



Overcoming Challenges for a **Better Future**



2022-2023

ANNUAL REPORT

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About Us



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 2022-23

Chair Scott Pike

Vice-Chair Kendra Coady

Treasurer Brad Olsen

Secretary Kurt Hepditch

Directors

Taleb Abidali

John Anderson

Mike Bailey

Melissa Carey

Angella Giacomantonio

Kaylee Hake

Daniel Hughes

Tanya Harrietha

Ben Rodgers

Rob Steele

MESSAGE FROM THE CHAIR

FAMILY SOS CONTINUES TO RESPOND TO A TIME OF SIGNIFICANT NEED MARKED BY IMPRESSIVE LEVELS OF GIVING.



Scott Pike
Chair

We noted in last year's annual report that the only constant in life is change. This past year for Family SOS saw a great deal of change, not least of which was welcoming our new Executive Director, Johanne Thompson, and new leadership for our Greystone Centre and Parenting Support teams. Many valued team members have moved on. With change comes opportunity and our leadership has a renewed commitment to our communities.

The continuing impact of inflation, economic and affordability challenges were a backdrop to the growing inequality in HRM. We worked with our community partners and funders to face these challenges with our program families in a compassionate and consistent manner. Our Parenting Support team steadily worked to address the wait list for our services in the face of increased flows from our referral networks. Our Greystone team focused on successfully returning to pre-pandemic in-person programming. With food insecurity rising, the Community Market and lunchbox program at Rockingstone Heights Elementary, remained incredibly important to families in our communities.

Our areas of impact were made possible by consistent levels of funding from long-standing donors, grants from new and old sources and a successful second iteration of our Halifamous Community Champions campaign led by a dynamic group of loyal business leaders.

We know that affordability issues will continue to greatly impact our communities. We remain committed to adapt to meet these evolving challenges and will be undertaking strategic review and planning in 2023 to ensure that we are sustainably serving our communities for years to come. The Board is incredibly thankful to our team of staff and volunteers, as well as our community partners, including Feed Nova Scotia and the Department of Community Services. Thank you for continuing to support our organization in the face of so many demands on your time and funds.

REPORT FROM THE EXECUTIVE DIRECTOR



This year, Family SOS has worked to grow together and has taken a back-to-basics approach to our programs and services to meet the changing needs of the families, children, and youth we serve, focusing on Parent Support, Food Security, and Programs for Children and Youth.

Our Parent Support Team has done incredible work providing parents with the tools to be successful, supporting 180 families through individual and group Parenting Programs.

The issue of Food Security continues to be an ongoing need. This year, Family SOS has continued its partnership with Feed Nova Scotia to provide a weekly community market every Friday, providing over 120 families with fresh produce, milk, eggs, pantry items, and meat to help supplement their most basic needs each week.

With the support of generous donors, we have also continued the Lunchbox Project at Rockingstone Heights school, providing over 15,000 meals to the children in the community, and continued to run community-based programming in the community garden, teaching children, youth, and adults how to grow their own food.

It was incredible to bring back in-person programming at Greystone Centre and to watch our after-school programs, teen programs, and camps grow as the year progressed. Programming centered around life skills, literacy, physical activities, and fun.

Family SOS operates these free programs thanks to the support of many foundations, grants, corporate and individual donations, and ongoing support from the Province of Nova Scotia. This year's internal fundraising initiative, Community Champions, brought together corporate, individual, and team donations, raising over \$135,000 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 dedication and support and the difference you make in the lives of others each day.

Submitted by: Johanne Thompson, Executive Director

PARENT SUPPORT

Throughout the 2022/2023 fiscal year, the Parent Support program has received 330 referrals to our services, with the top referral sources being individuals, the Department of Community Services, IWK Children's Hospital (family physicians and psychologists), and the SchoolPlus program at Halifax Regional Centre for Education. We referred 117 individuals to external community resources.

The team offered support to 64 families in our Parent Support program and 116 parents within our 11 positive parenting groups. We continue to receive positive feedback on our attachment-based and trauma-informed approach to parenting. The program focuses on relationship building, communication, boundary setting, emotional wellness, stress management, and enhancing caregiver/child relationships.

To honour our commitment to this approach, Family SOS has ensured that all Parent 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 our practice and fosters the relationships we cultivate with families and the community.

Submitted by: Tameika Kim, Family Support Team Lead

PROGRAM IMPACT

180

Families supported

116

Parents supported through positive parenting groups

117

Individuals referred to sectoral partners

64

Families supported through the individual parent support program

"The program was more than I expected! It made me aware of my reactions to the kids and why I am reacting the way that I do. I have been able to set boundaries that are healthy with myself and the children. Looking at misbehaviour as a way of communicating a need was so helpful and gave me more options to respond and connect, instead of reacting. I am working on it every day but I feel like there is less friction now that I am aware. I value all the information and feel grateful for having the resources to look back on. Thank you for being so supportive and understanding."

Participant, Positive Parenting Group

CHILD & YOUTH PROGRAMMING

Healthy Kidz and Healthy Teenz are community-based programs that operate out of the Greystone Centre, these programs provide unique after-school, March break, and summer day camp opportunities for children and youth in Spryfield and Greystone communities.

55 After-school program participants this year

50 weeks of programming



23 Healthy Teenz After-school program participants this year

50 weeks of programming



59 children participated in March Break Camp in 2022-2023

40 Children participated in Summer Camp over nine weeks in 2022-2023



SUPPLEMENTAL FOOD



Community Food Market

The Community Food Market is generously supported by Feed Nova Scotia, Abundant Acres Farm, and numerous individual contributors. Bridging a critical need for supplemental food in the HRM, the Community Food Market distributed 120 food packs each week to Halifax families in the 2022/2023 fiscal year, for a total of **7,140** food packs. Family SOS' Greystone Centre brought **1,300** pounds of food weekly to be distributed at the Community Food Market, totaling **66,300** pounds.

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.



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 2022/2023 fiscal year, the Lunchbox project delivered 15,834 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.

Food Support Key Metrics



120
FOOD PACKS
Distributed Weekly

7,140
FOOD PACKS
over 50 Weeks

66,300
Pounds of Food
Distributed

16
New Volunteers

15,834
Hot Lunches Weekly
For Rockingstone School
Students

4,500
Volunteers Hours



SPECIAL PROJECTS

Back-to-School Fund 2022-23

The Back-to-School Fundraiser brought in \$4900. This fund was used to purchase 358 water bottles - one for each student at Rockingstone Heights Elementary School .



Hygiene Product Drive

The Hygiene Project Drive responded to many requests from Community Market users for personal hygiene products. Thanks to many generous donors, this project supported the availability of these products at the Community Market, Rockingstone Heights School, and J.L. Ilsley High School in 2022-23.



356 Hats



190 Scarves



216 Mittens



**200
Pairs of socks**

Warm Hands, Warm Hearts

Together, we provided warmth and comfort to community members by distributing hats, mittens, scarves, and socks. This was made possible by the kind and generous support of various businesses, groups, and individuals in our community.



SUPPORTER RECOGNITION



Canada 



The
Windsor
Foundation



The John and Judy
Bragg Family
Foundation



HALIFAX YOUTH
Foundation



NGM Investment Inc.



Halifax Protestant
Infant's Foundation



BENEFACTION
FOUNDATION

Bert and Sheri Frizzle Family
Foundation





nscc



**Hankinsoft
Development**



United Way



RCR
HOSPITALITY
GROUP



Metropolitan Regional
Housing Authority

HALIFAX



**WORK
SPACE**





MCINNES COOPER





Thank You

We would like to extend our sincerest appreciation to our valued supporters for their contributions to our cause. Your generosity has had a tremendous impact on the lives of those we serve, and your continued support has enabled us to provide essential services to our community. Thank you for your compassion and dedication to making a positive difference in the world.

