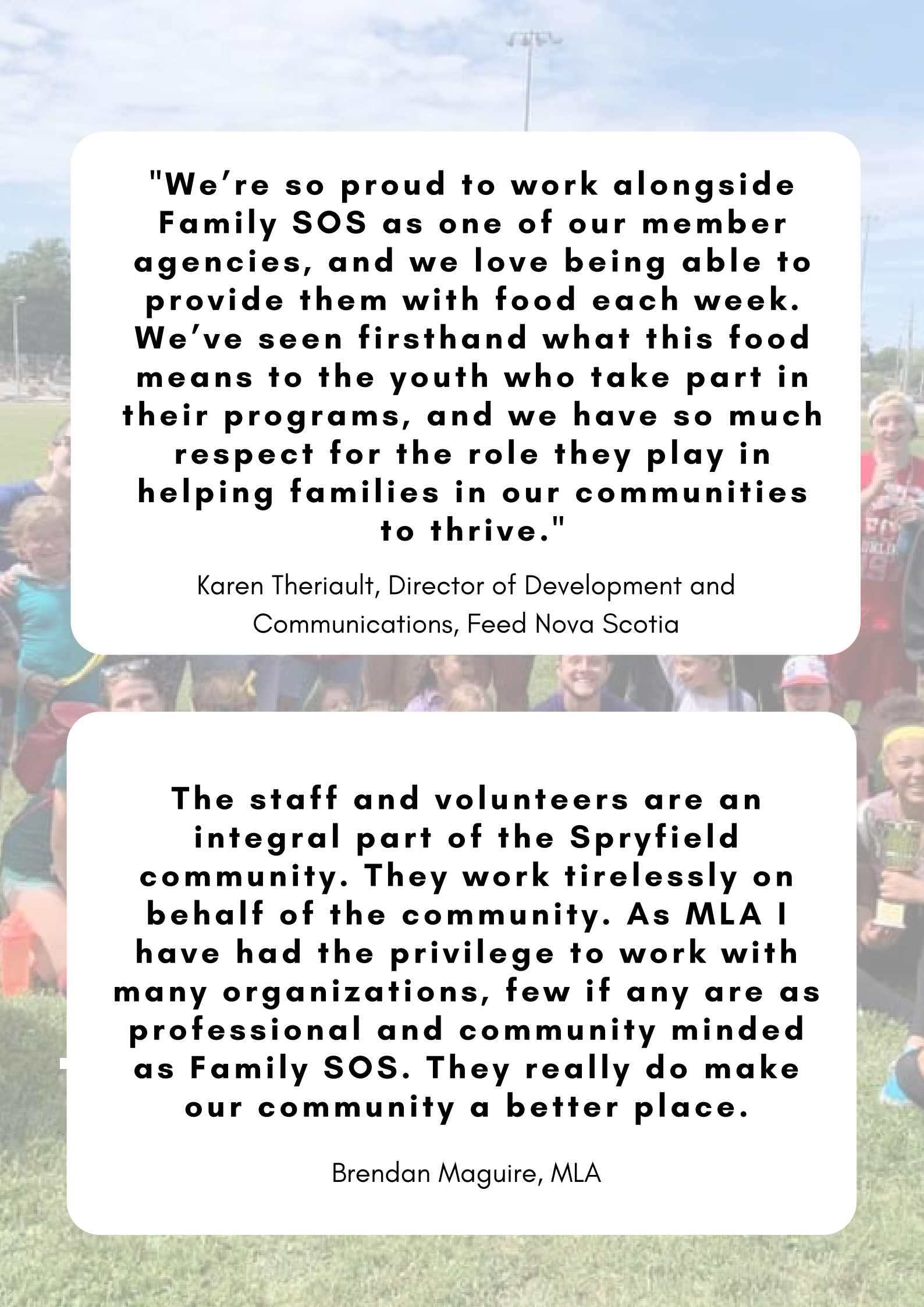




**Family**
SOS
Help to thrive.

2019 | 2020
ANNUAL REPORT
TO THE
COMMUNITY



"We're so proud to work alongside Family SOS as one of our member agencies, and we love being able to provide them with food each week. We've seen firsthand what this food means to the youth who take part in their programs, and we have so much respect for the role they play in helping families in our communities to thrive."

Karen Theriault, Director of Development and Communications, Feed Nova Scotia

The staff and volunteers are an integral part of the Spryfield community. They work tirelessly on behalf of the community. As MLA I have had the privilege to work with many organizations, few if any are as professional and community minded as Family SOS. They really do make our community a better place.

Brendan Maguire, MLA

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BOARD OF DIRECTORS

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Vice President and
Chief Legal Officer -
CCFI Ventures Inc.

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Director of Finance
and Administration,
Sport Nova Scotia

Mike Bailey

Director
Financial Advisor,
Edward Jones

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Director
Director, Restaurant
Operations and
Private Dining, RCR
Hospitality Group

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Branch Manager,
Scotiabank

Kendra Coady

Vice Chair
Client Relationship
Manager, Mathica
Benefits Consulting

Scott Pike

Secretary
Associate, Stewart
McKelvey

Barbara Beach

Director
Judge, Nova
Scotia Provincial
Court

Janna Conrad

Director
Change Manager,
IMP Solutions

Dr. John Anderson

Honorary Director,
Founding Member
Retired Physician

BOARD OF DIRECTORS

Ben Rodgers

Director
Police Officer,
Halifax
Regional Police

Christy Sandles

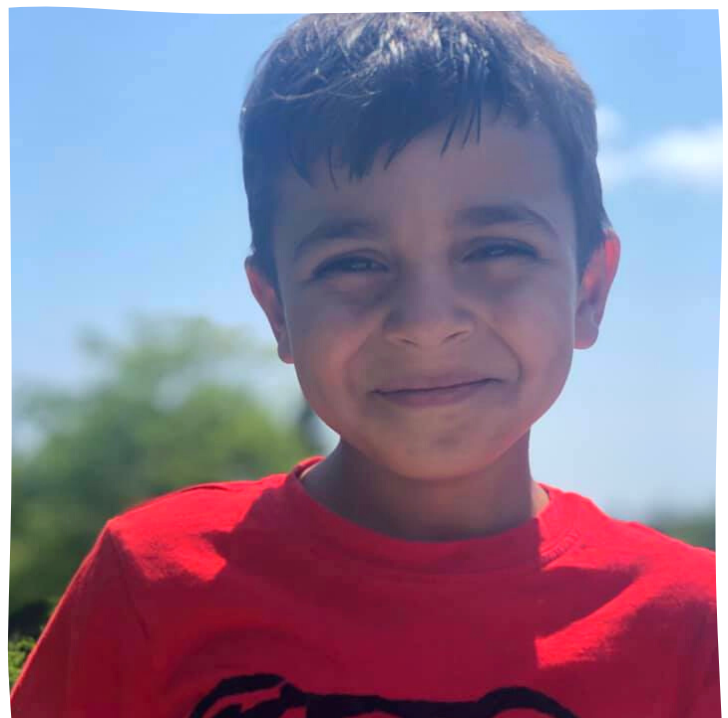
Director
Will & Estate
Consultant, RBC

Rob Steele

Director
Chief Executive
Officer,
Steele Auto
Group

Taleb Abidali

Director
Principal,
Cresco



CHAIR'S ADDRESS

Last Fall, we undertook a strategic review of Family SOS to examine the organization's mission and values and to carefully consider what roles we should be have and what programs we should be offering in the community. The review process took us on a path through our history and back to why Family SOS was first created by Dr. Anderson over 40 years ago. We also examined what we do every day and current needs we see in the community that are not currently being met. While it would be great if we could meet all needs in every community, we wanted to make sure the organization has the focus required to maximize the benefit of our resources. Here is what we came up with to guide us through the next 5 years:

Mission: Family SOS supports children and families in the HRM by providing guidance and tools to successfully navigate their circumstances.

Vision: An HRM where all children are physically and emotionally secure.

Values:

Flexibility - We endeavor to support children and families by being flexible and adaptable to their needs.

Integrity - We are committed to treating all stakeholders with compassion and respect.

Efficacy - We are committed to evidence-based approaches to programming that adapt as needs evolve.

Sustainability - We are committed to the best use of resources to provide meaningful programs.

Then came COVID-19; with various food delivery agencies unable to operate, children out of school, parents out of work, increasing pressure on families in isolation, and our in home support team unable to meet with families in person – so we adapted. The Family SOS staff assembled food and activity kits for families (most of whom do not have internet) and staff and volunteers delivered weekly packages to those in need of extra support. Since March, Family SOS has delivered **1774** food kits and **2346** activity kits.

Our in home support team adjusted to telephone meetings and figuring out how to continue to support families during the pandemic. Staff reading stories to children over the phone, while entire families gathered to listen. On behalf of the Board of Directors, we couldn't be more appreciative of, or humbled by, the way Mary and all of the staff responded to the needs of the community and requests for support from community partners to address changing and increasing needs during the pandemic. As we adjust back to delivering in person programming, we continue to adapt to the new normal, focusing on outdoor activities and continuing to support families living with food insecurity with generous support from (new and old) individual and corporate donors, Feed Nova Scotia and longstanding support from the Department of Community Services and local Foundations. Thanks to all of you for your support during this period of unprecedented need.



MISSION

Family SOS supports children and families in the HRM by providing guidance and tools to successfully navigate their circumstances.

VISION

An HRM where all children are physically and emotionally secure.

VALUES

Flexibility – We endeavor to support children and families by being flexible and adaptable to their needs.

Integrity – We are committed to treating all stakeholders with compassion and respect.

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Sustainability – We are committed to the best use of resources to provide meaningful programs.

HEALTHY KIDZ

Healthy Kidz offers a fun and safe place for children ages 5 to 11 to enjoy educational after school and Summer day camp programs.



25 Kids registered for Spring programming

100 Kids registered for Summer programming

30 Kids registered for Fall programming

30 Kids registered for Winter programming



Healthy Kidz & LitART

LitART provides literacy resources, including writing activities, games, and books, to encourage a love of reading while improving literacy statistics in the community. Healthy Kidz love learning with LitART!

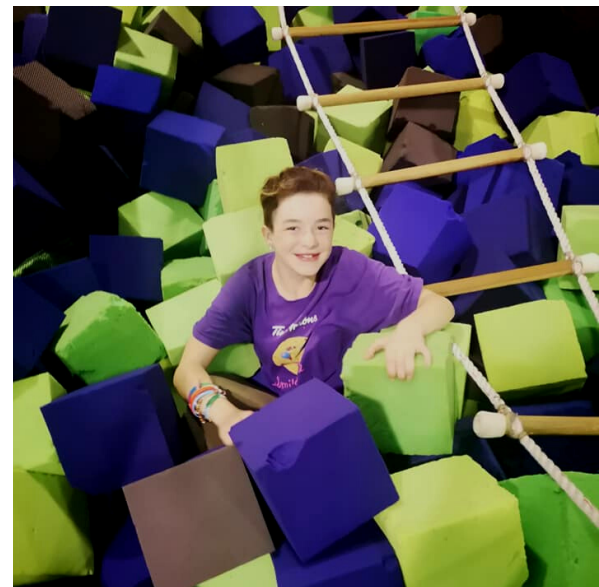


HEALTHY TEENZ

YOUTH DEVELOPMENT INITIATIVE

YDI is centered around the five C's: **competence, confidence, connection, character, caring/compassion**; outcomes important for youth to experience healthy growth and development as they prepare for adulthood.

15 PARTICIPANTS
AGES 12-17



PROGRAM OVERVIEW

- GOAL SETTING
- EMPLOYABILITY SKILLS
- MONEY MANAGEMENT
- HEALTHY RELATIONSHIPS

BUILDING ENGAGED ENTREPRENEURIAL ADOLESCENTS

BEEA Honey with Heart is a youth-led social enterprise project where participants (ages 12 - 17) are responsible for managing beehives, ensuring the well being of the bees, and educating their community on the importance of bees on a global level.

8 HIVE SITES

60 PARTICIPANTS 4 VOLUNTEER BEEKEEPERS

1 NEW HIVE SITE

through partnership with
MacPhee Centre for
Creative Learning &
Christ Church Dartmouth



PARENTING SUPPORT



364

**REFERRALS
RECEIVED**

95

**FAMILIES
SERVICED IN OUR
IN HOME SUPPORT
PROGRAM**



173

**REFERRALS MADE TO
OTHER ORGANIZATIONS &
SERVICES**

72

**PARENTS COMPLETED
OUR POSITIVE
PARENTING GROUPS**

Identified the need for additional support for Immigrant families. In response, we hired an arabic interpreter as well as an In Home Support Worker with relevant experience and expertise surrounding the unique situations facing immigrant families.

THE SNOWSUIT FUND

Decreasing
barriers to outdoor
physical play in
Winter.

ITEMS PROVIDED

HATS
SNOW PANTS
MITTENS
JACKETS
BOOTS

300
CHILDREN
OUTFITTED IN
WINTER CLOTHING



CIRCLE OF SECURITY

Circle of Security International provides early intervention programs for parents and children, and training to help professionals gain insights on how to promote secure attachment.



How does this Influence our Work?

This attachment-based approach, which understands the impacts of trauma and focuses on the importance of healthy relationships, is the guiding philosophy through which we support our community



ALL IN-HOME
SUPPORT
STAFF
CERTIFIED

VOLUNTEER CONTRIBUTIONS

Dalhousie University Student Volunteers

5 volunteers **2** hours per week **10** weeks

3 Halifax West High
School Co-op Students

CEED Youth Employability Program

allows youth to volunteer with Family SOS while receiving a stipend. Youth build skills, accountability, and explore their interests.

Literacy Volunteers

2 reading and educational
activity volunteers

HIGHLIGHTS

Thanksgiving Dinner

Much like our traditional dinner we host in December for Christmas, Thanksgiving dinner was open to all community members to come and enjoy a lovely meal with friends and family at our center. The dinner included traditional Syrian dishes, halal chickens, stuffing, gravy, and many different desserts from various cultures that our community members made to share at the dinner. It was a great success and continued to reinforce our community bonds.

Survivor Themed Camp

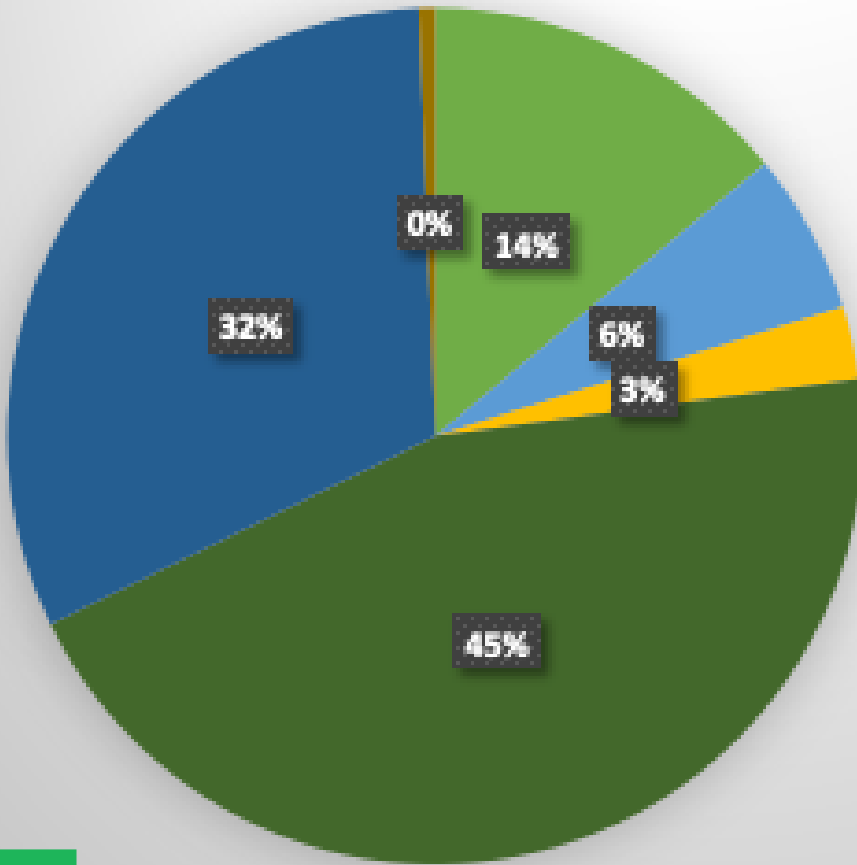
Much like the popular TV show, Survivor Week was designed to have campers compete in challenges all week long. The challenges included team building activities such as coming up with a team name and designing a team flag, swimming races, foot races, soccer and kickball tournaments, obstacle courses and scavenger hunts. At the end of the week 1 team would be deemed Survivor Champions! It was a fun and high energy week at camp and the kids really enjoyed it!



FINANCIALS



Revenues



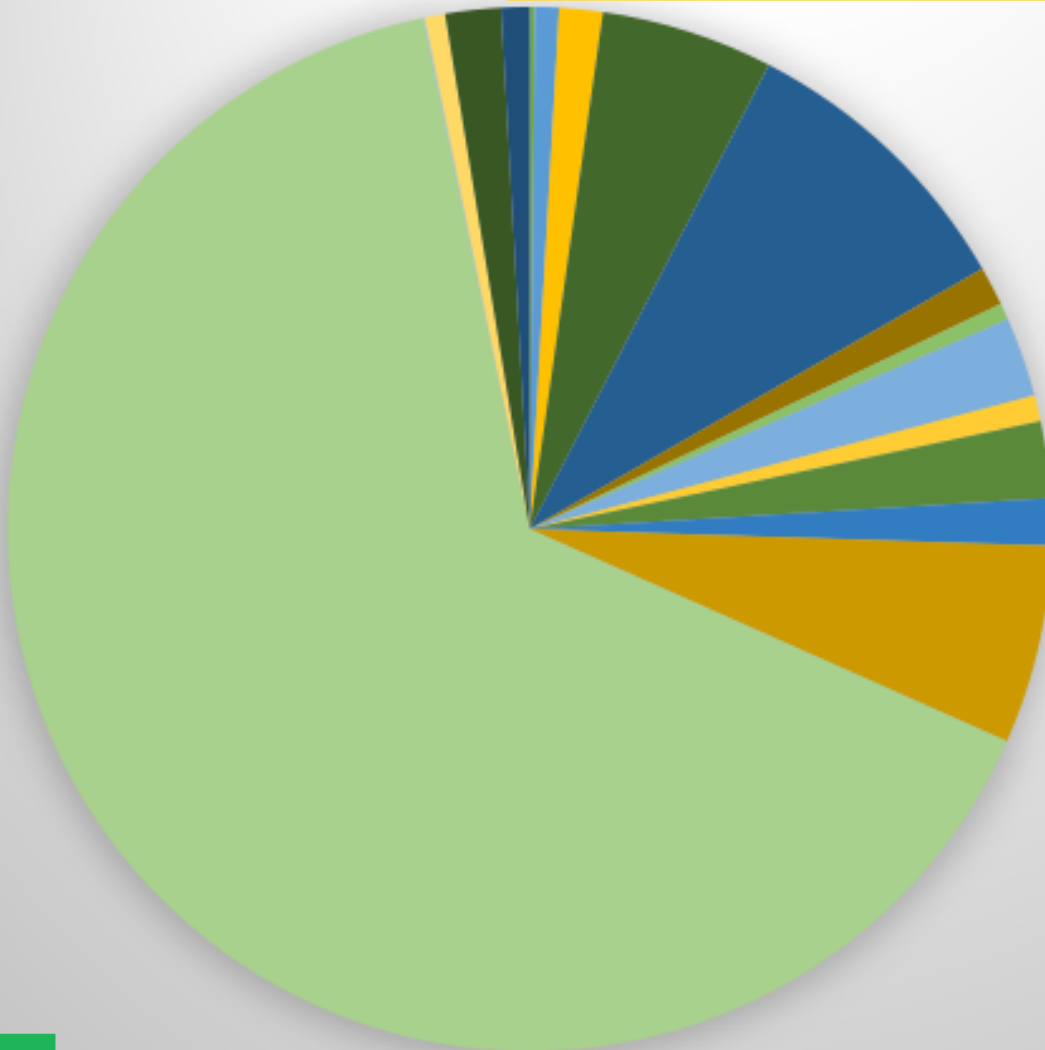
- Courage to Give Back Awards
- Donations and Fundraisers
- Bee a Honey with Heart
- Province of Nova Scotia Community Services
- Other Grants
- Other Income



FINANCIALS



Expenses



- Advertising and Public Relations
- Amortization
- Client Related Expenditures
- Courage to Give Back Awards Dinner
- Beea Honey with Heart
- Insurance
- Miscellaneous
- Office Supplies and Equipment
- Personnel Education and Dues
- Professional Fees
- Program
- Rent
- Salaries and benefits
- Subscriptions, Permits and Licenses
- Telephone
- Travel
- Vehicle

MEET OUR TEAM



Mary Acton-Bond
Executive Director



Kimberly Berry
Operations and Development Officer



Nicole Hankinson
Family Support Team Lead



Mallorie Cornelius
In-Home Parenting Support Worker



Amy Coates
In-Home Parenting Support Worker



Celeste Raissi
Greystone Centre Team Lead



Victoria Law
Communications and Development Officer



Tameika Kim
Parent Support Worker



Kim Drisdelle
In-School Program Coordinator and BEEA Facilitator



MESSAGES FROM THE TEAM

It is important to help families thrive so they feel confident in themselves and their abilities to help the next generation thrive!

Amy Coates

Families are such a strong influence on a child's life, which is why it is so important to ensure that the families we support are thriving. A thriving family means a thriving child!

Jessica Watling

It is important to help families thrive as it establishes the foundation for trust, empathy and positive relationships.

Nicole Hankinson

Everyone deserves the opportunity to be supported on their journey of transformational change. Creating and connecting families with opportunities for growth are critical factors in building sustainable communities, where we all have a chance to thrive!

Tameika Kim



Whether it is the family we are born with or the family we make along the way, it is paramount that we each help one another to live our best lives. Everyone deserves to be happy, healthy, and believed in.

Emma Donnelly

Healthy communities begin with thriving families.

Mallorie Cornelius



Life is full of ups and downs and the best part of the adventure is having people who love and understand you to share it with.

Celeste Raissi



MESSAGES FROM THE BOARD

Families are the cornerstone of our communities. They help to create healthy and engaged humans who can then make a difference in our world both personally and professionally. That's why Family SOS's commitment to helping families thrive has so many positive ripple affects in our city and beyond!

Kendra Coady

Helping families thrive leads to positive outcomes for parents and children at home, in school, on the playground and in the workplace, building a foundation for well-being and success that can be passed along to the next generation.

Scott Pike

As a retired Pediatrician, I was involved with Child Abuse cases involving families in distress and realized how important it was for these families to have a support system available to them in these times. As a result, I was a Founding Member of Family SOS. I am so pleased that Family SOS has developed into such a supportive organization for families in need.

Dr. John Anderson

I believe all parents want what's best for their children. Providing free and accessible support helps families achieve their goal which will result in a brighter future and stronger community.

Ben Rodgers

Healthy families are the cornerstone of vibrant and supportive communities. The dedicated staff at Family SOS plays a significant role in assisting families who are struggling to cope in a demanding world and in so doing help both individuals and families move towards reaching goals and finding a sense of security in their homes and the community at large. It has been a pleasure to be connected, in a small way, with such an important and meaningful organization.

Barbara Beach

Every child deserves to grow up in a nurturing environment, which is why it is vital that families have support and resources to help them achieve their goals, and ultimately thrive.

Melissa Carey

SPONSOR THANK YOU

