



kindred

2022 has been an incredibly exciting year, as we officially launched our new organizational name at our annual UP & Away Gala — Kindred Connections Society (Kindred). Alongside our new name is a restated purpose: to Realize the Power of Human Connection. Our purpose is an evolution of "Building Strong Families" that very intentionally extends to the connection we have with each of you and your continued support for what we do. Because of you, we have been able to step forward confidently in our new brand while continuing to serve those in need with the compassion and reverence that our brand had been built on for over 65 years.

Throughout this report you will recognize the theme of family and our emphasis on strengthening connections for individuals and families in Calgary and across the province. Family, whether biological or chosen, always has been a cornerstone of our organization, and although we have a new name and purpose, it will continue to remain central to what we do.

Human connection is a universal and fundamental need. Your continued support allows us to strengthen relationships between children and their caregivers, provide healing for and from ruptured relationships, and build capacity and confidence for individuals in relation with themselves and others.

Our annual Gift at Work report remains an opportunity to connect with you and showcase how your support impacts the individuals and families we serve.

We could not do what we do without you and our valuable partners. Together, we are realizing the power of human connection. Thank you for joining us on this journey!



Byron Chan, Co-CEO



Jessica Cope Williams, Co-CEO

STABILIZING AND IMPROVING MENTAL HEALTH AT KINDRED

Functional Family Therapy

Connection amongst those who matter most to us is the foundation by which we experience positive mental health. In some families, disconnection often leads to youth experiencing serious problems in school, absenteeism and even interactions with the criminal justice system. Functional Family Therapy (FFT) is aimed at providing families of youth aged 11 to 18 years old, with new skills and tools to better connect with one another and reduce the risk of complex issues like delinquency, mental health concerns, criminal involvement, substance abuse and violence. As a result, families increase communication skills, build trust and respect, negotiate more effectively, and strengthen family relationships. Through your support — and our partnership with carya — we are able to provide sessions where finances are not a barrier to service.

The Stall family (name changed to protect client's privacy) started FFT counselling because their daughter Sharon's anxiety had been impacting her to a point where she completely stopped attending school. This led to conflict in the family, as her parents' attempts to support her were often met with resistance and frustration. Through FFT, the family has found new ways to connect with Sharon and reduce her anxiety. As a result, Sharon is now back in school full time. FFT has allowed the Stalls to see each other and their situation in a different light, creating hope for their future.

Families Together



At Kindred, it is through our work with families that we can help break the cycle of vulnerability and have the greatest impact. Families Together is aimed at strengthening family resiliency, empowering parents/caregivers, and building connections with other families in the community, all while having fun. Your support enables us to offer 9-week sessions throughout the year for families across Calgary in-person or virtually.



75%

of participants indicated that they noticed a positive change in their relationship with their child(ren) because of the program

86%

of participants said that they feel more confident as a caregiver after discussing the topics during the program



Sawa (name changed to protect client's privacy) and her family attended the Families Together virtual program to get support for her daughter, Lisa. At school, Lisa struggled with her emotions, and it was causing negative classroom behaviour. The Sawa's expressed their appreciation for the sessions focused on coping with anxiety and the additional resources they received to complement these activities. Through continued work in applying these activities at home and a steadfast commitment to the program, Lisa has made huge strides and feels much more confident in dealing with her anxiety.



68%

of families experienced an increase in hope for the future for their family.



KINDRED ACROSS ALBERTA

For over 65 years we have been invested in providing quality programs to stabilize and improve mental health for Calgarians. Through your support we have expanded our reach and are now offering services across the province on the belief that the ability to access timely, affordable and high-quality mental health services should not be contingent on one's postal code. In doing so, we have also partnered with some amazing organizations, to provide sessions from as far north as High Level to as south as Medicine Hat.

RAPID ACCESS COUNSELLING

Rapid Access Counselling (RAC) is available virtually across the province, enabling us to reach rural locations where there are often more barriers to accessing mental health services. By reducing travel time and costs and offering the anonymity that may otherwise be difficult in a smaller community, we are able to effectively reduce some of the most common barriers many rural Albertans face.



Since Kindred first started offering virtual counselling services to all Albertans in August 2020:

- Over 100 smaller communities have been served
- Over 700 sessions have been attended in these smaller communities
- We are now averaging 31 rural sessions per month

Our new partnership with The Family Centre and Multicultural Health Brokers in Edmonton, through Alberta's Family Resource Network, has been a driver of this growth, and is enabling us to make a difference beyond the city limits of Calgary.

Over 100 smaller communities have been served

Over 700 sessions have been attended

EXPANDING HOPE

Our commitment to help people create and strengthen family, to learn the skills and capacity to love and be loved, is based on the conviction that the no one can be understood and served in isolation, but only in the context of the support system that surrounds them.

For over 50 years, we have lived out this conviction, in collaboration with Calgary Board of Education and Alberta Health Services, through our specialized work with pregnant and parenting teens at Louise Dean Centre.

In 2022, in partnership with the Terra Centre in Edmonton, we launched Expanding Hope to make these specialized services available to all pregnant and parenting youth ages 21 and under and their children across Alberta.

While the program is in its infancy, early feedback about the services has been promising with requests for more sessions on how to engage dads, how to deal with difficult co-parenting situations, and learning more about how to navigate the family court system.

Expanding Hope will continue building service provider capacity to work with young families, along with providing individual, and group supports for these families. The main goal is having consistent services for young families across Alberta.

RAC PROGRAM GOALS OVER THE NEXT FIVE YEARS

2500

Total sessions across Alberta
(all streams combined)

1850

Total unique clients (all
streams combined)

350

Total communities reached
across Alberta

Thank you for helping bridge the gap for families in need of mental health services across Alberta!

MAJOR FUNDERS & SUPPORTERS

We are incredibly fortunate to have so many supporters partnering with us to realize the power of human connection. Because of your generosity, we are able to provide innovative and evidence-based programs and services that help individuals and families build and maintain strong relationships, fostering healthy human connections for self, family, and others. Your contributions ensure the people we serve are able to access timely mental health supports when they are most needed. We want to express how thankful we are to have you on this journey with us to support the mental health of Albertans.



Public Health
Agency of Canada



Calgary Board
of Education



SIGNIFICANT SUPPORTERS

The Anonymous Donor
ATCO Gas Employees Participating in
Communities (EPIC)
ATB Financial
Margaret Bates
Bennett Jones LLP
Brand Alive Inc.
Brasso Nissan
Calgary Catholic Teachers' Charities
Association
Calgary Foundation
Calgary Learns
Calgary Shaw Charity Classic Foundation
CIBC Wood Gundy and Jamie McLeod
Commons Church
Crist Family Foundation
Ecclesiastical Insurance

Fairfield Watson
FWS GROUP OF COMPANIES
Hemisphere Capital Management Inc.
The Hodge Family
The Hughes Family
HumanaCare
The Kinsmen Club of Stampede City
The Maja Foundation at Calgary Foundation
Manulife
Charles and Patti McConnell
Melton Foundation
Annie Murphy
Norreen Baker Fund at Calgary Foundation
The Prosser Charitable Foundation
Darren and Jocelyn Radies
RBC Foundation
Roman Catholic Diocese of Calgary

Shaw Communications Inc
Society of St. Vincent de Paul
Source Energy Services
Ben Sze and Melinda Chan-Sze
TD Canada Trust
TELUS Friendly Future Foundation
Michael Theroux
Toole Peet Insurance

Several others who have asked to
remain anonymous

We understand the holidays can be difficult for many people. As much as you have been there for us, we want to be there for you. You are not alone. If you, or someone you care about, needs access to mental health supports please reach out to us at 403.233.2360, email intake@kindred.ca, or book a Rapid Access Counselling session through www.communityconnectyyyc.ca



250, 707 10 Avenue SW
Calgary, Alberta T2R 0B3
Tel: 403.233.2360
Email: info@kindred.ca
www.kindred.ca | @KindredAB



The Unlocking Potential (UP) Foundation
is the fundraising arm of Kindred
Connections Society. UP ensures the
sustainability of innovative programs
that help realize the power of human
connection.