



2021/2022

ANNUAL REPORT TO THE COMMUNITY

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OUR ORGANIZATION

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.

BOARD OF DIRECTORS 2021-22

Chair Scott Pike
Past Chair Nanci Rorabeck
Vice-Chair Kendra Coady
Treasurer Brad Olsen
Secretary Kurt Hepditch

Directors

Taleb Abidali
John Anderson
Mike Bailey
Melissa Carey
Janna Conrad
Kaylee Hake
Daniel Hughes
Tanya Harrietha
Ben Rodgers
Christy Sandles
Rob Steele



REPORT FROM THE CHAIR

While this past year was another year of enduring and new challenges at Family SOS, thanks to the tireless dedication of our staff and the compassion of our supporters and donors, Family SOS continued to deliver support to our program families as we work toward our community being a place where all children are physically and emotionally secure.

Though the pandemic continued to loom large over our operations, there are many causes for celebration from the past year.

Our Parenting Support team, faced with an ever-growing wait list for our services, remained resolute and composed in their efforts to deliver our parenting support programs in innovative ways to dozens of families in need.

Our Greystone Centre team, confronted with the stubborn effects of the pandemic response on in-person programming, weathered many starts and stops to deliver modified programming. With food insecurity numbers growing at a concerning pace, our programming continued to include a food security component, with notable success through our lunchbox program at Rockingstone Heights Elementary, where teachers related a positive impact on classroom engagement.

Though we were hampered by a snowstorm, our first-ever Halifamous Delivers event exceeded our expectations, renewed our faith in our supporters and gave us hope that new ways can be found to raise funds for small charitable organizations, even where there are barriers to being together physically.

The emerging needs of this past year have reminded us that the only constant in life is change. The Board is so grateful to our staff and volunteers for their willingness to roll up their sleeves in the face of so much uncertainty. With the help of our people, our donors (new and old) and the longstanding support of the Department of Community Services and Feed Nova Scotia, we have made a positive impact in our community and we will continue to work together to meet emerging needs. Thank you all for your dedication and continued support.

Submitted by: Scott Pike, Chair

REPORT FROM THE EXECUTIVE DIRECTOR

The past year has brought many challenges and opportunities for Family SOS. As an organization, we have been able to adapt our programs and services to meet the ever-changing needs of the families, children, and youth that we serve. The pandemic has highlighted the increasing importance of food security in the HRM. Family SOS has partnered with Feed Nova Scotia, Abundant Acres, Juicy Fruit, and OH Armstrong to offer a weekly community market this year. With our small staff and volunteer team, we have provided families with weekly produce packs, milk, eggs, pantry items, and meat to help supplement their most basic needs.

Our location in Greystone underwent much-needed upgrades during the past year. Thanks to generous donations, a renovation to the kitchen, and the remediation of our community garden took place. These changes have allowed us to continue to provide our lunchbox program to Rockingstone Heights school, provide meals to the community, and initiate community-based programming in the community garden, teaching children, youth, and adults how to grow their own food.

Our In-Home Support Team has done incredible work providing parents with the tools to be successful. They have moved many of their sessions to an online format which allows further flexibility for families and has been well received, supporting 71 families through In-Home Parenting Support Programs this year.

We have also provided necessities such as hygiene supplies, back-to-school supplies, and winter clothing this year with the support of generous corporate and individual donors.

Family SOS reimagined our internal fundraising initiatives to support our programs and launched Halifamous Delivers in early 2022. With the help of incredible Halifamous teams and the support of local pizza restaurants, this inaugural fundraising event raised over \$100,000 to allow Family SOS to continue delivering these much-needed programs and services to children and families in the HRM.

This work would not be possible without the support of our incredible staff team, Board of Directors, volunteers, and funders. Thank you for your continued support and the difference you make in the lives of others each day.

Submitted by: Johanne Thompson, Executive Director

FUNDING & GROWTH

It goes without saying that fundraising alongside a pandemic for the past two years has been challenging - but the generosity and resilience in our community continue to give us reasons to celebrate, and the motivation to keep building. There were many celebratory moments in the 2021-2022 year!

As a small team, finding new ways to fundraise without disrupting our client-focused programs is key. When we launched the first Halifamous Delivers event at the start of 2022 it surpassed our wildest expectations, raising more than \$100,000! Thanks to the generosity and time of many special event participants, volunteers, and pizza-eaters and makers, these critical funds helped keep the lights on, the Community Market operating, and ultimately expand Family SOS' reach. We hope this event will continue to grow year after year!

Other fundraising highlights include the Golf Adventure Raffle and Dine-Out in Support of Family SOS. Funds raised helped support our Back to School Program, outfitting 225 students of all ages with the supplies necessary to start their school year confident and prepared.

Finally, thanks to the support of immensely generous donors, our Greystone Centre received a new kitchen, for which we could not be more grateful. We think about you every time the kids line up for their after-school snack or a warm meal is prepared. Thank you.

However you supported Family SOS this year, please know your generosity and kindness were felt and had a direct, positive impact, on our community. We couldn't do this without your support.

*Submitted by: Kendra Coady and Kaylee Hake,
Funding and Growth Committee*

PARENTING SUPPORT

Throughout the 2021/2022 fiscal year the parenting support program has received 323 referrals and referred 103 individuals to other community organizations. The Parenting Support Team supported 71 families in our In Home Support program and 109 parents within our 12 Positive Parenting groups.

The Parenting Support team continue to receive positive feedback on our attachment based trauma informed approach to parenting. In order to continue to support our commitment to this approach we have ensured that all of our In Home Support workers are certified Circle of Security Parenting Facilitators. This program is an evidence based parenting program based on attachment theory that forms the foundation of the work we do.

Submitted by: Nicole Hankinson, Family Support Team Lead

"I honestly couldn't ever put into words how much I took away from this group, I have been struggling with so much as a parent and the new perspectives were quite honestly life changing. This program is so helpful and useful and allows you to express how you may have approached situations judgement free but allow you to propel forward with new thoughts and takes. I hope you know the effort put into this course is SO valuable and I will be forever grateful for stumbling on a link late one night when I just felt like I was failing my kids. so thank you 7 million times over."

Parent Group Participant

CHILD & YOUTH PROGRAMMING

With a newly renovated kitchen and a refresh to the Community Garden, thanks to several generous donors, Family SOS' child and youth programming resumed, invigorated, after two long years of COVID-19 related disruptions. As a result of this kindness, children and youth enjoyed hot meals, after school snacks, and quality time outdoors.

Healthy Kidz

97 summer program participants

15 after school program participants

Healthy Teenz & Healthy Tweenz

17 summer program participants

5 Healthy Teenz after school program participants

12 Healthy Tweenz after school program participants

March Break Drop-In Programming

Between **8** and **30** children participated in drop-in activities and picked up breakfast and lunch to-go each day of the week at the Family SOS Greystone Centre, during March Break.

Snack and Play

Children enjoyed after school snacks and activities in the front yard at the Family SOS Greystone Centre, each day of the week through the school year. This drop-in style program offered the opportunity for children to take their snack and activity to-go, or enjoy both in the front yard with other children and Family SOS staff.

SUPPLEMENTAL FOOD

Community Food Market

The community Food Market is generously supported by Feed Nova Scotia, Abundant Acres Farm, COBS Bread, and numerous individual contributors. Bridging a critical need for supplemental food in the HRM, the Community Food Market distributed 140 food packs each week to Halifax families in the 2021/2022 fiscal year, for a total of **7,820** food packs. Family SOS' Greystone Centre brought in **1,300** pounds of food weekly to be distributed at the Community Food Market, totaling **67,600** pounds in 2021/2022.

Community Food Market Fast Facts

- **Over 75% of community members who access the Family SOS Community Market do so weekly.**
- **More than half of Community Food Market users rely on the food pack to cover half of their weekly groceries, even though 82% of users are gathering a food bag to feed more than just themselves, with almost a quarter feeding more than 8 family members.**

"I GET THE MOST VALUE FROM THE EGGS, MEAT, AND DAIRY PRODUCTS I GET FROM THE COMMUNITY MARKET"

Community Food Market user

The Lunchbox Project

Through a partnership with Rockingstone Heights School, the Lunchbox Project provided each student with a hot lunch weekly, prepared and delivered by Family SOS. In the 2021/2022 fiscal year, the Lunchbox project delivered 7,623 hot lunches to Rockingstone Heights School.

This project reduced hunger among students, improved student attendance on lunch delivery days, and strengthened the relationship between Family SOS and Rockingstone Heights School.

SPECIAL PROJECTS

Back-to-School Fund

The Back-to-School Fund outfitted 225 students of all ages with the supplies necessary to have a positive learning experience, including backpacks, sneakers, and stationary. This project was made possible thanks to Twiggz Dartmouth, who graciously donated 130 brand new pairs of children's sneakers and almost 150 new backpacks to the Back-to-School Fund, and Cleve's Source for Sports Bayers Lake, who graciously donated over 55 teen-sized pairs of sneakers.

Hygiene Product Drive

The Hygiene Project responded to a growing number of requests from Community Food Market users for personal hygiene products. Thanks to many generous donors, this project supported the availability of these products at the weekly Community Food Market. The project received generous support from wonderful community partners including Boyd's Pharmasave, the Agricola Street Brasserie, The Osney Café & Social, Biscuit General Store, The Independent Mercantile, Sweet Pea Boutique, the Halifax Crafters Society, and Patch Halifax.

The Snowsuit Fund

The Snowsuit Fund outfitted nearly 500 individuals in winter clothing, including coats, boots, snow pants, hats, mittens, and scarves. This project was generously supported by KAMIK, R Studios, Southwest Properties, The Tare Shop, The Nook, Biscuit General Store, The Independent Mercantile, McInnes Cooper, Stewart McKelvey, RCR Hospitality Group, Boyd's Pharmasave, Nurtured, Local Source Market, Luke's Small Goods, and numerous generous businesses, community groups, and individuals.

KEY METRICS

140

FOOD PACKS DISTRIBUTED WEEKLY

7.280

FOOD PACKS DISTRIBUTED OVER 52 WEEKS

67.600

POUNDS OF FOOD DISTRIBUTED

\$9

PER FOOD PACK PER WEEK

7.623

**HOT LUNCHESES DELIVERED TO STUDENTS AT
ROCKINGSTONE HEIGHTS SCHOOL**

600

VOLUNTEER HOURS

16

NEW VOLUNTEERS



225

STUDENTS SUPPORTED WITH BACKPACKS, SHOES, AND STATIONARY, THROUGH THE BACK-TO-SCHOOL SUPPLIES FUND



146

HEALTHY KIDZ AND HEALTHY TEENZ PROGRAM PARTICIPANTS



323

IN-HOME PARENTING SUPPORT REFERRALS RECEIVED

103

INDIVIDUALS REFERRED TO SECTORAL PARTNERS



71

FAMILIES SUPPORTED THROUGH THE IN-HOME PARENTING SUPPORT PROGRAM

109

PARENTS SUPPORTED ACROSS 12 POSITIVE PARENTING GROUPS

SUPPORTER RECOGNITION



The John and Judy Bragg Family Foundation



HALIFAX YOUTH Foundation

The Windsor Foundation



Halifax Protestant Infant's Foundation



ABUNDANT ACRES FARM



Hankinsoft Development



MATHICA BENEFITS CONSULTING



The Halifax Assistance Fund







JAVA BLEND



Kin Club of Halifax



"McInnes Cooper is a full service law firm with six offices across Atlantic Canada and a deep commitment to community. Through our Collective Social Responsibility program, we engage with organizations that make a positive difference in society. For us, CSR is about embracing our ability to respond to needs in the community through the engagement of our members in meaningful volunteer service. Among our many partners, Family SOS is one of our longest-standing, initially having been a supporter of the annual Courage to Give Back Awards, and more recently as a contributor to the snowsuit fund and a sponsor of the Community Garden. Collaborating with Family SOS is a natural fit for us because the services they provide and the advocacy work they do aligns with our core causes of youth empowerment, poverty relief, mental health, and access to justice. We are inspired by their holistic child-centred approach to fostering wellness and resilience within families as well as the broader community, and we are sincerely grateful for the opportunity to contribute."

McInnes Cooper

THANK YOU

The kindness and generosity of donors, partners, and volunteers helped Family SOS thrive in 2021/2022.

