



Life Without Limits
for Individuals with Disabilities

2023 ANNUAL REPORT

Making a difference
Together





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We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika – the Cree, Dene, Sauteaux, Nakota Sioux, Stoney Nakoda, and the Tsuu T’ina Nation and the Métis People of Alberta. This includes the Métis Settlements and the Six Regions of the Métis Nation of Alberta within the historical Northwest Metis Homeland. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

GREETINGS

As we reflect on the past year at Cerebral Palsy Alberta, it's with a sense of gratitude for the strides we've made and the challenges we've overcome together. Our commitment to serving individuals and families in the disability community remains unwavering.

Throughout 2023, we continued to uphold our mission of enhancing the quality of life for people with disabilities through advocacy, support, and community engagement. Our dedicated team, volunteers, and partners worked tirelessly to adapt our programs and services to meet the evolving needs of our community.

We remained steadfast in our efforts to provide essential support services, educational resources, and advocacy initiatives. We strengthened our partnerships with healthcare providers, educators, and policymakers to ensure that individuals with disabilities receive the care and support they deserve.

In 2023, we celebrated several milestones, including the successful implementation of the new Aqua and Equine Therapy programs in the Valley View area, reaching a wider audience and providing valuable resources to individuals across Alberta. Additionally, our fundraising efforts exceeded expectations, allowing us to expand our programs and reach even more individuals and families in need.

As we look ahead, we remain committed to our vision of a future where individuals in the disability community are fully included, empowered, and supported in every aspect of life. Together, we will continue to advocate for accessibility, equality, and inclusion, striving to create a more inclusive society for all.

We want to express our deepest gratitude to our members, supporters, volunteers, and staff for their unwavering dedication and passion. Your commitment to our cause is truly inspiring, and it is because of you that we can continue to make a meaningful difference in the lives of those we serve.

Thank you for your ongoing support, and here's to another year of growth, resilience, and impact.

Sincerely,



Joanne Dorn
Executive Director



Sean Crump
Board President



OUR VISION

Cerebral Palsy Alberta is committed to social change and progress for individuals in the disability community.

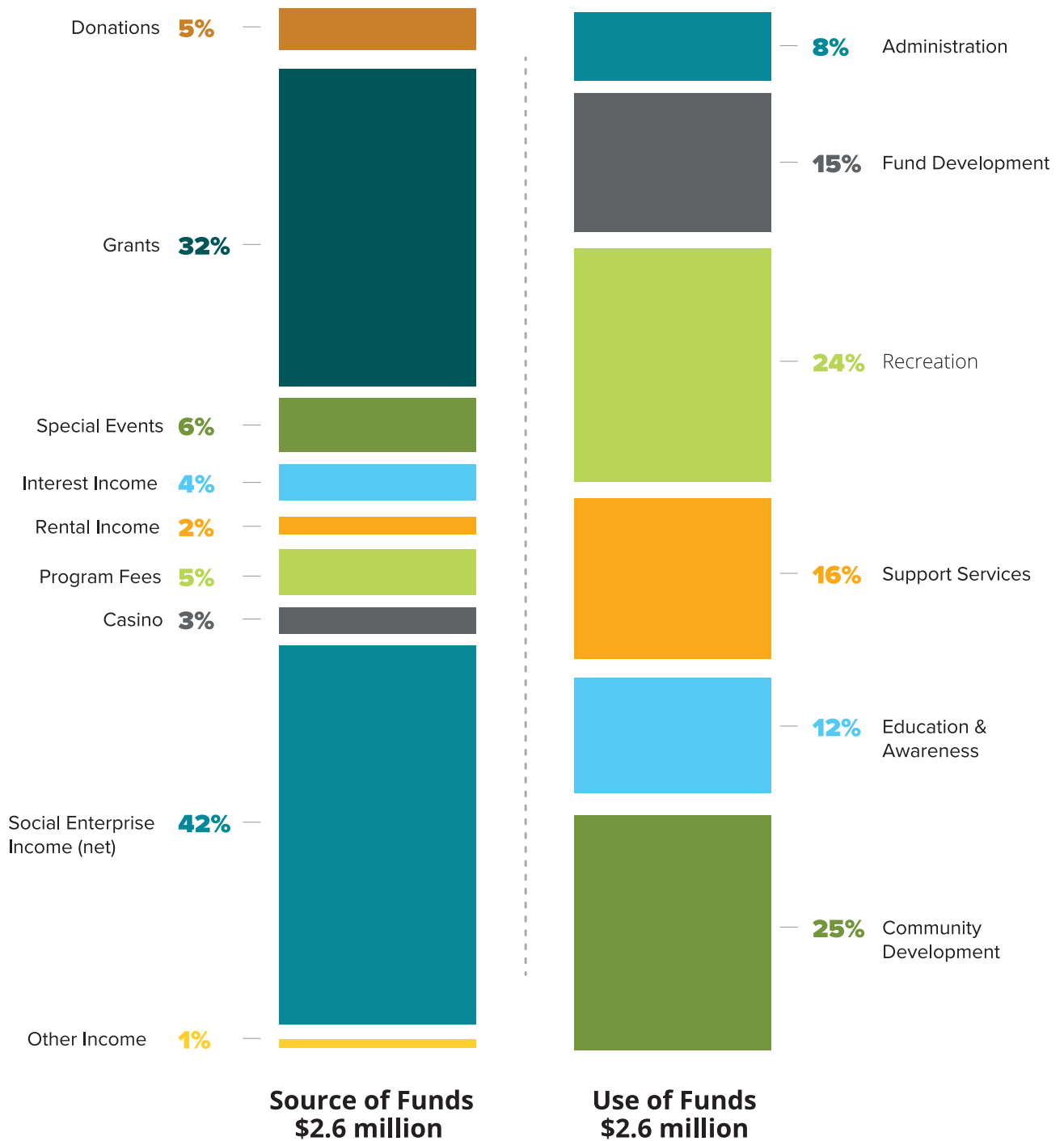
We strive to ensure the inclusion of individuals with disabilities in every facet of society – from the web to the workplace, and from the classroom to the community. We provide services such as individual and family supports, social inclusion and wellness programs, assistive technology, referrals, a funding request program and advocacy.

The CPAA is an influential and strong organization that is a recognized leader in the development of collaborative programs and initiatives to ensure that individuals with disabilities are able to achieve equality of opportunity, social and economic participation. We continually strive to build a better world for tomorrow – today.



Our vision is to create a Life Without Limits for individuals in the disability community.

OUR PERFORMANCE & RESULTS



OUR OPERATIONS

Since 1995, CP Alberta has been running a successful clothing donation program to generate revenues that provides funding for the valuable inclusive wellness programs and support services offered to our clients. Over the years, the CPAA has collected millions of pounds of clothing and small household items that have been donated through our partnership with Value Village. We have also been collecting recyclable containers since 2008 when we established a partnership with ABCRC.

35 outdoor clothing bin locations

25 indoor clothing donation bin locations

29 community clean ups

4 clothing drives

68,446 beverage containers collected

1,995,143 lbs. of clothing collected

In 2023, there was a rise in individuals leaving donations at various locations following the pandemic. Home pickups continued to progress throughout the year, yielding positive outcomes. Despite facing one of the coldest winters in recent memory, our operations team stayed dedicated to collecting donations from bins from throughout the province and ensuring the cleanliness of these sites. This enabled us to sustain our assistance to CPAA programs across the province.

OUR VOLUNTEERS

In the heart of our non-profit's mission lies the spirit of volunteerism, which has fueled our impact and brought our community together in remarkable ways this past year. As we reflect on the past twelve months, we are inspired by the dedication and passion of our volunteers who have donated their time, energy, and skills to make a difference to the individuals we serve. From assisting at local events, such as our annual HUSH Gala and Golf Without Limits Tournament, to regularly showing up to support clients at our programs across the province.

We were excited to expand our reach further North in 2023 and began providing programs in Valleyview, which would not be possible without the incredible volunteers from the local community. Together, we've built a foundation of collaboration and compassion that continues to strengthen and empower those we serve. We are profoundly grateful for the incredible individuals who choose to stand with us, shoulder to shoulder, in our mission to create inclusive communities for all.

Total number
of volunteers: **209**

Number of
new volunteers: **76**

Total number
of hours: **2,676**



OUR PROGRAMS

2023 was a year when we were able to say that we fully returned to our in-person programs. With anticipation, but still some hesitation, our clients started returning and slowly feeling comfortable within the in-person settings. We were also happy to continue offering online programming for those who were not able to attend in person.

2023 was also a year of growth. We were excited to extend our portfolio of both adult and children in-person programs. We started offering Aqua Therapy for Adults in Calgary, Dance Without Limit for children in Calgary, and an All Star Adapted Gymnastics Program for children in Edmonton.

Another, very exciting expansion took place in the fall of 2023 when we opened in-person programming for children in Valleyview, located in northern Alberta. This allowed us to reach families which we hadn't connected with before. We offered pilot programs for Pony & Me Equine Therapy and Splash Time Aqua Therapy. Both trial sessions were very successful, and our young participants made great progress. It was so great to see how the entire community of the area came together to support these programs and participants. We see these programs becoming a permanent part of our programming and are hoping to extend our reach to more locations across Alberta in the future.

Total number of clients registered in our programs: 3,140

Total number of in-person classes offered: 433

Total number of online classes: 393

We offered 11 in-person adult classes including: Gardening, Music Therapy, Art Programs, Aqua Therapy, Yoga and ComputAbilities programs. Seven in-person programs for children were hosted throughout the province including: Splash Time Aqua Therapy, All Stars Adapted Gymnastics, Dance Without Limits and Pony & Me Equine Therapy.

Online Programs in 2023 featured Boogie Shake, Tranquil Movements Yoga & Meditation, Whole Notes Music Wellness, Creative Souls, and ComputAbilities as well as Friday Fun Connections and Alberta Meet Up groups and the online Parent Support group and Lunch & Learn group presentations with a variety of topics.

The special events that we hosted in 2023 in both Calgary and Edmonton included: The CPAA Summer Picnic, Bowling Nights, Dinner Nights, Game ON Gaming events and the May Mingle.

Total number of participants: 209

OUR SUPPORT SERVICES

Our Support Services team was very busy, as Mental Health and Financial struggles were leading the list of challenges that our clients were facing in the post-pandemic world. Our priorities remained the same, supporting our clients and families, providing one-on-one meetings, welcoming new clients to the organization, needs assessment as well as support in navigation and referrals. Understanding that our clients were still sometimes struggling with personal interactions, our team was flexible and able to meet either in-person or virtually. We continued offering the Parent Support Group, but also offered additional supports including: Lunch and Learn sessions where parents and guardians were able to learn about important topics such as Wills & Estate Planning, Guardianship and Trusteeship, Legal Issues affecting those with neurodivergent disabilities, and Advocating for your child. Another support group offered in both cities was the Me N U Time Program where parents of children with new diagnosis came together to network and to learn about the first steps in their new journey as well as the available supports and therapies.



1,934 clients and/or families received one-to-one support

611 new clients were supported

36 parents registered in Parent Support Group

42 Funding Requests approved, for the total amount of **\$20,461.46**

82 parents registered for the Lunch and Learn sessions

40 parents registered in the Me N U Time program

5 CP Care Packages were delivered

OUR FUNDRAISING DEVELOPMENT



Over 150 guests joined us for a night of Schnitzengiggles at the Oktoberfest themed HUSH Gala which was held on October 21st at the Sheraton Suites Eau Claire in Calgary. The WURST party was a huge success as over \$87,000 was generated through event sponsorships, the Silent and Live Auctions, 50/50, First Chance Silent Auction Draw ticket and Gnome or Away game sales.



Poker For A Cause Tournaments



The Poker For a Cause Tournaments took place in Calgary at the Deerfoot Inn & Casino on March 23rd and in Edmonton at Pure Casino on March 25th. 55 participants went All in and attended the spring poker events raising over \$8,000.

GOLF

WITHOUT LIMITS

92 golfers tee'd off fore our 5th Annual Golf Without Limits Tournament, which took place on June 19th, 2023 at Sirocco Golf Club. They knocked our socks off by helping us raise over

\$50,000



Third Party Fundraising Events

18 events were hosted throughout the province raising over \$40,000



BNI Knights, Alberta South

Bottle Drop

Facebook Fundraising Events

Fundscrip

Geenees

Gifts From The Heart

Giving Tuesday

Heart of HGA Golf Tournament

Jill's Wreaths

Lois E. Hole School

Maine Kenzie Coons

Nostos Chiropractic

Shaw Charity Classic - Birdies For Kids

Skip The Depot

Spirit of Giving

State of Art Society

UofC Students Without Limits Spike Ball Tournament

United Way

Wild Rose Brewery

OUR TESTIMONIALS



I would like to thank all the staff at Cerebral Palsy Alberta for a smooth transition to in-person programming. I know it must have been very stressful for everyone. I also want to thank you for continuing the online classes. Laryssa has really enjoyed participating online. We live too far away to take part in person.

Susan Muhlethaler



I would like to say thank you for always making clients and Support staff feel welcome to CPAA. The clients enjoyed the gardening class. They love the music class on Fridays and my client liked the Art class as she likes painting. It is nice to have in person programs in a clean location with lots of room to spread out. Coming to programs to CPAA is a great experience for all. Thank you.

Claire Ritter



The funding offered by CPAA to my child to buy and access the TouchChat communication app and a compatible Tablet device really made a difference at the time when I have been laid off from my job post-COVID-19 and surviving on a tight family budget. It offered me financial leverage without compromising to make a timely decision according to the assessed needs of my child before the start of the school year 2022. That being said, we as a family with a child who needs developmental support humbly extend our utmost gratitude for the financial support offered by sponsors and the coordination rendered by Cerebral Palsy Alberta. Thank you very much!

Parddhu Gadiraju



It is with much thanks and gratitude I express my sincere appreciation to the Cerebral Palsy Association of Alberta for stepping up since the outbreak of Covid-19. The upstart was very quick with the online zoom classes providing routine, enabling my son and others to see friends, and to continue to have fun; while maintaining some normalcy during this very trying time.

In addition, the online zoom classes have facilitated a safe, caring, and welcoming environment for the numbers reached in this very inclusive platform. As opinions vary with respect to in-person participation, we for one are very hopeful this online platform continues going forward. Thank you again Cerebral Palsy Association of Alberta for the care you have shown towards your members.

Sincerely. Kate Guey

ALBERTA ABILITY NETWORK



An initiative of Cerebral Palsy Alberta, **Alberta Ability Network (AAN)** is a province wide collaboration network of a broad base of stakeholders with a shared vision to influence policy, increase social prosperity and decrease inequities for the disability sector so Albertans with disabilities can fully participate in all aspects of life within the province.

2023 was a year of transition and re-strategizing while assuring that the foundation that was built by the stakeholder groups was respected and continued. AAN continued to meet regularly around its five working tables; Human rights, Poverty Reduction, Accessible Transportation, Inclusive Recreation and Newcomers with Disabilities.

Activities in 2023 included:

- The Inclusive Recreation table initiated a provincial celebration of Inclusive Recreation during the week of June 19 – 25th, with 8 municipalities proclaiming the week as Inclusive Recreation Week. The Alberta Recreation and Parks Association partnered with AAN for this celebration.
- The Snow and Ice Removal campaign was organized by the Accessible Transportation table, creating awareness about the importance of all municipalities keeping streets and sidewalks clean during the winter months.
- As a result of multiple presentations to a variety of community stakeholders on the importance of the Accessibility Legislation in Alberta, the NDP and Alberta Party included Accessibility Legislation on their platforms.
- Letters to all municipalities across Alberta was included in the Elections Campaign to bring awareness of the importance of Accessibility Legislation to be adopted by the province. Congratulatory letters were sent to all new cabinet members to establish connections.
- The AAN registration and communication process has been re-imaged providing easier access to shared information, cross promotion and networking which has resulted in a visible increase in attendance and involvement in all five of the working tables.

CP CANADA NETWORK



The CP Canada Network (CPCN) is an initiative of Cerebral Palsy Alberta. The CPCN aims to enable and empower individuals, families, community associations and service providers by providing accessible, credible information on new research discoveries & initiatives, educational opportunities, provincial services, resources, and personal connections. We provided shared best practices, advocacy initiative connections, and enabled access to connect to funding, opportunities and services that pertain directly to them.

Information regarding advocacy, funding initiatives and services were requested, and needs met through communication and connection to the organizations. Additionally, CPCN participated in initiatives implemented through research institutions such as Kids Brain Health Network's Transition Hub, CanChild, KITE, ChildBright Network, Holland Bloorview, Better Nights Better Days, and Educational Institutions such as the University of Alberta, University of Toronto, IWK, McMaster University, and the University of British Columbia. These initiatives established partnerships enabling best practices and bridging individuals and community associations with opportunities for advancement and implementation.

By providing connection to community services, we have enabled disabled individuals by providing resources that support their independence and participation in society. This includes the assistive technology project with ImaginAble Solution's Guided Hands technology, accessible transportation, employment, and healthcare services. By removing barriers and creating more inclusive environments, we have helped people living with cerebral palsy and disability to play an active role in their communities and truly live a Life Without Limits.



OUR DONORS

We would like to thank the following major supporters.

Endless Possibilities (\$50,000+)

Calgary Foundation
Canadian Women's Foundation – Investment
Readiness Program
Community Foundations of Canada - The Canadian
Red Cross Society
Government of Alberta
Government of Canada
Telus Corporation
United Way of Calgary and Area

Partners Without Limits (\$10,000+)

Calgary Shaw Charity Classic Foundation - Shaw
Birdies for Kids presented by AltaLink
Canmore Bottle Depot
City of Edmonton
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Colin Shaw
Edmonton Community Adult Learning Association
(ECALA) & the Government of Alberta
Fountain Tire
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Sunlife
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Trust for the Meditation Process
United Way Southeastern Alberta

Friends Without Limits (\$500+)

403Tech
ASEBP - Employee Giving Program
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Aaron Orman
ATCO EPIC – Employees Participating in Communities
and ATCO
Benevity
BNI Alberta South
C Can Store
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Victor Jensen
Westlock Community Thrift Shop

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Cold Garden Brewery
Common Crown Brewery
Connor Tougas
Continental Treat Fine Bistro “Gluten-Free”
Cookies by George
Copper Point Golf Club
Cora’s Breakfast and Lunch
Courtney Zachariassen
Cowboy’s Dance Hall
Craig Sollitt
Craigdorrach Castle
Crowfoot Wine & Spirits
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John Prince
Jordana Baker
Jurassic Forest
Kabirdin Lalani
Karen Kozlowski
Katerina Marasco
Kathy Ansell
Kensington Wine
Kent Bradford
Kiana Royer
Kim Henye
Lace Brick Design

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Lazy Day Raft Rentals
Leanne Sample
Len & Susan Komhyr
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Lisa Hook
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Lorne Healey
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Lulu Island Winery
Lymph Balance Centre
Maine Kenzie Coons
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Mark Miller
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Valleyview & Districts Agricultural Society
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Victoria Bug Zoo
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Westjet
Westside Recreation Centre
Wildlife Distillery
Wild Rose Brewery
Willow Park Wine & Spirits
Winsport
XO Facecare
Yeomar Sierra Gomez
YoCaddie
Yoga Santosha

Thank you to our anonymous and in-direct donors, event supporters & attendees, volunteers as well as our community partners.



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THE CITY OF
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Alberta
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for People with Disabilities

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