



Annual Report

2004 – 2005

Table of Contents

Building on Change	2
Our PPWR Team	3
How We Helped	4
Financial Information	6
Community Support	8

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

Building on Change

A message from the Executive Director and the Board President

The past year has been a busy one for PPWR, with an interesting combination of change, stability, and growth. With regard to change, this past year has brought changes in personnel. Last July our Fundraiser, Christine Rier, moved on to the Waterloo Region Children's Museum. We wish Christine every success in her new position and are grateful for the foundation she left, on which we continue to build.

Our Bookkeeper/Fundraising Assistant Linda Smith moved up north last November and is now working at her dream job as an Office Administrator in a camp. We have replaced Linda by hiring an external bookkeeper, Heather Thompson, of Office for Hire.

In terms of stability, we were very fortunate that our active, involved and hard-working Board of Directors remained unchanged, with one exception. Lou Seguin joined our Board as Treasurer, replacing Barb McArthur, who completed her term in June 2004.

With respect to growth, having received an Ontario Trillium Foundation Grant, we were able to hire Emily Waldron as our Volunteer Coordinator last summer. This has served to lighten the load of other staff, particularly our Counselling Coordinator. Emily has managed the task of volunteer recruitment with great skill, particularly the organization of our Fall Volunteer Training. With Emily onboard we have been able to express our appreciation of our loyal and committed volunteers through special events such as speakers, workshops, and movie nights.

We completed the purchase of new fundraising software, Giftmaker Pro, last September. In October of 2004, we were able to hire Sean Arnold as Database Coordinator through the Job Creation Partnerships Program, a special HRSDC program. Over a period of six months, Sean transferred the database from an old DOS-based system to our new software system. Sean also helped tremendously in mailing out the Fall Appeal. In the absence of a Fundraiser or Fundraising Assistant, this was quite a daunting task. Fortunately Sean was equal to the task and the response from our loyal and generous supporters was wonderful.

Our crowning glory this past year has been the re-emergence of our Peer Education Theatre Program. *Sexploration*, a play written by Christopher Lane, premiered on September 22, 2004. The premiere garnered positive media attention, including an article in *The Record*, a radio interview, and local television news coverage. The play has been well received and is geared towards an audience of grades 7-10 students. Touring of the play started in January 2005 and will continue in the next school year.

As usual, what has made this year a success is the work of a dedicated team of individuals. We continue to be grateful to our staff members, volunteers, community partners, and supporters. Thanks to their hard work and support we are able to continue to provide education, counselling, and access to information in order to promote healthy and responsible sexuality throughout the life cycle.

Marylu McGrath,
Executive Director

Lisa Keeping
President, Board of Directors

Our PPWR Team

Staff

Kristin Baetz, Summer Student	Linda Smith, Bookkeeper/FundraisingAssistant*
Ronda Lobsinger, Counselling Coordinator	Emily Waldron, Volunteer Coordinator
Marylou McGrath, Executive Director	Sarah Wolf, Education Coordinator
Christine Rier, Fundraising Coordinator*	* resigned this year

Volunteers

We can never overstate the importance of PPWR volunteers. With only part-time staff, it would be impossible to accomplish all that we do without the dedicated and knowledgeable volunteers who give so freely of their time and expertise. Together volunteers contribute over 4000 hours annually. These hours are spent providing counselling services; researching, developing and enhancing resources; supplying strategic direction; lending fundraising and administrative support; actively supporting community education and outreach programs; and providing professional services. Their work not only touches every level of PPWR, it also ensures that accurate sexual health and balanced decision-making information reaches our clients everyday.

Thanks to all of you – without your generous support, our work would not be possible.

Board of Directors

Shannon Golletz, Vice-President	Joan Rawski
Morgan Holmes, Secretary	Donna Reid, Past-President
Lisa Keeping, President	Lou Seguin, Treasurer
Wanda Manning	Steven Shadd
Susan Neeb	Charles Smith

Counselling and Education Volunteers

Heather Ambos	Jane Hartnell	Rachael McKnight	Faiza Somji
Kristin Baetz	Jay Harrison	Corissa Manou	Sarah Stewart
Michelle Baumtrog	Melanie Heu	Lauren Matheson	Amberely Thompson
Hugh Cameron	Amber Huffman	Allison Munroe	Leanne Thouless
Amanda Chalmers	Stacey Jacobs	Pemma Muzumdar	Melissa Valdez
Emily Cumming	Andrea Lobsinger	Julianna Parker	Jill Vickers
Jenn Dick	Breanna MacLeod	Shobana Rajan	Lisa Vuong
Tyla Fullerton	Sheena McDonald	Fiona Sillars	Monica Weber
Kate Hano	Sarah McGaughey	Chris Shillington	Wanda White

Placement Students

Melanie Bedard, Conestoga College, Social Services
Laura Bogaert, Wilfrid Laurier University, Department of Psychology
Kelly McDonnell, Wilfrid Laurier University, Department of Psychology
Christine Pilkington, McMaster University, Midwifery Education Program
Beth Purdy, Conestoga College, Social Services
Maxine Silberg, Wilfrid Laurier University, Department of Psychology

Professional, Fundraising and Administrative Volunteers

Jane Arnold	Sharon Bowes	Jackie Forster	Dr. Joy Roberts
Scott Arnold	Linda Carson	Valerie Hall	Dr. Violet Shadd
Sean Arnold	Margaret Cinel	Tim Jackson	Irene Zalagenas

Peer Education Theatre Volunteers - Sexploration

Cassie Austin	Megan Joyner	Dave Mitchell	Erika Shirk
Danny Difiore	Dana Krook	Evan Mitchell	Jeff Ulrich
Michael Fry	Mark Lammert	Lexie Mitchell	
Sascha Garrity	Brooks LeBoeuf	Tyler Schlichter	

How We Helped

Education Program (2670 Contacts)

Workshops, Presentations and Kiosks (681 Contacts)

Planned Parenthood Waterloo Region's Education Team continues to offer workshops in schools and community groups by request. Presentations include such topics as: Teen Pregnancy, Parents for Healthy Sexuality, Sexuality and Adults with Learning Disabilities, and Hangin' With the Boys. The most sought-after sessions were: Healthy Relationships, Contraceptive Options, and Sexually Transmitted Infections. The Education Program also received a number of email, phone and walk-in contacts. It is encouraging to see that many community members know who we are and how to get a hold of us!

The following groups accessed our education programs in 2004-2005:

Community Groups

African Women's Festival
Argus Shelter
Chicopee Community Centre
Club Renaissance
Family and Children's Services
Girl Guides (Pathfinders)
John Howard Society
Kitchener Public Library (YSC)
Monica Ainslie House
Opportunity Centre
Parents for Community Living
Participation House
Preston Heights Community Centre
ROOF
Southwood Community Centre
St Monica's House

Schools

Alternative Programs
Bluevale Collegiate Institute
Cameron Heights Collegiate Institute
Clemens Mill Public School
Conestoga College
Eastwood Collegiate Institute
Galt Collegiate Institute
Grand River Collegiate Institute
Laurentian Public School
New Dawn Alternative School
Preston High School
Southwood Secondary School
University of Waterloo
Waterloo Collegiate Institute
Westheights Public School
Wilfrid Laurier University

Annual Youth Sexuality Conference - **SEX MATTERS** (122 Contacts)

Our 8th Annual Youth Sexuality Conference, which was generously sponsored by Organon, was held at the Kitchener Public Library May 5th 2004. After a year at RIM Park, we moved back to the KPL – a more central and convenient location for local youth. Students had a number of different topics from which to choose, including: Contraceptive Methods, Sexual Assault, Pregnancy Options, T.E.A.C.H (Teens Educating And Confronting Homophobia), HIV/AIDS, and for the first time a session on Oral Sex. At the suggestion of Community Health, this session topic was added as a means of educating youth about the risks associated with unprotected oral sex.

Pizza Pizza generously donated lunch this year. The Region of Waterloo Public Health donated breakfast for all those in attendance. Door prizes were provided by local businesses. Kernels donated packs of popcorn for all students. We were fortunate to have so much support with the Youth Sexuality Conference.

Peer Education Theatre Program - **Sexploration** (1417 Contacts)

During its first season, over 1400 students, teachers and community members viewed PPWR's newest addition to the Peer Education Theatre Program – **Sexploration**. The premiere of **Sexploration** was held on September 22nd at Waterloo Collegiate Institute. Response to the play has been overwhelmingly positive, and the play will continue in the 2005-2006 school year. The cast and crew of **Sexploration** were comprised of local high school and university students. Chris Lane, who has directed theatre projects for us in the past, wrote **Sexploration** exclusively for PPWR's Education Program.

How We Helped

Counselling Program (1113 Contacts)

One-on-One Support

PPWR's Counselling program offers unbiased, non-judgmental support and information regarding all aspects of human sexuality. The program includes comprehensive information for all three options to women who are experiencing an unplanned pregnancy (parenting, adoption, and abortion). Our counsellors also provide information, support, and referrals for other issues including contraception, sexually transmitted infections, and fertility awareness.

Information and Referrals

Every day our counselling volunteers respond to the needs of dozens of people in person, over the telephone, or by email, who are seeking information on a variety of sexual health issues. While many of these individuals want information for themselves, we have continued to see a number of professionals who are accessing our information services on behalf of their clients. Our counselling volunteers provide sexual health information and aid clients in accessing local medical services, as well as providing referrals to other community organizations.

Counselling Highlights

- Our total number of clients decreased by 204 people from the previous year. This is the first decrease in overall client numbers that we have experienced in the past ten years.
- 58% of the clients who contacted us made appointments to see a counsellor (up 9%).
- 17% of our clients were walk-ins. The majority of walk-ins come in to get condoms, have a pregnancy test, or to gather information pamphlets.
- 32% of clients spoke to our counsellors by phone, requesting information or community referrals.
- 60% of the clients with whom we had contact in our counselling program requested pregnancy options counselling.
- 11% of our clients were referred to us by a health care professional.
- 38% of our clients fell in the 20-29 year-old bracket.
- 22% of our clients came in just to access birth control information.
- 1% (14 women) of our clients requested fertility information.
- 1% of our clients were non-English speaking and required the services of an interpreter.
- Interpreters were needed for the following languages: Amharic, Arabic, Kurdish, Mandarin, Persian, Turkish, Ukrainian, and Vietnamese.

Financial Information

Statement of Operations: March 31, 2005

REVENUE	2005	2004
DONATIONS		
Individuals	\$86,788	\$106,899
Corporate	12,991	29,150
Community Groups	4,165	1,255
Foundations	40,785	11,876
Regional Municipality of Waterloo Grant	30,711	30,711
Fees for Service	3,255	3,391
Special Events - Net	73	3,438
HRDC Summer Grant	2,632	2,466
Property Tax Rebate	2,360	3,655
Interest Earned	825	671
Nevada Tickets - Net	1,903	2,668
Raffle Tickets - Net	<u>3,913</u>	<u>4,173</u>
	\$190,401	\$200,353

EXPENDITURES

Program Expenses		
Theatre	\$11,044	\$3,463
Education	2,831	7,389
Counselling	3,561	5,323
Fundraising	2,204	5,339
Administrative	2,283	5,065
Salaries and Benefits	111,429	126,613
Overhead Expenses	<u>35,589</u>	<u>37,458</u>
	\$168,941	\$190,650
EXCESS REVENUES OVER EXPENDITURES BEFORE UNUSUAL ITEMS	21,460	9,703
UNUSUAL ITEMS	(5,750)	(4,250)
Transfer to The Choices Fund		
EXCESS REVENUES OVER EXPENDITURES	<u>\$15,710</u>	<u>\$5,453</u>

Comments:

- ① Complete Audited Financial Statements are available by contacting the Planned Parenthood Waterloo Region office at 743-9360.
- ② 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.

Financial Information

Statement of Financial Position: March 31, 2005

ASSETS	2005	2004
CURRENT		
Cash		
Unrestricted	\$16,946	\$15,935
Restricted	4,931	5,013
Designated (theatre)	5,454	2,441
Investments		
Unrestricted	42,015	41,719
Designated (theatre)	-	5,078
Accounts Receivable	15,920	8,043
Due from Unrestricted Fund	8,721	2,823
Prepaid Expenses	<u>2,034</u>	<u>3,136</u>
	\$96,021	\$84,188
Capital Assets	<u>5,706</u>	<u>5,293</u>
	<u>\$101,727</u>	<u>\$89,481</u>

LIABILITIES & FUND BALANCES

CURRENT		
Accounts Payable and Accrued Liabilities	\$3,703	\$11,637
Due to Restricted Fund	8,721	2,823
Deferred Contributions	<u>-</u>	<u>1,428</u>
	\$12,424	\$15,888
FUND BALANCES		
Unrestricted	75,651	65,757
Restricted	<u>13,652</u>	<u>7,836</u>
	\$89,303	\$73,593
	<u>\$101,727</u>	<u>\$89,481</u>

Comments Continued...

- ③ In 2002 an agreement was entered into between a donor and The Kitchener and Waterloo Community Foundation (KWCF) to establish a permanent donor designated fund with the KWCF to be known as The Choices Fund. The income on The Choices Fund is to be paid to PPWR each year. The Choices Fund forms part of the assets of KWCF and therefore is not shown on the balance sheet of PPWR. With donations received by KWCF in 2004 the Fund had a Market Value of \$135,395.66 as of December 31, 2004.

Community Support

Planned Parenthood Waterloo Region is very fortunate to have a strong, loyal and committed donor base. The important financial contributions combined with the notes of encouragement, such as "In support of the good work you do", keep our spirits buoyed. Staff, board members and volunteers experienced wonderful community support when over 300 members of the public were present at the premiere of our most recent play *Sexploration*. It was thanks to a generous donation from the Musagetes Fund, held within the Kitchener and Waterloo Community Foundation, that we were able to launch our play.

The Ontario Trillium Foundation provided us with a grant which allowed us to hire a Volunteer Coordinator. Our volunteer program has expanded as a result. Contributions to The Choices Fund, a donor designated fund within the Kitchener and Waterloo Community Foundation, allow the fund to grow. For the second year in a row we received a disbursement from The Choices Fund. The support of our community allows us to continue to fulfill our mandate.

Thank You - Donors, Funders and Sponsors*

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.

Agfa Health Care	Kitchener Public Library
Basics Office Products	Kitchener and Waterloo Community Foundation
CAW Local 1451	Musagetes Fund
CAW Local 1524	Northern Digital Inc. (Employees Fund)
City of Kitchener Civic Contribution Committee	Organon Canada Ltd.
Development Services International	Pizza Pizza
Eating Well Organically	The Princess Cinema
Generation X Alternative Video & Media	The Region of Waterloo
Human Resources Skills Development Canada	Sun Life Financial
Individual Donors - Anonymous (Over 500)	VIA Rail Canada
"Indulge Yourself" Raffle & Youth Conference prize contributors	The Weld Foundation
Kernels	Zehrs Markets

* PPWR does not publish individual donor names. Our policy also requires explicit approval for any other 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.