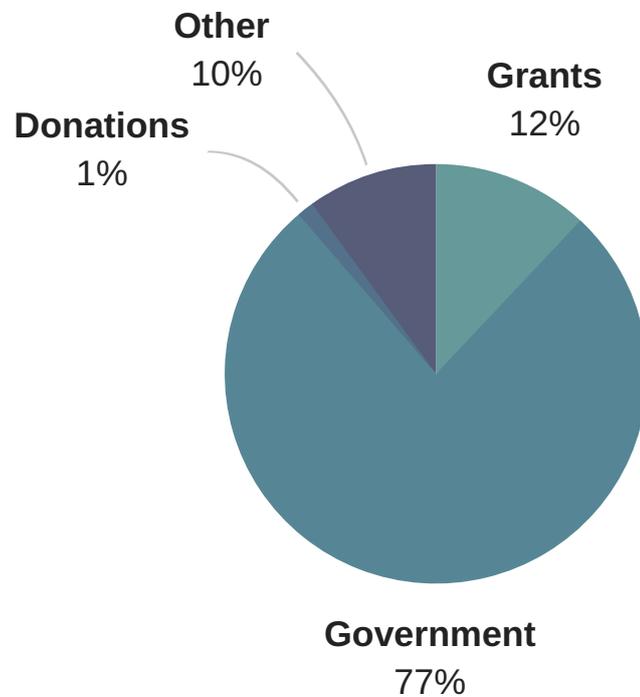
Respectfully submitted,

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

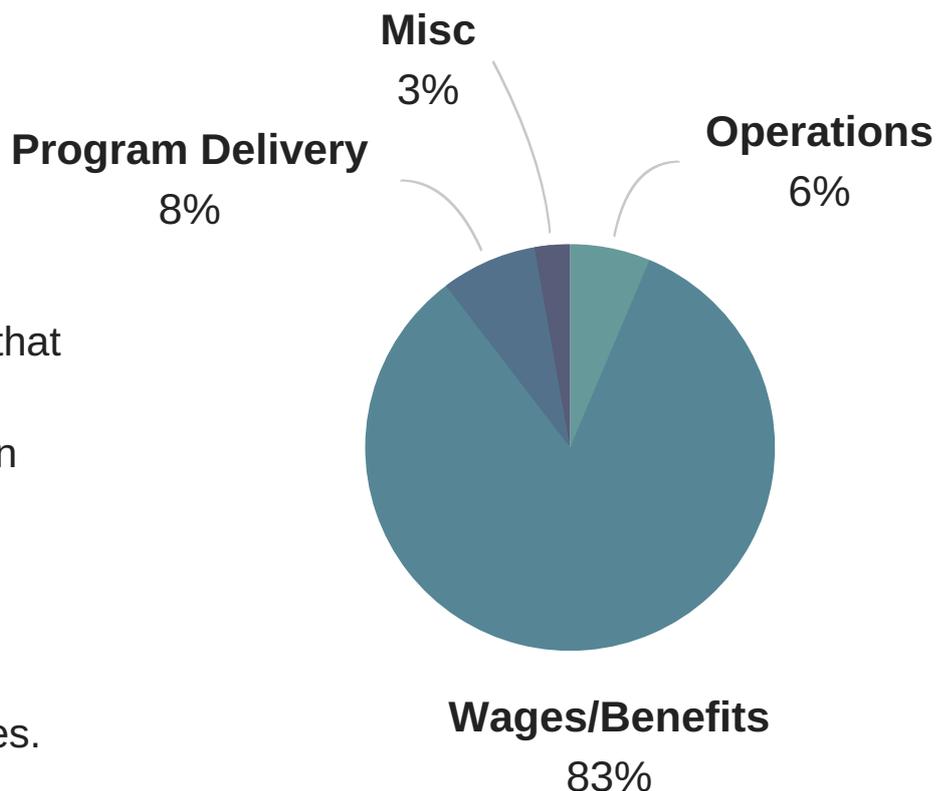
Financials

06

Chebucto Family Centre is thankful for each gift and donation that is received. Your donation is combined with those from others, as well as from major funders to ensure together the most impact can be made in the community.



In-kind donations from service users and community members are not accounted for here, but are beneficial in programming and much appreciated.

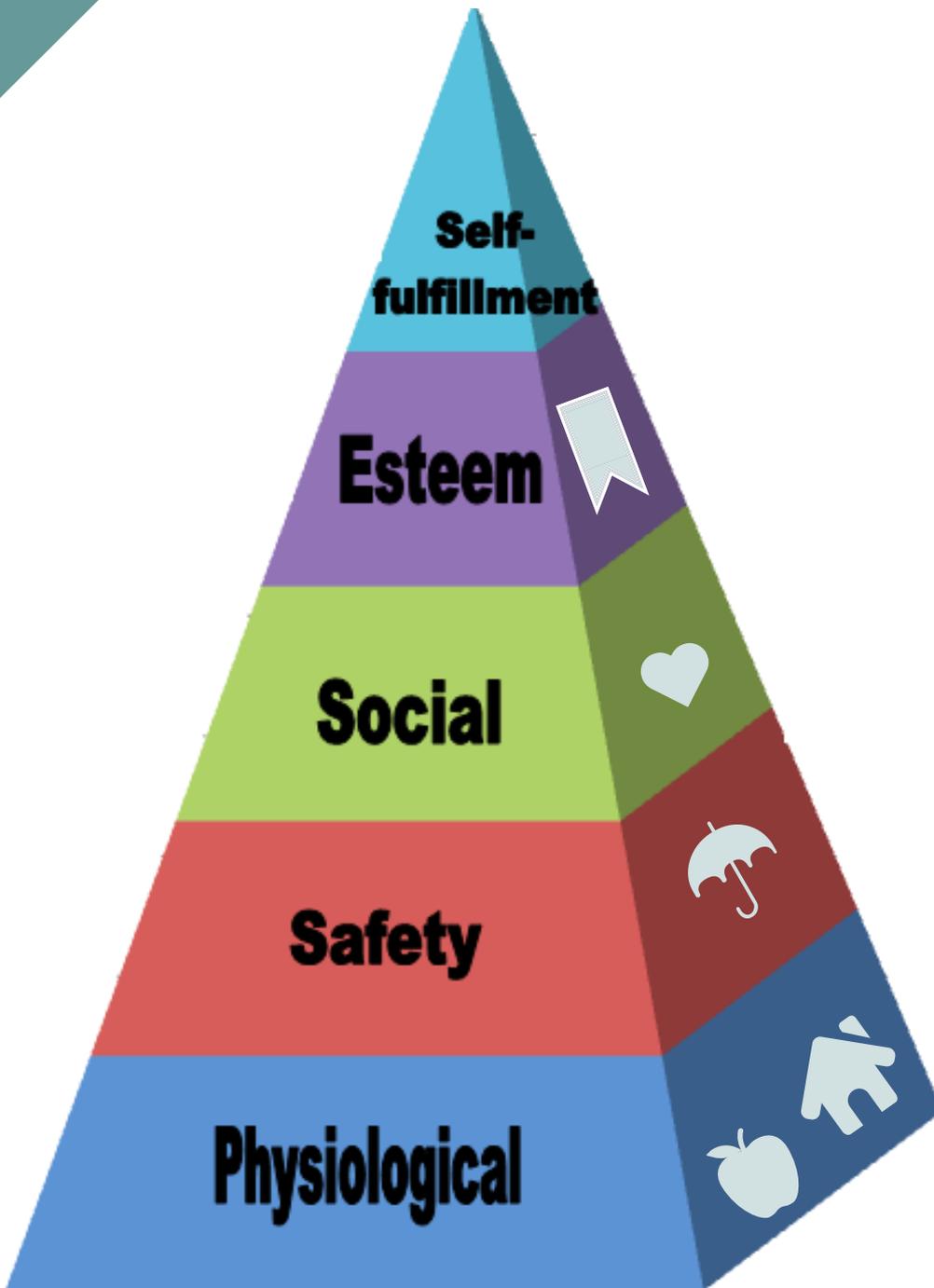


As a charity, Chebucto Family wants to ensure that funds given are used to support the community in the best possible way.

The following is a breakdown of Chebucto Family Centre's expenses.

Basic Needs

07



We all have basic human needs. The need for food, water and safety must be fulfilled for overall health and wellness.

Through the basic needs program, families facing challenges in meeting their basic needs are provided with emergency provisions in cooperation with other local services and programs.

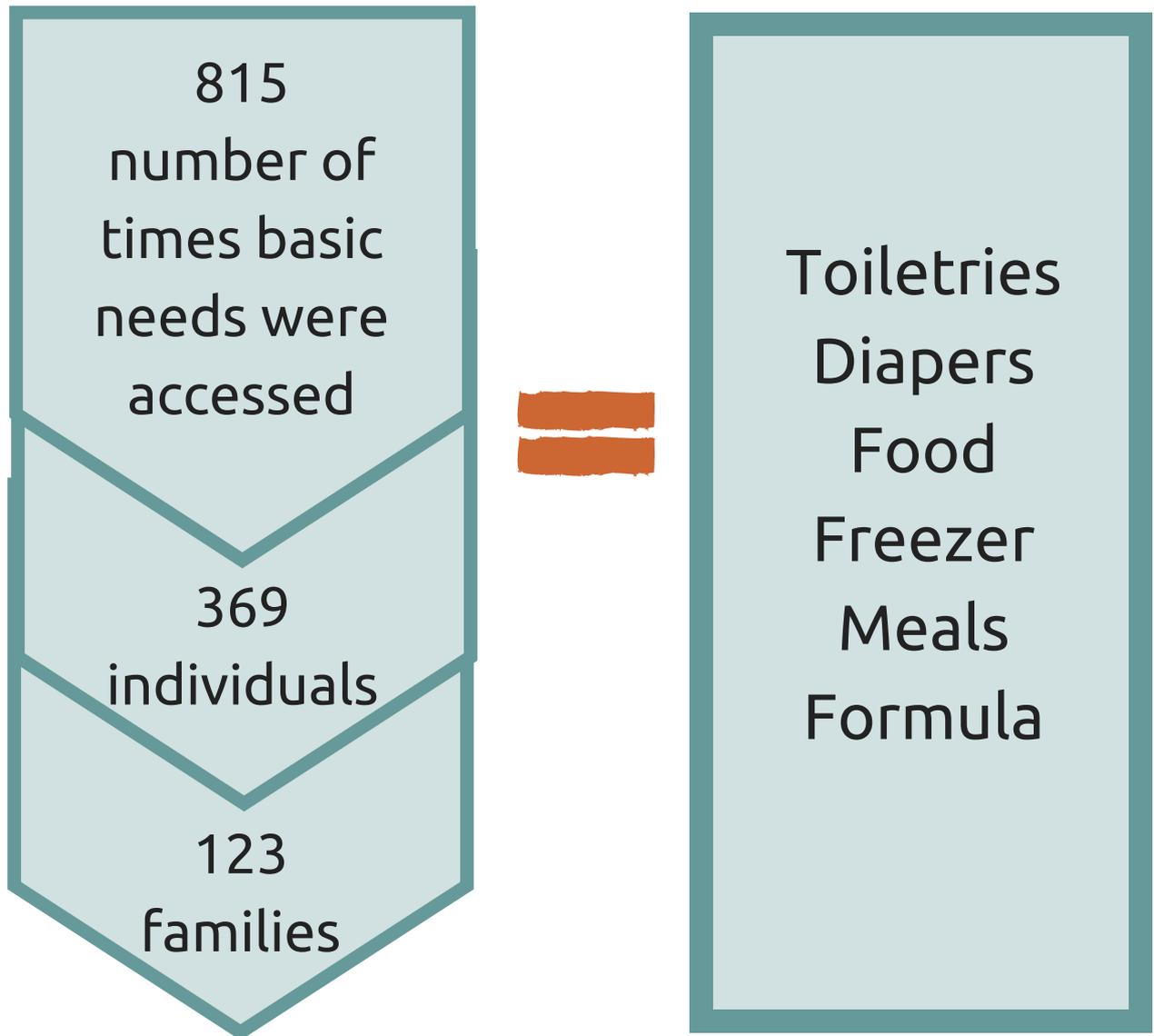
Once basic needs such as food, hygiene and transportation have been addressed, families are able to access other programs and services to meet their family goals and objectives.



United Way
Halifax



HALIFAX YOUTH
Foundation



260 Bus tickets were given out 

This block contains a teal-bordered box with the text '260 Bus tickets were given out' and a small black icon of a bus to the right of the text.

Good Food Organization

09

Chebucto Family Centre is proud to now be a Good Food Organization working towards a healthy and fair food system in alliance with Community Food Centres Canada.

It will continue to be advocating for and working with community members in not only accessing healthy foods but in the skills necessary to be able to cook them.



Produce Packs

As one of the 3 local hosts of the Mobile Food Market Spryfield Produce Pack initiative, Chebucto Family Centre is able to help support the community in accessing fresh and affordable staple fruit and vegetables. At a cost of \$10 these produce packs are not only healthy, but convenient and affordable as well.



Community Food Leader Training

Chebucto Family Centre is pleased to have staff trained and be part of the food leaders network, working to build food literacy, leadership skills, and food initiatives that improve food security in communities.

Basic Shelf 10

Thanks to the Wellness Fund Grant from the Chebucto West Community Health Board, over a course of 7 weeks, participants worked together to plan and create meals using the Basic Shelf Cookbook. The cookbook is based on a strategy of keeping a "basic shelf" of staple ingredients that can be used to create delicious and healthy affordable meals.

The Basic Shelf program came about from the experience of many users of the centre experiencing food insecurity. Many families use a significant portion of their incomes for rent and other bills, leaving very little for groceries; participants also cited not wanting to try new foods or recipes for fear that if they did not like it, it would be a waste of resources.

Following the program, attendees reported feeling more confident in their ability to make healthy, affordable food for their families. Long term effects will result in self-reliant and healthier families for the community.



Checking the recipe to ensure success



Christina and Sharelyn prepping vegetables

"I ENJOY BASIC SHELF FOR A FEW REASONS. I ENJOY COOKING AND LEARNING NEW AND HEALTH RECIPES AND MEETING NEW PEOPLE. AND THE BEST PART IS WE GET TO TAKE HOME WHAT WE MAKE"



Spry Café

11



The Bessant family enjoying a meal together



Peter from Corporate Research Associates serving dinner at Spry Café

In an effort to combat food insecurity and issues of loneliness, there is Spry Café; a monthly community meal hosted and provided for by a sponsor group. Each month Spry Café hosts up to 40 people, from young infants and well beyond for a delicious meal, served in a community setting.

Spry Café provides an opportunity for folks to meet their neighbours, break bread with friends, enjoy a meal out, or perhaps eat the first home cooked meal they have had in a long time. Spry Café means something different to everyone, but everyone gets something out of it.

For information on how you can sponsor Spry Café, contact Andrea, Centre Coordinator at Andrea@hgahfx.ca or 902-479-3031 ext 302.

"I FEEL SPECIAL. IT'S LIKE BEING IN A FANCY RESTAURANT WITH FRIENDS. IT'S A PLACE OF BELONGING. YOU FEEL WANTED AND APPRECIATED. IT'S A GREAT SENSE OF COMMUNITY THAT YOU HAVE ONCE A MONTH. YOU LEAVE KNOWING YOU HAVE PEOPLE WHO CARE ABOUT YOU"

Thanks to the Walkability grant, Chebucto Family Centre has begun a weekly walking group with participants, and a secondary group with students from J.L. Ilsley High School. These two groups boast 20+ participants who are actively pledging to increase their walking.



Craft And Chat

SHOPPERS  | **LOVE.**
YOU.
PUTTING WOMEN'S HEALTH FIRST

Cupcake decorating with Michelle from
Buttered Bliss

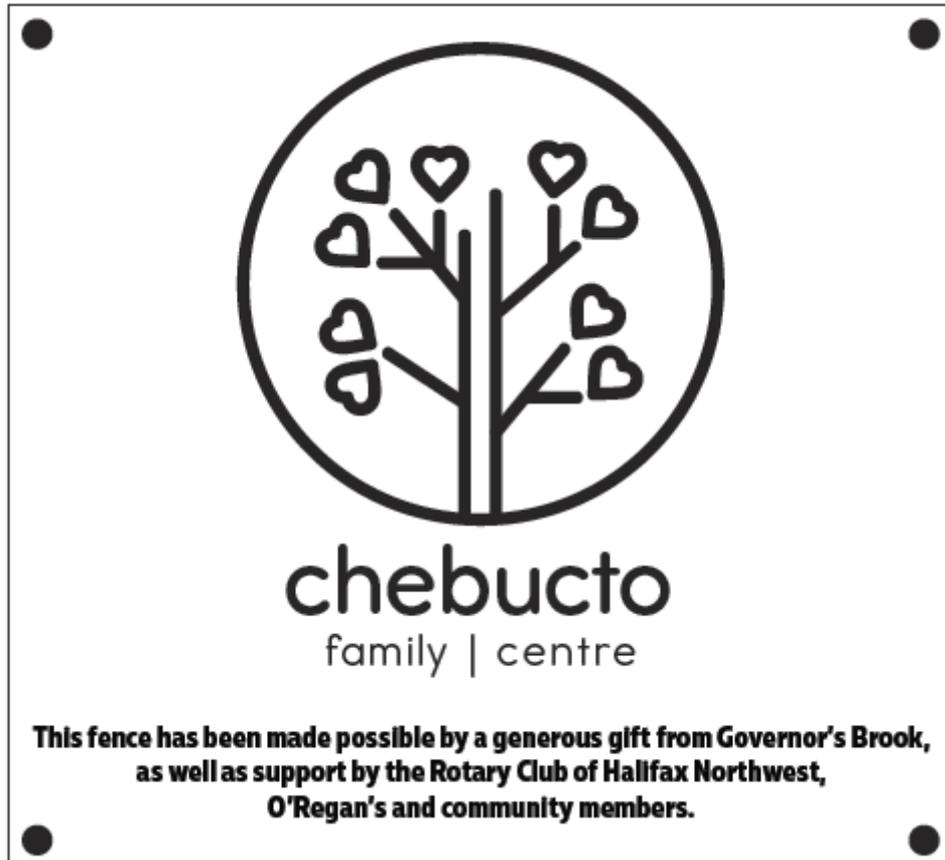
New to this years programming was Craft and Chat thanks in part to the SHOPPERS LOVE. YOU. program. It is a program designed to bring community members together, get creative and try new experiences.

Over the 8 week session, 12 participants were able to try their hand at a variety of crafting and creative pursuits such as cupcake decorating, mandala dot painting, and tshirt scarves.

**"You helped me expand my horizons.
Thanks!!"**

New Fence

13



Over the past few years, the wooden fence surrounding the play yard had wobbly boards, had fallen into the neighbours yard numerous times, been "fixed" with rope, and had a door that was difficult to use as it frequently got stuck, making it a safety hazard incase of emergency. This rendered the play yard unsafe to use during programs or by the community.

Chebucto Family Centre is thankful that with the generous support of Governor's Brook, Rotary Club of Halifax Northwest, O'Regan's and community members a new fence was installed for the play yard, resulting in a safe place to play outside.



The ribbon cutting ceremony was followed by cake during the official re-opening of the play yard.

Early Learning 14



Early Learning 15



Staff members Nicole, Taylor and Sarah after the Mud Day celebration

June 29 CFC staff and families got a little messy in celebration of International Mud Day.

The creators of International Mud Day wanted to find a way to help all of the children of the Earth feel closer to each other...and what is a better way to do it than through the Earth itself?

Mud Day was an opportunity for staff, children and families to play in the mud and have a great time.

Throughout the summer, the play yard was open to families for free play and was host to an ice cream social and frequent barbeques.

These activities were an opportunity to connect with community members who do not frequently attend programming at the centre, encourage a feeling of community and belonging, as well as boost outdoor play.



Faith, checks out the mud pit in the play yard

Early Learning 16



A NEW PAINT JOB FOR THE PLAY ROOM THANKS TO THE WAKE UP HALIFAX! DAY OF ACTION PLANNED BY THE UNITED WAY HALIFAX AND MADE POSSIBLE BY VOLUNTEERS FROM PORT OF HALIFAX

Over the past year, the CFC playroom has hosted 92 families in various capacities; from childcare during adult programming, childcare during on-site meetings, interactive family programming and during pre and playschool. It has been a year of growth and change for the playroom. CFC welcomed Taylor as the Early Childhood Educator (ECE), as Ginny moved upstairs to the Family Home Day Care office.

Wake up Halifax! An initiative of the United Way Halifax, saw volunteers from Port of Halifax join forces to paint the playroom, from bright yellow to a pastel blue, the room not only looks more inviting, but has reduced over stimulation and allows for materials and interesting objects to become the focus of the children, allowing for more play and learning.

Early Learning 17

With a focus on the importance of nature, risk taking, outdoor play and messy play; all of which are being increasingly acknowledged in research as important for child development and early learning, plastic and character based toys are being replaced with “loose parts,” and open-ended toys and things that encourage creativity, lifting, building and exploring. This has led to opportunities being co-created featuring obstacle courses, mermaid castles, mud feasts and so much more. Working alongside the attitude, “*there is no such thing as bad weather, only bad clothing,*” the children have been jumping in mud puddles, growing plants, examining worms and salamanders and building snow forts in the yard.

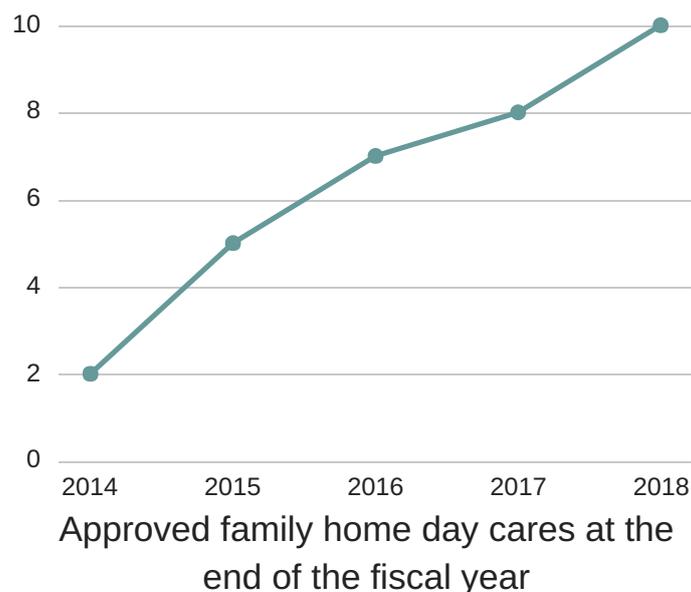
Busy childcare days saw between 2 and 8 children present, almost all of whom were under the age of 18 months. An increase in demand for childcare and children’s programming saw other centre staff being required to support the one ECE and children 95% of the time, as there are currently no dedicated volunteers to provide additional support. Three or more childcare providers have been required 15% of the time to meet ratio and individual child needs.

Due to childcare ratio legislation for unlicensed facilities, the preschool program is limited to 6 children per block with one educator. Preschool remains of high interest, with no less than 12 on the waitlist at any given time throughout the year, reflecting a high demand and need for accessible early learning opportunities for children ages 3-5. Additional staffing support could allow preschool to be more inclusive of children who have diagnosed and undiagnosed special needs and to provide a higher-quality level of support and attention.

Following in the interests of the children and families, the next year is sure to be an exciting one as programming continues to grow and explore the various opportunities the centre and the community have to offer.

Family Home Day Care Agency

18



Thanks to additional funding from the Department of Education and Early Childhood Development and the Federal government, the Family Home Day Care Agency (FHDC) has been able to continue its growth in supporting families to provide quality childcare in their homes. This involves providing resources and materials for new care providers who were starting out, and to increase the ability of care providers to allow for more inclusive programming.

The FHDC was pleased to hire Ginny, a CFC employee as a part time consultant for the program.

Throughout the year, there were up to 14 approved homes, but due to family commitments and other employment opportunities, there were 10 at the end of the year with 2 more in the process of becoming licensed. This has allowed for Ginny to take on a full time role in the FHDC for the upcoming year.

For the next year, the goal is to increase the total number of approved homes to 16, allowing for more children and families access to family home child care and increasing inclusion of all children in the approved homes.

Family Wellness

19

100
people

540
services
delivered

Support

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.

This year, the FWP continued to provide moral, emotional, practical and advocacy support to families involved with Child Welfare, This included collaboration with Child Welfare Staff, attending court appearances, delivering internal programming and conducting external referrals. The FWP provided space for families to process dynamics, acknowledge and come into their areas of growth, and learn to ask for what it is they need in challenging, transitional times.

With ever increasing wait times to access Clinical Mental Health support, the FWP witnessed the seemingly inherent value in providing community connection, a professional and objective ear to listen, and a sound support to reflect and connect with in the interim, to help offset isolation.

H.O.P.E

Healing Our Past Experiences (H.O.P.E) is a program designed for women on their journey towards healing from the impact of trauma in their lives. Over 20 women have completed the program to date.

Participants are free to express themselves in a variety of ways, create their own unique experiences and learn from one another while on their healing journey.



Healthy Beginnings 20



Healthy Beginnings home visiting focuses on supporting parents, promoting a healthy parent-child relationship, fostering healthy childhood development and linking families with community resources that further enhance the opportunities for healthy growth and development of the child and the family. Frequent concerns from families are regarding language development, accessing mental health services, behaviour management and food security.

"IT'S GOOD THAT YOU'RE HERE. I'VE NEVER BEEN A PARENT SO I WOULDN'T KNOW THAT I COULD DO ALL THESE THINGS TO HELP HIS BRAIN DEVELOP"

Home Visitors Krista and Sarah supported approximately 40+ families in the past year in collaboration with Public Health.

This included many new referrals, as well as families continuing on from the previous year.



Parenting Journey 21

...HAS BEEN ONE OF MY BIGGEST SUPPORTS WHILE GOING THROUGH THE HARDEST THING IN MY LIFE. I'VE GAINED INSIGHT ON THINGS I MAY NOT HAVE KNOWN INSTINCTIVELY AND HOW TO BE THE BEST MOM I POSSIBLY CAN."

Parenting Journey (PJ) is a home visitation program that provides individual support for families experiencing complex social, emotional and familial challenges that may impact overall family functioning, parent-child relationships and the well-being and development of children/youth. An increase in self-referrals resulted in additional funding from the Department of Community Services to fulfill in total a full-time, as well as a part-time Parenting Journey Home Visitor positions. This past year, 52 families and 100 children and youth have been served by the Parenting Journey home visitors.

This year has reflected a motif of collaboration and community connection with community organizations, Child Protection, Nova Scotia Legal Aid, and others as needed to best support families. Positive impacts of the Parenting Journey program include curriculum based parenting education. This included:

- Nobody's Perfect
- Positive Discipline Parenting
- How to Talk So Yours Kids Will Listen
- Incredible Years Parenting
- Dragonfly Attachment Program

In addition, the Parenting Journey structured framework permits intensive individual support, goal-oriented family planning, emotional support, advocacy, positive discipline strategies, child development, stress management, healthy relationships, navigation and support through the child protection process, and home visitation.

Pre/Post Natal

22

It has been a busy and exciting year in pre and post natal support. Transition to life with a newborn can be full of challenges, questions and uncertainties. Prenatal education classes aim to equip families with evidenced based information so that they have access to the information they need to make informed choices. Continued support via email, telephone or home visits is accessible to all families that request it, and many avail themselves to this support

Infant massage is a wonderful opportunity for families to connect with others while facilitating communication with their child through touch. This weekly drop-in program also provides an opportunity for information and learning to be shared with care providers on injury prevention, mental health wellness, along with infant child health & development.

Participation in the weekly prenatal education to patients of the Dalhousie Family Medicine clinic continues to grow and result in awareness of programs offered at CFC.



77 families attended infant massage



49 expectant parents + caregivers attended prenatal



160 people received individual prenatal support



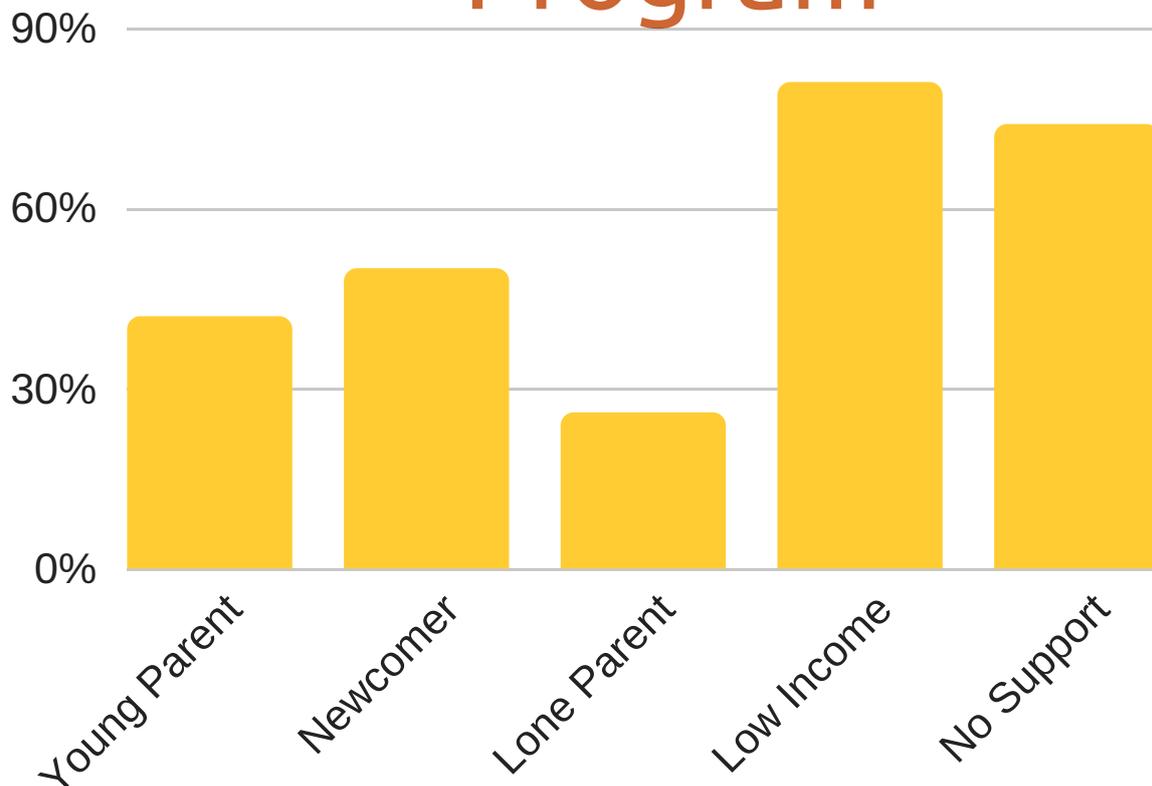
4 workshops supported 40 women in Central Nova Scotia Correctional Facility



70+ people had home visits both pre and post natally

Volunteer Doula Program

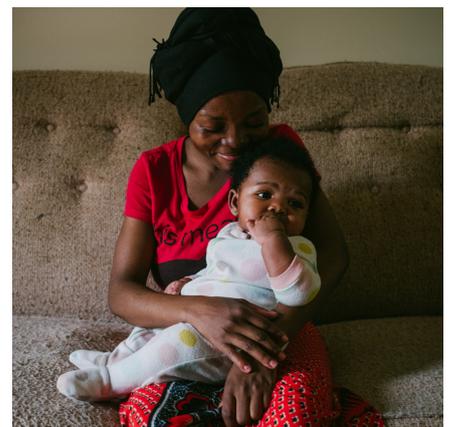
23



119 families were supported this year. The chart shows how they identified, please note individuals may have identified more than one category.

The VDP continues to support families across the Halifax region, this past year serving 119 individuals; this translates to just over 2000 hours of volunteer work from the trained doulas. The doulas provide on-going and client directed support from 4 weeks before the due date, through the hours of labour and delivery, as well as in the direct post-partum period.

"OUR VDP DOULA WAS SUCH A COMFORTING PRESENCE TO ME, ESPECIALLY WHERE IT WAS MY FIRST TIME AND I DIDN'T KNOW WHAT TO EXPECT. SHE WAS A CONSTANT. SHE STAYED FAITHFULLY BY MY SIDE FOR MY ENTIRE LONG LABOUR."





Blindfolded diaper changes at the Goodwill Bot fundraiser at Good Robot

The partnership with Women's Wellness Within (WWW) continues to grow and be recognized for the work being done with incarcerated women and trans women who are incarcerated in Nova Scotia. WWW was awarded one of the 2017 Human Rights Awards for their work in raising consciousness of the rights and reproductive health experiences of criminalized women.

As the needs and wishes of birthing families are diverse, the VDP continues to provide annual training to help ensure a wide variety of experiences and backgrounds of the doulas available. Each year a group of new doulas becomes trained on-site through Doulas of North America (DONA), and become active in supporting families through the VDP, each doula bringing with them something that is unique. This past year saw 17 new doulas become trained.

In an effort to become a more sustainable program, the VDP has created a strategic planning committee whose aim is to consider the ability of the VDP to become an income-generating program, as well as build relationships with like-minded private companies in attempts to securing funding and support for fundraising events and campaigns.



Youth 25

In an effort to reach more youth in a meaningful way, Chebucto Family Centre partnered with J.L. Ilsley and the Youth Health Centre Public Health Nurse to offer youth programming at the school.

The Rotary Club of Halifax Northwest's Toonies for Change campaign, as well as the Chebucto West Community Health Board Grant provided the funding necessary to support two 4 week versions of the Basic Shelf Cooking Program, and at the request of participants, came back for a Holiday Baking afternoon.

Each block of Basic Shelf supported up to 20 youth weekly in creating health and budget friendly recipes to try and take home to their families. Youth left better equipped with skills such as recipe reading, food preparation techniques and a better understanding of how to make some of their favourite foods at home.



Facilitated by the Youth Coordinator and Family Wellness Coordinator, CFC was able to launch Girl on Fire, a female empowerment program. Girl on Fire helps to teach self-awareness, self-worth, and confidence, to live empowered, joy-filled, and harmonious lives through discussion, activities and movement.

Chase the Ace 26

Chase the Ace

Every Thursday | 6:15 - 8 pm | \$5 for 6 tickets
Freeman's Little New York (Fairview location)
in support of



chebucto
family | centre

Every Thursday night, staff members, board representatives or volunteers from Chebucto Family Centre can be found at Freeman's Little New York in Fairview.

While the great food is definitely a draw, a growing Chase the Ace jackpot could be the biggest lure of all.

Starting with a jackpot of \$500, it is anticipated that as the weeks go on, the cards reduce and the jackpot increases, so too will the number of players.

At a cost of just \$5, Chebucto Family Centre's Chase the Ace is an affordable fundraiser, with potential for a big pay off for the lucky winner.

Join Chebucto Family Centre at Freeman's Fairview for your chance to Chase the Ace!



Join the Board!

27

Are you passionate about community change? Do you want to have a real and meaningful impact in your community? Want to meet interesting people? Share your existing skills?

Chebucto Family Centre is looking for board members!

Chebucto Family Centre is a family resource centre and community hub located in Spryfield. It provides free services and supports to families and community members.

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

The commitment: The board meets monthly on Wednesday evenings, September- June and serve for 2 year (renewable) terms. Board members are asked to bring enthusiasm and commitment to meeting the mission of Chebucto Family Centre. As well, members are expected to regularly attend meetings, and special events as able, as well as serve on subcommittees as needed.

The current need: Seeking candidates with experience in finance, those with a background in law, experience in media, fundraising, policy and other skills are all encouraged to send in their interest.

Please email the Executive Director, Tammy Turple at Tammy@hgahfx.ca with an expression of interest.

For more information, please visit their website, www.homeoftheguardianangel.ca or Chebucto Family Centre on social media.

Thank you for your interest in joining the Board of Directors at Chebucto Family Centre!

Thank you!

28

A big thank you to all of our partners, sponsors and volunteers. We would not be able to continue to support and work with so many individuals and families if it were not for you.

1st Shoreview Brownies
Black Family Foundation
Brendan Maguire (MLA)
Buttered Bliss
Chebucto West Community Health Board
Chebucto Community Health Team
Chebucto News
Chickmas
Corporate Research Associates
Cosman Estates
Deborah Mathers
Evie Dunville Art Therapy
Family Learning Initiative Endowment Fund
Flemming Foundation
Freeman's Little New York
Good Robot Brewing Company
Governor's Brook
Halifax Shoebox Project
Halifax Transit
Halifax Youth Foundation
Heart and Stroke NS
Herring Cove Dental
IWK

J.L. Ilesley High School
Liz Mandishora
Local Jo's
Mobile Food Market
NS Department of Community Services
NS Health Authority
NS Department of Education
O'Regans
Orb Toys
Options and Opportunities Program
(O2 at J.L Ilesley)
P'lovers
Port of Halifax
Public Health Agency Canada
Rotary Club Halifax Northwest
Scotiabank
Shoppers Drug Mart
Sisters of Charity
Skinfix
Tracy Stewardson
Uncle Buck's Pizza
United Way of Halifax