

RECONNECTING



YWCA Prince Albert 2021-2022 Annual Report

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Written by Cathryn Abrametz, Outgoing Board President

Together, we have navigated another year filled with growth and progress. YWCA Prince Albert has expanded mental health and addictions services at Our House, and relocated and expanded the Community Connections Centre with the new Hospitality and Tourism project. The Coldest Night of the Year fundraiser also saw another record-breaking year. Thank you to our community of Prince Albert, which continues to embrace and support our organization in many ways. A shared vision of health and well-being make collaborations a success and common goals easier to achieve.

I would like to recognize our strong and capable board: Amy Lamb (Vice-President), Patricia Weir (Treasurer), Amanda Gebhard (Secretary), Bonnie Novotny, Estelle Hjertaas, Heather Sherdahl Halcro, Lorretta Markowski, Saumya Pande, Tammie Leonard, and Tina Pelletier.

We will sadly say goodbye to outgoing board members Estelle Hjertaas and Heather Sherdahl Halcro. Estelle completes her six-year term and Heather completes a second term, with a total of over twelve years of volunteer service to YWCA Prince Albert. Together, Estelle and Heather were instrumental in drafting our Board Governance Policies. Their expertise will be missed.

My six-year term also comes to an end. I became president in 2020, during a time of many unknowns. Any daunting thoughts at first are now a distant memory due to the stability of the organization and the combined effort of management, staff and volunteers. Thank you all for your incredible dedication and be very proud of the difference you have made for countless community members. I have served with pleasure and I look forward to seeing what is next for YWCA Prince Albert's important work.



oard President



Written by Donna Brooks, Chief Executive Officer

February 2022 marked my twenty-first year with the YWCA Prince Albert. In this time, I have seen the YWCA grow from revenues of just over \$500,000 in 2001 to \$11,966,459 in 2021-22. When I started, we employed about thirteen employees; currently we have approximately 200. About every five years, the YWCA has needed to restructure in order to enhance its capacity to allow for manageable growth. Our current strategic plan identifies the area of administration as the current focus. During the past year we added two major administration positions: Director of Operations and Senior Executive Assistant.

Programs also continues to expand to meet the needs of the community, the most significant being the opening of six intensive mental beds and eight pre/post addictions beds at Our House. Funded by the Saskatchewan Health Authority, these beds provide safe, supportive, transitional shelter for those transitioning between permanent housing and mental health or addiction facilities.

As mentioned above, YWCA Prince Albert employs approximately 200 people throughout the various programs. Considering our dedicated staff are our biggest resource, employee attraction and retention in a challenging labour market has been another key are of focus. We pride ourselves in offering competitive wages and benefits, a family friendly workplace, maternity top-up, flexibility, and opportunity for advancement. Happy employees equates to great client services and I am proud of the work our staff do everyday to help make someone's life a little better than it was the day before.



Written by Nichola Henry, Director of Operations

My position was added in the last month of the fiscal year and I have loved learning from and working with our various teams in what I expect to be a pivotal year for us in many regards.

We recently launched our "Welcome Home" campaign to invite the public to participate with one of our programs and welcome newcomers into our Prince Albert community. This led to my realization that

"home" sums up what we do across the entire organization. We give people of diverse backgrounds a sense of home. I've heard countless stories; from hiring a cook native to newcomer regions so that a group of new refugees can receive familiar meals from their birth region; to organizing and participating in street hockey matches with our adult clients; to having birthday decorations and gifts for youth; to welcoming new babies with gifts; to attending funerals of a long-time resident so that his family can know how much he was loved and cared for by our team; to offering career and parenting coaching clinics.

It's often not easy but our staff know that and are committed to providing this sense of home throughout our programs. I thank them for their heart for service and for their diligence in going the extra mile to ensure that everyone feels at home. I also thank our many donors and funders for showing that they care by the provision of finances and for trusting our team to deliver needed services to various disadvantaged members of our community.

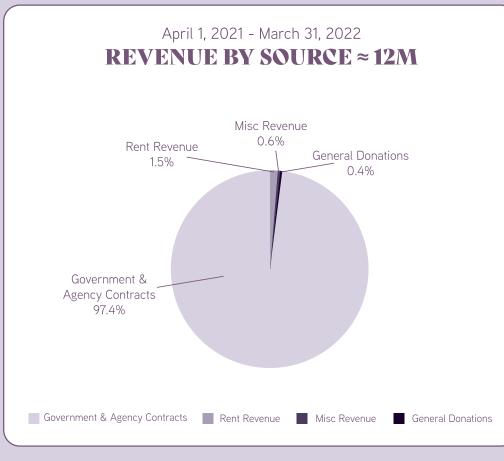
As an administration team, we have embarked on system changes to automate processes, eliminate data entry duplications, incorporate cloudbased software for accounting and team collaboration. We expect to reclaim time across the organization, thereby increasing capacity.

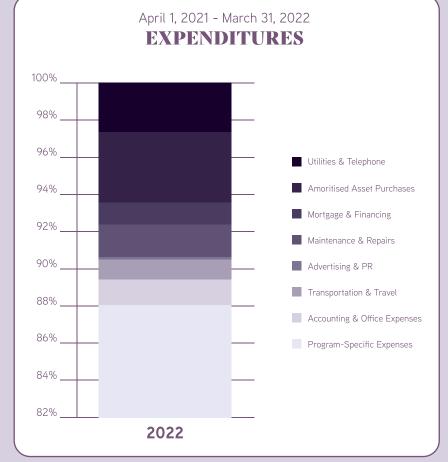
Special thanks to our dedicated Finance team who we have relied on to continually go the extra mile and support us as we expand our services to address needs identified in the community.

Thank you for joining us on the journey!









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Written by Sean McCall, Director of Human Resources

This year we had the highest turnover rate—at twenty percent—our organization has ever experienced. Thankfully we were able to attract new employees to fill these positions quickly. This was not an isolated situation as many organizations across the globe faced similar challenges. We adapted by increasing our wages and promoting our brand while rewarding many dedicated staff with promotions.

We also continued to grow our programing with the restructuring of Our House to facilitate mental health beds which required us to employ nursing staff for the first time. We successfully attracted talent from out of province with both nurses and also our new Director of Operations position. This was again a challenging year for our staff and that was reflected in the number of referrals made through our EFAP program which proved very helpful in addressing our mental health needs.

Our Occupational Health and Safety Committees also did a great job in addressing safety concerns as they arose. As we continue to evolve as an organization and implement more efficient processes and structures we will continue to meet the challenges that lie ahead.

Written by Jesse Kendall, Communications and Marketing Coordinator

This year was easier to navigate than the last, but there were still challenges to face. The changing health orders kept us on our toes and added to the uncertainty of planning anything, but we managed to pull through with several lovely events this year.

In the fall we had our second annual Fundraiser Barbeque with Mr. Mikes, as well as our RE:Imagine Fashion event that coincided with Culture Days. We had great turnouts to both, and I managed to get some great photos (some of which are included in this report) that can be used for future advertisement for these events and others.

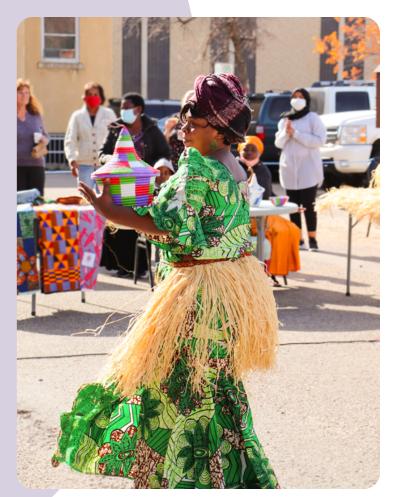
This fall we held LUNAFEST again, but in person this time. The films were incredible and it left the audience with some strong stories by and about women.

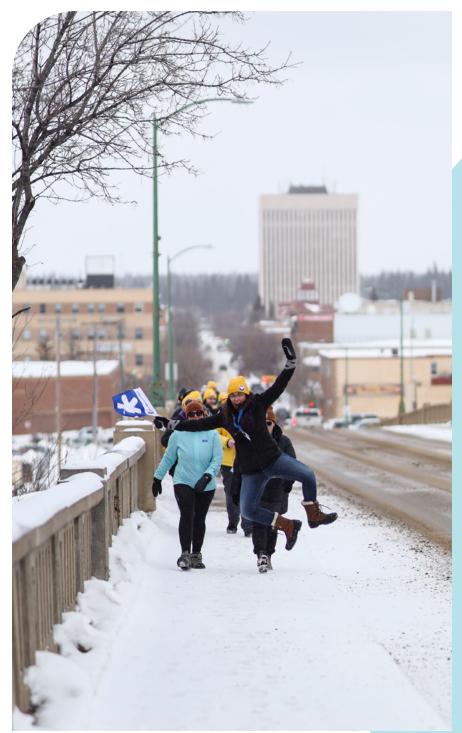
This year most of the program policies were re-written, and then



sent to me to be formatted to current branding. This will help to bring consistency with internal branding, ensuring recognition with staff.

The biggest project of the year had to be the email transition. We moved all 150+ employees from their old Sasktel emails to new Microsoft 365 ones, thanks to a successful grant application. This was a gigantic task, though one that has finally been mostly completed. Now we're exploring other features we can use to make user experience better and more efficient.





Written by David Hambleton, Fund Development and Volunteer Coordinator

Coldest Night of the Year was a big success in 2022 and it was great to go back to an in-person event. Special thanks to the PAGC Women's Commission for taking the role of lead sponsor for the fourth year in a row and also a big thank you to Malcolm Jenkins for matching \$20,000 in donations for CNOY. MR MIKE's hosted the second annual fundraiser BBQ as well as being a CNOY sponsor and donating to the auction.

We were very fortunate to secure multiple grants this year. The Canadian Women's Foundation grant we received helped our organization provide supports and counselling to women, girls, and members of the LGBTQ2S+ communities that are victims of gender-based violence. Three grants were approved from the Community Initiatives Fund that allowed us to deliver a newcomer mom's and babies' program, an after-school music and dance program, and a youth summer camp program. The Sask Lotteries Community Grant Program provided funds that helped newcomers connect with their new community.

The volunteer program is rebuilding after COVID-19 and had nearly twenty people who completed the application process. Volunteers worked nearly 700 hours for YWCA Prince Albert and practicum students worked at multiple locations this year.



\$60,985 Raised During Coldest Night of the Year

123 Individuals Participated in Coldest Night of the Year by Walking the Route





Written by Sheri Giesbrecht, Former Central Avenue Manager

Central Avenue Residential Services has had another great year of serving our clients and community, and both staff and clients have found ways to develop their lives. Our staff had great opportunities to take case manager and life skills coaching certification, PART

training, resilience and mental health training, as well as enriching workshops on trauma and boundaries.

For our clients' personal interest, "Out Saskatoon", FASD Network, and Budget Counseling Services came to present in our building and an educational HIV session was put on by Access Place. Both staff and clients also happily took part in community events together, such as Pitch-In Day and The Coldest Night of the Year.

Central Avenue also completed some needed renovations that greatly enhanced client safety and the look of their surroundings. A new sprinkler system was installed throughout the whole building, and new cement was poured for our entire front entrance and sidewalks. Several areas of the residence were also freshly painted and newly furnished for client benefit.

Activities, as usual, were a highlight for the residents all year long, and they changed accordingly with the seasons. Swimming nights at Kinsmen Water Park and Frank Dunn Pool, barbecues, beach trips, drives to Little Red Park, movie nights, Haunted Corn Maze, sweet grass and sage picking, and trips to Jessy's garden were just a few outings our families were able to enjoy. It's so rewarding to see families together, connecting and making meaningful memories they will always cherish!

(0)Individual Women Were Housed at Central Avenue Women Were Repeat Clients 66 Children Stayed With Their Mothers at Central Avenue Mothers Who Stayed at Central Avenue Had Children in Care 3,308 Requests for Shelter Were Turned Down Due to Lack of Space 59% Of Clients Stayed Fifteen Days or Longer

entral Avenue



2535 Total Bed Nights Spent by Youth at Central Avenue



2 Youth That Moved Into Their Own Residence

Youth Were Evicted or

Abandoned Their Beds

Youth Moved to Other, Similar Programs





Written by Tara Lens,Youth Services Coordinator

Our youth program at Central provides safe, stable and structured housing for youth with both male and female placements available. The youth have a variety of needs and abilities making them quite diverse. We also take youth in emergency crisis who are in need.



We strive to empower youth to learn responsibility through hands-on life skills and programming to meet them at their level and assist them to make steps toward being independent. This year we added a rapid counselor who comes on-site, as well as the youth can access elders for cultural support through the Ministry of Social Services.

Public Health Orders were lifted this year allowing for some more freedom in youth activities. Youth were again able to attend places like Apex, Waneuskewin, Alfred Jenkins Field House, and go to the movies whether youth was vaccinated or not. The youth also enjoyed regular indoor activities such as cooking and baking nights, movie nights, card/board game nights, van cruises, and painting and craft nights.

We faced some challenges in managing youth with mental health issues and more complex needs and survived a total youth COVID-19 quarantine. In all we are stronger for the experiences and never stop learning and adapting to better meet the needs of the youth we serve.



Written by Niña Reynolds, Community Connection Centre Manager

The Community Connection Centre provides various services in Prince Albert to residents and newcomers alike without charge. We help individuals and families settle successfully in our community through our settlement and employment programs.

We started off the year with a new program initiative for Temporary Foreign Workers (TFWs) who are facing challenges due to the pandemic. Emergency assistance to eighty-seven TFWs was provided such as gift cards to purchase groceries, clothing, financial assistance for childcare, and arrears in rent and utilities. We also assisted them in navigating the immigration process and income tax filing. The TFW Initiative is in partnership with Saskatoon Open Door Society and funded by the Employment and Social Development Canada. The program is expected to continue until March 2023.

This year, we procured a new-to-us van for the PA Food Box which is more efficient than our old box truck. We also moved to a new office building in late 2021. With the continued growth of our programs, we needed the van and a bigger office space in downtown area to be able to serve our clients better. It has never been busier at the Centre!

We are happy to be able to serve our community through our programs and services. This would not be possible without the continued support from the Ministry of Immigration and Career Training, Affinity Credit Union for funding our ID Program every year and to all the local businesses and individuals who sponsored us during the Coldest Night of the Year fundraising event.

And last but not the least, two of our staff members gave birth this year. Our work family is definitely growing!



Gateway

3656 Service Inquiries

82 Registered Settlement Advisor Clients

Top Countries of Origin India Philippines



Stage One English



Languages Spoken Include

Arabic Mandarin Portuguese Greek

Vietnamese Spanish Tagalog

Expansion



RRFNM



In-Demand Services Housing Assistance Employment Supports Requests for Essentials



ODC



59% Accessed Employment Supports



Employed

ESP4Youth

> 46% Employed



PA Food Box





New Pre-Treatment & Post Treatment Placements

New Mental Health Support Placements

86% Of Women in the Crisis Shelter Identified as First Nations



Top Reasons for Women Seeking Help at the Crisis Shelter:

Addictions Abuse

219 Women Were Turned Away Due to Lack of Space

422 Unique Individuals Utilized Stepping Stones Shelter Beds

4532

Bed Nights Used at Stepping Stones Shelter in Six Months

Written by Tonya Kleinert, Our House Manager

Our House opened as a crisis homeless shelter in 2007, with a transitional area included soon after. During the winter of 2022, Our House underwent renovations and transformed to include a Pre-Treatment and Post-Treatment Program, Our House Intensive Program, and the flagship Women in Crisis Program.



Programming is designed based on client needs in a sober environment that fosters a sense of community. Our Pre-Treatment and Post-Treatment Program has placements for people waiting to get into a treatment center and placements for people coming out of a treatment facility. We also have placements for individuals experiencing mental health crises. These are for clients that need more time and support to stabilize before moving into a mental health group home or another form of mental health supported living.

All three of our programs provide a safe, sober living environment along with program-specific activities, support in schooling, counseling, job searching, cultural activities, and recreational programming.

We are so grateful for the opportunity to help individuals through difficult times in their lives, for the community support, and for the support through our partnerships with the Saskatchewan Health Authority and the Ministry of Justice. It is through the compassion and the dedication of our staff that has allowed us to grow and adapt to the needs of the community.

The Stepping Stones Shelter is a twenty-bed shelter and ran for its second season from October to April on the Exhibition Grounds. In response to overwhelming need, an overflow section for the extreme cold nights was opened with an additional ten beds. Having the Stepping Stones Shelter reduces pressure on the emergency services in our community by keeping people safe, warm and fed.

errance Place

Written by Dusti McNabb, Terrance Place Supervisor

This year a lot of activities were cancelled or postponed due to the pandemic. However, the youth were able to receive their vaccinations to help protect themselves.

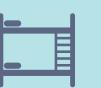
We were able to plan some activities to keep the youth occupied, including camping, day trips to the lake, powwows, wiener roasts, basketball at Alfred Jenkins Field House.



and a Christmas party where Santa was able to attend.

School started in early September, and some of the youth became Patrol Guards at their school, while others joined a cross-country running team. We also had two youth move out to be with their families.

> 2061 Total Bed Nights Spent by Youth at Terrance Place





Written by Wendy Sundbo, Youth Homes Manager

Harmony home is a peer support home that houses both male and female youth ages sixteen to twenty-one years of age. Harmony Home operates under the youth-centered model which promotes active participation of youth in the decisions that affect them and in their transition from adolescence to adulthood and successful independence.

Most of the challenges we have experienced have been related to the pandemic. We had some youth struggle with their mental health due to being isolated and not being able to participate in group sports. During this time telephone counselling sessions occurred regularly.

Lisa's Story

Lisa moved into Harmony Home on May 20, 2021 due to a placement breakdown. When Lisa first came to us she was struggling with being in care and angry with the Ministry as she felt the system was to blame for her circumstances. Shortly after moving in Lisa began to bond with the other youth in the home. Lisa started to thrive at Harmony Home. Lisa attended PACI full time where she received honorable marks.

Lisa yearned to be with her mom. Visits were set up through the Ministry for weekend/overnight visits. After numerous successful visits. Lisa was reunited with her mom.

> 2320 Total Bed Nights Spent by Youth at Harmony Home

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Youth Resided at Harmony Home During the Year



Youth Reunified with Their Families

Written by Danielle Panas, Rendalyn Home Supervisor

Challenges:

COVID continued to be a challenge over the past year with an outbreak in the home, youth missing school, and mental health suffering due to isolation, staff shortages, and clients who chose to remain unvaccinated being unable to participate in any activities outside of the home.



We've had quite a bit of staff turnover this year saying goodbye to two long-time employees and our program coordinator resulting in a lot of changes for clients.

One client had to wait an unusual amount of time to move into her own home due to a housing shortage for low-income families.

Successes:

Two youth transitioned to independence with their little ones, one with the help of YWCA Oakdale. All clients were connected and attending school, one of which will be graduating this year moving on to postsecondary education. We also took on three practicum students this past year who built strong relationships with our youth and became excellent supports and role models for our young ladies. We also welcomed a new program coordinator who is doing phenomenal work.





Babies Resided at Rendalyn

Home During the Year

Youth Resided at Rendalyn Home During the Year



Written by Ruby Gutka, Youth Outreach Worker

Phoenix Place is a co-ed, independent supportive living home for youth eighteen to twenty-one whom are transitioning out of care.

Successes are one young man graduated and has enrolled to upgrade a few classes. He wants to continue pursuing his career choice of EMT. A young lady will graduate in June from Carlton. She will then

move to Saskatoon to attend the U of S for Nursing. One young man has participated in a few job placements through the S.H.A.R.E Way to Work program.

This past year seen many challenges for a few tenants refusing to follow their personal case plans. Three youth moved out, with one being evicted at the start of 2022. For March a high-needs youth placement with many behavioral and mental instabilities moved into Phoenix Place. Our mission was to connect her with her circle of supports and extra staff. We endeavor to administer her medications at exact times as this is critical to her mental health progress. From the first day of her arrival to now her mental health is stabilizing. With ongoing support, she started attending the last block for the school year. Staffing now increased to being around the clock seven days a week.



1822 Total Bed Nights Spent by Youth at Phoenix Place





endalyn Home



Written by Teegan Jeffers, Homeward Bound Manager

It has been said among recovery and harm reduction communities alike that "the opposite of addition is connection". As we watched the global pandemic rage on we were truly able to put this theory to the test. What we learned is this: healing at every level demands connection. So, it was with this affirming knowledge that we tackled the year by getting back to our roots by restoring, regenerating, and reconnecting with our community and with each other.

Through meeting people where they are at, Homeward Bound has continued to serve Prince Albert's most vulnerable population. Using harm reduction and housing-first principles as our road map, we looked at new and creative ways to support those who have suffered on the street. We used programming such as baseball games, ribbon skirt making, land-based culture, camping, beading, sharing circles, art therapy, and bingo. We demonstrated that community is truly an action word and we celebrated.

My hope for the coming year is that we continue to empower those who are actively facing housing insecurity. We have seen it in the successes in those we have served that a little bit of love, acceptance, and kindness go such a long way. As we stare down our current housing crisis in Prince Albert, Homeward Bound is continuing to make housing accessible, affordable, stable, and barrier-free.

Of course, none of this could be possible without the strong partnerships of community agencies we work with. It could not be done without the dedicated staff that make our tenants housing truly a HOME. I couldn't be prouder of the work over the past few years to maintain the quality of life, dignity, and vision of our program while the world was placed on hold. It's now time to thrive.



Written by Kandace Korycki, Oakdale & Damon's Haven Manager

"When things change inside you, things change around you." This quote holds true at Oakdale. Over the last year, we've seen how relationships, a strong foundation, and love goes a long way in building capacity and growth within our clients. Oakdale is our transitional program, aimed at helping individuals flourish in independence. In 2019, we



became home to nine youth aging out of care, and today we serve over fifty-eight clients on various trajectories in their lives.

As we move forward, the program emphasis' is on holistic wellbeing and skills development. Our program coordinator, recreation worker and team of housing support workers have taken a new approach with individual care plans to ensure all clients have personal and housing goals to reach. Some focused on education, employment plans, wellbeing activities such as "Tell it like it is" sexual health workshops, participation in cultural camps, life skills, a hygiene program, and some focused on healthy outlets such as boxing, karaoke, movie nights and group outings.

We just celebrated our one-year anniversary of Damon's Haven in May! Despite a few learning curves operating a new group home, it has mostly been a complete success. Damon's Haven is home to four young adults requiring medium-level supports through Community Living. It has been heartwarming to see each one of them move "home", in a sense that they've found a place where they feel safe, comfortable, and in a place they belong. The need for this space was identified for individuals that required more one-on-one and structured living when compared to our Oakdale program. Over the course of the last year, all individuals at Damon's Haven have been enrolled in a day program, working out of the home. All clients have been able to maintain connections to their families, participate in recreational and therapeutic activities, and work on their own chosen goals.



Written by Tami Popoff, Kindred Spirit Manager

Kindred Spirit has now been operating for six whole years. In these six years we have expanded from three suites to nineteen suites. We also have an emergency suite and a visiting suite. We have served 158 families in the duration Kindred Spirit has been operating. We have had families as a whole as well as men and women separately.



We have been able to add an outreach worker, an early childhood educator, and a program coordinator to our growing team. Our team is trained in PART, First-Aid/ CPR, Naloxone, med assist, and traditional parenting. We been able to add more cultural components to our programming. The in-house programming that we provide here are: nobody's perfect, traditional parenting, reclaiming our lives and domestic violence.

During this year there have been difficult times. COVID was very trying and hard on the families. We were not able to offer programming and work at full capacity. Once the province opened up we reintroduced programming and family-based activities. It has been amazing to see the families flourish into a group as a whole and bond. We could see the change in the children as well as the parents.

Six Years of Operation











Written by Carolyn Hobden, Settlement Services Manager

Settlement Program

The YWCA Settlement Services program is a multifaceted program that provides supports to Permanent Residents of Canada who reside in Prince Albert and area. The YWCA Settlement Services program extends services for the entire family from our experienced staff who are able to best meet the needs of our clients in a culturally-sensitive, traumainformed manner. COVID has been a difficult time for both staff and clients. I want to thank everyone including our dedicated volunteers for their continuing support and for coming up with new creative ways of assisting clients. The Community Initiatives Fund allowed us to facilitate a mom's friendship circle to provide support for isolated moms and babies, and a summer kids' camp.



We believe that our client satisfaction and retention is a result of the sense of community we create no mater the language you speak or the place you arrived from, we work together to help people integrate and feel welcome. We are thankful to our funder, Immigration, Refugees, and Citizenship Canada and also appreciate the community partners we have in Prince Albert who assist us in planning and developing new client-inspired programs and services that are ever-changing with client needs.

Resettlement Assistance Program

The Resettlement staff have a variety of formal as well as lived experience and deliver welcoming and supportive services for those who have just arrived to Canada. The RAP program meets and greets Government Assisted Refugees at the airport, transports them to temporary accommodation, and assists them in finding suitable permanent accommodations. We also make the necessary links to programs that will assist in their settlement journey and help them feel welcome and comfortable in making Prince Albert their new home. Our multicultural staff can deliver valuable information on a wide variety of topics in ten different languages. These settlement programs assist them in integrating into Canadian Society. At the beginning of the year COVID caused many borders to remain closed across the world making it difficult for clients who were destined to Prince Albert to be able to arrive. However later in the year we had a large number of arrivals, a total of ninety individuals during the 2021/2022 fiscal year from Somalia, Eretria, Nigeria, Syria, and Sudan.

We are proud to be the first step in assisting Government Assisted Refugees become an active part of Canadian society.







Countries Government Assisted Refugees Arrived From

- Somalia
- Nigeria
- Syria
- Sudan





186 Children and Parents Supported Through the SWIS Program

Settlement Workers in Schools (SWIS)

SWIS helps families with their integration in the Canadian education system by providing education orientation, registration for school, support and interpretation for parent-teacher interviews, and connection of students to the different activities in the community including sports and arts.

The past year, SWIS helped 186 clients between children, youth, and parents. 2021 was challenging for our SWIS clients, as per the pandemic, students continued to adjust to the many changes that school divisions put in place.

With the help of organizations in the community and programs such as "Computers for Schools" SWIS was able to donate laptops for families who needed them to enable students to continue learning from home. The "Community Initiative Fund" also provided funding for the second consecutive year to be able to run our eight-week summer camp, where kids from five to thirteen years old participated in different activities from crafts to getting to know their new community.



Language Instruction for Newcomers to Canada (LINC)

The LINC program has been in full swing this year with all classes being held in person. Our enrollment has held steady. By the end of the year our classes were full with many newcomers who just arrived to the point we now have a wait list and are looking to expand our language program. We continued to practice physical distancing and mask-wearing for the year and had very few staff or students absent. We look toward the future with anticipation and excitement as we receive many newcomers from all corners of the world.



RE:Imagine Fashion

