

Sexual Rights

“Sexual rights embrace human rights that are already recognized in national laws, international human rights documents and other consensus statements. They include the right of all person, free of coercion, discrimination and violence, to:

- the highest attainable standard of sexual health, including access to sexual and reproductive health care services;
- seek, receive and impart information related to sexuality;
- sexuality education;
- respect for bodily integrity;
- choose their partner;
- decide to be sexually active or not;
- consensual sexual relations;
- consensual marriage;
- decide whether or not, and when, to have children; and
- pursue a satisfying, safe and pleasurable sexual life.

The responsible exercise of human rights requires that all persons respect the rights of others.”*

*World Health Organization (WHO). *Sexual Health working definitions* (these definitions do not represent an official WHO position). Accessed on January 18, 2008: <http://www.who.int/reproductive-health/gender/sexualhealth.html>



Sexual Health Centre

Annual Report
2008-2009

**Prudence, Sense and
Choice**



Sexual Health Centre Annual Report 2008-2009

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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.

Prudence, Sense and Choice

Planned Parenthood Waterloo Region continues on its path of growth and expansion, with 2008-09 being another excellent year of advancement. Highlights of the past year include:

- Trillium foundation, KW Community Foundation and United Way funding, which is allowing us to begin our sexual health pilot project for women from war torn areas (Sudan and Afghanistan initially)
- Sex Workers Action Network (SWAN) committee held a highly successful symposium for the community
- The first of many Women's wellness fairs had simultaneous sexual health workshops taking place for 45 women in different languages
- Increased number of clients
- Increased community connections and collaboration

The widespread economic downturn has affected us and we experienced a decrease in donations that caused a deficit situation for the first time in four years. But, thankfully, due to some very sound financial management, this is not a great concern. We're not looking to repeat the deficit situation going forward but we realize other non-profits are experiencing similar situations and suffering more. We are in an excellent position to ride out this economic recession with a goal to ensure future funding for continued growth.

Yes, it was easy to be highly optimistic this past year - after receiving United Way funding after a 33 year dry spell and with the promise of progressive change afoot in the world with Obama's election. Overall, it was easy to feel that the world was becoming lighter, less constricted, more rational, and maybe even more positive.

Dr. Tiller's murder changed that.

While a trial is required to determine the hue and tone of guilt and motive, it will not be a surprise to any of us to find out that he was indeed murdered because he was an abortion doctor. His murder has had a very sobering effect upon the pro-choice community. Despite all the positive movement earlier in the year, this dreadful event raises questions, "Has anything **really** changed? And indeed, "Are **we** safe?"

When it comes to publically voicing a pro-choice stance, many people choose to remain in the closet, due in part, to these very public attacks on prominent pro-choice advocates and providers. And while Dr. Tiller's murder may have some "out" pro-choicers seeking refuge and reaching for the closet door knob, I think this is the very moment when we need to stay very public, very conspicuous.

As we go forward into this next fiscal year, let us continue on the path of growth, expansion, and better health. Let us continue to forthrightly facilitate the provision of needed, and legal, medical care to women. Let us not bow in the face of such desperate, terrible acts of terrorism. More than ever we need to stand solid, ever vigilant, with a renewed conviction in the necessity of prudence, sense and choice.

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

Penny Frim, Bookkeeper
Angie Murie, Executive Director
Bernice Chau, 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

Lisa Keeping, President
Stacey Campbell, Secretary
Christine Walter, Treasurer

Jack Dow
Nancy Lapp
Amy Muise

Sarah Moote
Leah Neumann
Shannon Dea

Counselling & Education Volunteers

Gillian Blabber
Sarah Bornstein
Steph Burosch
Jen Campbell
Lindsay Calcerano
Lisa Dias
Tyla Fullerton

Kirsten Hartburg
Christina Hughes
Sylwia Jablonska
Kate Klein
Lichelle Little
Sarah Lord
Breanna MacLeod

Rebecca May
Chad McCordic
Janis Moriarity
Mary Neil
Ivana Lisak
Beth Purdy
Shobana Rajan

Marie-Pierre Tendland-Frenette
Amanda Topping
Holly Van Nieuwenhove
Melissa Voisin
Leslie Waye
Linzi Williamson-Fox
Yimeng Zhang

Professional, Fundraising and Administrative Volunteers

Sean Arnold
Krista Atkinson
Sandra Ayerst
Pam Dillon
Susan Dube

Jackie Forster
John Groothuis
Valerie Hall
Maria Hatzipantelis
Breanna MacLeod

Scott Murie
Darcy Phipps
Joy Roberts
Deb Roy
Dr. Violet Shadd

Tasmeen Shah
Stephanie Toohill
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
Chloe Weir
Janice Lee
Tanya Williams
Kate Klein
Kale Boehmer
Jennifer Neal

Jessica Westlake Ferneyhough
David Clark
Kevin Pentz
Taylor Cook
Zinta Avens Auzins

Placement Student

Sarah Stevens, Wilfrid Laurier University
Karen Hagan, Wilfrid Laurier University

How We Helped

Education Program (2736 Contacts)

Workshops, Presentations and Kiosks (2221 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, Body Image and Self-Esteem, Sexually Transmitted Infections, Parents for Healthy Sexuality, Women's Sexual Health, Sexual Health for New Canadians and an afterschool program called Girl Zone. The most sought-after sessions in 2008-2009 were: Healthy Relationships and Dating, Women's Sexual Health and Sexual Health for New Canadians. The Education Program also received a number of email and phone contacts from people requesting such things as sexual health information, students researching school projects, and other agencies requesting information and resources.

Annual Youth Sexuality Conference (125 Attendees)

Our Annual Youth Sexuality Conference was held at the Kitchener Public Library on May 8th 2008. 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, Dating and Healthy Relationships, LGBTQ Issues, Mutual Decision Making and Sex Olympics (interactive games with a sexual health slant). We also included for the first time a workshop specifically for teachers and educators where they were given sexual health resources and skills to teach sexual health to their students. 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 – “Great Sexpectations” (390 Contacts)

Great Sexpectations 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 2008-2009:

African Women's Alliance of Waterloo Region	London Public Health
ACCKWA	Lutherwood
Alternative Programs	Marillac Place
Argus Residence	Mill Courtland Community Centre
Baden Public School	Monica Ainslie
Bluevale Collegiate Institute	Multicultural Centre
Cameron Collegiate Institute	Opportunity Centre
Cara's Hope	Preston High School
Chandler Mowat Community Centre	Reception House
Christ Lutheran School	Rockway Mennonite Collegiate Institute
Conestoga College	ROOF
Cross Cultural and Community Services	Saint Monica House
Doon Public School	Sexual Assault Support Centre of Waterloo Region
Eastwood Collegiate Institute	Silver Heights Secondary School
Forest Heights Collegiate Institute	Southwood Community Centre
Galt Collegiate Institute	Southwood Secondary School
Glenview Public School	Starlight Lounge
Grand River Collegiate Institute	Sunnydale Community Centre
Grand River Hospital: Withdrawal Management	University of Guelph
Hillside Festival	University of Waterloo
House of Friendship – Bridges to Health	U-Turn Programs
Independent Living Centre	Volunteer Action Centre
John Howard Society	Wilfrid Laurier University
Kids Ability	William G. Davis Public School
Kitchener Collegiate Institute	The Working Centre
Kitchener Youth Action Council	YMCA
KW Counselling	YWCA

How We Helped

Counselling Program (1440 Contacts)

One on One Support

The counselling program offers impartial, non-judgmental support and information regarding all aspects of human sexuality. Counsellors receive comprehensive training on a variety of sexual health topics. Clients can receive support and comprehensive information for all three options when experiencing an unplanned pregnancy (abortion, adoption, and parenting). Our counsellors also provide information, support, and referrals for other topics including contraception, sexually transmitted infections, and fertility awareness. All counselling services are provided free of charge. Our goal is to provide a safe space for clients to access accurate, unbiased information in an environment where self-determination and respect is valued.

Group Support

Counselling services now extend beyond the PPWR premises. On Monday afternoons we provide group counselling and information services to the residents of Mary's Place through the YWCA. This is an informal group for women to pick up toiletries, pamphlets, and discuss sexual health questions and/or concerns. We are also traveling on a weekly basis to Grand River Hospital Withdrawal Management to provide a similar service to the women there. We discuss a variety of sexual health topics including birth control, STIs, PAP tests and doctor visits as well as many others. This is a very flexible group where we allow the women to take the lead to best serve their desires.

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. 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 1440 people for the 2008-2009 fiscal year.
- 1116 clients were seen through our in-house services and an additional 324 clients were seen through outreach group counselling.
- 34% of the clients who contacted us made appointments to see a counsellor
- 30% of our clients were walk-ins. A majority of walk-in clients request pregnancy tests, take free condoms and lube or pick up pamphlets.
- 35% of clients spoke to our counsellors by phone needing either counselling support, asking specific sexual health questions or requesting information for community referrals.
- 49% of the clients we had contact with in our counselling program requested pregnancy options counselling.
- 9% of clients heard of PPWRs services through a walk-in clinic, another 11% from a previous PPWR visit and 8% through word of mouth from family or friends.
- 38% of our clients fall in the 20-24 year-old bracket; 15% were 17-19 years old; and 14% were 25-29 years old.
- 10% of our clients wanted contraceptive information.
- 12 of our clients requested fertility information.
- A total of 9 clients were non-English speaking and required the services of an interpreter.
- Interpreters were needed for the following languages: Tigrigna, Vietnamese, Arabic, Farsi, Oromo, Rohingya, Punjabi, and Mandarin.

Financial Information

Statement of Financial Position: March 31, 2009

ASSETS	2009	2008
CURRENT		
Cash		
Unrestricted	\$46,842	\$93,033
Restricted	\$77	\$8,357
Investments		
Unrestricted	\$200,000	\$200,000
Accounts Receivable	\$8,908	\$12,127
Prepaid Expenses	<u>\$3,630</u>	<u>\$1,946</u>
	\$259,457	\$315,463
Capital Assets	<u>\$6,188</u>	<u>\$9,237</u>
	<u>\$265,645</u>	<u>\$324,700</u>

LIABILITIES & FUND BALANCES	2009	2008
CURRENT		
Accounts Payable and Accrued Liabilities	<u>\$11,681</u>	<u>\$14,322</u>
FUND BALANCES		
Unrestricted	\$253,887	\$302,021
Restricted	<u>\$77</u>	<u>\$8,357</u>
	<u>\$253,964</u>	<u>\$310,378</u>
	<u>\$265,645</u>	<u>\$324,700</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.

Financial Information

Statement of Operations: March 31, 2009

REVENUE	2009	2008
Donations	\$92,681	\$141,463
Regional Municipality of Waterloo	\$50,711	\$50,711
Fees for service	\$1,520	\$1,220
Property tax rebate	\$2,670	\$2,620
Interest Earned	\$7,237	\$9,646
Raffle tickets, net	<u>\$5,283</u>	<u>\$5,880</u>
	\$160,102	\$211,540

EXPENDITURES

Program Expenses	\$30,857	\$38,316
Salaries and benefits	\$141,746	\$127,513
Overhead expenses	<u>\$43,813</u>	<u>\$40,854</u>
	\$216,416	\$206,683

EXCESS REVENUES OVER EXPENDITURES BEFORE UNUSUAL ITEMS	\$(56,314)	\$4,857
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UNUSUAL ITEMS

Transfer to the Choices Fund	<u>\$(100)</u>	<u>\$(10,250)</u>
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EXCESS REVENUES OVER EXPENDITURES	<u>\$(56,414)</u>	<u>\$(5,393)</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.

Community Support

Planned Parenthood Waterloo Region is very fortunate to have a strong, loyal and committed donor base. We continue to appreciate the constant support of our tireless supporters.

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
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