

# Impact Report 2023

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## Introduction

An impact report is a way for our organization to communicate the barriers we are trying to improve, as well as the strategy on how we facilitated change. In this yearly edition one will see how vital non-profits, such as ours, are to creating positive change and lasting outcomes in people's lives.

The importance of an impact report is as such:

- Being able to review that our mission and goals are being met.
- Improve and implement changes dependent on reporting.
- Build trust with community, beneficiaries, funders, and supporters.
- Cultivate a culture of learning among community organizations and/or those similar in their goals and mission.
- Celebrating the achievements, hard work and dedication of staff and volunteers.
- Showcasing and celebrating donors and funders that assist us in our mission financially.

As a small non-profit we rely on the communities generous efforts to ensure we are able to provide quality programming and services to young parents in the Grande Prairie area. Through-out this impact report you will find where our efforts are spent. Through positive change each participant is empowered to lead the way in their own lives and successes. To our participants, thank you for trusting us when at a vulnerable stage in your life. We honor and respect your choices, your strength and your determination to create positive futures for not only your children but yourselves.



# Message from our Executive Director ....

As we begin a new year, I feel the need to express our gratitude to our community for your unwavering support, giving us the ability to extend a helping hand to young parents in the Peace Country Region.

Over the past couple of years, your commitment to our cause has allowed us to make a real and lasting impact on the lives of countless young parents facing the challenges of parenthood. Your belief in our mission has enabled us to provide essential resources, support systems, and educational opportunities that empower these parents to build brighter futures for themselves and their children.

It is not merely the financial contributions that we appreciate, but the shared vision for a community where every young parent has the resources and support, they need to thrive. Your belief in our organization has been a driving force, propelling us forward in our mission to create a positive and nurturing environment for young families.

Through your generosity, we have been able to continue delivering our various support programs and create a network of support that goes beyond the immediate challenges faced by young parents. Your donations have not only changed lives but have set in motion a ripple effect of positive change that extends far beyond the individuals directly impacted.

Your willingness to invest in the Centre for Young Parents is an investment in the future of our community. The young parents we serve are not just recipients of aid; they are individuals with dreams, aspirations, and the potential to contribute meaningfully to society. Your support has empowered them to break through barriers, overcome obstacles, and build a foundation for success. As we reflect on the progress made and the lives touched, we want you to know that your support has been the driving force behind every success story. Your compassion and generosity have created a beacon of hope for those who needed it the most.

We look forward to furthering our shared mission with your continued support, knowing that together, we can make a lasting difference in the lives of young parents in the Peace Country region. On behalf of the staff at the Centre for Young Parents & Project Thrift Shop, we thank you for being the pillars of strength that sustain our organization and for believing in the transformative power of compassion and community.



# Vision & Mission

#### Vision

A Community Where Uncertainty Meets Opportunity



#### Mission

Centre for Young Parents empowers individuals by providing information and support to:

- Facilitate judgement free decision-making regarding choices on pregnancy and parenting
- Offer multi-level prenatal and postnatal care options
- Maximize opportunities for learning, education or training
- Gain knowledge of and access to community resources
- Promote and strengthen healthy family connections
- Encourage the development of individual strengths and self-determination









# **Our Program**

••••

Serving young parents in Grande Prairie and surrounding areas, who are pregnant or have given birth at age 20 or younger and provide services up until the child is 6 years old.

We offer free, confidential and non-judgmental support to young mothers & fathers, have multiple support groups, and provide free, drop-in childcare and transportation.



65

Young Parents

27
Special Events

20 New Intakes

**59**Great Volunteers

# 2023 Program Highlights



195 direct Navigation & Assessment contacts

#### **Baby Steps to Success**

Our assessment and navigation worker assists participants with finding the resources they need whether that is within our Centre or in the community.

331 Free rides given

#### **Client Transportation**

We provide free transportation to the Bridge Network School, our office, medical appointments and our support groups. With this program we see increased attendance and proves that it is crucial to the success of our young parents. Maintenance, Gas, Car seats and more are all made possible through the generous donations we receive from our community.

340 Home Visits

#### **Empowering Parents Program**

Part of the Grande Prairie and Area Family Resource Network (FRN), funded by the Province of Alberta. We have two knowledgeable Home Visitation Workers who provide 75% of our families with vital child development information to tackle their prenatal and parenting journeys. Through a hub and spoke model we aim to deliver high quality prevention and early Grande Prairie and Area intervention services **Family Resource Network** NCSA V YMCA of Roothern Alberta to our clients.

47 children accessed free childcare 88,004

> Minutes of free Daycare used

We offer free, drop-in childcare while our clients are attending the Bridge Network Outreach School, support groups, and any programs and services. Our families are so grateful to the amazing volunteers who help care for our youngest clients.

18 Babies Born

#### **Pre/Postnatal Information**

First Steps Child Care Centre

Our Family Support Workers provide pre/postnatal information & community referrals. Over the summer we offered a prenatal class as we had several clients due around the same time. With a focus on labor and delivery, these sessions are always appreciated by our young families who may find it intimidating to attend other community prenatal classes with older families. We work hard to make them feel comfortable and accepted in a judgement free space so that they can reach their highest potential.

8 Pregnancy

#### **Pregnancy Testing**

While most young parents search out our support after they have already discovered they are pregnant, we do offer free and confidential pregnancy tests and follow up support no matter the result. Thank you to Northreach Society for providing us with tests!

It's been a busy year at the Centre for Young Parents. The number of clients needing more intensive services continues to increase, requiring our staff to be creative in order to fulfill these needs. Our staff sees this challenge as an opportunity to help reduce barriers for these incredible young families. In addition to our programs, we are so grateful to have received funding from our community and the Rotary Club of Grande Prairie, making it possible for us to provide every mother with a diaper bag full of newborn and postpartum items. This is something our young moms are truly grateful for and thank us many times over. Additional donations from our community have funded our swim days, pumpkins for Halloween carving, materials for building bird houses, food for our pantry, and diaper and clothing donations. From the generous donations from our community to the volunteers that gift us with their time we are blown away by all the love we have received. From all of us at the Centre for Young Parents - THANK YOU!

#### **Support Groups**

100% of our clients have the opportunity to participate in our various support and educational groups made possible with funding from Babies Best Start and partnerships with Family Education Society and Alberta Health Services. Clients love our programming, and a small reason why is our incentive program. Participants collect points when they attend to build up for the redemption of gift cards or any of the many cool products we have on display at the Centre! This year we were able to offer the following:

- **Wellness Wednesday** An interactive group that focuses on wellness during pregnancy and parenting. Topics have included those such as self-care, healthy relationships, career planning and more. This popular program continues to be our most attended group.
- Mood Menders An interactive group led by an AHS Mental Health/Addictions Worker. This is
  a knowledge and awareness group where participants are encouraged to engage in discussion
  on the material presented. Topics have included mental health 101, boundaries, coping with
  loneliness and more. Our mental health needs have exploded this year, so it has been exciting
  to offer this support group for its second year.
- **Cooking Circle** A fun group where individuals learn how to read recipes, use measurements, and cook healthy low-cost snacks and meals for their families. As we all know, food prices have been crazy this year and we are all feeling the heat. This group allows our participants to cook for free and take the food home to their families.
- Breastfeeding Group A group for expecting and breastfeeding mothers. Support and guidance are provided, and topics have included nutrition, birth control, weaning, and more.
   Babies Best provides our participants with free prenatal vitamins, milk coupons, and vitamin D for breastfeeding moms.
- Circle of Security This year we were able to partner with Family Education Society to bring in
  this international parenting course. Our participants learned how secure parent/child
  relationships can be strengthened. This program provided our young families the opportunity
  to interact with other young families who belonged to a different Centre, broadening their
  horizons.
- **Learn to Play!** This year we wanted to provide an evening session for families that cannot necessarily join us during daytime hours due to work or school. Led by 2 AHS facilitators, sessions were all about how to play with our children at their various ages and stages!
- **Baby Safe First Aid** Offered twice yearly and always well attended, our clients really see the value in learning how to save their baby or others if an emergency situation occurs. Facilitated by a Red Cross certified instructor participants get to take home certification and a free first aid kit!
- Young Parents Work Experience Program Participants engaged in classroom learning about topics such as interviewing, resume building, and budgeting. They also had the opportunity to go to our Thrift Shop where they could get some hands-on experience working with the public in a retail setting. This program provided participants with a stronger chance of employment, letters of reference, and plans for the future!







# CYP Project Thrift Shop



The Centre for Young Parents (CYP) Project Thrift Shop was developed in 2022, as a Social Enterprise for the CYP agency. It was developed as a means to generate additional income that would strengthen the financial resources of the agency overall. In addition, the agency aspired to help address clothing insecurity for many agencies within the Peace Country and assist overall in our community's efforts to contribute to global efforts of recycling, reducing and reusing household items.

The thrift shop, located at 10008 – 103 street in downtown Grande Prairie, opened in September, 2022. The thrift shop sells a variety of new and 'previously enjoyed' clothing, accessories, footwear, books, household items, home decor, seasonal items, electronics, hardware items, sports equipment and small appliances. Donations to our social enterprise have been strong since inception and are accepted Tuesday through Saturday from 11-4.

Customers have welcomed the addition of another thrift store in our community and we have observed a steady increase in traffic over the past 18 months. Seasoned 'thrifters' have commented favourably on the store's variety of inventory, competitive pricing, cleanliness and organization of the store, and overall positive environment that has been created. In addition, they are happy to support a local business that is giving back 100% of our proceeds to the Centre for Young Parents.

Marketing of the Thrift Shop has been done primarily via Facebook and Instagram social media platforms. We have had radio advertising on a few occasions, during our Open House and 1 year Anniversary events however costs have been prohibitive to do this on a regular basis.

#### **Happy Customers!**













In 2023 the Thrift Shop employed 2 full time staff. In addition to a strong, dedicated group of volunteers who assist in the daily operation by receiving the donations, cleaning, and preparing them for sale in the showroom. The store would not be viable without the generous time commitment of our volunteers. Volunteers have come from all walks of life, with the majority of volunteers being retired. As well, we are happy to have partnered with Rising Above offering volunteer opportunities for their program participants.

Partnerships have also been established with local agencies to provide them with clothing and bedding. These agencies include North Reach Services, Grande Prairie Friendship Centre, Oasis Centre in Sexsmith, Bandaged Paws Animal Rescue to name a few. These partnerships have proven positive in addressing community clothing insecurity, and overall, has assisted us in reducing the volume of items that may have been discarded in local landfills.

In late 2023, the agency embarked on a Work Experience Program whereby current clients of the CYP are provided with experiences to prepare them for work, including resume writing, interview skills, and hands-on training at the store.

The challenges - The CYP Project Thrift Shop has been a huge undertaking for the Centre for Young Parents agency. We have operated the store on limited capital thus far and have been extremely frugal with the store's development and furnishings. Once again, we have been appreciative of items that have been donated and further used to help merchandise the store. In addition, we have utilized CYP agency resources in areas of finance and public relations. This has been a challenge as the agency already has limited human resources in these areas.

We look forward to the continuation of the thrift shop in our community and feel blessed with the outward support of the community to donate items for sale, for volunteers to assist in our daily operations, and to the many customers who frequent the store to show their support for our agency!



Cheryl Park
- Thrift Shop Supervisor

#### Generous Volunteers!













In 2023 our community donated 112,922 minutes of their time Volunteering at CYP Project Thrift Shop.







IMPORTANT UPDATE: As of March 1st, 2024, we now have 1 full time staff, supported by the ED and other staff from the Centre, as well as two current clients who have completed their work experience program and currently undertaking the volunteer phase at the Thrift store.



# 

# GRANDE PRAIRIES ANNUAL MUSIC CONTEST

IN SUPPORT OF CENTRE FOR YOUNG PARENTS (PREGNANT TEEN PROGRAM)





Silent Auction & 'NEW' **LIVE Auction** 



**VIP Seating Area** 



**Increased Social Media** Awareness & Community **Engagement** 



3 Feature **Performances**  \$21,647.80

Raised for Programs & Services at Centre for Young Parents



7 Guest Judges





\$19.750 in Sponsorship



**Grant Funding** 



6 NEW **Volunteers** 



In-Kind Donations of Items & Services Valued at \$39,484



www.gpsoundcheck.com

#### **GP SOUND CHECK VISION**

This year our main goal for Sound Check 2023 was to provide a quality event for our community to come together through music and support for our Young Families. In our 2nd year we aimed to "break even" financially, with a higher focus on holding a quality event, raising awareness of the Centre for Young Parents programing, and building relationships with future funders and community members. We are pleased to report that along with receiving \$14,000 from the City of Grande Prairie's Festival Funding, \$19,750 in direct sponsorship, and almost \$40,000 of inkind donations of items and services, we raised \$21,672.80 for programming and services at the Centre. The future is bright for Sound Check, the performers of the Peace, and Young Families in our Community. Thank you so much for your support and we can't wait for you all to come along for the ride!

#### **GET READY FOR BANDS IN 2024**

If you have friends or family performing in a band around the Peace Region then get them excited as GP Sound Check 2024 will be including bands!

#### 3-5 DAY FESTIVAL/CONFERENCE IN THE FUTURE

International delegates, showcase opportunities, classes from industry professionals and, of course, the annual GP Sound Check music contest for solo/duos and bands to win a mastered recording, radio play and performance opportunities.

# THANK YOU FOR YOUR SUPPORT!

















Cinch Oilfield Hauling Inc. Love Life Hot Yoga Latitude 55 Once Upon A Child Platos Closet Long & McQuade Crumbcakes Sewing Frontier Eatery & Saloon

The Bee Team Honeu Co **Anchor Point Security** Indiaenous Counsellina Centre Absolute Entertainment State & Main

The Glass Shop 92 Bev. Co. **Grier Young** Carrie Young

Vigor Community Fitness Kira Borman The Black Market Food Co. **Grande Prairie Live Theatre** James Dennis - The Ink Spot

Culligan Karun 4 U Tire Pro **London Drugs** 

CDM Audio / Video Wooden Nickel Ranch Brogan Fire & Safety Holidau Inn & Suites CYP Project Thrift Shop Safe Psychology Inc. Heartworks by Helen Jordan Lirette - The Headroom









**WESTJET** 



www.gpsoundcheck.com





Total raised \$16,764.17

Our 2023 Playhouse Raffle was not without its struggles, but we persevered and overall, the raffle was a success. We continued with online and in person sales onsite at Canadian Tire on the weekends. We heard the feedback from our community and brought back the \$10 ticket option in addition to the \$25 and \$50 options. New this year we added a 50/50 add on option which was well received by our community and raised an additional \$3800 for our organization.

Stonebuilt Homes designed, built and donated 2 amazing playhouses, and we are ever grateful for their generous support. Centurion came on as our Main Prize Sponsor purchasing the Backyard Fun Pack. Canadian Tire graciously welcomed us to use their space free of charge. Pinnacle Pickers moved the playhouses from Stonebuilt to the Canadian Tire location, helped us put together an amazing Canada Day Parade Float which featured the Market Stand Playhouse and transported them to our winners homes all free of charge!

Of course, a huge shout-out to all of our community members who purchased tickets and continue to support our initiatives. Thank you!





Chalet



**Program** 

**Backyard Fun Pack** 



Designed, Built &



Donated by



GROW











## **Success Stories**

Shara enrolled into our program when she found out she was pregnant. Before this time, she was addicted to alcohol, nicotine and marijuana. Once in the program she worked hard on her sobriety to



have a healthy pregnancy. She accomplished this goal and gave birth to a healthy baby girl. Through the support of her Home Visitation worker, Shara then began to grow her support network. This included her worker assisting her with referrals to housing, mental health supports and transportation. On visits, Shara focused a lot on parenting and completes developmental ASQ's regularly. Shara says that she appreciates the availability of staff to come to her home or to visit in one of the family rooms at the Centre. Because of her unfortunate upbringing, Shara is very motivated to build a strong relationship with her daughter and is using our program to do just that. We cannot wait to see this families' bright future!

Kellie came into our program when she was pregnant and gave birth to a healthy baby girl Eliza. As Eliza grew, our ASQ's showed that she was behind in her gross motor and communication areas. This led us to do some referrals to Early Intervention where Eliza got the help she needed to get to the developmental level that she needed to be at. Eliza also had some feeding issues once she got to about six months. She would gag and choke on her food when eating and mom became extremely nervous to feed her. Kellie and Eliza came in to meet with their home visitation worker about twice a week where they would do a session where Eliza would eat. Kellie then became more comfortable in dealing with the situation when Eliza would gag. Kellie also enrolled into our First

Aid course so that she would know how to handle Eliza if she choked.

Weeks later, Eliza did choke at home and Kellie knew exactly what to do. Our services increased Kellie's

knowledge and confidence in raising her daughter.



Natasha had her baby boy Dylan 2 months ago. Since then she has been physically and emotionally drained as all Dylan does is cry. She tries to soothe him the best she can with breastfeeding but it only satisfies him for a short time and then he is back to crying. It was suggested that Natasha join the Breastfeeding Group to meet some other moms who were breastfeeding. This turned out to be a positive suggestion as the Lactation Consultant who runs the group found that Dylan had quite a significant tongue tie. This was creating extra air in his tummy after breastfeeding which caused gas and bloating which was

the reason for his crying. The Lactation Consultant suggested to Natasha that she go and see about getting the tongue tie clipped. Natasha went in a few weeks later and had the procedure done. Today, Dylan seems to be a much happier baby which makes for a much happier mom. Without the support of the group and Lactation Consultant, Natasha may have gone longer without knowing about the tongue tie just adding prolonged stress to her parenting journey.

# 2023 Board of Directors

## Thank you to our dedicated board of directors.

Volunteering as a board member is a selfless act of compassion and greatness. We want to take a moment to express our gratitude to each member who has dedicated their time to improving and maintaining the important work we do at Centre for Young Parents.

At our events, fundraisers, and joyous moments you will find our wonderful board members taking part.

# WE APPRECIATE YOU!!

Rhonda Thomson - Board Chair

Spenser Cunningham - Vice Chair

- Lynn Berry-Barsalou Secretary
- Aimee Savory Treasurer
- Carrie Young Director
- Katrina Przybylski Director
- Valerie Norris-Kirk Director
- Georgia Greenwood-Duncan Director



May you be proud of the work you do, the person you are, and the difference you make!

# **Volunteer Recognition**

59

Volunteers

159,008

Minutes Volunteering

Thank
you,
thank
you,
thank
you!

Thank- you to GPRAVO
for their help in
celebrating our
volunteers through the
Tim Hortons Volunteer
Recognition Program.





In 2023 our volunteers continued to show up and give their time and energy to our cause. Due to actively recruiting new volunteers, and providing new volunteer opportunities, the number of volunteers increased and volunteer minutes more than doubled!

Our Thrift Shop opening provided a new opportunity for community members to get involved and wow did our community ever step up! Volunteers sorting, cleaning, pricing, and organizing donations made up over 70% of the total volunteer minutes!

One of the vital programs at our Centre has been our daycare, and this is where we see our volunteers continue to give back through caring for others, weekly and consistently.

Our fundraising could not happen without the dedication and care of the volunteers that assist us with raising funds for our important programs.

"Remember that the happiest people are not those getting more, but those giving more.". — H. Jackson Brown Jr.

# Staff Acknowledgments

Thank you to our dedicated team of staff members who make this organization possible. Words are never enough to praise you for all that you have done. The lives you continue to impact positively is proof of just how important you are to the people you serve.



Tayo Adegunju

Executive

Director



Carrie Young

Lactation

Consultant



**Liz Krysa**Home Visitation
Worker



Cheryl Park
Thrift Shop
Supervisor



Cathy Christie

Executive

Assistant



Heather
Tillapaugh
Community
Engagement
Coordinator



Tremblay
Navigation &
Assessment
Worker

Megan



Loretta LaForce

Thrift Shop
Assistant



Kim Wald
Program
Manager



**Lonni Penner**Child Care Supervisor



**Jenny Kay**Home Visitation
Worker

Together we can do so much.

# 2023 Funders and Partners

- Alberta Health Services
- Stonebuilt Homes
- Grande Prairie Public School District
- Addictions and Mental Health
- Babies Best Start GP Friendship Centre
- Children's Services Gov't of Alberta
- Frontier College
- Christian Fellowship Assembly
- Northwestern Alberta Foundation
- County of Grande Prairie FCSS
- Sunrise Youth Emergency Shelter
- Rising Above

- Civil Society Fund Gov't of Alberta
- Cinch Oilfield Hauling
- Grande Prairie Chamber of Commerce
- Grande Prairie Family Centred Coalition
- Northreach Society
- City of Grande Prairie FCSS
- Family Education Society
- Grande Prairie & Area Family Resource Network
- Grande Prairie Regional Association of Volunteer Organizations

### Donors

- Canadian Tire
- Elevate Fencing & Contracting
- Home Depot
- C. Moore Realty
- Watch Me Grow Family Dayhomes
- Servus Credit Union
- Trend Home Improvements
- Pinnacle Picker Services
- Culligan Water Store
- My Luv Pak
- Grassroots Realty
- Swan City Rotary Club
- Private Clab (Consider Private Private
- Rotary Club of Grande Prairie
- BW Birch
- J&D Western Electric
- Centurion Arctic Crane
- St Ritas Catholic Womens League
- 2DayFM
- Duraguard Fence
- Blundell Metal Works
- Trim FX
- · Hans Valen Painting & Decorating
- Nelson Lumber
- Jamie Hill

- CDM Audio / Video
- Wooden Nickel Ranch
- Brogan Fire & Safety
- Tire Pro
- London Drugs
- Cinch Oilfield Hauling Inc.
- Love Life Hot Yoga
- Latitude 55
- Once Upon A Child
- Platos Closet
- Jackpot Event Centre
- CW Live Entertainment
- Milano For Men
- Canfor
- KMSC Law
- Bowling Stones
- Grant Berg Gallery
- JDA Enterprises
- Illumin8 Event Services
- Windsor Plywood
- Country Roads RV
- Country 93.1 / Pattison Media
- Tycann Camp Services

- · Long & McQuade
- Crumbcakes Sewing
- Frontier Eatery & Saloon
- The Bee Team Honey Co
- Anchor Point Security
- Karyn 4 U
- Indigenous Counselling Centre
- Absolute Entertainment
- State & Main
- The Glass Shop
- 92 Bev. Co.
- Grier Young
- Vigor Community Fitness
- Kira Borman
- The Black Market Food Co.
- Grande Prairie Live Theatre
- Safe Psychology Inc.
- · Heartworks by Helen
- Jordan Lirette The Headroom
- Sportswear Plus
- Grande Prairie Live Theatre
- Bama Furniture
- James Dennis The Ink Spot
- Grande Prairie Home Hardware

- Westjet
- Air Canada Foundation
- Kevin & Darlene Bathgate
- Aquaterra
- Northreach
- · St. Joes Catholic Womens League
- Chozen Breed RC
- · Western Beauty Co.
- Grande Prairie Elks
- Grande Prairie Victim Services
- Intact Insurance
- Grassroots Realty
- Mint Health & Drugs
- New Horizon Co-op
- Stringam LLP
- Stitch Club of GP
- TD Bank
- To the Root Dental
- St. Pauls United Church Women
- Culligan
- · Holiday Inn & Suites
- My Luv Pak
- Surepoint

We thank you for your continued support of our programs.

# Financial Highlights

Our financial statements are in accordance with Canadian Accounting Standards for not-for-profit organizations and are annually audited by MNP.

REVENUE	\$742,442
Operating Grants	\$441,008
• Donations	\$89,600
Thrift Store Sales	\$121,453
• Fundraising	\$61,310
Amortization of Capital Allocations	\$22,907
• Interest Income	\$6,164
EXPENDITURES	\$727,116
• Salaries & Benefits	<b>\$727,116</b> \$431,443
• Salaries & Benefits	\$431,443
<ul><li>Salaries &amp; Benefits</li><li>Direct Client Costs</li></ul>	\$431,443 \$29,287
<ul> <li>Salaries &amp; Benefits</li> <li>Direct Client Costs</li> <li>Facility &amp; Vehicle Costs</li> </ul>	\$431,443 \$29,287 \$26,963



Thank you for taking the time to catch a glimpse of what we have been able to achieve over the last year not only as an organization but as a community as a whole.

If there are any questions about this impact report, please contact us.



- 0
- 9625 Prairie Road, Grande Prairie, Alberta
- 780-538-3854
- $\sim$
- pregnantandparentingteens@gmail.com

www.centreforyoungparents.com