



Sexual Health Centre

Annual Report
2006-2007

Arising to Meet the Future

In Greek mythology the Phoenix was a bird with great beauty, splendour and longevity. The legend tells us that the Phoenix lived for five hundred years and then retreated to make a nest where she would die. She made a nest of aromatic twigs that would burn from the heat of her own body. The Phoenix is said to rise from its own ashes. It comes alive through the transforming power of fire and it

lives again in full splendour. This legendary bird is an archetypal dream symbol that brings us positive and powerful images of rebirth. This bird is a reminder that we have internal powers of regeneration.



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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.

PPWR : Rising from the ashes

Arising to Meet the Future: A Message from the Executive Director and the Board President

At the end of the last fiscal year, PPWR was collecting itself after a brush with adversity. We would like to thank the countless supporters and benefactors that made our re-establishment possible. Many changes have occurred at PPWR since the financial issues of last year. Most obvious to the community will be the changes in staff. In September of last year, Marylu McGrath left the agency after being its Executive Director for three years. We are indebted to Sarah Wolf for taking on the role of Acting Executive Director at this time, in addition to continuing in her role as Education Coordinator. In March, Sarah, with the agency as Education Coordinator for three years, moved on and Ronda Lobsinger, Counselling Coordinator for six years, left in April. PPWR benefited immensely from the dedication and hard work of Marylu, Sarah, and Ronda. Although it was sad to see them go, we wish them well in their new endeavors and know that they will always be part of the PPWR family.

As with all change, there is opportunity for growth and advancement, and PPWR has grasped this concept with both hands. Like the Phoenix of legend we are regenerating. In December of 2006, Angie Murie began as our new Executive Director. Stacey Jacobs followed in March as Education Coordinator, and Jess Crowe began in April as Counselling Coordinator. All three positions were increased to full-time to enable the agency to expand its programming. We also added the descriptor, Sexual Health Centre, after PPWR's name, to better convey what we do. With the energy of new staff, we are using last year's turbulence as a springboard for the future of our programming and of the agency itself.

We have done an environmental scan of the community to see who is providing sexual health services and to whom. To meet the growing and changing needs of the Region of Waterloo we are increasing our core counselling services and adding new services to our education and counselling programs. One particular group that we identified as under-serviced in the area of sexual health is newcomers. The specific needs of women newcomers from war torn areas came to our attention after research into the area and consultation with key community members. As rape as a weapon of war is increasingly utilized by government bodies, armies and warlords, more and more victims of these crimes are being left with STI's, HIV, physical injuries and unwanted pregnancies. This issue has reached such a level that Amnesty International has ratified new policy that will entrench sexual and reproductive rights within their mandate.

Although it is incumbent upon us to seek an end to these larger than life atrocities internationally, we also need to address their presence in our own backyard. This means supporting newcomers with services that provide effective, real aid in all areas of sexual and reproductive health. We need to address the *reality* of individuals' access to birth control, emergency contraception and abortion, not to mention the provision of very basic information on all sexual health matters; increasing accessibility to these services for all people, no matter their geographic, economic or social standing.

To this end, PPWR will be providing new services and increasing core services to enhance access to sexual health services for all members of our community. We are in the process of developing specific programming for newcomers from war torn regions in tandem with community partners such as the KW YMCA Immigrant Settlement Centre and the KW Multicultural Centre. We will also be focusing on the very distinct needs of sex trade workers, another marginalized group that was identified during our environmental scan as being under-serviced. We will be working with other related community agencies over the next year to create a collaborative, holistic program designed to meet the varied and multiple needs of sex trade workers within our community.

This coming year, our Phoenix year, we will strive to give back to the community as they have given to us.

Angie Murie
Executive Director

Lisa Keeping
President, Board of Directors

Our PPWR Team

Staff

Jess Crowe, Counselling Coordinator
Stacey Jacobs, Education Coordinator
Mo Johnston, Bookkeeper
Ronda Lobsinger, Counselling Coordinator*

Marylu McGrath , Executive Director*
Angie Murie, Executive Director
Sarah Wolfe, Education Coordinator*

**These staff members have left PPWR during the last fiscal year*

Volunteers

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 thousands of 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 them – without the support of all of our volunteers, our work would not be possible.

Board of Directors

Stacey Campbell
Angela Caretta
Jack Dow

Lisa Keeping, President
Nancy Lapp, Treasurer
Wanda Manning, Vice President

Susan Neeb
Maggie Seyler, Secretary

Counselling & Education Volunteers

Heather Ambos
Michelle Baumtrog
Sarah Bornstein
Emilee Boychuk
Steph Burchill
Hugh Cameron
Tania Cannon
Daniel De Maria

Jeanette Dewetering
Grainne Fitzsimons
Erin Frape
Tyla Fullerton
Bethany Gibb
Jay Harrison
Jane Hartnell
Melanie Heu

Breanna MacLeod
Jeanna McCuiag
Kelly McDonnell
Rachael McKnight
Beth Purdy
Shobana Rajan
Lisa Rubini
Jamie Shea

Anita Stubnya
Marie-Pierre
Tendland-Frenette
Ashley Thur
Jill Vickers
Daniela Vohnout
Wanda White
Yimeng Zhang

Professional, Fundraising and Administrative Volunteers

Sara Anderson
Krista Atkinson
Sandra Ayerst
Terri Cinel
Monica Collins
Pam Dillon
Susan Dube

Gary Flaxbard
Jackie Forster
Valerie Hall
Maria Hatzipantelis
Dave Keller
Rosie Koert
Jonathon Lobsinger

Michael Lobsinger
Patrick Lobsinger
Vivian Maclean
Joy Roberts
Deb Roy
Attila Schmidt
Dr. Violet Shadd

Tasmeen Shah
Barbara Thomas
Ingrid Van Haussen
Irene Zalagenas

Peer Theatre Education Volunteers

Alex Bucur
Ashley Dean
Brad Ducharme
Kevin Hatch

Bethany Kaiser
Dana Krook
Mark Lammert
Brooks LeBoeuf

Lexie Mitchell
Laura Nickels
David Schilling
Sylvia Sobon

Miroki Tong
Melissa Zehr

Placement Student

Lindsay Atkinson, Conestoga College
Victoria Benedict, Experience Matters program

How We Helped

Education Program (1903 Contacts)

Workshops, Presentations and Kiosks (778 Contacts)

Planned Parenthood Waterloo Region's Education Team is proud to offer workshops to schools and community groups. Presentations include such topics as: Healthy Relationships, Pregnancy Options, Contraception Options, Parenting, Fertility Issues, Body Image and Self-Esteem, Sexually Transmitted Infections, Parents for Healthy Sexuality, Sexuality for People with Developmental Delay, Girl Time, and Hangin' with the Boys. The most sought-after sessions in 2006-2007 were: Healthy Relationships, Contraceptive Options, and Sexually Transmitted Infections. The Education Program also received a number of email and phone contacts. These contacts ranged from anonymous phone calls requesting sexual health information, to requests from the media, students researching school projects, and other agencies requesting information and resources.

Annual Youth Sexuality Conference – www.sexualityandu.ca (135 Attendees)

Our 10th Annual Youth Sexuality Conference was held at the Kitchener Public Library and Registry Theatre on May 10th 2006. Both locations were well suited to the Youth Sexuality Conference - central and convenient for local youth. One hundred and thirty-five students attended the conference from public and alternative schools in Waterloo Region. Students had a number of different workshops from which to choose, including: Contraceptive Methods, Sexually Transmitted Infections, Pregnancy Options, LGBTQ Issues, Oral Sex and Sex Olympics (interactive games with a sexual health slant). As always, we received a great deal of support from volunteers, local businesses and organizations. Pizza Pizza generously donated lunch again this year, and the Region of Waterloo Public Health donated breakfast for all those in attendance. Many local businesses graciously donated door prizes that were given out at the end of the day. This year's Youth Sexuality Conference Committee worked tremendously hard putting the conference together. We were grateful and fortunate to have so much support.

Peer Education Theatre Program – “Sexploration” (990 Contacts)

Unfortunately, PPWR's Peer Theatre Education Program did not run for the 2006-2007 school year, due to staffing issues. However, in the spring of 2006 “Sexploration” was seen by almost 1000 students, teachers and community members, including a performance at the Youth Sexuality Conference. As response to the program has been overwhelmingly positive we are going to great lengths to ensure that the Peer Theatre Education Program will be back for the 2007-2008 fiscal year in full force. We have a new idea, a new cast, a new Director and a new energy that will make the production a must see! Stay tuned!

The following groups accessed our education programs in 2006-2007:

Alternative Programs	Grand River Collegiate Institute
Argus Men's Shelter	KW Counselling
Bluevale Collegiate Institute	KW Habilitation Services
Cameron Collegiate Institute	Margaret Avenue Public School
Centennial Public School	Opportunity Centre
Conestoga College	Reception House
Forest Glenn Public School	Saint Monica House
Eastwood Collegiate Institute	Sir John A. MacDonald Secondary School
Forest Heights Collegiate Institute	University of Waterloo
Galt Collegiate Institute	Wilfrid Laurier University
Glenview Public School	Youth Hmong Association of Canada

How We Helped

Counselling Program (1291 Contacts)

One on One Support

The Counselling program at PPWR prides itself on providing unbiased, factual information delivered in a non-judgmental and supportive manor towards all aspects of human sexuality. A majority of PPWR's clients receive comprehensive information and support regarding all three pregnancy options when facing an unwanted pregnancy (parenting, abortion, and adoption). Additionally, our counsellors provide community referrals, support, and educational information on issues such as contraception, sexually transmitted infections, and fertility issues.

Information and Referrals

An important aspect to the counselling program is providing accurate information to community members seeking answers to a variety of sexual health concerns. There are a number of individuals who call, send e-mails, or walk in looking for sexual health information and the volunteer counsellors are always happy to help in whichever way they can. Not only are individuals calling on their own behalf, but professional agencies are also calling on their clients' behalf to access a variety of information. Our volunteers are very knowledgeable about community agencies and resources available so that they can make appropriate referrals for clients.

Counselling Highlights:

- Despite the issues last year, our total number of clients decreased by only 24 people from the previous year, despite last year's disruption
- 35% of the clients who contacted us made appointments to see a counsellor
- 26% of our clients were walk-ins. The majority of walk-ins come in to get free condoms, take a pregnancy test, or to gather information pamphlets.
- 37% of clients spoke to our counsellors by phone, requesting information or community referrals. This is an 11% increase from last year's statistics.
- 48% of the clients we had contact with in our counselling program requested pregnancy options counselling.
- 15% of our clients were referred to us by their family physician; 11% by a walk-in clinic; and 3% from Grand River Hospital.
- 24% of our clients fall in the 20-24 year-old bracket; 15% were 17-19 years old; and 14% were 25-29 years old.
- 14% of our clients wanted birth control information.
- 1% (15 women) of our clients requested fertility information.
- A total of 7 clients were non-English speaking and required the services of an interpreter.
- Interpreters were needed for the following languages: Amharic, Oromo, Arabic, Chinese, and Spanish.

Financial Information

Statement of Operations: March 31, 2007

REVENUE	2007	2006
Donations	\$186,416	\$279,594
Regional Municipality of Waterloo	\$50,711	\$30,711
Fees for service	\$5,213	\$4,945
Special events, net	-	\$624
H.R.D.C. Student Grant	\$2,790	\$2,459
Property tax rebate	\$2,547	\$2,480
Interest Earned	\$3,415	\$525
Nevada tickets, net	-	\$2,772
Raffle tickets, net	<u>\$3,627</u>	<u>\$5,276</u>
	\$254,719	\$329,386

EXPENDITURES

Program Expenses	\$14,837	\$13,341
Salaries and benefits	\$105,510	\$139,570
Overhead expenses	<u>\$40,854</u>	<u>\$35,025</u>
	\$161,201	\$187,936

EXCESS REVENUES OVER EXPENDITURES BEFORE
UNUSUAL ITEMS

\$93,518 \$141,450

UNUSUAL ITEMS

Transfer to the Choices Fund \$(2,250) \$(6,250)

EXCESS REVENUES OVER EXPENDITURES

\$91,268 \$135,200

Comments:

- Completed audited financial statements are available by contacting Planned Parenthood Waterloo Region office at 519-743-9360.
- We are not a member of united Way, however we do receive donor designated dollars via their campaigns.
- Though PPWR is affiliated with Canadian Federation for Sexual Health (CFSH), we are administratively and financially independent of CFSH.

Financial Information

Statement of Financial Position: March 31, 2007

ASSETS	2007	2006
CURRENT		
Cash		
Unrestricted	\$90,360	\$203,377
Restricted	\$3,331	\$6,101
Designated (Theatre)	-	\$2,171
Investments		
Unrestricted	\$200,000	-
Accounts Receivable	\$21,475	\$17,806
Prepaid Expenses	<u>\$1,985</u>	<u>\$2,884</u>
	\$317,131	\$232,339
Capital Assets	<u>\$10,696</u>	<u>\$4,832</u>
	<u>\$327,827</u>	<u>\$237,171</u>

LIABILITIES & FUND BALANCES	2007	2006
CURRENT		
Accounts Payable and Accrued Liabilities	\$12,056	\$10,168
Deferred Revenue	-	\$2,500
	<u>\$12,056</u>	<u>\$12,668</u>
	\$00.00	\$00.00
FUND BALANCES		
Unrestricted	\$312,460	\$218,402
Restricted	<u>\$3,311</u>	<u>\$6,101</u>
	\$315,771	\$224,503
	<u>\$327,827</u>	<u>\$237,171</u>

Comments:

- 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.

Community Support

Some Planned Parenthood Waterloo Region is very fortunate to have a strong, loyal and committed donor base. The generosity of our donors was overwhelming during our financial crisis. It was especially gratifying to receive phone calls, letters, and e-mails expressing encouragement and support of the work we do.

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.

Ali Baba Steakhouse	Kitchener Waterloo Community Foundation
Aesthetica Face Body	Langdon Hall
Basics Office Products	Moose Winooskies
Cambridge and North Dumfries Community Foundation	Peter Martin's 20 King
CAW Local 1451	Pompeii Day Spa
CAW Local 1524	Region of Waterloo
Charbries Fine Dining	Sole Restaurant and Wine Bar
Classico Restaurant	Ultimate Image
Drayton Theatre	Verses Restaurant
Generation X Alternative Video & Media	The Weld Foundation
Individual Donors	William H Kaufman Charitable Foundation
Janet Lynn's Bistro	Wings of Paradise
Kitchener Public Library	VIA Rail

* PPWR does not publish individual donor names (excepting circumstances where a business or foundation is named after the owner). Our policy also requires explicit approval for any other donor names to be published herein. We have also 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.

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