



2022 will forever be remembered as a monumental year in our organization's 65-year history, as we transitioned from Catholic Family Service to Kindred Connections Society (Kindred). For us, becoming Kindred provides greater clarity about who we are and what we do to better serve the community. Our purpose, to realize the power of human connection, transcends and includes everything that was always meant by building strong families (our former purpose statement) and provides us the opportunity to more broadly convey that we invest in the connections that matter most. Whether biological or chosen, we recognize that family is the most important relationship in a person's life. In the pursuit of our ambition — we aspire to be deeply connected to our community, elevating human connection as a fundamental need — the last year has been dedicated to four key principles: delivering accessible, effective, and innovative services; collaborating beyond organizational boundaries to meet the holistic needs of those we serve and strengthen connections within the human services sector; establishing an environment where our people flourish because we are connected to our purpose and each other; and inspiring our greater community to actively participate in our purpose.

One of the things we are most proud of is our dedication to advancing our learnings in Diversity, Equity & Inclusion and Indigenous Inclusion to ensure we are an organization where everyone truly belongs. While this journey is still in its infancy, it is a promise that this will remain in the foreground of everything we do. This past year and the future of our agency continues to be shaped by our community and those we serve. We are inspired by you, our clients, not only by your courage to reach out at your most vulnerable moments, but to help us continue to improve in our programs and services.

You will see this in our Strategic Plan that was released in March this year and outlines our 5-year plan as an organization. [Click here](#) to read the full strategic plan. Thank you for your continued support and the shared vision that together we can realize the power of human connection. We are able to do what we do because of those who support and participate in our work – funders, volunteers, corporate supporters, and a new generation of donors. Whether you contributed at the Gala or volunteered for a Family Fun Night it matters and will continue to make an impact in the work we do.



FAREWELL, BYRON

The Kindred Board of Directors recently announced the departure of Co-CEO Byron Chan, who is starting a new chapter with the Alberta Law Foundation. As his "co" until the end of May, I wanted to take the opportunity here to formally thank Byron for his many contributions to Kindred since he joined us in 2016.

Thinking back to when Byron first joined the organization always brings a smile to my face. With a background in law, Byron's hiring at Kindred was somewhat controversial! His first role, as a program Director, had been held in the past only by social workers. So, Byron had to work hard to forge relationships with people who couldn't quite figure out what he was doing here (occasionally popping down to my office with a request to interpret social work jargon!). Despite the challenges, he believed in what he could offer us, but, more than that, he believed in our purpose – and that's something that didn't change in his almost seven years with us.

When Byron and I worked together last year on Kindred's rebranding and Strategic Plan, it was of utmost importance that we include a focus on how we invite the external community to participate in our purpose. Byron, and many others, are the proof that we're so much stronger and better when we expand who we include in bringing our purpose to life. Making sure that our donors, volunteers, and other community stakeholders feel like they're essential to our work has always been in the DNA of our organization, but Byron took this to the next level as Kindred's Co-CEO.

So, to Byron, and everyone reading this, know this: we'll keep working to make sure you always feel like you belong at Kindred. We know you all have something so valuable to give, and we can't wait for the next chance to connect with you and figure that out.

Jessica Cope Williams, CEO

We deliver accessible, effective, and innovative services that achieve our intended impact

EXPANDING HOPE

Expanding Hope was developed out of a need for supports for young families and their children throughout Alberta. Depending on where someone was located in the province, there was a disparity in the services available to this demographic and the onset of COVID-19 really highlighted the issue for us. This period allowed us to reimagine the boundaries of our service delivery. Through a partnership with the Terra Centre in Edmonton we were able to make the same range of services previously only accessible to young parents in Calgary and Edmonton available province-wide, including some of the most remote parts of the province.

The first year of the program was dedicated to relationship building, capacity building, and raising awareness with our various community partners. Education sessions on various topics, ranging from navigating the court system to working with young dads, helped to strengthen connection to the program for Family Resource Networks (FRNs) and front-line service providers. In doing so, it helped us better understand the needs of those we serve, including how clients might come to us, what services would be effective in meeting their needs, and whether our services were having the impact we were seeking.

Throughout the year we connected with 92 agencies to educate them on what we offer through Expanding Hope and 61 of those agencies attended virtual education groups.

Finalizing a system of how clients access the program, has led to the emergence of 1-on-1 direct client work that showed positive results amongst clients, including self-rated increases in confidence. Clients felt more confident about their personal skills, their access to natural and professional supports, and their positive parenting skills.

The purpose of Expanding Hope is to make these innovative services accessible across the province and our virtual groups have allowed for us to do so. Our Circle of Security group provides a pathway for young parents to building positive relationships with their children by strengthening their abilities to meet genuine relationship needs.

“My favourite part of Circle of Security was me learning I have to take care of myself and meet [my child's] needs as well as mine.” - Expanding Hope participant



RAPID ACCESS COUNSELLING

2022 by the numbers

73 unique communities served

94 percent felt hopelessness & anxiety reduced

93 percent felt distress & risk reduced

1691 clients served

2766 total sessions

Affordable, single-session counselling available to Albertan families, children, and adults with kids in their care.



Collaborate beyond organizational boundaries to meet the holistic needs of those we serve and strengthen connections within the human services sector

HEALTHY BABIES NETWORK

Collaboration is at the core of what we do and that is on full display through our Healthy Babies Network (HBN) that provides health provisions, information, and support to member agencies to ensure quality pre- and post-natal care for new mothers in identified underserved populations (adolescents, immigrant, Indigenous) during the pre/post-natal period (0-12 months).

Kindred works closely with nearly 30 other agencies facilitating HBN meetings every two months. These meetings include networking and program updates, along with educational sessions on a nutrition topic. Every agency is able to send nutrition referrals and we provide vitamin provisions every three months as well.

Over the past year, HBN has hosted more than 80 groups, workshops and classes including various nutrition education pop-ups at Louise Dean Centre (Guess the Secret Ingredient in smoothies, saving money while grocery shopping, nutrients in foods, taste tests).

One of the key programs recently added is a pantry to plate program that challenges participants to try new recipes.

**"I love Guess the Secret Ingredient because I am always surprised that the smoothie tastes so good with things like beets and cauliflower in it."
- HBN participant**

The main focus/goals for HBN in 2023 include:

- increase the number of community clients we serve
- increase the number of HBN agencies who receive provisions
- broaden our target scope by increasing the age limit of children served



50 individual clients received 1:1 nutritional counselling

6150 provisions were distributed

28 agencies accessed HBN

RELOCATION OF LOUISE DEAN CENTRE TO JACK JAMES HIGH SCHOOL

We started one of our largest collaboration projects yet in 2022 with the decision from the Calgary Board of Education (CBE) trustees to relocate Louise Dean School into Jack James High School in 2024. We see many benefits to our future clients through this move: greater inclusion of young fathers (and evidence-based co-parenting programming to ensure safety for all); a broader range of educational courses; more academic support (especially for Indigenous and newcomer students); and a more convenient commute for many students. We are confident the move supports the financial sustainability for our programming and ensures that the resources invested in our services continue to make the broadest and most meaningful impact.

We are excited about the work ahead as we work with CBE and Alberta Health Services to retain the very best of our existing model, while envisioning new possibilities that improve services for our clients/students. Our commitment is to ensure that when we open the doors at our new location, young parents experience the same sense of safety, respect and dignity they've always experienced at Louise Dean – with some additional benefits that make their lives easier and better. We are also excited to contemplate with CBE possible opportunities to meet the mental health needs of Jack James students who are not pregnant/parenting. Now, the work begins – and we're ready!



Establish an environment where our people flourish because we are connected to our purpose and each other



Courageous leadership encourages, cultivates and implements imaginative solutions and strategies to produce uncommon results. At Kindred, it enables high performance individuals and teams, while inspiring a culture of innovation, trust and respect.

"Starting as a front-line staff member I always had strong supervisors that had confidence in me and knew when to push me out of my comfort zone. I was privileged with many different professional development opportunities that helped me both personally and professionally. I value how transparent the organization is when making decisions, taking the time to explain the "why" and saving room to ask questions or state concerns. No matter what your role is in the organization, you are encouraged to act like a leader by being innovative. Everyone has a voice."

**- Kristy Chalmers,
Manager, Community Based Services**

By embracing diversity of culture, race, religion, ability, sexual orientation, gender identity, and thought, Kindred is committed to ensuring there is space for you. Kindred approaches its diversity, equity, and inclusion journey with curiosity and humility. We commit to creating a safe and inclusive environment for our staff, clients and anyone we have the privilege of being in connection with.

"As a Kindred staff, I take pride in what we do, and the values and principles that we hold. I am most excited when I get asked about the programs and services that Kindred offers. Kindred's mission centers around the power of human connection and healthy relationships, having this mission as our foundation, it helps us, as an organization to always pursue ways to improve, including making mistakes, quickly adapting to change, and better meeting the needs of our clients."

**- Erika Tan,
Administrative Support Coordinator**

2022 IN NUMBERS

2514* clients served, including

367 483 1453 193
0-14 years 15-24 years 25-59 years 60+ years

DEMOGRAPHICS

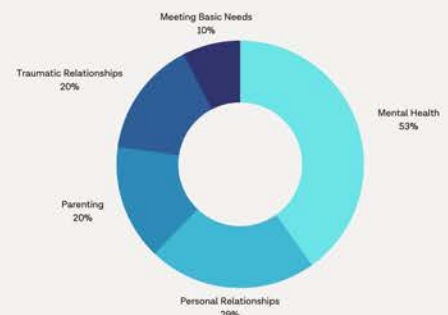
12% identify as Indigenous

11% identify as being part of the 2SLGBTQ+ community

21% of clients born outside of Canada

44% Identify as having a child under 18 in their care

TOP CONCERNS**



*Some clients chose not to share their age

** Clients can select more than one option





MISKANAWAH PARTNERSHIP



Kindred staff volunteering at Miskanawah's 17th Annual Friendship Round Dance

Miskanawah has two Family Resource Network Hubs that Kindred partners with in offering Rapid Access Counselling (RAC) as a spoke service. This past year, we had a RAC counsellor support at the Oskâpêwis Youth Program by offering counselling support to participants of the group.

The educators and children of the Parent Child Learning Centre at Louise Dean Centre participate in Miskanawah's Little Wonders program. This program is an early literacy, music, and play program which the educators and children attend in person or virtually.

"I believe that there is something so eye opening about being a part of Miskanawah and all the opportunities it creates. It gives the children new experiences and opportunities. Throughout these gatherings we have come together and have met new parents and their children, shared stories, and laughter." - Little Wonders participant

Kindred held a joint Being a Dad group with Miskanawah where fathers and father figures were supported. They explored the role of being a dad, the role their own father had in their life, what they want to bring to their child's life, and ways they want to parent.

100

- percent of participants feel they know more about how to recognize their child's physical, social and emotional needs and feel they are now better able to meet their child's needs.
- percent of participants are more aware of how their own father may have impacted them as a parent
- percent of participants intend on strengthening their relationship with their child
- percent of participants practiced thinking about who they want to be as a parent

For the past two years Kindred has been a proud sponsor of the Miskanawah's Annual Friendship Round Dance and we are grateful to participate with the community with over 3,800 guests coming together to join hands, sing, dance, drum, and celebrate such a meaningful tradition.

Inspire our greater community to actively participate in our purpose

BOARD OF DIRECTORS

The organization is fortunate to have the support of not one, but two, volunteer boards. The Kindred Board provides best-in-class governance oversight, ensuring that the organization is executing upon its strategy and appropriately managing finances and risk, while the Unlocking Potential Foundation (UP) Board helps us thrive in the community through their efforts to raise funds and awareness for our purpose. Our current Kindred Board Vice Chair and Secretary, and UP Board Member, Maria Hodge is motivated by Kindred's commitment to education, family, and mental health. She believes that connection is the key to healthy relationships and that focusing on connection ultimately provides the best opportunity to achieve success.

The support that Kindred gives to vulnerable Calgarians, of all different religious, cultural and demographic backgrounds, is inspiring. Helping these individuals and giving them a place to go to be supported and receive help make it easy for me to continue to support the organization. I have seen firsthand how Kindred makes a difference and I want to continue to be a part of that positive change.

- Maria Hodge, Kindred Board Vice Chair and Secretary and Unlocking Potential Foundation Board Member

VOLUNTEERS



We are so fortunate to have dedicated Calgarians who continue to share their time, talents, and hearts with us. To realize the power of human connection it takes everyone coming together and we could not do what we do without the volunteers who step up to the plate when we need them the most.

In December our friends from White Cap Solutions joined us for Family Fun Night! Beyond their generous donation that provided meals for the event, they volunteered to facilitate crafts with families, serve food, and help with clean up. Volunteers are welcomed year-round. If you are looking for a unique team building experience that connects you to your community, we'd love to hear from you.

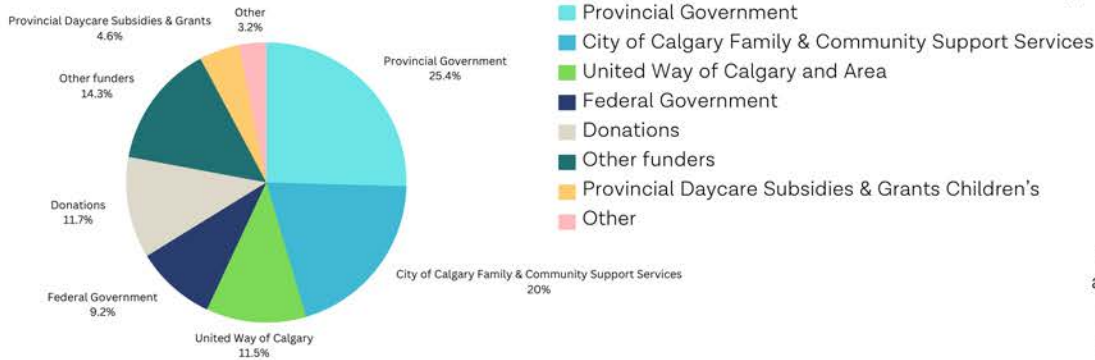


2022 Financial Snapshot

TOTAL REVENUE

\$7,935,250

FUNDING SOURCES



41% DONATIONS TO UP
24% DONATIONS TO KINDRED
36% UP & AWAY CHARITY GALA

\$334,044 \$194,884 \$291,143

\$820,071

Total donated to Kindred and UP in 2022 to realize the power of human connection.

The totals listed above include the market value of in-kind donations, such as goods and services. As a result, these numbers may be different from totals reported elsewhere, which only include monetary contributions and/or net totals.

UNLOCKING POTENTIAL FOUNDATION

The Unlocking Potential (UP) Foundation was established in 2008 as a separate charitable organization with the sole purpose of fundraising for Kindred. After three long years, the UP & Away Charity Gala triumphantly returned in 2022 with the unveiling of Kindred's new name and purpose. It was a massive success with nearly 450 guests raising over \$400,000 in support of Kindred's programs and services. Learn more about our annual UP & Away Gala: www.upgala.ca

The UP Foundation also reignited 5 for Humanity as our annual giving campaign. 5 for Humanity began as a way for Unlocking Potential (UP) Foundation board member Darren Radies — in partnership with Fairfield Watson — to give back to our community after a medical scare, and simply asks that you contribute your 5 for Humanity, \$5, \$50, \$500, \$5000, \$50,000 or any amount that is meaningful to you. The campaign raised funds in support for the many ways our programs and services stabilize and improve mental health for Albertans. Learn more about 5 for Humanity: www.kindred.ca/5-for-humanity

SIGNIFICANT SUPPORTERS

Kindred acknowledges the Ministry of Children's Services, Calgary Board of Education, Calgary Homeless Foundation, City of Calgary Family & Community Support Services, Government of Alberta, Public Health Agency of Canada, and United Way of Calgary and Area for their commitment to partnering with us in realizing the power of human connection! For a full list of our funders and supporters, please visit <https://www.kindred.ca/about-kindred/funding/>

SUPPORT US THROUGHOUT THE YEAR

Contributing to Kindred and the UP Foundation will allow us to continue supporting individuals and families to forge and sustain the genuine connections that are critical to our health and well-being. Please consider a one-time, monthly, or legacy donation and visit <https://www.kindred.ca/about-kindred/funding/> or contact loana.valdez@kindred.ca to find out more about how you can get involved.

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UNLOCKING POTENTIAL
Realize the Power of Human Connection

The UP Foundation is the fundraising arm of Kindred. UP ensures the sustainability of innovative programs that help realize the power of human connection.
CRA # 82856-3890-RR001