

# Annual REPORT

20<sup>23</sup>/<sub>24</sub>

Power of Supports

- Resilient individuals
- Resourceful families
- Responsive communities



Healthy Families  
Healthy Futures

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## Our Vision

Resilient Individuals | Resourceful Families  
Responsive Communities

## Our Mission

Together with individuals, families and communities, we build trusting, caring relationships to empower positive change.

# Our Team

## 2023 - 24 Board Members

<b>Chair</b>	Sandy Worobec
<b>Vice Chair</b>	Linda West
<b>Treasurer</b>	Jackie Da Cunha
<b>Directors</b>	Donna Kerr Lesley Penny Tracy Proulx Kristen Shewchuk

## 2023 - 24 Management Team

<b>Brandy Berry</b>	Executive Director
<b>Pam Pearce</b>	Program Manager
<b>Velvet Buhler</b>	Program Manager
<b>Lori Todd</b>	Office & Finance Manager

## 2023 - 24 Staff

<b>Sacha Brower</b>	Home Visitor	<b>Samm Johnson</b>	Home Visitor
<b>Erin Chapotelle</b>	Family Connections Educator	<b>Debbie Kensington</b>	FASD & PCAP Mentor
<b>Hope Charlesworth</b>	Home Visitor	<b>Memory Kodzai</b>	Rural Connections FRN Hub Navigator
<b>Valerie Chisholm-Head</b>	FASD & PCAP Mentor	<b>Randi Lameman</b>	Home Visitor
<b>Christa Commet</b>	Home Visitor	<b>Sabrina Lepine</b>	Home Visitor
<b>Dawn Desjardins-Borle</b>	Home Visitor and FASD & PCAP Mentor	<b>Michelle Melnyk</b>	Thrive Mentor and Elder Abuse Navigator
<b>Deonne Dranchuk</b>	FASD & PCAP Mentor	<b>Jennifer Price</b>	Home Visitor
<b>Jenn Evans</b>	Home Visitor	<b>Erin Richardson</b>	Home Visitor
<b>Tanya Germain</b>	Home Visitor	<b>Mirian Romano</b>	FASD & PCAP Mentor
<b>Erika Grove</b>	Home Visitor	<b>Tamara Stocks</b>	FASD & PCAP Mentor
<b>Andrea Hagman</b>	Spark FRN Hub Navigator	<b>Susan White</b>	Home Visitor
<b>Pam Hammond</b>	Home Visitor	<b>Doreen Young</b>	Home Visitor and FASD & PCAP Mentor
<b>Katana Jestin</b>	Home Visitor and FASD & PCAP Mentor		



# Message from the Executive Director

What does the “power of support” really mean? This is a question I have been asking myself as I have been considering what message I want to share. I would like to think that we all have an important role in supporting others no matter who we are. It makes sense then to begin by articulating my deepest gratitude to our program participants for their trust and commitment, to our staff for their tireless dedication, to our Board for their diligent governance, and to our funders for their continued confidence in our work. All of you have and continue to offer support and engage in relationships that strengthen capacity; create opportunities for growth; and contribute to the overall well-being of individuals, families, and our communities.



**Clarity** - When staff take the time to truly listen to their participants in a genuine way, it provides clarity about the unique individual and/or family, ensuring that their own expectations, aspirations or beliefs do not precede those of their participants. This discipline ensures participants hold the power in the relationship.

**Energy** - As we work with participants to dig deeper and understand themselves better, energy builds, supporting confidence, strengthening capacity, and creating opportunities to see beyond their immediate situations.

**Impact** - When we are open to the power of others, including community, the possibilities are endless, and the impact is self-perpetuating. Creativity and curiosity are essential.

**Confidence** - As we work with each other and connect our values to who we are, we are able to support others to find their own power. This creates a ripple effect that can be felt throughout our communities, in families, and with all those we work with.

*Brandy Berry*  
Executive Director

**“There is no greater power and support you can give someone than to look them in the eye, and with sincerity/conviction say I believe in you.”**

~ Ken Poirot

**“Power is only truly powerful when it transcends the self and is put to the service of those and the community you seek to serve.”**

~ Sebastien Brion

I know that support is what the staff of Healthy Families Healthy Futures does best, therefore I would ask that we instead focus on what power actually means in the work we do? Rick Miller offers that real power is what happens when people connect what they do to who they are. He suggests that real power is influence, clarity, energy, impact, and confidence. In the context of the work we do, I used these concepts to illustrate the power of our supports.

**Influence** - When our staff set aside their own ego and agenda to serve their participants, they influence the participant in a natural way that supports them to find their own path, goals, and make their own decisions.

# Greetings from the Board Chair

I would like to extend greetings on behalf of the Healthy Families Healthy Futures Board. Our theme this year is “The Power of Support”.

I know the power of support. I was a Social Worker for Children’s Services for 36 years, until my retirement. During that time, I heard many say “I couldn’t do your job” or “how did you do that for so long?”. They are right, it is a hard job and one that is not always appreciated. Success was not always evident. I worked with vulnerable individuals and families who were suffering. There were many days when I was ready to give up and go to work in a flower shop (although I know little about flowers!). It was the understanding and support of those around me that gave me strength.

We are all connected to those around us. We acknowledge people by waving at a neighbor, saying thank-you to a server, comforting a fallen child, greeting an acquaintance on the street, or nodding at a stranger. By doing so, we express that we value that connection. At times, those simple actions have had a profound impact on the recipient. They may in turn wave, say thank-you, comfort another, greet others, or nod at those who cross their path.

In the world of human services, support is provided in many ways such as advocacy, through personal interactions and being knowledgeable about all services available in the community. Financial support is often used for basic needs such as shelter, food, clothing. HFHF advocates for program participants to access those supports. HFHF staff supports the emotional needs of program participants by listening, by providing empathy, and when appropriate, a touch on the hand or shoulder. Listening is a powerful tool, for even when we say nothing, we are communicating that they are important, and we want to hear the participant’s story. By sharing their story, they begin to heal and understand themselves. When HFHF staff provide information about community services and ideas for parenting (as an example), it helps



them make change in their lives. Making change is a hard process but reassurance and support makes it possible.

We have heard our program participants share that by providing support to them, their lives are changed. They can now look forward to a healthier future. It gives us the momentum to keep going.

We rely on the resources of others to keep doing this work. Our staff members rely on their colleagues, supervisors, and administrative staff. All HFHF staff rely on Executive Director Brandy Berry and the Board to do our part in keeping the agency functioning. The support our organization receives from our various funders is essential and always appreciated. We are connected to other agencies and to the community. All of this support is powerful and creates meaningful change.

*Sandy Worobec*  
Board Chair

**“Encourage lift and strengthen one another. For the positive energy to spread to one, will be felt by us all. For we are connected, one and all.”**

~ Deborah Day



# The Power of Supports



A caregiver shared that she had been talking to another foster mother who wanted to know how a participant was able to get an FASD Assessment done so quickly. She assumed that Child Services had set it all up. The caregiver advised her that it was their mentor from HFHF. The other mom asked what HFHF was and the caregiver told her:

**"It's an organization with a bunch of little fairies who work their magic to get stuff done that no one else seems to be able to get done."**



"Hard to believe it's been a year already. This was the best decision I ever made! Working with Healthy Families Healthy Futures has shown me what having a job you love with supportive, non toxic supervisors and co-workers is truly like. The relationships I have built with them as well as my program participants truly make going to work everyday a pleasure."

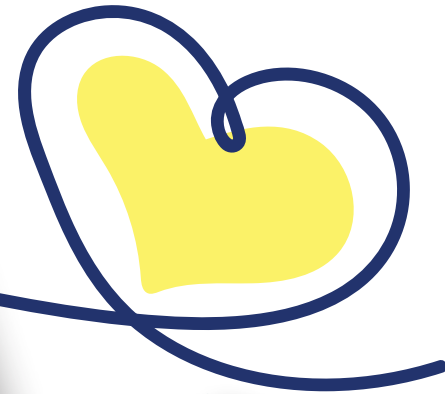
~ HFHF team member



# Family Resource Networks (FRN)

In April 2020, the Provincial Government's Children's Services Ministry announced the successful grant funding applicants for its new Family Resource Networks (FRN). The FRNs are designed to deliver prevention and early intervention services and supports across Alberta to families with children from infancy to 18 years old.

Healthy Families Healthy Futures was the recipient of two-Family Resource Network Hub locations – one in Westlock and one in Whitecourt. These Hubs act as central referral points for the Family Resource Networks. Family Resource Networks aim to support caregivers and families to build on their strengths and develop stronger familial units. Community agencies, health authorities, or individuals looking for supports and resources may make referrals.



Alberta  
Government

## Rural Connections Family Resource Network

The Rural Connections Family Resource Network consists of different community agencies partnered to provide Spoke services in Smoky Lake, Waskatenau, Vilna, Thorhild, Thorhild County, Westlock, Westlock County, Barrhead, Barrhead County, and surrounding areas. The Rural Connections FRN Hub is located in Westlock and housed by Healthy Families Healthy Futures.



### Rural Connection FRN Hub



COMMUNITY EVENTS ATTENDED TO PROMOTE THE FRN HUB AND SPOKES



15

FRN MEETINGS



10

INTERAGENCY MEETINGS



TRAININGS

### Home Visitation

Provided by Healthy Families Healthy Futures

One-on-one parenting strategies for parents-to-be and caregivers with children aged 0 - 6. Long-term support to strengthen caregiver-child relationships, promote healthy childhood growth and development, and encourage safe home environments.

### Family Resilience Program

Provided by WJS Canada

Provides support for families with children and youth aged 7-18. Family support workers use a strength-based approach to engage with families in their homes and communities. Areas of focus may include healthy relationships, attachment, positive discipline, mentoring, life skills, and child development. Work collaboratively with families to help them make sense of their children and youth, and to feel more confident in their ability to meet their children's needs.

### Family Capacity & Connection

Provided by the Town of Smoky Lake, Thorhild County, Healthy Families Healthy Futures (Westlock and area), and Barrhead FCSS

Caregiver Education and programs focusing on child development, asset building, parenting, and strengthening family bonds. Programming can be universal, targeted, and/or intensive.

## Supporting Parents and Alberta's Rural Kids (SPARK) Family Resource Network

The SPARK FRN Hub is located in Whitecourt and is housed by HFHF. The region covered by the SPARK FRN includes the communities of Whitecourt, Mayerthorpe, Woodlands County, Swan Hills, Fox Creek, Valleyview, Lac Ste. Anne County, Lac Ste. Anne Summer Villages, Onoway, and surrounding areas.



### SPARK FRN Hub



COMMUNITY EVENTS ATTENDED TO PROMOTE THE FRN HUB AND SPOKES



### Home Visitation Spoke

Provided by Healthy Families Healthy Futures

One-on-one parenting strategies for parents-to-be and caregivers with children aged 0 - 6. Long-term support to strengthen caregiver-child relationships, promote healthy childhood growth and development, and encourage safe home environments..

### Family Support/Diversion Services Spoke

Provided by Town of Whitecourt

The Whitecourt & Area Family Support Program (FSP) provides support and counselling to families with youth 7-18 years of age. The services may be provided in-home and/or in the community and will build upon informal supports and resources.

### Family Capacity and Connection Spoke

Provided by the Town of Whitecourt and Swan Hills FCSS

Caregiver Education and programs focusing on child development, asset building, parenting, and strengthening family bonds.

## The Northern Lakes Family Resource Network



Healthy Families Healthy Futures also has the privilege of providing the Home Visitation Spoke for the Northern Lakes Family Resource Network. The Northern Lakes FRN serves the families of Athabasca, Lac La Biche, Plamondon, Boyle, Calling Lake, Grassland, Caslan and surrounding areas. Healthy Families Healthy Futures is a proud member of this FRN and appreciatively partners with Athabasca FCSS - The Hub and Family Centre and Family Wellness Programs, Lac La Biche FCSS - It Takes A Village program, and the Lac La Biche Native Friendship Centre providing the Indigenous Parenting Support Program.



"The emotional support that my Home Visitor has given me throughout her visits has been by far the biggest help she could ever have given me, at a time that I didn't realize I needed it."

~ Home Visitation Program Participant





# Home Visitation Program

Home Visitation services offer in-home mentorship, from a dedicated Home Visitor, starting as early as pregnancy and extending into the first six years of a child's life. Caregivers of children 0-6 years work with us to navigate the challenges of parenting and enhance their capacity to stimulate and nurture their child(ren's) development.

The goals of Home Visitation are to:

- Promote positive caregiver-child relationships
- Grow caregiver knowledge and skills
- Foster healthy pregnancies and child development
- Help families identify and access formal and informal supports and networks
- Assist in the identification and pursuit of family goals



Healthy Families Healthy Futures provides our Home Visitation program to the following communities: Lac La Biche, Athabasca, Calling Lake, Smoky Lake, Vilna, Waskateneau, Thorhild, Westlock, Barrhead, Swan Hills, Fort Assiniboine, Woodlands County, Lac Ste. Anne County, Whitecourt, Fox Creek, Valleyview, Alexis Nakota Sioux Nation, and surrounding areas.

## What Our Participants Are Saying

"Love the visits, information about local resources and doing ASQ's."

"Very happy with the support and everything with the program. Not sure where or what I would do without it."

"I wouldn't have known about any of the resources available if my home visitor hadn't told me about them."

"My Home Visitor helped me get through a sad phase of childbirth by just being the person that listens and relates as a mother."

"My confidence has grown a lot as a mom and as an individual."

"I feel empowered!"

"The confidence of always having someone to talk to or help when able. The constant knowing she (Home Visitor) will be back for a visit on a regular basis."

"I have a healthier kind of life!"

"The emotional support that my Home Visitor has given me throughout her visits has been by far the biggest help she could ever have given me at a time that I didn't realize I needed it."

"With everything that has happened, I have had my Home Visitor to help talk, guide, and give options to work through. She helped through formula crisis amongst other things. Having this program helps moms on many different levels and am very grateful!"

## A Success Story

Before I had a home visitor I was struggling to find a home for myself and my children to live. I tried not to let anyone know how much I was struggling and acted as if I had everything under control, but inside I was under extreme stress because I had no support.

My home visitor helped me get into my own place before the birth of my third baby and I now have extra supports in place to make sure I can be independent with my children.

My home visitor helped me apply for maternity leave and housing assistance. I am so happy I am on the Home Visitation program.



1,967  
HOME VISITS

522

CHILDREN ASSISTED



237

LOOKSEE DEVELOPMENTAL SCREENS COMPLETED



2,753

REFERRALS TO COMMUNITY AGENCIES & SERVICES



117

ASQ SCREENS COMPLETED

5,568

HOURS





# Westlock Family Connections

Westlock Family Connections offers quality and meaningful child development, caregiver capacity and skill building programs for caregivers with children aged 0- 18. Opportunities are offered for caregivers to make meaningful social connections, participate in caregiver

education, access child and youth developmental screening and other local supports and resources. Our programs help caregivers understand and enhance their skills to support children and youth in their social, emotional, physical, and intellectual growth and development.

89

## PROGRAM SESSIONS

Programs have moved back to primarily in person, with a few online due to parent request



## 38 EARLY CHILDHOOD DEVELOPMENT

Program Sessions

## 10 PRIMARY SCHOOL

Program Sessions

13

## SESSIONS

### TEEN FOCUSED PROGRAMMING

- Financial Literacy programs in partnership with Money Mentors, Alberta
- Teen Cooking programs in partnership with Westlock & District FCSS and Youth Unlimited

### Programs we added this year:

- STEM programs
- Young Parent Program
- Summer Safety Program - partnership with AHS – Health Promotions
- Teen Driver Safety Program - partnership with Youth Unlimited, AHS - Health Promotions

### Partnerships

- Canadian Tractor Museum
- Youth Unlimited
- Westlock Inter-Municipal Library
- Westlock Conex
- Westlock and District FCSS
- AHS - Health Promotions



27

ASQ-3 (AGES AND STAGES QUESTIONNAIRES COMPLETED)



24

ASQ-SE-2 (AGES AND STAGES SOCIAL EMOTIONAL QUESTIONNAIRES COMPLETED)



Alana & Lisbeth Dul participated in Lemonade Day this past fiscal year and donated the money they raised to Family Connections.



# FASD Mentorship Program




Services provided in the communities of: Athabasca, Calling Lake, Thorhild, Westlock, Barrhead, Swan Hills, Fort Assiniboine, Woodlands County, Lac Ste. Anne County, Whitecourt and Alexis Nakota Sioux Nation.

FASD Mentors support individuals who have Fetal Alcohol Spectrum Disorder (FASD) by developing a relationship, providing advocacy, and helping with goal setting. Mentors assist individuals to build on existing life skills and support healthy decision making.

Each individual, supported by our program, is unique and have areas of strengths and challenges. Our program participants show great resilience, even though they sometimes are faced with complex difficulties. The FASD Mentors role is to support program participants to build and maintain healthy lifestyles, including enhancement of life and social skills, while strengthening community involvement and identification and maintenance of formal and informal supports and networks.

FASD Mentors provide community presentations and conversations utilizing Prevention Conversation and FASD 101 programming to reduce stigma and increase FASD awareness in our rural communities.

*\*We are pleased to announce our expansion to Paul First Nation and a full time mentor in Barrhead and area April 1, 2024.\**



Congratulations to the Northwest Central FASD Network on their rebranding to Willow Winds Support Network.

For more information on FASD assessment/diagnosis or training contact Willow Winds Support Network [www.nwcfasd.ca](http://www.nwcfasd.ca) or call 780-305-8757

**Our participants say the best things about our program is...**

**"The program has helped make my life more sane!"**

"I am moving forward and not backwards, which is important to me."

**"I am keeping healthy and staying sober!"**

"Without the program I may have given up on many things. Now I am better equipped to understand and help my grandson develop as best as he can."

**"I have more supports and I have made more positive changes in my life."**

"I love this program and would always recommend it to anyone that needs support, or help with finding resources, or someone to be there for advice and other information."



# Parent Child Assistance Program (PCAP)

Services provided in the communities of: Athabasca, Calling Lake, Thorhild, Westlock, Barrhead, Swan Hills, Fort Assiniboine, Woodlands County, Lac Ste. Anne County, Whitecourt and Alexis Nakota Sioux Nation.

Healthy Families Healthy Futures has been supporting women, through harm reduction, to reduce or stop alcohol and/or drug use during pregnancy since 2009. PCAP Mentors support healthy pregnancies and encourage healthy life choices for program participants and their children. The PCAP Mentors' role focuses on improving program participant; social and emotional wellbeing, connection to community resources and networks, positive community experiences, increased independence, increased parental capacity (if they have children), and a reduction in isolation and stress levels.

PCAP Mentors utilize **Prevention Conversation** to increase awareness of FASD and encourage healthy pregnancies and babies. As communities become increasingly informed, about the work of PCAP, and the impacts of drinking during pregnancy, stigma decreases, and program participants experience better outcomes.

*\*We are pleased to announce our expansion to Paul First Nation and a full time mentor in Barrhead and area April 1, 2024.\**

**Our participants say the best things about our program is...**

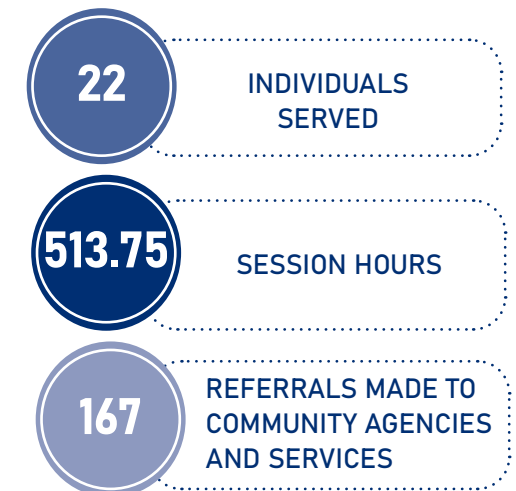
**"I have become more independent. The program has helped me significantly."**

"Through the program I have received great support, and it is informative."

**"My mentor picks me up when I feel hopeless."**

**The Power of Mentorship**

In the past year participant has struggled with addictions. While a number of applications went in over the year for her to attend treatment she would not go when she was contacted. She recently told her mentor that she was ready to go and took the initiative to call the treatment center without support. She was told they had a bed in Detox for her the next morning at 8 AM and that after she finished Detox she would be moved into treatment. She reached out to a family member and told her she needed to be in Detox the next morning and asked for a ride and made arrangements with family to care for her children. She recently reached out to the Mentor and let her know she was done Detox and had been moved into treatment and wanted her mentor to know how much she appreciated her and the work she did with her. She told her that without her support she would not have found the courage to leave her children and go away for upwards of a month.



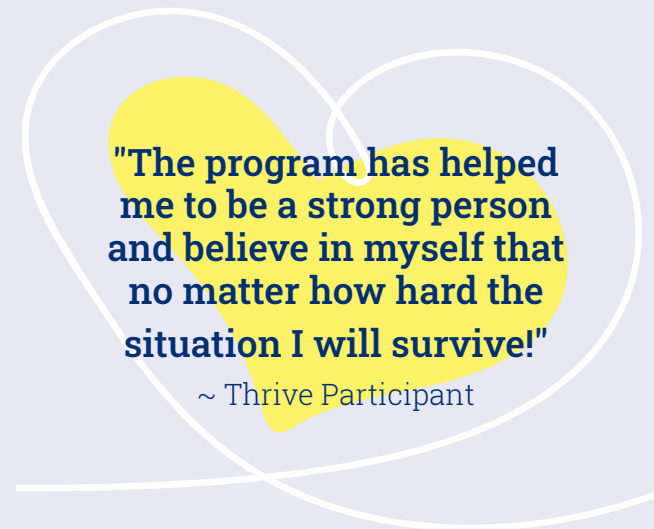
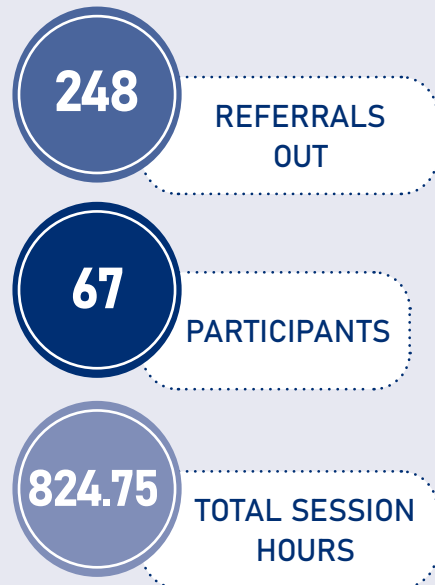


# Thrive Outreach Program

Athabasca & Westlock

The Thrive Outreach Mentor utilizes a trauma-informed, relationship-based approach to support individuals impacted by family violence, domestic violence, and intimate partner violence. The Thrive mentor meets one-on-one with program participants to evaluate personal safety and support safety planning, provide emotional, court, and referral support, provide opportunities to explore the cycle and types of abuse, and work with clients to identify and attain individualized goals for themselves and their families. The Thrive mentor also supports individuals to understand the impacts of family and domestic violence on children.

The Thrive Outreach Mentor works in the community to increase awareness and decrease the stigma associated with family violence, relationship and intimate partner violence. The Thrive Mentor actively works to focus on primary prevention, within schools and youth serving organizations, to promote healthy relationships.



## CONTINUED SUCCESS!

The participant has accessed Thrive several times since ending an abusive relationship. Most recent involvement was to access support to navigate communication with the ex-partner and ongoing family court involvement. Participant reported that her ex-partner has repeatedly gone to court to have the parenting order amended. The participant also wanted to talk about self-care and how dealing with an abusive partner has affected her parenting. The Mentor provided information about abuse, its impact on parenting, gave client a copy of "When Love Hurts" and helped her with how to set boundaries and how they are big component of self-care. The Mentor and participant spoke about the impact of grief, loss, and guilt. The Mentor listened, validated, and laughed with the participant. After some months, when goals were reviewed with the participant, she shared that she felt better able to attend to her life and to her children. She stated, "I think I am good", with a big smile on her face.

# Elder Abuse Program

Athabasca, Westlock & Barrhead

Healthy Families Healthy Futures was fortunate to receive Funding for a part-time Elder Abuse Navigator to cover the areas of Athabasca, Westlock, and Barrhead. The current funding for this position spans October 2023 - August 2024.

Elder abuse is any action, or inaction, that jeopardizes the health and/or well-being of any older adult. Types of abuse include physical, financial, psychological, emotional, sexual, spiritual, medical, medication and/or neglect. Elder Abuse involves the older adult's experience of betrayal or breach of trust within an intimate, trusted relationship.

Some older adults face abuse or neglect by others and need trained individuals to advocate on their behalf. The Healthy Families Healthy Futures Elder Abuse Navigator position provides confidential, one-to-one support for seniors affected by elder abuse including screening for abuse of older adults and safety planning.

When an older adult is referred for services, the Elder Abuse Navigator will initiate contact with the senior seeking assistance.

Her/his participation is voluntary. The Navigator will work with the older adult to:

- Define their pace, priorities, and first steps
- Increase awareness of signs and types of elder abuse
- Increase their feelings of safety and security
- Provide a safe opportunity to share their experiences
- Connect to services and resources
- Explore safety options
- Create self-determined goals
- Promote opportunities for social and/or cultural connections
- Support better health and wellbeing

The Elder Abuse Navigator role also is the anchor point for the Regional Collaborative Coordinated Community Response CCR Model, that supports regional organizations and community members to identify respond appropriately to elder abuse in our communities.

## A Success Story

Participant accessed Elder Abuse Program after leaving her marriage and described she went through emotional and psychological abuse. The participant applied for a restraining order against the partner at the local RCMP and raised concerns that the partner was stalking her. The Mentor and participant devised a safety plan. Participant also spent several months receiving care and treatment at a geriatric psychiatric hospital due to stress. The participant re-engaged with the Mentor after being discharged and was referred to continuing care day program which they attend twice a week. They report that they enjoy the program a great deal. They also mentioned that reducing loneliness is their goal at this time. The participant's divorce is still in progress and has complied with all the requests for information from her lawyer.



# Athabasca Prevention of Relationship Abuse Action Committee (PRAAC)

The Athabasca Prevention of Relationship Abuse Action Committee (PRAAC) is a volunteer community collaboration, strategically addressing relationship abuse issues. PRAAC has worked in partnership with Healthy Families Healthy Futures since 2009. The members of PRAAC have successfully organized and implemented many successful fundraising and awareness events that have helped bring the issues of family violence, intimate partner abuse, and elder abuse to the forefront in the community of Athabasca and its surrounding areas.



# Community Action for Healthy Relationships Network (CAHR)

In 2011, a regional collaborative comprised of community members from Athabasca, Barrhead and Westlock came together to form the Community Action for Healthy Relationships (CAHR) Network to address the issue of family violence.

The Network's vision is "Our Rural Communities Free of Relationship Abuse". CAHR staff, partners, contractors, and volunteers have worked diligently to address gaps in services in our communities to help people deal with family violence.

A Social Return on Investment was completed (2019) clearly indicating the positive influence our programs have in the lives of those impacted by relationship abuse. Knowing that each \$1 has a social value of \$12 demonstrates the work is relevant and a good investment in the individuals, families, and communities we serve. Our hope is to continue to break down barriers, increase individual, family, and community safety, and provide opportunities to generate awareness and prevention in our rural communities.

Healthy Families Healthy Futures is proud to be involved in Impact by Sagesse. This initiative brings together a network of service providers to address shared issues, enhance services and supports across Alberta and identify opportunities for large scale change. This work will build the capacity of service providers across the province and enable Albertans affected by domestic and sexual violence to have access to high quality supports in their communities.



Thank you!



Healthy Families Healthy Futures would like to extend our gratitude for all the support PRACC provides to ensure our Thrive program continues to provide meaningful services in Athabasca, Calling Lake, and area. We continue to recognize and appreciate your dedication and partnership.



# Financial Summary (APRIL 1, 2023 - MARCH 31, 2024)

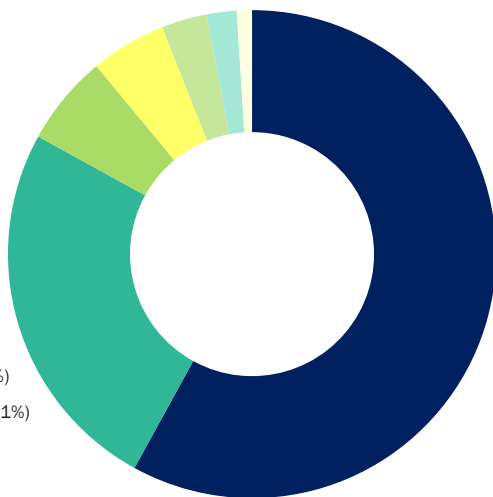
# Funders and Donors

<b>INCOME</b>	<b>2023-2024</b>	<b>2022-2023</b>
Alberta Children's Services	\$899,484	\$971,536
NWC FASD Network	\$392,249	\$400,205
Public Health Agency of Canada	\$92,530	\$94,722
Alberta Health Services	\$37,223	\$35,948
Elder Abuse Awareness Council	\$47,604	\$31,104
Donations & Fundraising	\$4,674	\$1,110
Interest, Memberships & Other Grants	\$89,894	\$64,404
<b>Subtotal</b>	<b>\$1,563,658</b>	<b>\$1,598,939</b>
<b>EXPENDITURES</b>		
Staffing	\$1,161,537	\$1,197,848
Client Services	\$256,733	\$267,514
Administration	\$51,615	\$38,434
Facility Costs	\$51,897	\$50,873
Fundraising Costs	\$ -	\$ -
<b>Subtotal</b>	<b>\$1,521,782</b>	<b>\$1,554,669</b>
<i>Surplus</i>	<i>\$41,876</i>	<i>\$44,270</i>

A copy of the audited financial report is available on our website at [www.hfalberta.com](http://www.hfalberta.com)

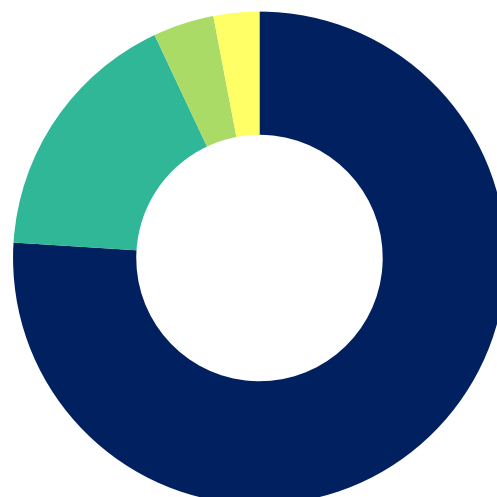
## INCOME

- ▶ Alberta Children's Services (58%)
- ▶ NWC FASD Network (25%)
- ▶ Public Health Agency of Canada (6%)
- ▶ Interest, Memberships & Other Grants (5%)
- ▶ Elder Abuse Awareness Grant (3%)
- ▶ Alberta Health Services (2%)
- ▶ Donations & Fundraising (<1%)



## EXPENDITURES

- ▶ Staffing (77%)
- ▶ Client Services (17%)
- ▶ Administration (3%)
- ▶ Facility Costs (3%)



We are very grateful for all of our funders and donors: each individual, business, foundation, and government agency that supports us in whatever way possible. Our sincere gratitude is extended to the following donors for their generosity and commitment in helping to build Healthy Families Healthy Futures' capacity to serve the rural communities we work in. Your donations and support further the effectiveness of our various programs and allow us to continue investing in the future of the people we serve. Thank you for sharing our vision of a connected community.

Our appreciation also goes to all the fantastic volunteers that help us each year by taking the time and energy to ensure programs and events run smoothly. We couldn't do it without you!

### Funders

- Alberta Human Services
- Alberta Health Services, Mental Health & Addictions
- Athabasca Prevention of Relationship Abuse Action Committee (PRAAC)
- Government Of Alberta
- Northwest Central FASD Network (now branded as Willow Winds Support Network)
- Public Health Agency of Canada
- Alberta Elder Abuse Awareness Council
- Westlock County

### Community Supporters/Donors

- \$3,000+**  
Westlock Enhancement Society
- \$1,000-\$2,999**  
Indigo Design Studio
- \$500-\$999**  
Westlock Funeral Home - Shred It Event
- \$50-\$499**  
Alana & Lisbeth Dul  
Linda West

### In-Kind Partners

- Associate Medical Clinic Athabasca County
- Athabasca Native Friendship Center
- Lane, Shirley
- Lee, Alice
- Mead Johnson Nutrition
- New Brook Library
- Pembina Medical Clinic
- Pembina Valley Church of God
- Russell, Liza
- Westlock & District FCSS
- Zilinski, Nancy
- Youth Unlimited



Alana & Lisbeth Dul participated in Lemonade Day this past fiscal year and donated the money they raised to Family Connections.

**DONATE NOW: <https://www.canadahelps.org/en/dn/24088>**

because of you...

## Healthy Families Healthy Futures

### Main Office

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