



Children's
COTTAGE
SOCIETY

ANNUAL REPORT

2018-2019

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OUR VISION

Safe children in healthy families.

OUR MISSION

Preventing harm and neglect to all children and building strong families through support services, respite programs and crisis nurseries.

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MESSAGE FROM THE PRESIDENT AND CEO

The Children's Cottage Society has had a positive year where a focus on ensuring that 2,852 children from 1,566 families had excellence in care. It is certainly not new to strive for excellence. Something new is how we make that happen. Developing and operating within a practice framework that emphasizes the wellbeing of children and parents, buffering children from adversity, and strengthening families has been one step. Another has been to ensure we all truly understand how stress and trauma impacts our brains and our health. Our agency now asks for each person serving those in need of support to take the Brain Story Certification offered by the Alberta Family Wellness Initiative. With a scientific understanding of why children and their parents are experiencing difficulties, our staff are able to truly help families toward outstanding outcomes. We are most proud of how we are able to help families stay together. Watching fragile families strengthen toward health and stability is rewarding and each year we are outstanding at achieving this.



Vicki Reid
President

Since 1986, we have had a problem that has challenged us. The problem is that our Crisis Nursery has ongoing difficulties meeting the needs of everyone who reaches out for help. In 2018, we turned away a record number of more than 1,900 children. With this in mind, we are in urgent need to help these children. We have been developing partnerships with agencies to respond to this need. We have purchased land in Calgary to create a second location to provide crisis care to children and to support their families. We are actively fundraising and look forward to keeping Calgary informed of our progress to achieve this important goal.



Patty Kilgallon
CEO

As you read about the important differences we have made this past year, we would like to thank our funders, our donors, our volunteers, our staff, and our Board who have collaborated and given of themselves in so many ways to make a difference in the lives of children. We know that when we care together we can make a difference for Calgary's children.

With Gratitude,

A handwritten signature in black ink that reads "Vicki Reid".

Vicki Reid
President

A handwritten signature in black ink that reads "Patty Kilgallon".

Patty Kilgallon
CEO

CHILDREN'S COTTAGE SOCIETY PROGRAM FRAMEWORK

Our guide towards supporting children and families

We believe that empowering families places a great emphasis on children's rights, including the right to grow up in a safe and nurturing environment.

In all of our programs, we work with families to increase protective factors and decrease risk factors as a strategy to promote child development, effective and nurturing parenting, and to support and strengthen family functioning. Protective factors are positive influences that improve the lives of individuals and families while risk factors are the negative influences that may increase poor outcomes.

In order to help children, the Children's Cottage Society has created a practice framework with four core practice areas. They are:

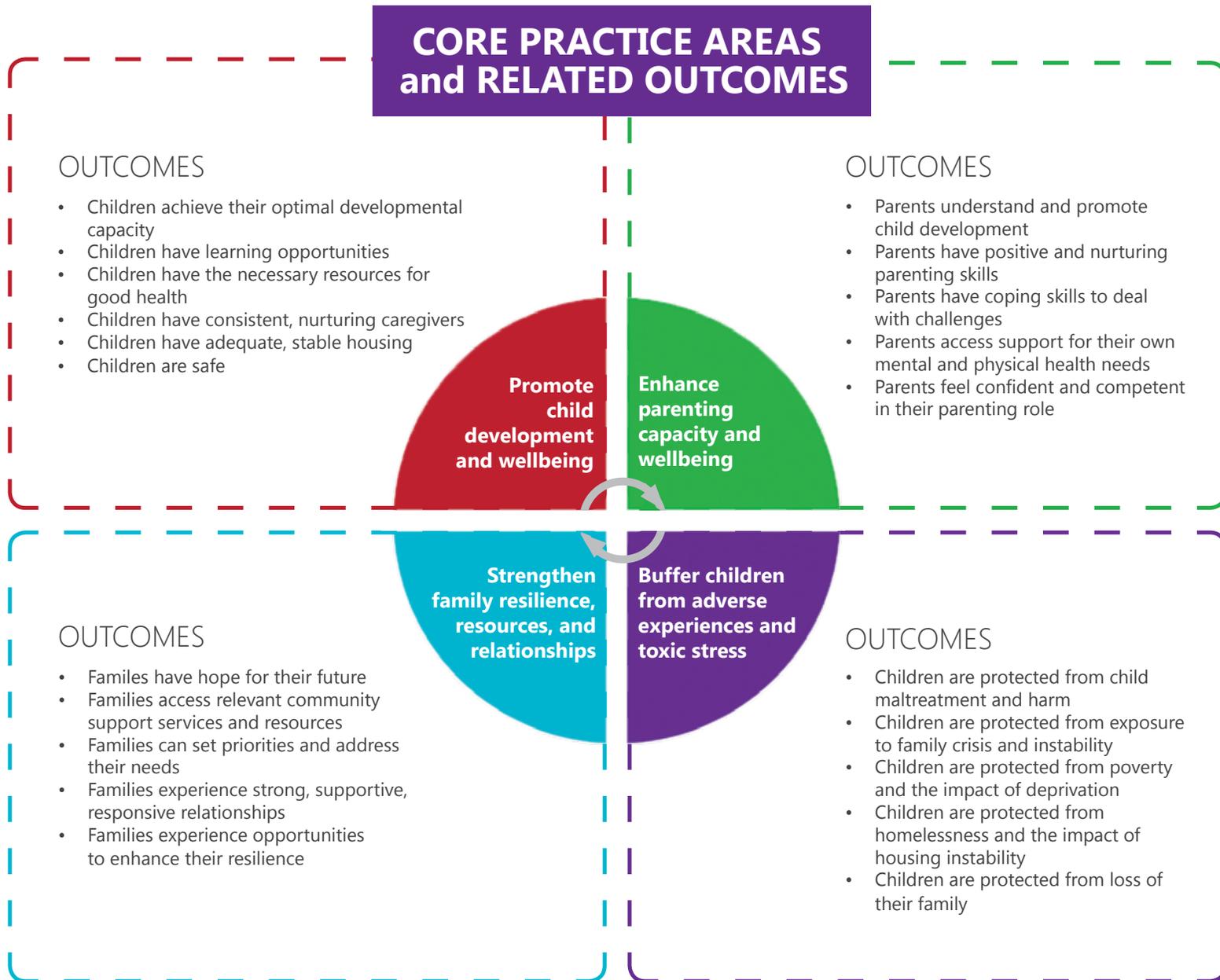
1. To promote child development and wellbeing
2. To enhance parenting capacity and wellbeing
3. To buffer children from adverse childhood experiences
4. To strengthen family resilience, resources, and relationships

This framework is a guide that ensures that everything we do is intentional - from how we design our programs to how we interact with individual children and families. This framework ensures that our work is focused and that our programs help children and families reach significant outcomes.

**2,852
children
and 1,566
families
were helped
to reach
life-changing
outcomes.**



Our framework creates opportunities for parents and children to strengthen their abilities and to promote new learning and growth.



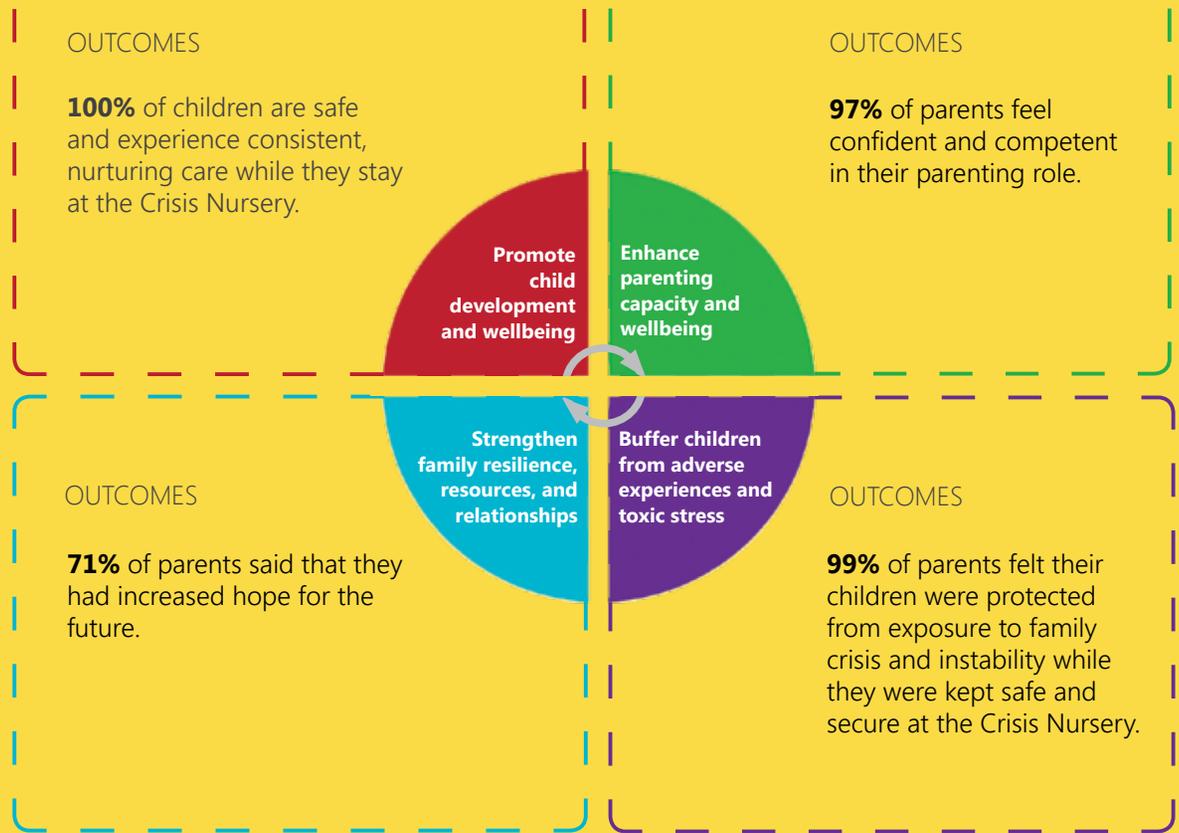
This model is based on *Family Systems Assessment and Interventions Model*, developed by Carl J. Dunst and colleagues.

CRISIS NURSERY PROGRAM

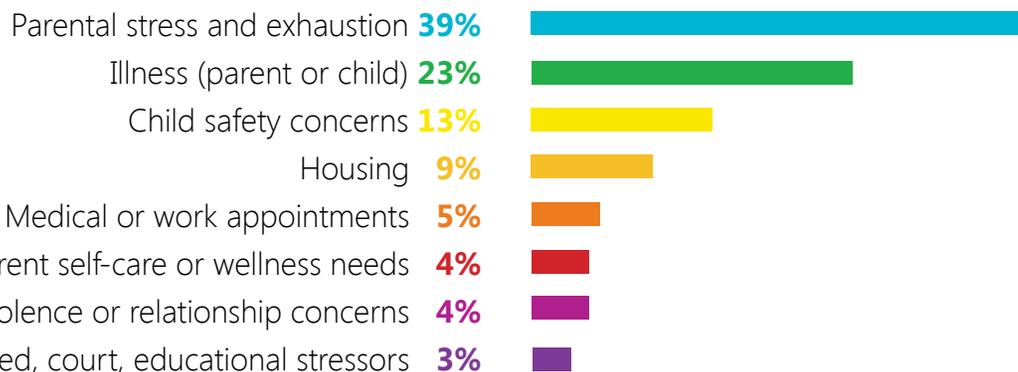
When parents need emergency child care and have nowhere else to turn, the Crisis Nursery provides 72 hours of loving care for children under age eight. We develop a personalized care program for every child.

Family coaches provide customized support for parents to achieve their goals.

CORE PRACTICE AREAS and RELATED OUTCOMES



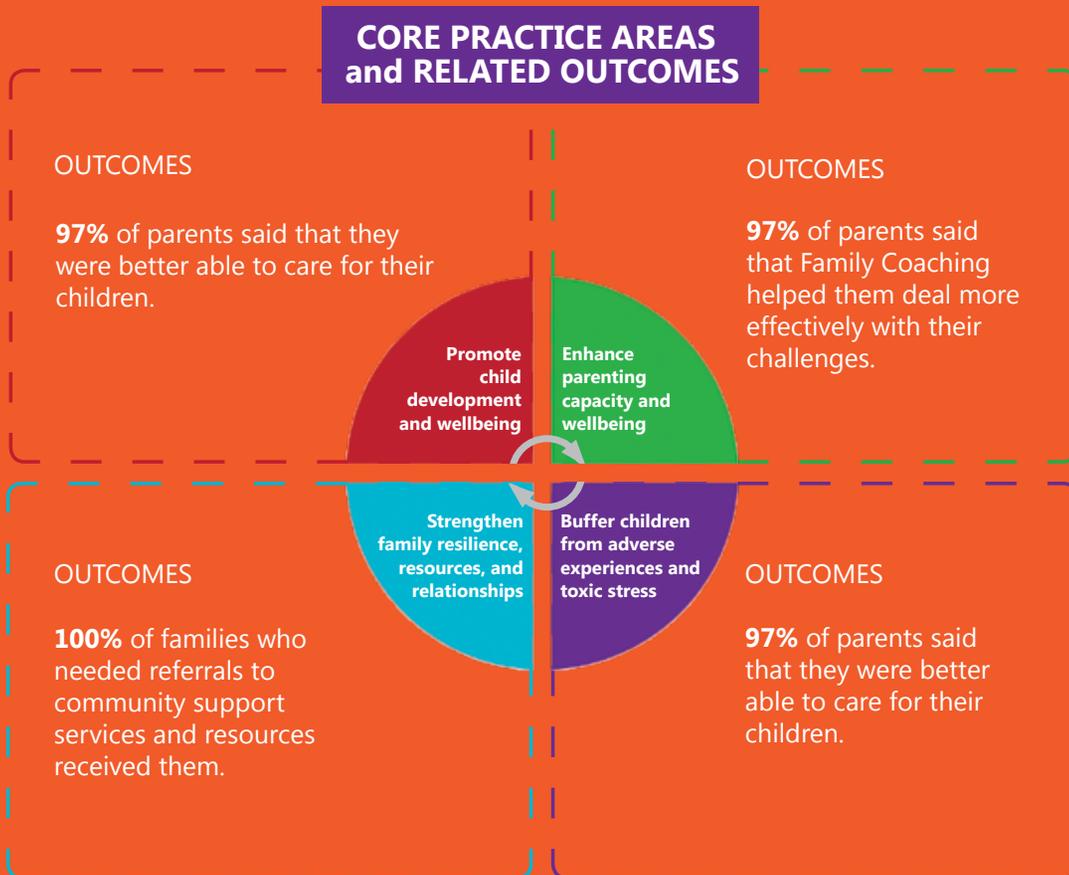
Why parents reach out for help



1,190
children from
695
families received care

FAMILY COACHING

Families who receive Crisis Nursery services are offered a family coach who assists parents to set goals, learn about child development and parenting skills, and connect with community resources. This program is tailor made to fit each family's needs and is provided in their own home.



Dara's Story

It is sometimes hard for people to understand the reality of being a parent and having no options. My past is checkered with addiction, abuse, and mental illness. Now, after a lot of hard work and support from the Crisis Nursery, I am a proud parent to a two-year-old girl. My daughter stays at the Nursery when I have an appointment or am overwhelmed and with the help of a family coach, I am working though the Nurturing Parenting Program. The Crisis Nursery program has given me options that have been life changing for me and my daughter.



IN-HOME INFANT RESPITE

When stressed and isolated parents of infants in their first six months need support, a respite worker cares for their child and parents rest and take time to care for themselves. Families are also connected to community resources.



CORE PRACTICE AREAS and RELATED OUTCOMES

OUTCOMES

86% of parents said they felt more prepared to parent creating more consistent caregiving for their children.

OUTCOMES

93% of parents felt ready to take care of their children after being supported to meet their own needs.

Promote child development and wellbeing

Enhance parenting capacity and wellbeing

Strengthen family resilience, resources, and relationships

Buffer children from adverse experiences and toxic stress

OUTCOMES

91% of families reported that respite support allowed them to address their challenges leading to increased family resilience.

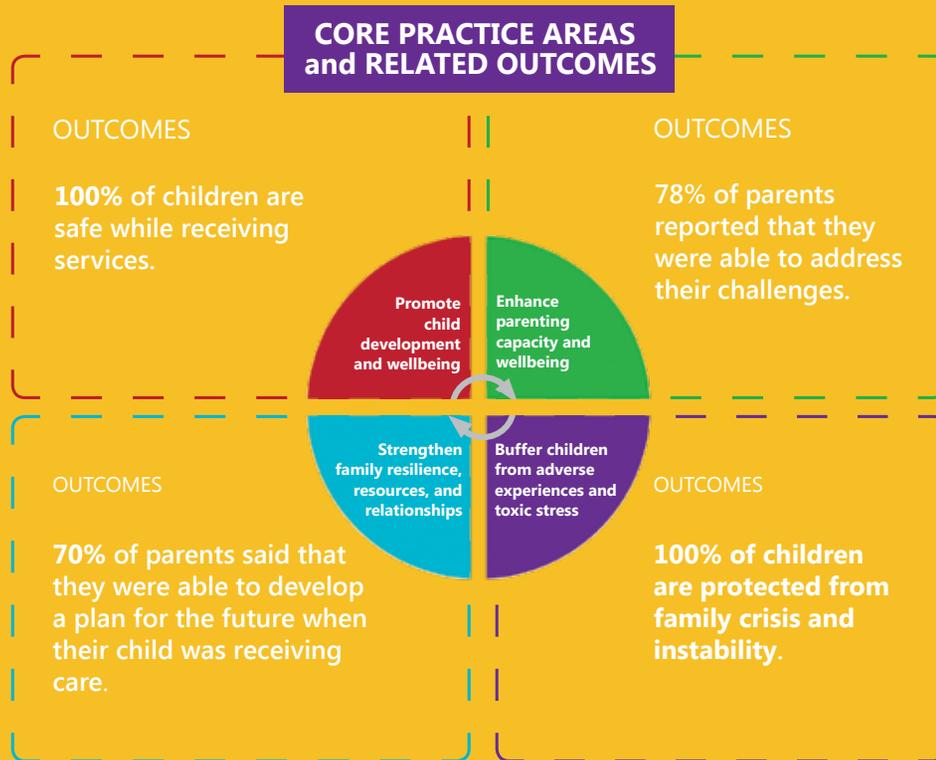
OUTCOMES

88% of parents reported that they felt less stress after receiving respite support, helping children to be protected from the negative impacts of family crisis and instability.

94
children from
77
families received care

CHILD CARE RESPITE

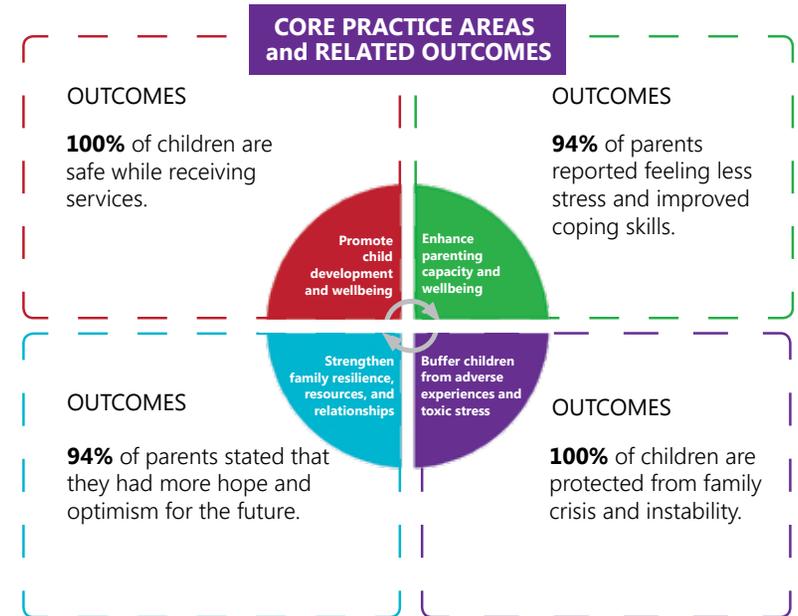
When families need stability for their children, subsidized day care placements are provided.



100
children from
56
families received care

VOLUNTEER DAY CARE RESPITE

When isolated parents need help, through the generosity of day cares, short-term child care placements are provided.



33 children from **21** families received care



HEALTHY FAMILIES

The Healthy Families program provides long-term home visitation support to parents of children newborn to age five so they can develop positive caregiving skills, promote healthy child development, and connect to community supports. We support parents to provide a nurturing and safe environment for their children, provide their children with development opportunities, and address family needs.

CORE PRACTICE AREAS and RELATED OUTCOMES

OUTCOMES

85% of parents said that they had a stronger relationship with their child.

OUTCOMES

96% of parents reported that their knowledge of their children's growth and developmental needs had increased.



OUTCOMES

81% of parents said that their personal support system was improved.

OUTCOMES

702 children were buffered from the negative impacts and instability of parental stress.

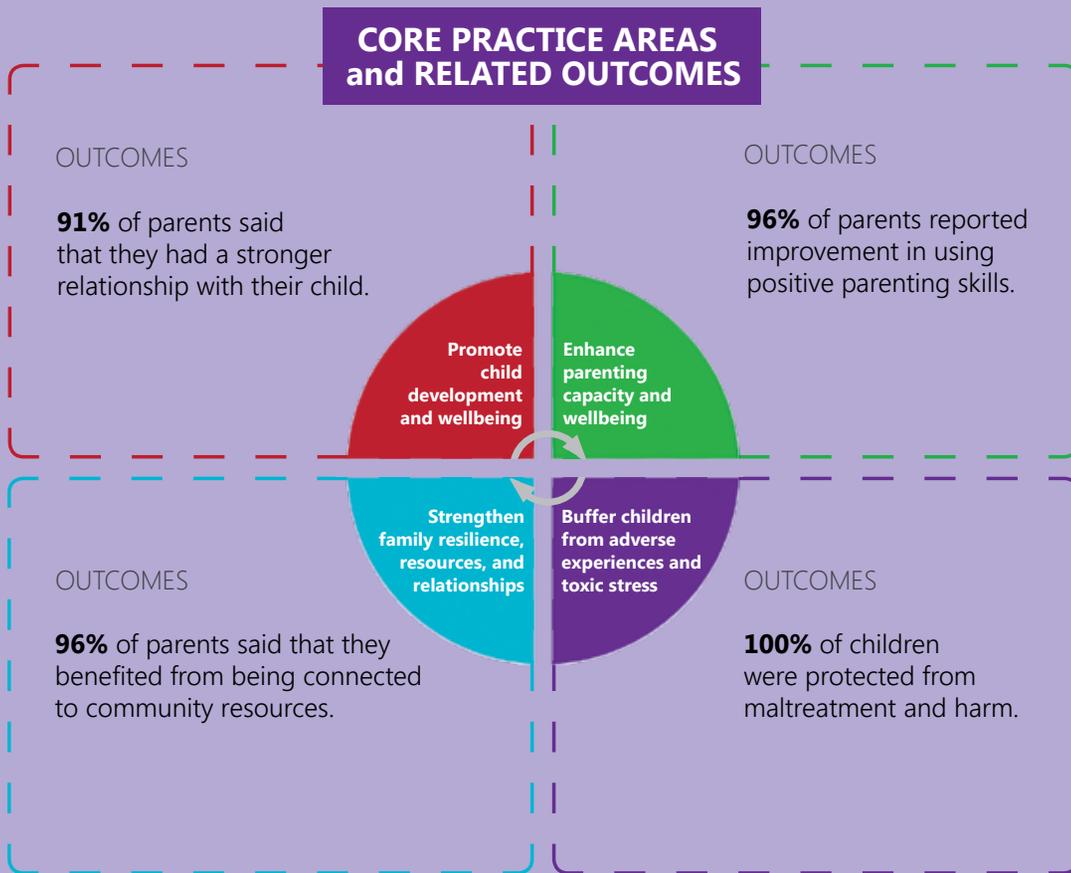
702
children from
357
families received care



HEALTHY FAMILIES WORKERS

SUPPORTING THE ALBERTA VULNERABLE INFANT RESPONSE TEAM (AVIRT)

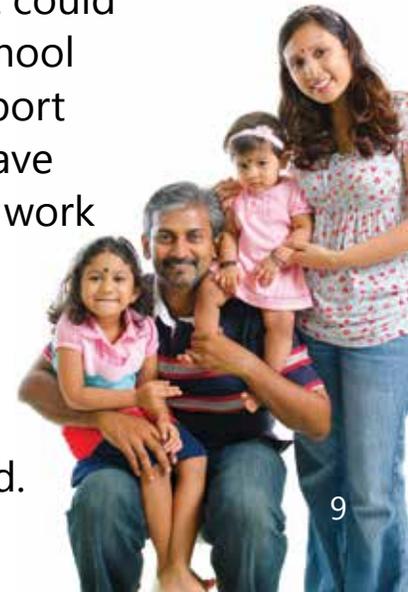
Four Healthy Families workers support parents referred from the AVIRT program. When parents of newborns up to three months are in need of child intervention support, a team of child intervention workers, nurses, and police make every effort to support the families toward healthy parenting and safety for their infant. When families are referred to the Healthy Families program, a worker comes into a family's home to deliver the Nurturing Parenting Program.



174 children from 123 families received care

Alya's Story

Our family has been in Canada for 3 years now - my husband and I have two children. When our youngest was born, I became very depressed. We were living in a very small space and there was no place for the children to play. My husband was injured at work and our stress was very high. A home visitor worked with me for over a year. We received referrals to supports and with the home visitor's help, I was able to figure out some goals and strategies so I could go back to school and help support my family. I have chosen social work as a career so that I can help others who are disadvantaged.



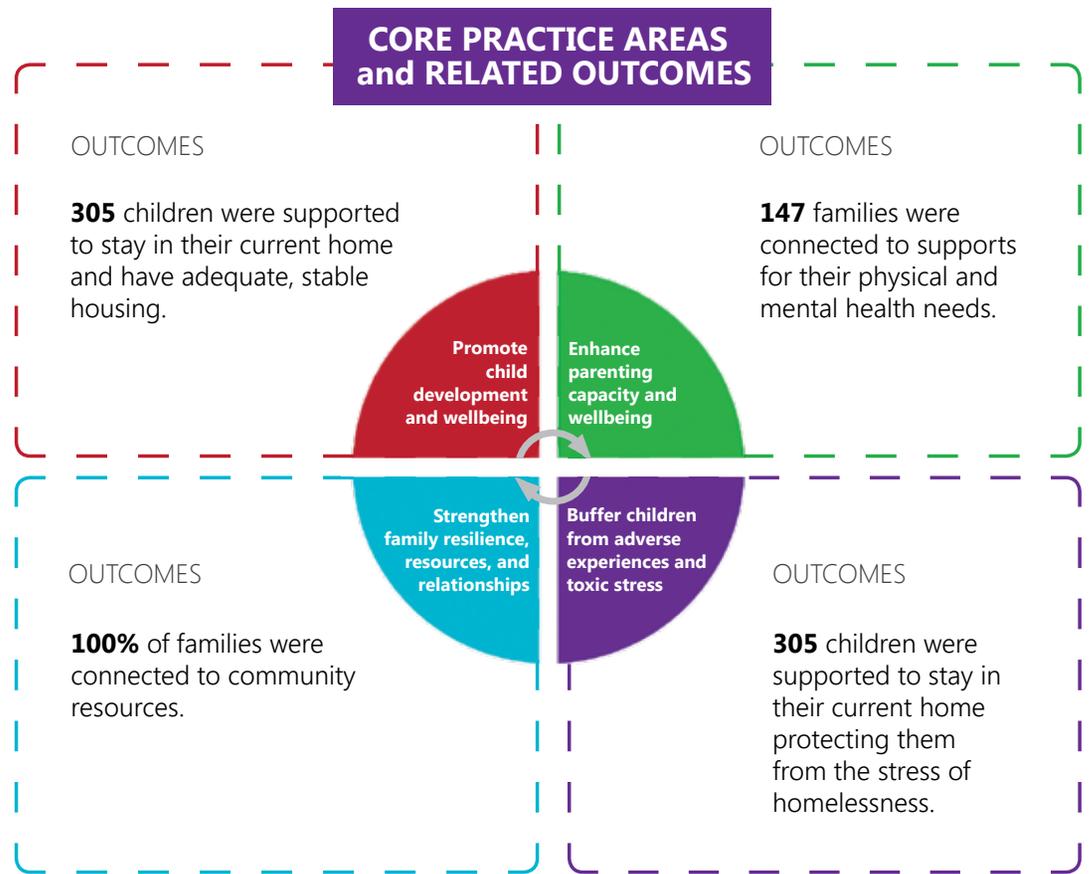
HOUSING PROGRAMS

The Children's Cottage Society's housing programs focus on ensuring that children have adequate, stable housing and that they are protected from the enormous stress of homelessness.



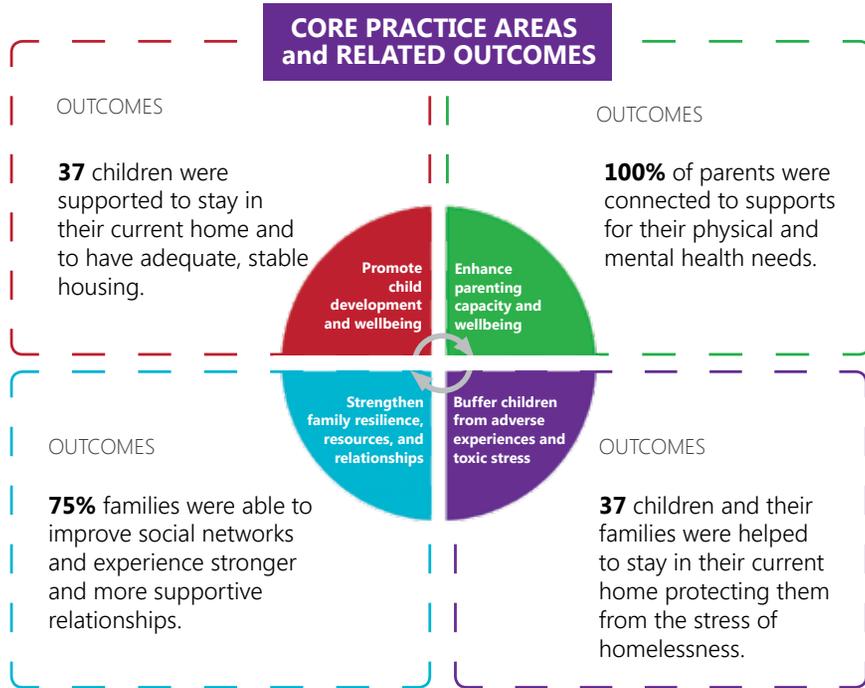
HOMEBRIDGE

When children and their families are at risk of becoming homeless, we offer support and strategies so that families stay in their home. We also offer workshops to community groups and agencies based on *Helping Families Stay Housed: A Toolkit*.



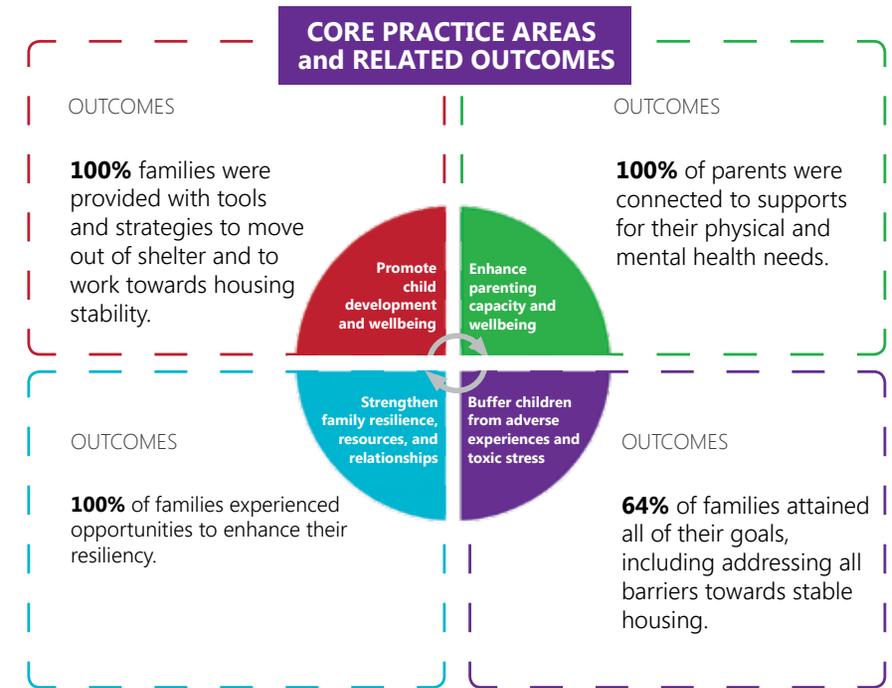
305 children from **147** families received care

HOMELINKS



37 children from **30** families received care

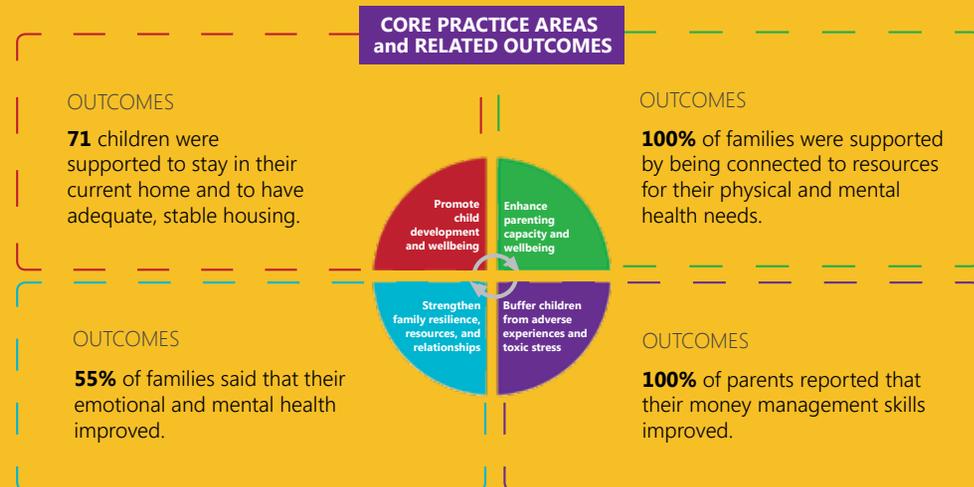
ADAPTIVE CASE MANAGEMENT



31 children from **17** families received care

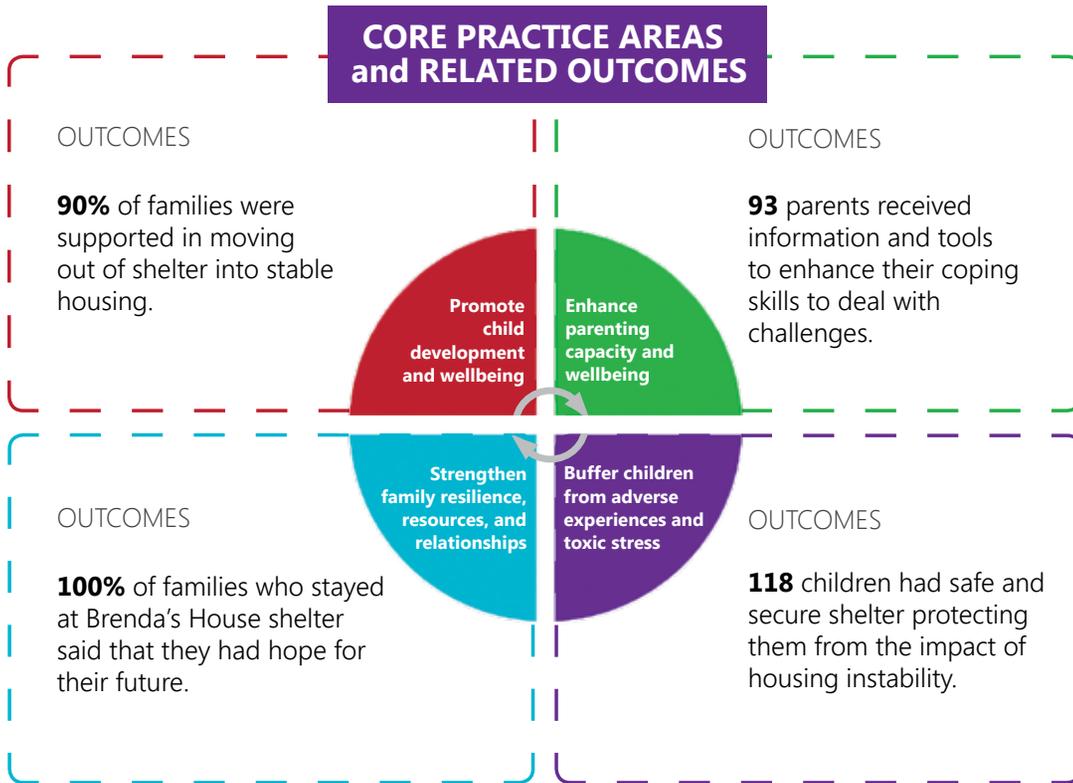
RAPID REHOUSING

71
 children from
33
 families received care



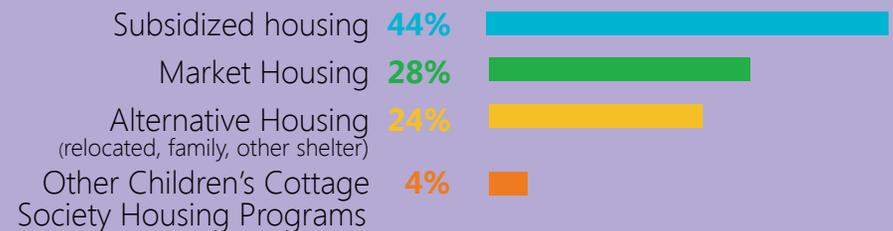
BRENDA'S HOUSE

When homeless children and their families need shelter, Brenda's House provides families with a safe, respectful environment.



118
children from
58
families received care

100% of families moved into housing such as:



Celebrating Ten Years of Brenda's House

10 years ago, the Brenda Strafford Foundation handed over the keys to the Children's Cottage Society that would open the doors of Brenda's House.

We want to thank the Brenda Strafford Foundation for providing the building that has sheltered 1577 children in 822 families since 2009.

We appreciate their dedication to safe children in healthy families as does each child and family who has come to stay at Brenda's House.

We would also like to extend thanks to the Government of Alberta, Ministry of Community and Social Services, Calgary Homeless Foundation, Calgary Urban Project Society (CUPS), and many partner agencies, caring volunteers, dedicated staff, and generous donors for their support.



CAROL'S STORY

Last year, my three-year-old son and I had to move out of our home because it wasn't safe. Brenda's House has been one of my greatest experiences. The staff helped me connect to community resources and started me off on a path to success to find a home - my son and I are so happy in our new place. Being at Brenda's House taught me so much and made me a more responsible parent. Thank you for helping us change our lives.



TREASURER'S REPORT

The Children's Cottage Society is so very grateful for the generous spirit of the community in its support of the vital mission of safe children in healthy families. In 2018-2019, donors like you gave \$1.6 million to keep children and their families healthy and strong in the face of adversity and to ensure that children are supported during stressful life events.

Because we hold the safety of children and the health of families as priority, we strive to be fiscally efficient, and as a result, maintain tight financial controls. In 2018-2019, we maintained and strengthened our financial stability. Our revenue, including investment income, reached \$6.9 million, reflecting a 3.4% increase from the prior year with a corresponding increase in expenses of 5.5% to \$6.8 million.

In recognition of our recent initiation of a capital campaign towards a new Child and Family Centre, a new category of expenses has been created to track the campaign costs. However, you will note that our administration costs continued to remain low at 5.3% of total expenses while annual fundraising costs amounted to 3.0% and capital campaign costs were 2.5% of total funding uses. This left 89.2% to be used for vital programs such as the Crisis Nursery, Brenda's House, Healthy Families, housing and prevention of homelessness programs, and respite programs.

In addition to the support of our donors, Government of Alberta, The Brenda Strafford Foundation Ltd., Calgary Homeless Foundation, The City of Calgary Family and Community Support Services, Calgary Foundation, and United Way of Calgary and Area also helped fund programming that support children and their families. We extend our sincere thanks for their continued support.

Our thanks also go to Echelon Wealth for managing our investments, and to Kenway Mack Slusarchuk Stewart LLP Chartered Accountants for auditing our financial statements.

Together we will move forward in achieving our mission of preventing harm and neglect to children and building strong families in Calgary. For a complete set of financial statements and accompanying notes, please visit <http://childrenscottage.ab.ca/main/publications/>

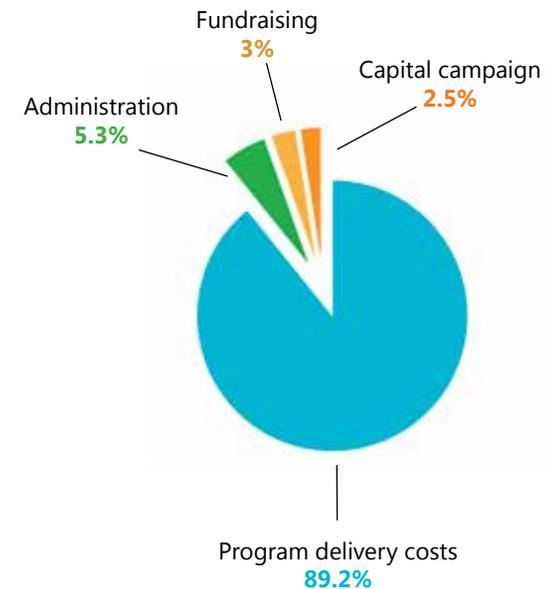
With Sincere Gratitude,



Faye Brown, CPA, CA
Treasurer of the Board

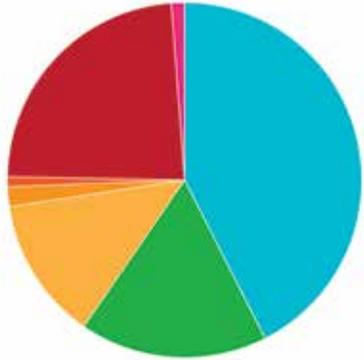
Functional Expenses

Program delivery costs	89.2%	\$6,109,791
Administration	5.3%	\$365,681
Fundraising	3.0%	\$203,346
Capital campaign	2.5%	\$171,309
	<u>100%</u>	<u>\$6,850,127</u>



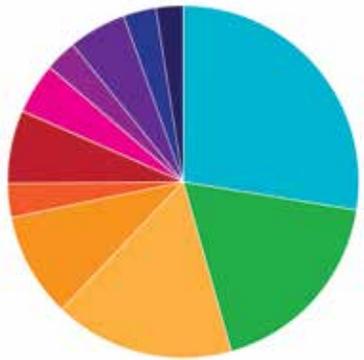
STATEMENT OF OPERATIONS

For the Fiscal Year Ended March 31, 2019



Funding Sources

■ Government of Alberta	42.5%	\$2,939,416
■ Calgary Homeless Foundation	17.1%	\$1,184,957
■ The Brenda Strafford Foundation Ltd.	13.0%	\$897,546
■ The City of Calgary Family and Community Support Services	1.8%	\$123,854
■ United Way of Calgary and Area	0.9%	\$61,224
■ Donations, fundraising, and grants	23.5%	\$1,623,492
■ Investment income	1.2%	\$81,025
	<hr/> 100%	<hr/> \$ 6,911,514



Funding Uses

■ Crisis Nursery	27.5%	\$1,885,330
■ Healthy Families	18.1%	\$1,235,866
■ Brenda's House	16.5%	\$1,130,499
■ Community Respite Program	9.6%	\$659,542
■ Rapid Rehousing	3.1%	\$213,439
■ HomeLinks	6.7%	\$461,788
■ HomeBridge	4.7%	\$321,518
■ Adaptive Case Management	3.0%	\$201,809
■ Administration	5.3%	\$365,681
■ Fundraising	3.0%	\$203,346
■ Capital campaign	2.5%	\$171,309
	<hr/> 100%	<hr/> \$6,850,127
Net income		<hr/> \$61,387

DONORS

With great appreciation to our donors who make it possible for us to prevent harm and neglect to children and to build strong families. Thank you!

INDIVIDUALS

Jake Abes
Brahim Abismail
John Anderson
John Bird and Cathy Bird
Dana L. Boctor
Patrick Brennan and Tracy Brennan
Jeremy Brown and Lisa Stephen
Faye Brown
Audra Campbell
Robert Carter
Brad Carter and Christa Carter
Wilson Chan
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Heath Charles
Harbir Chhina and Monica Chhina
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Peggy Jackson
Melanie Johnston Dore
John Keating and Lynn Keating
David Kehrig and Shelley Kehrig
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Michelle Kingsmith
Conrad Kluge and Sara Kluge
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W. Gregory Rogers
Joe Seidel
Gregory Seidlitz and Debra Seidlitz
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Eric Strand
Sam Switzer
Jessica Szabo
Wayne Telford
Wayne Thomas
James Ulyott and Sandra Ulyott
Richard Wade
Patricia Watson
Michael Wihak
Brandon Williamson
Mark Woitas
Erin YoungMonette
Mia Zhang
Nicholas Ziemann

COMPANIES

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Andrew Thomas Schmidt Legacy Fund
at Calgary Foundation
Benevity Community Impact Fund
Elevate YYC
Burns Memorial Fund
Canadian Association of Nigerian
Physicians and Dentists
Canadian Progress Club - Elevate
Children's Hospital Aid Society
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Chinook Guild of Fibre Arts
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Frasnian Foundation
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Kimmitt Cup
Kinsmen Club of Calgary
Kinsmen Club of Stampede City
Lindsay Leigh Kimmitt Memorial Foundation
at Calgary Foundation
M. Craig Storey Endowment Fund
at Calgary Foundation
The Moffat Family Fund at the Calgary
Foundation
Mr. & Mrs. Larus Thorarinson Sr. Family Fund
at Calgary Foundation
Nathan O'Brien Foundation
Oliver Family Foundation
Olwen Priestnall Memorial Fund at Calgary
Foundation
Paypal Charitable Giving Fund
RBC Foundation
Rewucki Family Foundation
Scotiabank Calgary Marathon
Scott Daniel Seaman Memorial Fund
at Calgary Foundation
Shaw Charity Classic
St. Stephen Protomartyr Ukrainian
Catholic Church

Suncor Energy Foundation
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The Prosser Charitable Foundation
The Wagemakers Foundation
The Welty Family Foundation
W.W. (Peter) Southam Fund
at Toronto Foundation
Univar Canada Ltd., Calgary Social Fund
Ward Family Foundation
Webber Academy Foundation
William Aberhart High School
Woodcliff United Church

Thank you!



CIRCLE OF HOPE

We appreciate Circle of Hope donors for making multi-year commitments that sustain our programs. Thank you for investing in the children and families we serve.

Cenovus Energy Inc.

Christian Bayle and Nicole Cramer

CIBC Children's Foundation

CKLAS Foundation

Inter Pipeline Ltd.

McWilliams Family Foundation

Nexen Inc.

R. Bruce McFarlane and Dr. Janice Heard

Royal LePage Calgary Shelter Foundation



CHILDREN'S
COTTAGE
SOCIETY

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