

# Annual Report

2017  
2018



Children's  
COTTAGE  
SOCIETY



# Children's Cottage Society



## OUR VISION

Safe children  
in healthy families

## OUR MISSION

Preventing harm and  
neglect to all children  
and building  
strong families  
through  
support services,  
respite programs  
and crisis nurseries.

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David McKenzie,  
President



Patty Kilgallon,  
CEO

The Children's Cottage Society helped 3,504 children and their families last year. Of these, 600 children were helped through new work in the area of preventing family homelessness. We are proud of our leadership in this new area, one that you will hear more about over the next year, which assists families and their children to stay housed, avoiding having to face being without shelter.

The theme of our annual report is "reaching for the stars". What does this phrase really mean? For us it means pushing to meet the goals we set for ourselves. We are striving to make a difference in the early years of a child. To do this we carefully and responsibly apply our financial resources to our ten program areas with the objective of making a difference to children as they grow to adulthood. Our programs are important contributions to reducing the stress in the lives of families so that they can get through immediate problems and out of crisis. The supports are proving to have a beneficial impact for kids and their ability to become healthy and strong adults.

**But we need to do more.** We need Calgary's support to raise 15 million dollars so we can build an additional facility on the vacant land that we own in Montgomery. This will make a huge impact for more young children who are at risk of harm. We need to reach for the stars, and we need to do this together.

As you read about the important differences we have made this past year, we would like to thank our funders, our donors, our volunteers, our staff, and our Board who have collaborated and given of themselves in so many ways to make a difference in the lives of children.

With Gratitude,

## Board of Directors

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DD West LLP

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Community Volunteer

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**Peter Macdonald**

Management Consultant  
Ernst & Young LLP (Canada)

**Susan McWilliams**

Community Volunteer

# How we make a difference . . .

**3,504**  
**KIDS**

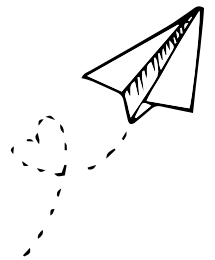
(20.5% increase over 2016)

In 2017, 3,504 children were buffered from the stress of crisis which helped improve their physical and emotional wellbeing.

**1,875**  
**FAMILIES**

(19% increase over 2016)

In 2017, 1,875 families were fully supported through crises like parental stress and exhaustion, homelessness, financial strain, and violence.



**OUR PROGRAMS** buffer children from adverse childhood experiences and expose children to **positive, nurturing interactions**.

**This helps to build healthy brain structures** which leads to improved learning and behaviour, and better physical, mental, and social wellbeing throughout life.



# Our Programs

- develop the capacity of parents to create nurturing environments to develop healthy children
- enhance child-parent relationships and stabilize family functioning
- support parents to deal successfully with adversity
- help families have hope for the future
- create opportunities for families and caregivers to experience manageable levels of stress
- decrease the risk of child maltreatment and neglect as parents experience less stress, more hope and positive feelings



*Volunteers make a difference*

**1,650**  
**VOLUNTEERS**

helped us keep children and families safe and healthy

**20,292**  
**HOURS**

were donated by volunteers in our community

The value that volunteers provide to children and families is immeasurable. We thank volunteers for all of the babies held, meals cooked, envelopes stuffed, toys organized, playtimes led, yards cleaned, repairs completed, dollars raised, and care given.

# Crisis Nursery Program

Providing 72 hours of loving care to children under age eight while parents resolve their issues with the help of family coaches.

**1,354**  
children served

**821**  
families served



*A personalized care program is developed for each child depending on their physical and developmental needs.*



## Why parents reach out for help

|  |            |
|--|------------|
| Parental stress and exhaustion   | <b>30%</b> |
| Illness (parent or child)  | <b>25%</b> |
| Housing  | <b>11%</b> |
| Child safety concerns  | <b>10%</b> |
| Medical or work appointments   | <b>9%</b>  |
| Incarcerated, no food, child behavioural problems, educational stressors | <b>7%</b>  |
| Parent self-care or wellness needs                                       | <b>5%</b>  |
| Domestic violence or relationship concerns                               | <b>3%</b>  |





**We make a difference when children are able to stay in a supportive environment during a family crisis and parents receive help from family coaches:**

**95% of parents** reported that admitting their child to the Crisis Nursery allowed them to work on their problem. This resulted in parents being better able to cope with their children's needs when the children returned home.

**98% of children** admitted to the the Crisis Nursery returned home. This resulted in a decreased need for child apprehensions by Child and Family Services.

**67% of parents** said that they have increased hope between the time of admission and discharge. This helped parents have a more positive outlook on life.

**93% of parents** told us that their stress was decreased after receiving care for their children. When parents were supported and strategies developed, this resulted in improved family stability and wellbeing.

**100% of parents** felt more prepared to parent and better able to care for their children when they took part in the Nurturing Parent program through Family Coaching. This resulted in children having a more consistent relationship with caregivers which will lead to an increased ability to cope with stresses in later life.

### MY STORY

"I am a single mom who works full time, goes to school full time and has a six-year-old boy with behavioral issues. I use the Crisis Nursery from time to time whenever stresses become more than I can manage. I have been working with a Family Coach so that I can be a better parent to my son. I just graduated from a training program and my son told me he is so proud of me. He knows that I am pushing myself so that we can have a better life."

# In-Home Infant Respite

Providing relief to isolated and stressed parents with infants in their first six months.

**88**

children served

**68**

families served



**We make a difference when we provide respite services for parents:**

**88% of parents** reported less stress after being supported by home respite visits. This resulted in parents who felt better able to parent and protect their children from the negative effects of high stress which benefited their family's long-term stability and wellbeing.

**97% of parents** felt more prepared to parent when they were supported to understand and promote their child's development. Parents reported an increase in positive interactions with their child. This resulted in a strong parent-child bond, enhanced brain development, and positive child behaviours.

## Why parents reach out for help

|                           |              |
|---------------------------|--------------|
| Parental high stress      | <b>23.5%</b> |
| Postpartum depression     | <b>22%</b>   |
| Parent self-care/wellness | <b>20.5%</b> |
| Parent illness            | <b>15%</b>   |
| Lack of sleep             | <b>12%</b>   |
| Parent mental illness     | <b>7%</b>    |





# Child Care Respite

Supporting high-needs parents with subsidized day care placements to ensure positive child development.

**92**

children served

**54**

families served



## Why parents reach out for help

|                           |            |
|---------------------------|------------|
| Parent mental illness     | <b>23%</b> |
| Parent physical illness   | <b>18%</b> |
| Homelessness              | <b>17%</b> |
| Domestic violence         | <b>15%</b> |
| Addictions issues         | <b>12%</b> |
| Parent high stress        | <b>7%</b>  |
| Child protection concerns | <b>7%</b>  |
| Post-partum depression    | <b>1%</b>  |

**100% of parents** felt less stress after day care respite opportunities allowed them to connect and build relationships with supports. This means parents were able to attend to their children's wellbeing at a time crucial to life-long physical and emotional development.

## Volunteer Day Care Respite

Supporting isolated parents with daytime child care during times of stress.

A sincere thank you to the many day care providers who volunteered to care for children in need when they had available space.

**65** children served from  
**38** families

**100% of families** reported that with day care program support they were able to address their social, emotional, or health concerns. This helped to increase family resiliency and decrease the risk of child maltreatment.

# Brenda's House

Ensuring homeless children and their parents are sheltered in a respectful, safe environment, 14 families at a time.

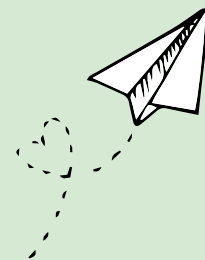
**129**  
children served

**53**  
families served

Since 2009, the Brenda Strafford Foundation has generously partnered and contributed this respectful shelter to support families. Their philanthropy is appreciated by each child and family who comes to stay at Brenda's House.

**We make a difference when we provide shelter for homeless families:**

**100% of families** entered stable permanent housing after receiving services at Brenda's House. The provision of safe and secure housing is essential and must be the first response to child homelessness. Our Housing First approach to end family homelessness helped families to become more responsive to interventions and support that led to stable housing for 129 children.





## MY STORY

"I lived in fear every day of being deported to my country where I experienced violent attacks and years of abuse. My struggle to stay permanently in Canada with my son and be protected was overwhelming and on-going. The compassion and support that I received from shelter staff gave me the strength to continue on. I was able to secure a work permit and with the shelter's support I was able to get a job. My son and I now have our own place to call home."



## Where families went to live after Brenda's House

|   |            |
|---|------------|
| Subsidized housing  | <b>58%</b> |
| Market housing  | <b>24%</b> |
| Alternative housing<br>(relocated, move to reserve, family) | <b>18%</b> |

## Child Development Program

Each child is given individualized opportunities to grow and develop. We ensure learning, routine, and play to provide positive experiences and protect children from the adverse effects of homelessness.

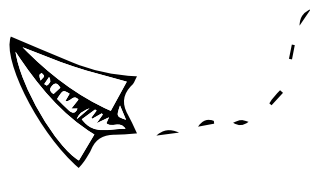
**100% of children** under five years of age received a developmental screening. Parents were given the results, ensuring an understanding of their child's developmental milestones. With support and parenting information, caregivers show increased capacity to parent effectively.



# Housing Programs

Rapid Rehousing, Home Links, and Adaptive Case Management

Three programs providing housing location and support for families.



## Rapid Rehousing

**74% of families** were able to independently maintain housing when housing and stabilization assistance was provided. This means children were protected from the negative experiences of housing instability and homelessness, including the negative effects on brain development and on the parent/child bond.

**78**

children served

**36**

families served

## Adaptive Case Management

**100% of families**

supported through the program remained housed. When families were able to leave shelter and quickly get back into permanent housing, the stress of homelessness on children and families is reduced.

**50**

children served

**25**

families served

## Home Links

**78% of families** with complex needs successfully accessed housing when intensive case management support was provided. This resulted in a decrease in negative impacts of homelessness for children including depression, anxiety, aggression, and learning disabilities and an increase in protective factors such as social and community supports, adequate stable housing, and the ability to cope with a crisis.

**80**

children served

**42**

families served



# Housing Programs

HomeBridge

Supporting parents and community agencies to prevent families from becoming homeless.

**599**  
children served

**231**  
families served

**599 children** were helped by the HomeBridge program to remain in their homes resulting in protection from adverse childhood experiences and the health issues that can result from housing loss.

## MY STORY

"Things were going really well for me, my wife and kids until I got injured at work. I was on disability for over a year and we got behind on our bills and rent. I am so appreciative that HomeBridge was able to help us. I have a payment plan with my landlord so we can stay in our home and I recently was cleared by my doctor to go back to work."

## First-of-its-kind homelessness prevention



The Children's Cottage Society is proud to have launched *Helping Families Stay Housed: A Toolkit*.

This resource, for those who meet and work with families, is available on the HomeBridge website, [homebridgeyc.com](http://homebridgeyc.com). This website also assists families at risk of homelessness to connect with community resources. We are proud to offer education sessions to community members and professionals based on the toolkit to ensure family homelessness does not occur.



# Healthy Families

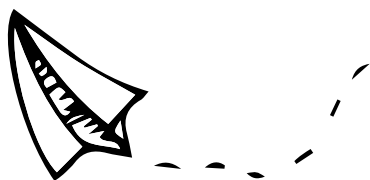
Helping parents of children under age three develop positive parenting skills, promote healthy child development, and connect to community supports.

**853**

children served

**442**

families served



**We make a difference when we provide parents with knowledge of child development and parenting skills and connect them to community resources:**

**442 families** were supported to learn more about child development. Parents experienced a reduction in stress and were better able to understand and respond to the emerging needs of their children.

**77% of parents** reported improved parenting skills when they were connected with resources on parenting, attachment, and child development. This meant parents could support children to learn how to control their emotions, cope with stress, and learn skills that will serve as a foundation for later development.





## MY STORY

"My family has seven children, including a newborn, and I recently became a single parent when my husband decided to leave the family. The home visitor helped us move from our unsafe house to a nicer place that cost less. We did developmental testing on my youngest and got her into a special program. The home visitor connected me to many supports in the community to help us through these difficult times. Now, over a year later, my family is stronger and I am able to get out into the community and see my friends again."



## Healthy Families Workers Supporting AVIRT

The Healthy Families Program supports parents referred to the **Alberta Vulnerable Infant Response Team (AVIRT)** program. When parents of young children are in need of child intervention support, a team of child intervention workers, nurses, and police make every effort to support the families toward healthy parenting and safety for their infant. They refer families to the Healthy Families program to provide home visitation support.

**159** children in **148** families  
were supported

**70% of families** improved or maintained family functioning when Healthy Families provided targeted, intensive home visitation services to families involved with AVIRT. The caregiver's capacity to parent effectively was strengthened and further negative consequences to their child were prevented.

# Treasurer's Report

At the Children's Cottage Society, we are ever grateful to the community for its support of the vital mission of safe children in healthy families. In 2017-2018, donors generously gave \$1.64 million to support children and families who face adversity, ensuring that children are protected from harm and neglect.

In addition to the support of our donors, Government of Alberta, The Brenda Strafford Foundation Ltd., Calgary Homeless Foundation, The City of Calgary Family and Community Support Services, and United Way of Calgary and Area also helped fund our programs. We extend our heartfelt thanks for their continued support.

Because we hold the safety of children and the health of families as a priority, we are fiscally efficient, maintaining tight financial controls. In 2017-2018, our revenue, including investment income, reached \$6.7 million, reflecting a 7.2% increase from the prior year with a corresponding increase in expenses of 7.4% to \$6.5 million. Administration costs remained low at 6.2% while fundraising costs kept pace at 4.2% of total funding. This left 89.6% to be used into programs like the Crisis Nursery, Brenda's House, Healthy Families, housing programs, and respite programs.

Our thanks also go to Echelon Wealth for managing our investments, and to Kenway Mack Slusarchuk Stewart LLP Chartered Accountants for auditing our financial statements.

We are confident that together we can move forward in achieving our mission of preventing harm and neglect to children and building strong families in Calgary. For a complete set of financial statements and accompanying notes, please visit [www.childrencottage.ab.ca/publications](http://www.childrencottage.ab.ca/publications).

With Sincere Gratitude,



Faye Brown, CA  
Treasurer of the Board

# Statement of Operations

For the Fiscal Year Ended March 31, 2018



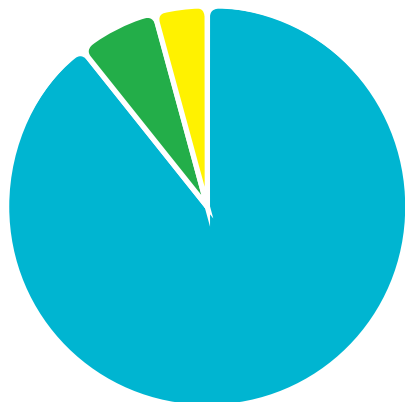
## Funding Sources

|   |       |              |
|---|-------|--------------|
| Government of Alberta                                     | 41.7% | \$2,783,842  |
| The Brenda Strafford Foundation Ltd.                      | 13.4% | \$897,546    |
| Calgary Homeless Foundation                               | 15.9% | \$1,065,315  |
| The City of Calgary Family and Community Support Services | 2.0%  | \$131,055    |
| United Way of Calgary and Area                            | 0.9%  | \$61,224     |
| Donations, fundraising, and grants                        | 24.5% | \$1,640,266  |
| Investment income   | 1.6%  | \$106,212    |
|   | 100%  | \$ 6,685,460 |



## Funding Uses

|                           |       |                  |
|---------------------------|-------|------------------|
| Crisis Nursery            | 28.1% | \$1,823,349      |
| Brenda's House            | 16.6% | \$1,079,829      |
| Healthy Families          | 19.8% | \$1,283,314      |
| Community Respite Program | 8.1%  | \$526,784        |
| Rapid Rehousing           | 3.2%  | \$208,280        |
| HomeLinks                 | 7.5%  | \$484,401        |
| HomeBridge                | 3.9%  | \$256,730        |
| Adaptive Case Management  | 2.4%  | \$153,241        |
| Administration            | 6.2%  | \$404,269        |
| Fundraising               | 4.2%  | \$274,079        |
|                           | 100%  | \$6,494,276      |
| <b>Net income</b>         |       | <b>\$191,184</b> |



## Functional Expenses

|                        |       |             |
|------------------------|-------|-------------|
| Program delivery costs | 89.6% | \$5,815,928 |
| Administration         | 6.2%  | \$404,269   |
| Fundraising            | 4.2%  | \$274,079   |
|                        | 100%  | \$6,494,276 |



# Donors



*Our donors  
make it possible  
for us to continue  
to prevent  
harm and neglect  
to all children  
and build  
strong families.*

Thank you

## Individuals

Aaron Huntley  
Adam Moore  
Ahmad Chamseddine  
Aidan Walsh  
Alan and Geri Moon  
Alica Hawkings  
Andrew P. and Mavis Holder  
Arthur M. and Barbara Lutz  
Bernarda Meden  
Bill and Patty Kilgallon  
Brian Ferguson  
Brian and Shannon Olson  
Brian and Monique Tuffs  
Bruce and Roberta Sherley  
Camille Sikorsky  
Cara MacEachern  
Casey O'Shea  
Catherine Fletcher  
Conrad and Sara Kluge  
Cristina Nunes  
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Dan Owen  
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David Carrascal Aguilar  
David Santos  
David Volk  
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Donald and Eleanor Seaman  
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Edel Benary  
Eleanor Scott  
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Eric Strand  
Frances Hagedorn  
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Geraldine Manzara  
Geri Urch  
Gordon and Joanne Kerr

Gordon Salahor and Kelly Hewson  
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J Richard and Cathy Bird  
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James Cameron  
James Conley  
James Fann  
James Huck  
James R. and Carol Shaw  
James Ullyott  
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Jason Davies  
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Jeff Kubik  
Jennifer Le  
Jim and Norma Sawers  
Jim Baird  
Jody Shortt  
Joseph Seidel  
John Anderson  
John D. and Lynn Keating  
Justin Lambert  
Kari Bloor  
Kate Rogers  
Kathleen Specht  
Kathlyn Mercier  
Keith Miller  
Ken Birkett  
Kevin and Ricki-Lee Fossenier  
Kevin Mailo  
Kira Simons  
Kumlin Sullivan  
Kyle Baumgardner  
Laurence Murphy  
Leah Ly  
Leo Villegas  
Lianne Germaine

Margaret Carol Haika  
Mark Rintoul  
Mark Woitas  
Maureen Fielding  
Megan Carpenter  
Michael and Dawn Jackson  
Michael Fawcett  
Michael Jenkins  
Michael Kenyon  
Mike Brander  
Moortaza Bhajji  
Murray Weatherhead  
Myrna Johnson  
Myron and Jennifer Stadnyk  
Norma Dyck  
Orlhay Hernandez  
Patrick and Tracy Brennan  
Paul Colbor  
Paxton Morrison  
Peggy Churchward  
Peter Christensen  
Peter G. Andrekson  
Rachelle McGrath  
Randall G. Shapkin  
Randy Boechler  
Randy Johns  
Réal Foley  
Reece Kosek  
Reg Curren  
Reg Jensen  
Rhona DelFrari  
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Richard Thiessen  
Robert Carter  
Robert Gilchrist and Deborah  
Wheeler-Gilchrist  
Rod Sproule  
Roger and Marilyn Fife  
Ron and Hope Lowry  
Ross Trilsbeck  
Ryan Remington  
Ryan Schneider

Samuel and Louise Macchi-Switzer  
Scott and Shannon Chomistek  
Shawn Heyn  
Sterling Hunte  
Stewart and Diana Gossen  
Susan Desbarats  
Sylvie Mercier  
Thomas Wiseman  
Tim Demone  
Tom and Deborah Fellows  
Tom and Sandra Reilly  
Tom Crist and Kim Hilderman  
Tricia Dudgeon  
Trixy Sasyniuk-Walt  
Vicki Reid  
W. Jonathan Rogers  
Wayne Thomas  
William Kernaghan  
Zoë Kolbuc

## Companies

Birchwood Properties  
Black Swan Energy  
Bonavista Energy Corporation  
Cadillac Fairview Corporation Ltd.  
Canadian Pacific  
Canadian Surgery Solutions  
Canrig Drilling Technology  
CCI Solutions Inc.  
Cenovus Energy Inc.  
CFMS Alberta Ltd.  
Chantan Resource Management Ltd.  
ConocoPhillips Canada  
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Corporation  
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DD West LLP  
Delphi Electric Inc.  
Drilformance

EMBE Consulting Engineers Inc.  
 Ember Resources Inc.  
 Ernst & Young  
 Freehold Royalties Ltd.  
 Griffith & Associates  
 Horizon Resource Management  
 Husky Energy  
 IFF Holdings Inc.  
 JLL Canada  
 Jocktalk Communications  
 Judy Boyes & Associates  
 Ledcor Group of Companies  
 Legacy Kitchens  
 Linear Logistics  
 Long Run Exploration  
 Lory Oilfield Rentals  
 Manor Village Life Centres Inc.  
 McDaniel Company Inc.  
 Morrison Homes  
 Movac Mobile Vacuum Service  
 New Discovery Directional  
 Packers Plus Energy Services  
 Pembina Pipeline Corporation  
 Petrin Mechanical (Alberta) Ltd.  
 Prairie Storm Energy Corp  
 Precision Drilling Corporation  
 PricewaterhouseCoopers LLP  
 Primaris Management Inc.  
 ProAll International Mfg. Inc.  
 Progress Energy Canada Ltd.  
 QuadReal Property Group

Remington Development  
 Corporation  
 Repsol Oil & Gas Canada Inc.  
 Riverbend Interiors Floors  
 Shaw Communications Inc.  
 Shear Fluids  
 Shell Canada Ltd.  
 Sinopec Canada  
 Solara Dental Care  
 Stampede Electric  
 Star Valley Oilfield Services Ltd.  
 Suncor Energy Inc.  
 Swan Roof Consulting Inc.  
 Systemic Architecture Inc.  
 TD Commercial Banking  
 TD Financial  
 TELUS Corporation  
 Viking Projects  
 Warburg Pincus LLC  
 Zsa Legal Recruitment Limited

## Foundations & Organizations

Al Azhar Shriners (Tin Lizzie Corps)  
 Society  
 Benefaction Foundation  
 Benevity Community Impact Fund  
 Calgary NE Eyeopener Lions Club  
 Calgary Oilmens Charity Hockey  
 Tournament

CanadaHelps.org  
 Canadian Progress Club - Elevate  
 Carthy Foundation  
 Cenovus Employee Foundation  
 Children's Hospital Aid Society  
 Chimp Foundation  
 Colfer Family Foundation  
 Co-op Community Foundation  
 Crist Family Foundation  
 Fraternal Order of Eagles - Ladies  
 Auxiliary  
 Gord and Bev Phillips Fund  
 Grace Presbyterian Church - Dorcas  
 Group  
 Heartstone Foundation at  
 The Calgary Foundation  
 Hillhurst Odd Fellow Lodge  
 Kimmet Cup  
 Lindsay Leigh Kimmet Memorial  
 Foundation Fund  
 Loewen Family Foundation  
 Mary Child Legacy Fund at The  
 Calgary Foundation  
 Mr. & Mrs. Larus Thorarinson Sr.  
 Family Fund at The Calgary  
 Foundation  
 Nickle Family Foundation  
 Olympic Charity Hockey  
 Tournament  
 Oliver Family Foundation  
 Olwen Priestnall Memorial Fund

at The Calgary Foundation  
 Order of the Eastern Star -  
 Chinook #133  
 Private Giving Foundation  
 Rotary Club of Calgary South  
 Royal Canadian Legion 275 Ladies  
 Auxiliary  
 Saint Matthew Lutheran Church  
 Shaw Charity Classic - Birdies  
 for Kids  
 St. Paul's Anglican Church  
 St. Peter's Anglican Church Women  
 Stampede City Kinsmen  
 TD Securities Underwriting Hope  
 Fund  
 TerraTundra Foundation  
 The Ardea Foundation  
 The Calgary Foundation  
 The Donald & Eleanor Seaman  
 Family Foundation  
 The Prosser Charitable Foundation  
 The Welty Family Foundation  
 Toronto Foundation - Capital  
 U of M Class of 1997  
 United Way of Calgary - Donor  
 Choice Program  
 W. W. (Peter) Southam Fund  
 Wanklyn Family Fund  
 Webber Academy  
 Woodcliff United Church  
 Young Once Seniors Association of  
 Calgary (YOSAC)

# Circle of Hope

Cenovus Energy Inc.  
 Christian Bayle and Nicole Cramer  
 CIBC Children's Foundation  
 CKLAS Foundation  
 John and Susan McWilliams  
 Nexen Inc.  
 R. Bruce McFarlane and Dr. Janice Heard  
 Royal LePage Calgary Shelter Foundation

The Circle of Hope  
 is a special group of  
 philanthropists making a  
 multi-year commitment to  
 donate \$5,000 or more annually.  
 Their support ensures the best  
 care for children and families,  
 contributing to a healthy  
 future.





CHILDREN'S  
COTTAGE  
SOCIETY

## MAIN OFFICE

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Calgary, Alberta T2N 3R7  
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[childrencottage.ab.ca](http://childrencottage.ab.ca)

 **CHILDRENSCOTTAGECALGARY**  
 **CHILDRNSCOTTAGE**  
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CHARITABLE #: 10691 4534 RR0001