



Sexual Health Centre

Annual Report
2007-2008

Accessibility

ac•ces•si•bil•i•ty (ik-,se-sə-'bi-lə-tē)

noun

1. the quality of being at hand when needed
[syn: handiness] [ant: inaccessibility]
2. the attribute of being easy to meet or deal with
[syn: approachability] [ant: unapproachability]



Sexual Health Centre Annual Report 2007-2008

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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: Accountability = Choice + Access

Making Choice Accessible: A Message from the Executive Director and the Board President

As we pause to celebrate the great work done over the past year at PPWR, we would be remiss if we did not also stop and acknowledge the successes of the past, to pay homage to a significant moment for choice. Twenty years ago Madam Justice Bertha Wilson struck down Canada's abortion law. From that day forward, whether or not to terminate a pregnancy has been a decision to be made by each individual woman, not the state.

While abortion is no longer illegal, it is still not *truly* accessible in Canada. The twenty years since that significant decision have borne witness to many changes in sexual health services. But, as is often the case, public opinion and social norms lag well behind law and policy. While we celebrate, we must also be cognizant of the inequities that remain and continue the work started decades ago. Inequities in accessibility to abortion are the most obvious of all the barriers that we face in providing sexual health education, care and choice. Nevertheless, stigma and anxiety continue to plague most sexual health education to one degree or another. This past year at PPWR is an apt representation of our progress in this area; as we strive to overcome the stigma, alleviate the anxiety and advance the agenda of accessible sexual health services.

Last year, through our environmental scan, we identified groups within our community who were underserved in the area of sexual health services. This year we began to address these gaps in service through the creation and implementation of new and increased programming. The Kitchener and Waterloo Community Foundation provided funding for three programs this year: the Newcomer Sexual Health Workshops, the Peer Theatre Education Program and the Sex Workers' Sexual Health Program.

Through a partnership with YMCA Cross Cultural Community Services, we provided basic sexual health workshops to newcomers in English as a Second Language classes. Using research and consultation with experts in the area, we created a workshop that could be quickly modified given the audience to meet the various needs of an ever-changing group consisting of people with various cultures, religions, languages, genders and comfort levels. This highly successful program has been delivered, thus far, seventeen times to over 450 newcomers.

The Peer Theatre Education Program was changed this year to increase its accessibility to audience members and to increase its efficacy as an educational tool. Using forum theatre as our model, a play was created by young people for young people. [Something about Sex](#) provides the audience the opportunity to become a member of the cast to try different solutions to the problems presented. While learning about sexual health, they also learn problem solving skills and increase their abilities to make healthy choices.

To address the lack of services to sex workers within the Region of Waterloo, PPWR spearheaded a collaborative of Regional agencies to address this very clear gap in services. SWAN (Sex Workers Action Network) has a membership that includes all the key community players, and is actively working on creating a comprehensive service(s) that will address the many and varied needs of sex workers within a harm reduction modality. PPWR, as its piece of the overall program, has begun to provide sexual health workshops for sex workers. This pilot project is now being taken into the community as an outreach initiative to increase accessibility.

These new additions to our Educational Programming were joined with an increase in our counselling hours. Our Sexual Health Centre is now open five days a week (up from four), for a total of 35 hours (up from 28) providing women and men in our community with individualized sexual health counselling on a variety of topics from pregnancy options, sexually transmitted infections, birth control and healthy relationships.

We are committed to providing up-to-date, accurate and useful information on all areas of sexual health to all members of our community. While we look back to the past for its wisdom, for celebration and inspiration we look forward to the future for its gifts: collaboration and partnership, growth and development, and we hope, a time where choice is truly accessible to all.

Angie Murie
Executive Director

Maggie Seyler
President, Board of Directors

Our PPWR Team

Staff

Jess Crowe, Counselling Coordinator
Stacey Jacobs, Education Coordinator
Mo Johnston, Bookkeeper

Angie Murie, Executive Director
Breanna MacLeod, Administrative Assistant

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, Secretary
Angela Caretta
Jack Dow
Lisa Keeping, Past President

Nancy Lapp, Treasurer
Christine Walter, Treasurer
Wanda Manning, Vice President
Susan Neeb

Maggie Seyler, President
Amy Muise

Counselling & Education Volunteers

Heather Ambos
Gillian Blabber
Sarah Bornstein
Elly Bradley
Steph Burosch
Cherie Cameron
Jen Campbell
Lindsay Calcerano

Michelle Denomme
Lisa Dias
Erin Frape
Tyla Fullerton
Jay Harrison
Christina Hughes
Breanna MacLeod
Jessica Marx

Gina Matesic
Rebecca May
Kelly McDonnell
Rachael McKnight
Mary Neil
Ivana Lisak
Beth Purdy
Shobana Rajan

Jeff Schneider
Jamie Shea
Marie-Pierre Tendland-Frenette
Amanda Topping
Yimeng Zhang

Professional, Fundraising and Administrative Volunteers

Sara Anderson
Sean Arnold
Krista Atkinson
Sandra Ayerst
Monica Collins
Pam Dillon

Susan Dube
Graham Dunn
Gary Flaxbard
Jackie Forster
Valerie Hall
Maria Hatzipantelis

Dave Keller
Rosie Koert
Vivian Maclean
Joy Roberts
Deb Roy
Attila Schmidt

Dr. Violet Shadd
Tasmeen Shah
Barbara Thomas
Ingrid Van Haussen
Irene Zalagenas

Peer Theatre Education Volunteers

Nicholas Cumming
Athena Guy
Blair Hatch
Jenna Kennedy
Elena Maystruck

Douglas Morton
Liz Pokol
Sukhpreet Sangha
Wes Rowley
Chloe Weir

Jessica Westlake Ferneyhough
Tanya Williams

Placement Student

Stef Burosch, Wilfrid Laurier University
Ellysse Hassell, Wilfrid Laurier University
Kate Klein, Wilfrid Laurier University

How We Helped

Education Program (2101 Contacts)

Workshops, Presentations and Kiosks (1791 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 and Dating, Pregnancy Options, Contraception Options, Parenting, Fertility Issues, Body Image and Self-Esteem, Sexually Transmitted Infections, Parents for Healthy Sexuality, Women's Sexual Health, Sexuality for People with Developmental Delay and an Afterschool Program called Girl Zone. The most sought-after sessions in 2007-2008 were: Healthy Relationships and Dating, Contraceptive Options and Women's Sexual Health. 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 (110 Attendees)

Our 11th Annual Youth Sexuality Conference was held at the Kitchener Public Library on May 2nd 2007. The location was well suited to the Youth Sexuality Conference - central and convenient for local youth. Over one hundred 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. Little Caesars Pizza provided lunch 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 – “Something About Sex” (200 Contacts)

Unfortunately, PPWR's Peer Theatre Education Program did not run for the 2006-2007 school year, due to staffing issues. However, in the summer of 2007 “Something About Sex” was created by a group of energetic youth. Something About Sex is an interactive play, using forum theatre, about relationships and sex. This forum theatre production was created by youth based on their real life experiences with relationships, sexuality and youth culture. This type of theatre gives everyone the opportunity to be heard by allowing the audience to interact with the actors and change the play to match with their experiences and ideas. By doing this they are able to explore how others might experience the same situation differently and also see themselves as having a myriad of choices in how they can respond.

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

African Women's Alliance of Waterloo Region	KW Counselling
Aids Committee of Cambridge, Kitchener and Waterloo and Area	London Public Health
Alternative Programs	Mill Courtland Community Centre
Bluevale Collegiate Institute	Monica Ainslie
Cameron Collegiate Institute	Nudge
Cara's Hope	Opportunity Centre
Conestoga College	Preston High School
Cross Cultural and Community Services	Reception House
Doon Public School	Rockway Mennonite Collegiate Institute
Eastwood Collegiate Institute	Saint Monica House
Forest Heights Collegiate Institute	Scholars Hall
Galt Collegiate Institute	Silverheights Secondary School
Glenview Public School	University of Waterloo
Grand River Collegiate Institute	Volunteer Action Centre
Independent Living Centre	Wilfrid Laurier University
John Howard Society	The Working Centre
Kitchener Youth Action Council	YMCA English School
	YMCA, The Y beside the Z

How We Helped

Counselling Program (1158 Contacts)

One on One Support

The counselling program at Planned Parenthood Waterloo Region is happy to offer one on one counselling support to those community members who find themselves needing information. Our counsellors are trained in a variety of sexual health topics and are here to help clients sort out feelings and get the information that they need to make healthy and informed choices surrounding their sexual health. Our counsellors are non-judgmental, pro-choice and open minded. We respect each and every person's right to self-determination. All counselling services are offered free of charge including our one site pregnancy tests.

Information and Referrals

Information and referrals are gathered by clients via phone calls, e-mails, counselling sessions, or walk-in inquiries. Clients can find information on: Healthy Relationships and Dating, Pregnancy Options, Birth Control and Safer Sex Options, Parenting, Fertility/Infertility Issues, Body Image and Self-Esteem, Sexually Transmitted Infections, Women's Sexual Health, Sexuality Concerns, Community Resources, and Post-Abortion Counselling. Counsellors are happy to refer clients to appropriate community agencies to ensure their needs are being met.

Counselling Highlights:

- We were in contact with 1158 people for the 2007-2008 fiscal year.
- 35% of the clients who contacted us made appointments to see a counsellor
- 25% of our clients were walk-ins. A majority of walk-in clients request pregnancy tests, take free condoms and lube, or pick up pamphlets.
- 39% of clients spoke to our counsellors by phone needing either counselling support, asking specific sexual health questions, or requesting information for community referrals.
- 46% of the clients we had contact with in our counselling program requested pregnancy options counselling.
- 10% of clients heard of PPWRs services through a walk-in clinic, another 10% from a previous PPWR visit, and 9% through word of mouth from family or friends.
- 31% of our clients fall in the 20-24 year-old bracket; 15% were 17-19 years old; and 14% were 25-29 years old.
- 12% of our clients wanted birth control information.
- 1% (20 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, Burmese, and Karen.

Financial Information

Statement of Operations: March 31, 2008

REVENUE	2008	2007
Donations	\$141,463	\$186,416
Regional Municipality of Waterloo	\$50,711	\$50,711
Fees for service	\$1,220	\$5,213
H.R.D.C. Student Grant	-	\$2,790
Property tax rebate	\$2,620	\$2,547
Interest Earned	\$9,646	\$3,415
Raffle tickets, net	<u>\$5,880</u>	<u>\$3,627</u>
	\$211,540	\$254,719

EXPENDITURES

Program Expenses	\$38,316	\$14,837
Salaries and benefits	\$127,513	\$105,510
Overhead expenses	<u>\$40,854</u>	<u>\$40,854</u>
	\$206,683	\$161,201

EXCESS REVENUES OVER EXPENDITURES BEFORE UNUSUAL ITEMS

\$4,857	\$93,518
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UNUSUAL ITEMS

Transfer to the Choices Fund	<u>\$(10,250)</u>	<u>\$(2,250)</u>
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EXCESS REVENUES OVER EXPENDITURES

<u>\$(5,393)</u>	<u>\$91,268</u>
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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, 2008

ASSETS	2008	2007
CURRENT		
Cash		
Unrestricted	\$93,033	\$90,360
Restricted	\$8,357	\$3,311
Investments		
Unrestricted	\$200,000	\$200,000
Accounts Receivable	\$12,127	\$21,475
Prepaid Expenses	<u>\$1,946</u>	<u>\$1,985</u>
	\$315,463	\$317,131
Capital Assets	<u>\$9,237</u>	<u>\$10,696</u>
	<u>\$324,700</u>	<u>\$327,827</u>

LIABILITIES & FUND BALANCES	2008	2007
CURRENT		
Accounts Payable and Accrued Liabilities	<u>\$14,322</u>	<u>\$12,056</u>
FUND BALANCES		
Unrestricted	\$302,021	\$312,460
Restricted	<u>\$8,357</u>	<u>\$3,311</u>
	<u>\$310,378</u>	<u>\$315,771</u>
	<u>\$324,700</u>	<u>\$327,827</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 Public Library
Aesthetica Face Body	Kitchener Waterloo Community Foundation
Brushwood's Boutique	KRK Media
Cambridge and North Dumfries Community Foundation	Langdon Hall
Canoeing The Grand	Magnotta Winery
Castle on King	Moose Winooskies
CAW Local 1451	Peter Martin's 20 King
CAW Local 1524	Pompeii Day Spa
Curves of Waterloo	Princess Cinema
Classico Restaurant	Region of Waterloo
Deeva's	Spectrum Health & Beauty Spa
Delirium	Sole Restaurant and Wine Bar
Drayton Theatre	Ultimate Image
Edward Ratcliffe Foundation	Urban Body Spa
Eyeview Optical	Verses Restaurant
Generation X Alternative Video & Media	VIA Rail
House of Angels	The Weld Foundation
Individual Donors	The Crossroads Restaurant
IRIS Eyewear	William H Kaufman Charitable Foundation
Janet Lynn's Bistro	Wings of Paradise
	YMCA

* 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.

Planned Parenthood Waterloo Region
151 Frederick Street, Suite 500 Kitchener, ON N2V 2M8
www.ppwr.on.ca