



Building Strong Families

YOUR GIFT AT WORK



I am pleased to share with you how your donations have been at work building strong families in our city.

With your support, we are responding to the challenges that threaten families and leave them vulnerable. We believe that by addressing complex social problems through the lens of family we will have the greatest impact on the generation to come.

Thank you for investing in the power of family and choosing us as your partner to strengthen our community.

Building strong families could not be done without you. You make it possible for families to access counselling at a rate they can afford. You make it possible for kindergarten kids and their families to start school feeling like they belong. You make it possible for children to watch their parents – and grandparents – walk across the stage and get their GED. You make it possible for a young mom and dad to learn how to come together for the benefit of their child.

You will be hearing from us again in a few weeks when we ask you to include us in your year-end giving plans. This annual campaign is a major pillar in our fundraising efforts. Your support at this time will ensure that we will continue to build strong families in Calgary.

I'd love to hear from you about why you choose to invest in families. Please contact me any time at 403.205.5200 or patricia.jones@cfs-ab.org. Thank you for your support.

Patricia Jones, CEO
October 2018

DONOR IMPACT



Zeljka and Shannon from our Engagement Team are the first to respond when clients call us for counselling support.

Our Affordable Counselling program offers a suite of services to meet the needs of our clients: online self-help, single session and walk-in services, psycho-educational groups, and therapeutic counselling for children, youth and adults, who come to us as individuals, couples or families. To ensure our services remain barrier-free, our fees are based on a 'pay what you can afford' basis as determined by the client. Requests for help are addressed within one business day. There is no wait list.

In 2017 we completed 10,180 "therapeutic experiences" with clients including counselling sessions, video conferencing and telephone calls. As a teaching facility, we supported practicum placements for Masters of Social Work, Masters of Counselling Psychology, and PhD Psychology students, as well as two internship placements for provisional psychologists working towards their registration. This busy and vital counselling program depends on your generosity to build resilience and heal emotional wounds. Thank you for supporting affordable counselling in Calgary for people of all faith traditions, cultures and backgrounds.

"As someone who was always taught to be wary about reaching out for help, it took me quite a while to give counselling a try. I am so grateful that I reached out to Catholic Family Service a year ago, as my quality of life has improved significantly. I leave every single session confident I am learning skills to deal with difficult memories from the past. Working with my therapist has empowered me to take control of my own life and instead of simply getting through each day, I now feel like I am living, feeling, and truly experiencing my life."

DONOR INSIGHTS

Our programs are one-of-a-kind. Many of them have served families in Calgary for a very long time. None of them would exist without your generous and ongoing support. Thank you.



LOUISE DEAN CENTRE: Louise Dean Centre is the only school in Calgary dedicated solely to serving youth who are expecting a child or parenting. The on-site Parent-Child Learning Centre is the only accredited child care facility for adolescent parents attending high school in Calgary. And we've been doing this for a long time. Our collaboration with the Calgary Board of Education and Alberta Health Services dates back to 1969.

We serve babies as young as five weeks and parents as young as 14 at Louise Dean Centre. Your support has made an incredible difference in the lives of these young Calgarians. This fall, 110 students are enrolled at the school and 60 babies are registered at the Parent-Child Learning Centre. Your donations of time and treasure in the coming year will help strengthen these young families as they bravely move toward high school graduation and bright futures.

A special thank you to everyone who donated to us this summer through Shaw Birdies for Kids presented by AltaLink. We raised \$50,000 through Birdies for Kids! Add an estimated \$14,500 in matching funds from the Calgary Shaw Charity Classic Foundation and your total contribution was \$64,500 for Louise Dean Centre's hot breakfast and lunch program. Amazing!



CREW: A name change and another year later, Crew is warming up for the 2018-2019 season. About 45 youth aged 10 to 14 are getting to know their mentors from varsity teams at the University of Calgary and Mount Royal University. Rather than teaching athletic skills, these mentors will be building self-esteem and social skills while bringing families closer together. Another of our longstanding community programs, Crew started in 1999 as the Athletes Mentoring Program. There is no other program quite like it in Calgary. Your donations help to sustain and strengthen the program while it in turn builds strong families.



FAMILIES & SCHOOLS TOGETHER:

F&ST is an international prevention/early intervention program that brings children, parents and schools together. In partnership with the Calgary Catholic School District and the Calgary Board of Education, we have offered Calgary's only F&ST program for the past 22 years.

This fall, F&ST will run for nine weeks at Sacred Heart School and Ranchlands Elementary School. We are also welcoming a new school to the F&ST fold: St. Peter Elementary School. We expect to serve up to 16 families per school, with the help of eight to 10 volunteers per school. Last year, more than half of the participants were from ethnically-diverse backgrounds, including African, Caribbean, East Indian, Filipino, Latin American, East Asian, Chinese and Arabic. We anticipate that the number of newcomer families participating in F&ST will increase over the next three years, and with your help, we will be ready for them!

Through your generosity, we raised \$310,000 at the 2018 UP & Away Charity Gala to ensure the sustainability of F&ST for years to come. Thank you for helping to build healthy connections between kids, their peers, families, schools and the community.



NEVER TOO LATE: While there are other GED preparation programs in Calgary, the Never Too Late program (which we've been offering in Calgary since 2007) is truly unique. For one thing, there is no cost to students.

Classes led by qualified teachers are held in the evenings to accommodate student commitments such as work or child care. The program is offered in local communities in order to ease transportation costs. A program coordinator attends every class to provide social and emotional support as needed. It's really no wonder that 78% of the Never Too Late students who wrote their GED exams last year passed.

Last year, we launched a second location for Never Too Late in the Greater Forest Lawn area. Interest in this area of the city has grown so much that we had twice as many applications as seats this fall. Your ongoing support of this program through financial and in-kind donations has never been needed more. Thank you for giving hope to those who thought it was never too late for them to pursue further education. Their success – and your donation – will have a significant impact on their families in the future.



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The Unlocking Potential (UP) Foundation is the fundraising arm of Catholic Family Service of Calgary. UP ensures the sustainability of innovative programs that build strong families and have a positive impact on future generations.