



Annual Report 2001-2002

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Celebrating 30 years

A message from the Executive Director and the Board President

In January of 1972, Planned Parenthood Kitchener-Waterloo (PPWR) first opened its doors to the public from a small office on Scott Street, not all that far from our present location on Frederick Street. In 1978 it expanded to incorporate all of Waterloo Region, and was renamed accordingly. Since then the agency has seen many changes and many challenges, but most importantly has provided services to thousands of women, youth and families in this region.

Last November, when we gathered supporters together to share stories about the last 30 years at PPWR, there was one consistent feeling amongst those gathered – that we have much to celebrate in terms of what we have achieved, but there is still much work to be done. And so we continue to provide sexual health information through our counselling and education programs. We continue to advocate on behalf of members of our community to ensure access to quality clinical services in the area of sexual and reproductive health. We continue to support sexual and reproductive rights by ensuring that members of our community are empowered to make informed choices about their sexual health.

After a time of staff changes at the agency, we have now worked for a full year with the same five core staff members. Our current team is experienced, capable, compassionate, and very hard working. They are supported by a very strong and diverse Board of Directors that continues to strengthen through ongoing recruitment, and through the rejuvenation of the standing committees of the Board. We have an additional 50 volunteers who provide support in other areas including our counselling and education programs, administrative and office support, fundraising, technology, special events, professional consultation and more. We are very fortunate to have a community of people who are extremely committed to the work of the agency, and who demonstrate that commitment through all of their involvement. In addition, we have an extremely committed group of supporters who give of their financial resources to ensure continued access to sexual health information.

Our counselling and education programs continue to be very strong. This year, we offered two peer education theatre productions that toured Waterloo Region and beyond: *Live, On Stage, Uncensored!* and *Intimate Betrayal*. In addition, our core education program reached over 1300 individuals. Our counselling program continues to reach more people, particularly as people become familiar with our new location and drop in to ask questions and pick up information. In total our counselling volunteers provided information, support and referrals to 955 individuals, either in person or over the telephone.

In May of this year, our Board of Directors met to discuss some of the strategic objectives of the organization. As a result of that process we have fine tuned the wording of mission statement, and established both organizational value statements and statements of strategic direction. The value statements simply articulate the strong values that are already part of the organizational culture. The strategic directions statements will help to guide our priorities as an organization in the next three years. We continue to work very closely with many other organizations in this community, and we look forward to building on those relationships and fostering new partnerships in the future.

As we reflect on 30 years of providing service in this community, we also look ahead. We are well positioned as an organization to build on the strength of our current programs. We have the support of many individuals and organizations, and we look forward to serving this community for another 30 years and beyond.

Jolanta Scott,
Executive Director

Andrea Cohen,
President, Board of Directors

The Mission of PPWR

Planned Parenthood Waterloo Region is a charitable community agency that provides education, counselling and access to information in order to promote healthy and responsible sexuality throughout the life cycle.

Organizational Values

As a pro-choice organization, Planned Parenthood Waterloo Region values the following:

- We value every individual's right to informed decision making and freedom of choice. We are committed to providing non-judgmental, confidential information and support that address the individual needs of our clients.
- We believe that through knowledge and information we can empower individuals to make healthy choices for themselves.
- We value collaboration, both with community partner organizations, and as a working philosophy amongst our volunteers and staff.
- We value the diversity of this community, and we strive to reflect this diversity. We are an inclusive organization that welcomes the involvement of all members of our community.
- We believe that sexuality should be celebrated as an integral part of each of our lives.
- We value integrity, respect and professionalism. We are committed to upholding these in all of our work.
- We value accessibility, and are committed to ensuring that all of our programs and services be free of barriers.
- We value the input of members of our community, both individuals and organizations. As a responsive community organization, we are committed to providing opportunities for client and community input and feedback.
- We value accountability and are committed to ensuring that our processes are transparent.

Strategic Directions

- PPWR will work to broaden the reach of its services, by ensuring outreach to under-served areas within Waterloo Region.
- PPWR will work to increase its capacity for evidence-based decision-making in all programs.
- PPWR will continue to build on current strengths to develop and implement programs that use innovation to address gaps in services and meet the needs of the community in a cost-effective manner.
- PPWR will create a volunteer strategy that builds on the current strengths of the program and maximizes the skills and energy of volunteers.
- PPWR will work to increase its visibility in the community, particularly among professionals and other community organizations.
- PPWR will pursue collaborative partnerships and relationships that further our mission.
- PPWR will work to remove barriers to involvement in PPWR, and access to services by diverse communities.
- PPWR will continue to diversify funding and pursue funding strategies that will provide greater long-term stability.
- PPWR will work to cultivate new donors and nurture existing donor relationships to maintain community support for programs.
- PPWR and its supporters will advocate on behalf of the community to ensure access to sexual and reproductive health services.

How We Helped

Education Program (9063 contacts)

Workshops and Presentations (1381 Contacts)

Planned Parenthood Waterloo Region's education team offers a variety of workshops and presentations on sexual health topics. These workshops are presented in schools and community groups by request. The sessions can be tailored to meet the needs of the individual group; common topics include: Basic Anatomy and Physiology, Birth Control Options, Healthy Relationships, Parents for Healthy Sexuality, Pregnancy Options, Pregnancy and Parenting, Sexuality for People with Learning Disabilities, Sexually Transmitted Infections. Our most popular session in 2001-2002 was Healthy Relationships, representing almost 18% of our sessions.

The following groups accessed our education programs in 2001-2002:

Community Groups

St. Monica House	Katimavic
Cambridge Parenting Group	Argus Residence for Women
First Unitarian Congregation of Waterloo	Preston Heights Community Group
Regional Pride Day	Sunnydale Community Centre
ROOF	International Women's Day Committee
King St. Group Home	Southwood Community Centre
World AIDS Day – ACCKWA	Langs Farm Village Association Youth and Teen Centre
Girl Guides of Canada	Cambridge Association for the Mentally Handicapped
The Spot	
Waterloo Region Dec. 6 Coalition	

Secondary Schools

Bluevale Collegiate Institute	Grand River Collegiate Institute
Galt Collegiate Institute	Cameron Heights Collegiate Institute
Kitchener Collegiate and Vocational Institute	Ursula Franklin Academy (Toronto)
Eastwood Secondary School	Bloor Collegiate Institute (Toronto)
Waterloo Collegiate Institute	Sir John A. MacDonald (Hamilton)
Waterloo Oxford Secondary School	Sir Winston Churchill (Hamilton)

Public Schools

Courtland Public School	Laurentian Public School
Park Manor Public School	A.R. Kaufman Public School
Margaret Avenue Public School	Westheights Public School
Stanley Park Public School	Centennial Public School
St. Andrews Public School	

Universities and Colleges

Guelph Sexuality Conference	University of Guelph
The Women's Centre – University of Waterloo	Wilfrid Laurier University
University of Waterloo	Conestoga College Nursing Program

(Education Programs continued on page 5 ...)

(... Education Program continued from page 4)

Annual Youth Sexuality Conference (80 students, 7 teachers)

For the past five years PPWR has been hosting a Annual Youth Sexuality Conference. The theme of the April 2001 conference was *Sexpand your Knowledge*. In 2001, concurrent sessions were offered to both students and teachers for the first time. This new format was intended to give the teachers an opportunity to explore some of the issues they face in teaching sexual health material, as well as providing youth friendly workshops for the students. The student sessions include workshops on contraception, relationships and other related topics. Additionally, one of the best-liked conference sessions every year is the guest appearance of TEACH (Teens Educating and Confronting Homophobia) from Planned Parenthood Toronto.

Peer Education Theatre Program (7605 Contacts)

For the fourth year in a row, PPWR offered a peer-education theatre program. A youth-friendly series of vignettes about informed sexual health decision making titled *Live, On Stage, Uncensored!* completed its fourth year of performance this year. Although *Live On Stage, Uncensored!* will not be offered during the 2002-2003 academic year, it was joined this year by a second production, *Intimate Betrayal*. *Intimate Betrayal* uses the power of live drama and the story of five close friends to explore the complex issue of sexual assault. Both productions were offered to schools within Waterloo Region as well as other parts of southwestern Ontario.

Counselling Program (955 Contacts)

One-on-One Support

PPWR's counselling program offers support, information and counselling pertaining to all aspects of sexuality to individuals throughout the region. The program includes comprehensive information and support for all three options regarding unplanned pregnancies (parenting, abortion and adoption). Our counsellors also provide information and support on other issues including contraception, sexually transmitted infections, and fertility awareness.

Information and Referrals

Every day our counselling volunteers greet dozens of people, either in person or over the telephone, who are seeking information on a variety of sexual health issues. While many of these individuals want information for themselves, we have also seen an increase in the number of professionals who are accessing our information services on behalf of their clients. Our counselling volunteers provide information related to contraception, sexually transmitted infections, access to medical services locally, referrals to other community organizations and much more.

Counselling Highlights

- 60% of the clients we had contact with in our counselling program were accessing our options counseling program.
- 3% of our clients in the counselling program in 2001-2002 had English as their second language and required interpreters for their one-on-one sessions.
- 40 to 50 information packages are sent out every year to people who would like information or resources, but prefer not to visit us in person.
- With the introduction of our website in the fall, we have seen an increase in email inquiries. We now regularly receive emails from individuals facing a pregnancy decision, women who are exploring their contraceptive choices, and couples who are looking for assistance in becoming pregnant.
- 17% of referrals to PPWR come from other health professionals in the community.
- 40% of PPWR's clients fall in the 20-29-year-old age bracket.

"Planned Parenthood is a fantastic organization to compliment the health curriculum for physical health education courses." — high school teacher

Community Support

As we celebrate our 30th anniversary, we are making plans to secure the future of PPWR's sexual health programs, chiefly through the establishment of an endowment fund. Meanwhile, from April 1, 2001, to March 31, 2002, Planned Parenthood Waterloo Region had to raise 84% of its annual budget of \$204,000. This required a tremendous level of commitment and effort from our donors, and we sincerely thank them for their support and generosity.

Thank You, Funders and Donors*

PPWR received significant support from more than 500 donors throughout the past year. These included individual supporters who generously donated approximately \$60,000 to PPWR's Annual Appeal, and local businesses that supported PPWR's Corporate Campaign with over \$20,000 in donations as well as providing donations and in-kind support for specific projects and events; one of these special events was PPWR's benefit performance of *The Vagina Monologues*.

We gratefully acknowledge and applaud PPWR's dedicated supporters. Their contributions ensure that people can access confidential and accurate sexual health counselling and participate in sexual health education programs, thereby enjoying a better quality of life.

Basics Office Products

Berlex Canada Ltd

Canadian Women's Foundation

(in partnership with The Body Shop STOP Violence Against Women Fund, the Canadian Pacific Violence Prevention Fund, the Royal LePage Shelter Foundation Fund, the Traders Challenge Fund, the White Ribbon Campaign Fund, the Zellers Friends of the Family Fund and CWF Violence Prevention Fund)

CAW Local 1451

CAW Local 1524

Clarica

Cloverleaf Foundation

Cowboys & Angels Hair Salon

Elementary Teachers' Federation of Ontario – Waterloo

First Unitarian Church

Good Foundation

Human Resources Development Canada

Individual Donors

Janssen-Ortho Inc.

Kinsmen Club of Kitchener-Waterloo

May Court Club of Kitchener-Waterloo

Musagetes Fund through the Kitchener & Waterloo Community Foundation

National Crime Prevention Centre – Community Mobilization Program

Ontario Trillium Foundation

Organized Labour

Organon Canada Ltd.

Service Clubs

Trinity United Church

VIA Rail Canada

Waterloo Regional Labour Council

Zehrs Markets

Zonta Club of Kitchener-Waterloo

* PPWR policy requires explicit approval for any donor names to be published herein. We have made every attempt to ensure that our supporters in the business, faith, organized labour, service club and foundation communities have had the opportunity to be recognized here, and apologize for any inadvertent omissions on our part.

Financial Information

Balance Sheet

March 31, 2002

ASSETS	2002	2001
CURRENT		
Cash	\$35,586	\$92,536
Short-Term Investments	115,425	63,078
Accounts Receivable	6,807	5,213
Prepaid Expenses	<u>2,177</u>	<u>2,014</u>
	\$159,995	\$162,841
CAPITAL ASSETS		
	<u>\$15,560</u>	<u>\$16,100</u>
	<u>\$175,555</u>	<u>\$178,941</u>
LIABILITIES		
CURRENT		
Accounts Payable and Accrued Liabilities	\$1,000	\$2,117
Deferred Contributions	<u>7,144</u>	<u>10,000</u>
	<u>\$8,144</u>	<u>\$12,117</u>
FUNDS RETAINED		
Balance, beginning of year	\$166,824	\$141,226
Excess of revenue over expenditures	587	25,598
Balance, end of year	<u>\$167,411</u>	<u>\$166,824</u>
	<u>\$175,555</u>	<u>\$178,941</u>

Regional Municipality of Waterloo Grant

Last year, PPWR received a grant for \$30,711 in each of three years from the Regional Municipality of Waterloo. We appreciate the leadership and vision behind this grant. Being PPWR's only confirmed source of annual support, these funds bring a measure of stability to vital programs that help ensure access to sexual health and reproductive information for all residents of Waterloo Region.

PPWR is not a member agency of the United Way and neither does it receive grant monies from United Way. Likewise, although PPWR is affiliated with Planned Parenthood Federation of Canada (PPFC), we are administratively and financially independent of PPFC.

Our PPWR Team

Full-Time Staff

Gail McVicar, Education Coordinator

Jolanta Scott, Executive Director

Part-Time Staff

Sharon Bowes, Administrative Assistant

Ronda Lobsinger, Counselling Coordinator

Christine Rier, Fundraising Coordinator

Volunteers*

With only two full-time and three part-time staff, there is no way that we would be able to accomplish all that we do without the dedication and commitment of our many volunteers. Together they contribute over 4000 volunteer hours annually. They provide strategic direction for the agency at the Board level, support women through pregnancy decisions in the counselling program, and provide accurate information about birth control and sexually transmitted infections to youth in the education program. Others volunteer their time by offering their professional skills and expertise to the agency. Thanks to all of you — without your support, our work would not be possible.

Board of Directors

Meredythe Brown, Chair Personnel Committee

Margaret Cinel

Andrea Cohen, President

John Groothuis, Chair Fundraising Committee

Jim Harkins**

Barb McArthur, Treasurer

Gloria Nafziger, Vice President

Deb Penrose**

Donna Reid

Lorell Stevenson, Secretary

Heather Wombwell**

Counselling Program Volunteers

Mercedes Calma

Anna Martyniak

Josie Graham

Sarah Wolf

Wendy Wilson

Jillian Burkhardt

Theresa Lee

Jennifer MacWhirter

Angela Gorni

Ange Roe-Jones

Allison Munroe

Breanna MacLeod

Alison Groves

Danielle Chandra

Kristine McGlynn

Maya Polywjanyj

Education Program Volunteers

Kelli Smith

Tanya Fortier

Niki Stevenson

Melissa Samuell

Nick Walsh

Hugh Cameron

Shannon Golletz

Tracey Hall

Amanda Chalmers

Jenn McGowan

Thu Huong Chung

Sara Anderson

Professional, Fundraising and Administrative Volunteers

Monica Collins

Jonathon Lobsinger

Terri Cinel

Barbara Thomas

Dave Keller

Michael Lobsinger

Ena de Jong

Gary Flaxbard

Vi Shadd

Patrick Lobsinger

Joy Roberts

Vivian Maclean

Attila Schmidt

Jackie Forster

Irene Zalagenas

Valerie Hall

Ingrid Van Haussen

Rosie Koert

Randy White

Pam Dillon

Live, On Stage, Uncensored: Cast and Crew

Brandon Alexander, Derek Arnold, Tirica Bond, Janelle Eisler, Kyle Heaney, Graham Kent, Sarah King, Viktorija Kovac, Melissa Lubitz, Chris Controis

Intimate Betrayal: Cast and Crew

Kyle Mayer, Drew Monoz, Colin Rylie, Ryan Seguin, Krissy Treciokas, Virginia Vrentzos, Erin Watson, Bryan Martin, Lissa Marchand, Tovah Kay, Lauren Hall, Melissa Djurakov, Erin Cormin, Jeff Anstett, Chris Wilkinson

* There are of course some volunteers who graciously give of their time in more than one program. Their names appear under the program to which they have contributed the most number of hours.

** Resigned.

"I thought 'Live, Onstage, Uncensored!' was good because it made things easier to talk about, gave us answers, and had real life situations." — student