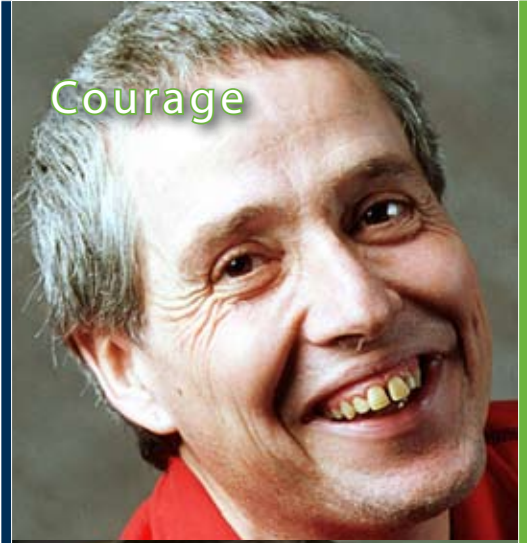




**E4C**

ANNUAL REPORT 2007

Courage



Compassion



Connection



Commitment



# C O N T E N T S

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# REPORT FROM *Reports* THE BOARD PRESIDENTS & EXECUTIVE DIRECTOR



**P.J. Duggan**  
Board President



**Kristin Morra**  
Board President



**Michael Farris**  
Executive Director

## Joint Report of:

P.J. Duggan, President, Board of Directors (January to September 2007)

Kristin Morra, President, Board of Directors (September to December 2007)

Michael Farris, Executive Director

2007 marks our 38th year of responding to people in need. E4C is one of the largest charitable human services organizations in Canada. It is also one of its most diverse organizations – providing services to pregnant and parenting women, to pre-school children, to elementary, junior high and high school students, and to adults of all ages.

Our work feeds the hungry and builds individual and community capacity. We shelter the homeless and offer a range of supportive and affordable housing services. We promote early childhood learning, adult literacy and numeracy. We work to end sexual exploitation. We build strong families.

Throughout 2007, E4C continued to grow and develop in response to community need:

- We opened Holmes Place (named in honour of our first Executive Director, Rev. Art Holmes) as an adjunct to Elizabeth House, serving as a community based residence for formerly homeless women.
- In collaboration with the Metis Nation of Alberta and Alberta Employment & Immigration, we began the Women Moving Forward program to provide a focused group of resources in supporting formerly homeless women establishing independence.
- In partnership with the Edmonton Housing Trust Fund, E4C developed the Case Management Team, providing individually planned and targeted services and support. Both of these new services are aimed to break a cycle of homelessness and dependency.
- Clareview Head Start expanded to build both a capacity for school success and stronger family relationships.
- E4C worked with Alberta Municipal Affairs and Alberta Seniors to better develop our emergency shelter services and staffing at the Women's Emergency Accommodation Centre and also at our second stage housing and supportive services at Elizabeth House.



- Working with the United Way, Partners for Kids, and the City Centre Education Project, our child nutrition programs lead by the School Lunch program began to expand to new sites and new ages, ensuring that the needs of hungry children were met.
- E4C's ArtStart program tripled its size – providing kids with exposure and training in the arts and acquired the support of Senator Tommy Banks as its Honorary Patron.

This growth was accompanied by E4C's continued evolution as an organization focused on helping those in need to acquire the skills to move toward and achieve independence. This evolution involves the greater internal collaboration among our programs and services in developing and operating within new external partnerships and collaborations.

E4C is recognized as a leader in the human services sector in helping to build a stronger, healthier community. Our personnel have contributed to many initiatives over the past year, including the Provincial Affordable Housing Task Force, the Inter Agency HeadStart Network, Partners for Kids, the City Centre Education Project and Early Childhood Development Community Mapping Project.

Our multiple successes with individuals, families and communities is only possible through the incredible skills and dedication of our volunteers and staff, and through the multiple resources made available through our funding and service partners.

Most importantly, the success of E4C is only a reflection of the success and change experienced by the thousands of people who have used and benefited from E4C programs and services. The strength, resiliency and capacity of each of these individuals is only matched by their determination and courage. We are honoured by their trust.

E4C is deeply grateful for the ongoing confidence and support of the many, many individuals, families, groups and businesses who back up their belief in our work with generous charitable support.



Holmes Place



Learning at Clareview Head Start



# GUIDING PRINCIPLES & *Foundation*

E4C commits to change lives for the better and to growing stronger communities:

- We shelter the homeless
- We care for people in need
- We feed hungry people.
- We provide a range of affordable & supportive housing
- We increase the capacity of individuals, families & community
- We build family strength & child success through parenting, early education, training, classes & supports
- We offer diverse services, providing people with skills, personal competency & capacity growth & connections in the community
- We strengthen the charitable network & expand its capacity

## OUR MISSION

E4C values live strongly in our services. We accept people at their starting point and create transformational potential that changes lives. E4C builds strength, capacity, inclusivity and understanding.

## OUR VISION

E4C is an active, supportive and empowering presence at a time of individual, family and community need.

E4C creates opportunities for people to become self-supporting.

E4C leads in the growth of an inclusive, caring community.

E4C is dedicated to ongoing improvement of current services and responds to emergent need by implementing new and creative services in our areas of expertise.

## OUR PHILOSOPHY

We accept people at their respective starting point.

Each person is entitled to a full measure of dignity and respect.

People have the right to be involved to the greatest degree possible in the decisions that affect them.

We plan for and work with individuals and build their strengths and assets.



## OUR VALUES

### **Courage**

Overcoming adversity requires real courage. We recognize the courage of people and support them in making lasting change.

### **Compassion**

Compassion grows from understanding. We believe in the value of each person and demonstrate compassion in every aspect of our work.

### **Connection**

Everyone needs to belong. We work in partnership to help people make positive connections and build healthy relationships.

### **Commitment**

Lasting change takes time. We honour our commitment as partners in change with people and community.

We focus on people.

E4C is present and active at a time of need. We provide a full range of programs and services.

Our innovative programs provide comfort and care with transformative services that lead to positive change, and increasing capacity.

Our efforts are defined by :

- Compassion
- Commitment
- Collaboration
- Connection

We make positive life changes happen by working in partnership with people, interest groups, sister organizations, mandated authority and the community at large.



# OUR PROGRAMS

Founded in 1970, E4C is a 38-year-old charitable human services organization providing multiple and diverse range of services. E4C is one of the largest and possibly the most diverse organization in Alberta. E4C works to achieve effective, collaborative efforts in response to need and emergent issues. We participate in networks and associations, joint ventures and partnerships in helping people connect with resources and with the community.

We focus on people. E4C is present and active at a time of need providing a range of programs and services. These services extend through a full range, beginning with comfort and care, extending to innovative and transformative services that lead to positive change, and increasing capacity. Our efforts are defined by compassion, commitment, collaboration and connection.

We make positive life changes happen by working in partnership with people, interest groups, sister organizations, mandated authority and the community at large.

E4C engages in a wide spectrum of human services throughout the community to individuals and families of all ages, backgrounds and life situations.

## CHILD & YOUTH NUTRITION

In its 14 year, Edmonton's School Lunch Program has been providing a well-balanced lunch to children, helping them to concentrate on their schoolwork and not on their hunger. The Lunch Program positively influences student behaviors, attendance, morale, concentration, learning ability, eating habits and the social climate in the school. The program also facilitates The Nutrition Snack Program, the Snack in the Shack Project, Young Chefs, Collective Kitchen and the Community Garden.

The Lunch Program and its staff strive to improve food habits and nutritional knowledge amongst children. The program works in conjunction with schools to promote existing resources within communities to enhance the nutritional awareness of children. The program also allows children to volunteer, providing opportunities for life skills and development as well as a sense of belonging to the community and school.

In the 2006 - 2007 school year, 2,300 children in 12 high-needs Public and Catholic schools received a hot lunch each school day. This year the program served approximately 404,950 meals to students from kindergarten to grade 9. The program expanded to serve a junior high school this year.

The Nutrition Snack Program provides a nutritious mid-morning snack each school day to over 6,400 children in 33 high-needs elementary schools and 300 junior high students in two schools to start their day off with energy. The program has a highly beneficial impact on the children because when the hunger of students is satisfied, they are better able to learn and focus. This year the Nutrition Snack program served approximately 1,129,492 snacks to students from kindergarten to grade 6 and served approximately 53,690 meals to students from grade 7 to 9.

Young Chefs allow children to build on their skills and knowledge in meal preparation, food safety, kitchen clean-up and team work. In the 2007 school year, 285 students in Grades 4 to 6 had the opportunity to participate in the program. This programming also helps to

Breakfast/Snack/Lunch  
Schools and Sites

- Abbott
- Art Start
- Balwin
- Beacon Heights
- Belmead
- Belvedere
- Brightview
- Claireview Headstart
- Delton
- Eastwood
- Evansdale
- John A. MacDougall
- McCauley
- Mother Teresa
- Norwood
- Our Lady of Peace
- Parkdale
- Prince Charles
- R.J. Scott
- Rundle
- Sifton
- Spruce Avenue
- St. Alphonsus
- St. Bernadette
- St. Catherine
- St. Elizabeth Seton
- St. Francis of Assisi
- St. Gerard
- St. Jerome
- Thorncliffe
- YMCA - Transitions Program
- Woodcroft



## Compassion

Compassion grows from understanding. We believe in the value of each person and demonstrate compassion in every aspect of our work.

develop personal capacity by providing the skills these children will need later in life.

Collective Kitchen incorporates groups of community members who work together in the kitchen preparing a variety of meals to share and take home. Each month participants prepare recipes based on a different theme such as Fall Harvest, One-Pot Meals and Five-Ingredient Recipes. All of the participants have expressed how much it means to have the opportunity to work together to make a variety of healthy cost-effective meals to take home. Participants are able to socialize with fellow community members. As well, they have the ability to meet new members from surrounding communities.

The Snack in the Shack program addresses child hunger in the summer months by providing nutritious snacks at 44 high-needs park and programming sites. Over 1630 children registered for the program. An average of 700 snacks were served each weekday to school aged children at the park sites in July and August.

The Community Garden continues to be a great success. Seven individuals and four families from the nearby community planted and harvested a variety of vegetables, fruit, herbs and flowers. A large rain barrel system was installed in the summer to collect rain water from the rooftop of the school. The gardeners appreciated being able to nourish their plants with rain water and to participate in water conservation.



Edmonton's  
School Lunch  
Program

"Thank-you for teaching us how to cook better. I learned how to measure and how to read and cook actual recipes. Now it is easy to read a recipe and know what it means. I love cooking and now I know how to do it better. Thank-you. P.S. I love making potato pancakes. My mom has been looking for that recipe ever since she was in Grade 10".

-Amelia, Grade 4

### One gardener's perspective:

Gardening at the Alex Taylor Community Garden  
by Wendy Allsopp

We are a family of four going into our third year of gardening at the Alex Taylor Community Garden. We live in the Sundance Housing Co-op just down the hill in Riverdale. While we love where we live, there is not a lot of space in the co-op for growing food. Having a community garden that we can ride our bikes to is a great thing for us, and we feel so very fortunate to be part of this community garden so close to our home.

Here are some of the things this garden means to us:

- a chance to grow more of our food, to enjoy the taste of fresh garden produce, and to feel the good connection that comes from growing food
- a place for children to enjoy gardening: the raised beds make it very easy for children to be part of the growing process because they don't have to worry about stepping on the wrong place and can reach their work easily
- a place to meet neighbours and other gardeners: the usual talk between people working in their gardens at the same time is something I treasure

Thank-you to all who make this opportunity happen.

We loved young chefs. We loved learning how to cook. The recipes were quick and easy to follow. I wish we can go in young chefs again. I think it's a cool way to stay fit because eating healthy is very important and good for your mind and body. It's also a good thing to eat breakfast before coming to school in the mornings...good brain food! Our favourite things to make were the Chicken Soup and the pancakes, but we liked them all.

Take care, your friends,  
Chris and Daniel, Grade 5.



# CHILD & FAMILY SUCCESS

## Early Learning Programs

E4C Early Learning programs focus on 515 young children and their families who are living in poverty. By taking a holistic approach to addressing family needs, the programs:

- Build on the strengths within the family
- Enhance each child's development
- Prepare children and their parents for a positive school experience
- Help parents play a positive and active role in their children's learning
- Support families in addressing the multitude of complex issues that go hand in hand with poverty

The programs provide wrap-around services by working collaboratively with the community. Early intervention ensures that children living in vulnerable situations are entering school on an equal level to their peers.

- These programs are built upon evidenced based research.
- The demand for these programs continues to grow.
- There were over 75 volunteers dedicating over 1,013 hours of their time and talents

## Early Head Start

Early Head Start is an early intervention program providing support, information, and services to families and children (pre-natal through 3 1/2 years) in four sites throughout Edmonton. In 2007, the program helped 295 young children and their families to succeed in life by giving them the tools to build healthy and positive relationships.

Through home visits, on-site groups and community connections the program provides comprehensive, long term support to families.

### Early Head Start Facts:

- 48% of families are immigrants and refugees, 40% of families are Canadian and 12% of the families are aboriginal
- 54% of the families in Early Head Start live on \$20,000 or less.
- 87% of the families in Early Head Start could not access the program without transportation
- 3,751 nutritional snacks provided for children and their parents during group times
- we provided 11,413 hours of parent and play groups
- 759 home visits and over 1050 hours of committed staff support, plus over 1007 contacts made with families
  
- 47% of parents wanted help with parenting and understanding their child's development
- 32% of families were unaware of, or could not access, community services
- 16% of families wanted help with health related issues, including mental health
- By age four, the average child in a low income family may have 13 million fewer words of cumulative language experience than the average child in a working class family

In 2007, a plan was implemented to improve the delivery of Early Head Start services and to increase attendance. This included comprehensive and integrated administration system by the Early Head Start Program to improve consistency of programming, data collection and operational efficiency. Playgroup frequency has been reduced to be once weekly and it is offered in conjunction with Parent Groups. This change would allow for increased home visits.

**One in eight children in Alberta live in poverty.**

**The highest rates of poverty are in families with children under five years old.**

**These early years are the most critical time in a child's development. In fact, early experiences at home and school are the foundations for a child's future educational and life success.**



To learn about Khadija read our spring Envoy Newsletter on our website at [www.e4calberta/publications](http://www.e4calberta/publications).

Early Head Start continued development of a cultural competency plan this year, which provides a framework on how we embrace and integrate diverse cultures into our programming.

We had great success with our Multilingual story sacs which can be reproduced into 30 different languages. These kits were developed in collaboration with E4C, the Edmonton Mennonite Centre the Edmonton Head Start Project. The story sacks contain a story in the family's first language as well as activities cards, props, dual language dictionary and a CD with stories in their first language.

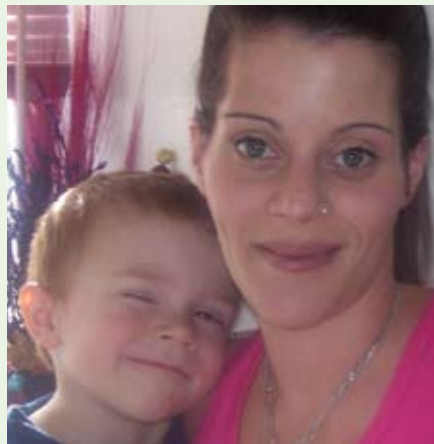
### Clareview Head Start

Hello, my name is Grace. I am 27 and I have 6 children, 2 of whom attend the Early Head Start (EHS) program with me every Monday afternoon. We have been a part of EHS for over 5 years and absolutely love it like a second home and family.

There are so many great things to be said about EHS. Watching my children grow through play and rhymes has been amazing. The staff who take care of the kids for part of the afternoon are always full of sunshine and do such an excellent job loving our kids as their own.

Part of the time there the parents spend time in a separate room and talk & learn over coffee & tea. I have had the privilege of meeting and learning from some great professionals EHS has made possible. I met a lawyer to learn how to write a will, so many types of doctors with health knowledge on children and adults. I've learned self defence from city police and even how to interest my children in reading from our local librarian. We've done crafts & cooking and even exchanged clothing between families. I find all the great supports and events to long to list, but so much happens for us in a simple afternoon. I have to say on another note that some of the toughest times in my life, I have truly been unconditionally loved and supported by my EHS consultants at home and at group. They are so wonderful.

When my 5th child was born very ill and spent numerous months of his life in the hospital enduring 3 major surgeries, EHS was with us through it all, providing lunches for me, support and hugs. When my oldest son was struggling with school and depression over the



Logan & Grace

death of my 4th child EHS stood beside me and followed every appointment through to the end, and my son has found his smile again.

And like every parent I know there will always be more mountains to climb, but such weights are lifted when we know we are not alone. That to me is what matters the most—and yes—I highly recommend this program (family) to everyone I know and do not know. The benefits my children and family received, are worth every Monday afternoon that life gives you.

Thank you Louise, Dawn, Dixie, Lori & Cecile. and all the child care workers. Always know you've changed and bettered at least one family's life.

Sincerely,  
Grace, Ethan, Alore-Leigh, Savanah, Ty, Logan & Dylan

## Connection

Everyone needs to belong. We work in partnership to help people make positive connections and build healthy relationships.



### Early Learning Trends:

When compared to other 28 other countries in measures of the health and wellness of children and youth:

- Canada ranks 22nd when it comes to preventable childhood injuries and death
- Canada ranks 27th in childhood obesity
- Canada ranks 21st in child well-being, including mental health



# CHILD & FAMILY SUCCESS



In its 14th operational year, Clareview Head Start has served 220 children, 228 adults and 208 families. The program prepares children ages 3 to 5 for a successful educational experience in partnership with their family and community. Clareview Head Start partners with Capital Health, Child and Adolescent Services Association and Edmonton Student Health Initiative Partnership to deliver a comprehensive preschool and family support program that provides a positive introduction to school experiences and a bridge to link Clareview Head Start children and their families to community resources.

In response to community need of more children needing Head Start programming in the Clareview area, we were able to open another 32 spaces in September 2007. A new funding criteria established for English as a Second Language children by Alberta Education helped us respond to the increasing immigrant and refugee populations in our community.

## Crossroads

For 18 years, Crossroads has offered alternatives, support, safety, and hope to sexually exploited adults and youth trapped in abuse, addictions, illness, homelessness and poverty.

## Clareview Head Start Facts:

- 12,288 nutritional snacks are provided for children.
- 42% of parents have a high school diploma or higher.
- 59% of families surveyed were living on \$20,000 or less per year.
- 44% of families in the program are new immigrants or refugees
- 13% of families are of Aboriginal descent
- 47% of parents have requested information on child development and parenting issues
- 36% of parents requested help finding and accessing community resources
- 13% requested help with Health related/ Mental Health issues

# CHILD & YOUTH SERVICES

## ArtStart

ArtStart is Edmonton's only multi-disciplinary arts program for children from low-income homes. Our students, age 5-14, not only take classes in art, drama, dance, music and creative writing, but also go on field trips to local artistic events, and give back to the Edmonton community through art shows and performances as well as receive scholarships for further artistic education.

ArtStart's 2006/07 year ended with more than 100 parents and friends gathered in June at City Hall for the year end show. The audience was treated to musical, dramatic and dance performances by the students as well as a display of their artwork. The students impressed everyone by the great strides they had made, both personally and talent-wise, over the past year.

In preparing for the 2007/08 year staff worked to improve awareness of ArtStart with advertising at key locations, networking with social service agencies and personal visits to more than a dozen schools. In the end, the program tripled the number of student participants and almost doubled the number of volunteer instructors. The rewards of seeing students take part in ArtStart was more than worth the initial stress of coping with the increase.





Since adjusting to the large class sizes and demands on resources, ArtStart has settled into a 'never-the-same-day-twice' comfortable routine. However, while classes happily move along ArtStart is trying to find ways to keep financially strong. With such large growth, program costs also increased, including postage for letters to parents, snacks for the students, to the number of ballet shoes and musical instruments.

The reward is seeing little girls wearing their best outfits to attend ballet class, appreciative students giving gifts to their teachers and knowing several students who traveled up to an hour every week to attend their lesson. Everyone is excited to see the students' talents develop as well as the many individual changes they will experience due to finding their niche.

We are all working hard to create opportunities to improve donations and funding resources.

ArtStart is grateful to its generous donors such as the Alberta Foundation for the Arts, Edmonton Community Foundation and the Hospitallier Order of St. John, as well as the many individuals who help ArtStart give children a chance in the arts.

### **Northeast Teen Centre**

While the The Northeast Teen Centre joined the E4C family of services this year, it was established thirteen years ago to engage children and youth aged 8 to 17 in safe, positive activities while keeping them off the street. Recreational and prevention based programming are offered in the centre. Its meal program provides 260 snacks and 341 dinners each month. Staff involve the children and youth in nutritional meal preparation and food handling practices.

Within the life skills group 75% of the participants learned a new life skill relating to relationships, addictions, abuse, community services, safe people, aggression and/or bullying.

The Northeast Teen Centre is partnered with Edmonton Community Services, City Arts Centre, AADAC, Balwin Crime Council and Belvedere/Balwin Partnerships.

### **Inner City Youth Housing Project**

Inner City Youth Housing is a partnership project with E4C which offers safe housing and designated services for inner-city/street-involved youth ages 2 to 18. The project operates three long-term houses, with a total of 14 beds, offering youth a home environment as they begin to move towards independence. In addition, there are 3 short-term houses providing a total of 15 beds, offering youth a safe place to stay with support and referral services.

## Northeast Teen Centre

Bob, a youth coming from a home of two parents addicted to alcohol and gambling. Bob knew that his home life was not normal but struggled everyday to make the right decisions to steer him away from the temptations that are offered up to street youth. Bob ended up quitting high school and dabbled in marijuana.

Staff from the centre offered their services to this changing youth with no avail. Bob stopped coming to the centre and wasn't seen for months, until the centre's annual Christmas Party. Bob spoke with the staff about wanting to change his lifestyle, because he was heading down a road for disaster.

With many months of support from the staff at the centre, Bob has acquired his GED works full time and has started a family of his own. Bob acknowledges the help of the staff at the centre, and realizes his decisions now affect his family and is still in contact with us.



# YOUTH SERVICES



## Kids in the Hall Bistro Program Trends:

Marked increase in the number of youth diagnosed with mental health issues.

65% of youth are Aboriginal & Metis

Average age of participants is 17 years old

Substantial increase in homeless youth

70% of participants are female

20 to 30% of youth participants are single parents

## Kids in the Hall Bistro Program

Kids in the Hall is a Program designed to assist youth between the ages of 16 and 24 gain skills and knowledge necessary to be successful in an employment or educational setting.

In the past year, KITH served over 200 young people by assessing them for needs and providing services and referrals to community resources. 106 youth participated in 4 weeks of life management skills workshops, 65 youth went on to train in the bistro gaining basic employment skills. The majority of these youth also earned credits towards their high school diploma through KITH's partnership with the Edmonton Catholic School District's Fresh Start Program.

The Kids in the Hall Bistro has been in operation since 1996, with only minor facility updating. With the business increasing substantially over the last few years, the current physical arrangement needs to be addressed for both efficiency and safety reasons. The City of Edmonton, Telus Community Board and The Anne and Eldon Foote Foundation (through the Edmonton Community Foundation) provided funding to aid in a complete renovation of the Bistro. The extensive renovations that will take place in 2008 will insure that the bistro and catering services remain viable, while giving a comfortable place for its patrons to continue to come for breakfasts and lunches.

This year, Kids in the Hall Bistro Program also collaborated with CJSR – Campus Radio and the Youth Criminal Defense Office on the Youth Menace radio program. Youth Menace offered youth interested in journalism and media to develop communications, research and presentation work experiences.



My name is Stephanie and I'm a proud mother of 3, I can remember a time when I wasn't so proud of my motherhood, and lacked self esteem. I was born and raised in Edmonton, yet lived in small towns around Alberta as well. I bounced around in foster homes at a young age and eventually found my way into drugs and alcohol. By the age of 16 I partied more than a "rolling stone" and didn't care about anything especially myself. At 19 I had my daughter and began to realize that there had to be more in life than what I had going for myself, but still traveled down a difficult road in a journey to find myself. At 21 I had another child and needed to find a way to support my growing family, no sooner did I find an advertisement for a program called Kids in the Hall.

During my time at Kids in the Hall I struggled with the power between myself, the staff and other youth involved. I thought to myself "I live on my own and have a family why are people telling me what to do, and how to do it!" Eventually I realized it was because the staff cared and wanted to show me different ways to cope, and give me the opportunity to try new experiences. The upfront approach that staff utilized helped me to realize that there were people I could trust, and when times got hard and I wanted to quit they were there to support me, and give me other options so I could complete the program. Kids in the hall gave me more confidence, and assurance that I was capable to pursue my goals, their program contributed to the person I am today.

Currently I'm entering my 4th year of my bachelor of social work and am employed with Métis Child and Family Services Society as an Aboriginal Youth Worker. I still live in Edmonton and am a proud mother who is dedicated to being a positive role model for my kids, and helping them to be proud of who they are. Through my work I'm now able to help others achieve their goals and let them know that all things are possible with determination and guidance in the right direction.



## EMERGENCY & TRANSITIONAL SERVICES

Crossroads' programming is planned and provided according to individual needs. Beyond immediate basic needs, a person is typically supported to address: health practice, coping skills, social support networks, education, employment, cultural connections, personal development and the impact of sexual exploitation, abuse and addiction on their life. The program recognizes that change takes time and offers ongoing support to help a person to learn new behavioral skills and to reconnect positively to family, community and other support systems.

In 2007, outreach workers served over 840 individuals. Making over 3,220 street contacts with an estimated 690 individuals active in street prostitution. In addition, staff received over 2150 phone requests and office visits for assistance from over 310 individuals. There was a 10% increase in persons served and the program responded to a larger number of emergency and short-term needs.

Crossroads' transitional housing provides residents with a safe and supportive environment where they can address issues that led them to being sexually exploited and homeless. Two of the housing components of Crossroads underwent programming changes in 2007. Crossroads House underwent a change in service delivery due to an increase homeless high-risk youth homelessness.

Crossroads' transitional housing accommodated 55 persons. Forty-nine youth ranging in age from 13 to 17 years of age lived at Crossroads House. Two women 24 and 30 years of age – along with their four children – ranging from 3 to 9 years of age were housed at Crossroads Too.

Crossroads continues to be a partner program of Alberta's Protection of Sexually Exploited Children Act. The program also participates in other community collaborations including Prostitution Awareness and Action Foundation of Edmonton (PAAFE) Client Support Partnership, COARSE Diversion, and advocacy for additional transitional housing resources.



New individuals met by Crossroads on the street increased by 40%.

There continues to be a trend of increase in age, proportion of aboriginal persons and street prostitution.

81% increase of youth accessing housing compared to 2006.

Crossroads supported more youth in reconnecting with family.

Since the change of focus to include housing to high risk youth, there has been a noted increase in stability / lengthier stays, more males, and younger youth.

Violent behaviours within the youth population received an increase of focus of our work.



# EMERGENCY & TRANSITIONAL SERVICES

## WEAC (Women's Emergency Accommodation Centre)

WEAC is more than an emergency shelter that meets the basic needs of a diverse group of homeless and transient women, including transgendered persons. We have turned the Gibson Block into a place of healing and transformation. The program provides many second chances and opportunities for support to enable positive change. WEAC's goal is to support women to overcome the barriers that are preventing them from living an optimal quality of life.

In 2007, WEAC provided services to 712 women and the average length of stay was 41 days with an occupancy rate of 95%.

WEAC's Outreach Worker supported 57 women secure safe, affordable housing within the community. WEAC staff worked with residents to develop new social networks to overcome the barrier of isolation and loneliness and to integrate back into the community. Thirty eight women moved into Elizabeth House and others were placed within E4C'S the continuum of housing.

Throughout 2007, WEAC also supported and secured treatment for 39 women with addiction issues and made 105 referrals to AADAC. Thirteen women were referred to Health for Two and another 22 women received support to secure their CPP benefits.

2007 brought many changes and improvements to our beautiful Flat Iron building. Donations from the community enabled WEAC to replace all of our old mattresses with new hospital grade mattresses. The entire tub rooms on the third and fourth floors were converted to new shower rooms. We also build two new office spaces in the resource room in the basement to house the support staff of the Women Moving Forward Project. (See next page)

## Elizabeth House

In its sixth year of operation, Elizabeth House provided housing to 101 homeless women wanting to transition back to housing in the community. With 129 admissions in total, the program operated at 95% occupancy. The majority of intakes were from the Women's Emergency Accommodation Centre (71%) with intakes also being done from referrals from within E4C programs, other community agencies and self-referral from previous residents. Residents ranged in age from 18 to 60 years, with the average age being 34. 57% of residents were Aboriginal and Metis women.

Elizabeth House has very generous supporters in the community to whom we are grateful. For many years Carol's Quality Sweets supported Elizabeth House by donating treats throughout the year to the women on every special occasion. This year, we forged a great relationship with Riverbend United Church. They supported Elizabeth House by purchasing and installing a new chain link fence for our front yard, as well as donating a new fridge, living room furniture and a big screen television. Their biggest support came in the form of furniture and other household supplies that they have given to residents moving out into the community. In 2007, 14 women moved out of Elizabeth House and into the community.



In 2007, WEAC provided 2,605 bag lunches and served 34,258 meals.

37% of WEAC residents are First Nations.

15% of WEAC residents have been diagnosed with a mental illness.



Elizabeth House



## Courage

Overcoming adversity requires real courage. We recognize the courage of people and support them in making lasting change.

### Women Moving Forward

Women Moving Forward is a new project within E4C which began in October 2007, which is aimed at helping residents of E4C's shelter programs to move forward with their lives to a more fulfilling place where they can take care of themselves and their families. The program provides pre-employment support and training to formerly homeless women residing at the Women's Emergency Accommodation Centre (WEAC) and Elizabeth House. Women Moving Forward is a program of individual healing that includes personal and skill development incorporated within an employment readiness framework. The program utilizes an individualized and holistic approach to increase participants' capacity to become self-sufficient to the greatest degree possible.

In the first 3 months the project had approximately 35 participants between the two facilities. Women Moving Forward is an E4C partnership with Metis Nations of Alberta and Alberta Employment, Industry and Immigration.



### Women's Reintegration Chaplaincy

Since 2001, the Women's Reintegration Chaplaincy (WRC) has worked directly with women leaving federal prison and returning to the community. It also works with members of the community to understand the challenges facing women on parole and to encourage society to welcome back these women. This is done through contacts with churches, faith traditions, service groups and other interested community members to effectively build a bridge that joins reintegrating women and the community.

In 2007, Women's Reintegration Chaplain Coleen Lynch, program assistants and volunteers supported over 110 women to reintegrate. The major activities of the program include over 950 one-to-one encounters for spiritual, emotional, practical and addiction recovery support, a 24/7 telephone Peer Support Plus Line, and speaking engagements reaching over 700 people to enlist understanding, volunteers and financial support from the community.

WRC has a vital and active volunteer ministry with over 50 volunteers, including volunteers in the Maximum Security Unit at the Edmonton Institution for Women, one-to-one community volunteers, and Prayer Warriors. An important partner for the Chaplaincy is the University of Alberta Community Service Learning Program. Students from this program learn about issues affecting women coming out of prison, and in turn become educators to the community from their own experience.

This year, WRC was recognized by Correctional Services Canada Women Offender Sector as a Best Practice. Unfortunately, Rev. Coleen Lynch made the difficult decision to leave the Chaplaincy in December 2007 due to health reasons. Rev. Lynch initiated this program in 2000 and has shaped its development and evolution over the past seven years. .





# COMMUNITY MENTAL HEALTH & PLACES TO CALL HOME

We believe that everyone deserves more than just a roof over their heads. E4C is committed to providing and advocating for a range of affordable housing alternatives where those of modest incomes can have a safe, affordable place to call home. E4C offers both supported and independent living situations that are part of our housing continuum.

## Supported Living

### Holmes Place

Holmes Place is a 10-unit apartment building that E4C purchased April 1, 2007. The units are all one bedroom apartments and the building is transitional housing for women from Elizabeth House.

**McCauley Apartments** is a long-term supportive housing program with 38 subsidized two-bedroom suites. Twenty-six suites are designated for people with mental health challenges. The program utilizes a Community Development Model which encourages the active involvement of people in the issues which affect their lives. It focuses on the relationship between individuals and groups and the institutions which shape their everyday experience.

The goal for this program is to build positive relationships between the apartment residents and their community. The residents are involved in several successful community projects, such as free guitar lessons, and a community clean up that had close to 100 volunteers, an inner city summer camp, a Sunday games day and the WeCan Food Basket (food co-op).

McCauley Apartments is a partnership project with Capital Region Housing Corporation.

### Our Place

Our Place offers long-term support and comfort to 10 women with a history of ongoing mental illness and low income in a warm, relaxed home. It combines 10 private rooms with communal dining, living and quiet rooms, and is wheel-chair accessible. The program offers 24 hour staff support with daily living skills, medication, and recreation.

Individual service plans are developed and implemented, with each woman meeting with staff to determine their goals to create a plan to accomplish them. We keep the goals realistic and achievable for each person, such as: keeping my bedroom neater, learning how to bake, learning assertiveness skills, and keeping myself well by taking my medications.

Support workers arrange many recreational outings. The women enjoyed the Edmonton's Folk Festival, Edmonton Eskimo games, Taste of Edmonton, video nights, baking evenings, and celebrations on special occasions. In 2007, four residents went to the Inner City Mental Health Camp.





### Long-term Independent Living

**Our Other Place** is a converted house with 9 self contained bachelorette suites. It offers affordable housing for people with low incomes. In the last year, Our Other Place had 16 residents.

**G-C Place** opened in the summer of 2005. The facility has 12 bachelor suites for low income persons.

**The Gold Nugget Suites** continues to provide safe, secure housing in the inner city. The facility has 10 self-contained bachelor suites for low-income singles.

**Sorensen Place** is a 17 unit apartment facility that provides affordable housing for people with a history of mental illness who are capable of independent living. This facility has been in operation since 1994 and has a stable group of long-term tenants.

**Stollery Place** opened in the fall of 2005 and offers 18 bachelor suites for low income people.

### Meadows Place

The program has been in operation since 1992 and provides safe assisted living situations for adult males with mental health issues. Its mission is to help people with mental illness achieve and maintain their highest level of personal growth, well-being, and independence within the community with the least amount of intrusion. The program provided services to 25 residents in 2007.

Meadows Place and its four satellite houses offer long term housing to 20 males over the age of 18 diagnosed with varying types of mental illnesses. Meadows is the main house accommodating six residents who require a somewhat greater need for assistance and is staffed around the clock 24/7. The residents are provided with assistance in improving living skills, gaining entry to programs, complying with medication or other treatment programs, attending medical or personal appointments, informal counseling, social support. The residents at the four satellite houses receive support at the main house when required. All residents are also given assistance in negotiating workable living arrangements, securing meals, monitoring medications and treatment plans, finding social support, and any other services that are required.

Meadows provides residents with unlimited access to the kitchen to prepare breakfast and lunch. Suppers are prepared in a group setting where one resident is assigned to prepare and serve supper for the group on a rotation system.

Residents adjust very quickly to each other's mental illnesses allowing for a family setting. Our residents truly care about each other if one is away or just not doing well you can be sure that someone has noticed.





# IN THEIR OWN WORDS

"For the record, my name is Chad Andrew Hines.

I was asked to keep my story one paragraph but there are so many great things to say about E4C's Meadows Place.

Meadows Place changed and improved my life in so many ways. It doesn't feel like a group home. I have my own personal space. I mention space because I have a lot of it. When I tell people where I live I say, 'I'm renting a house with three other roommates.' Not entirely true but living in this house give me a sense of pride.

I've been here for around five years and to my family and friends I've grown a lot. In the beginning, I didn't feel like doing anything but living day to day. I wanted to be left alone. Just getting fresh air by walking to the main house for meals helped me get out of a slump. The positive care and attention makes Meadows Place a calm and soothing for the new residents. The staff are incredible! I can't stress this enough. The help and support the staff give is above and beyond any learned qualification. Their caring makes it a home.

When I came here, I wasn't ready for society in the sense of going to work or social functions. The opportunity to live and grow at my own pace made it easier when I was ready. Knowing that there isn't a time limit on my stay, and that I wasn't going to shipped off somewhere else just when I became fond of my new surroundings or people took a big load off of my mind.

At Meadows Place, we learn and practice the skills to become independent. Abiding by simple rules that would apply to any apartment complex or community living situation helped me with my treatment. Each resident has the responsibility of cooking and cleaning, with staff available to assist us if needed. Proper nutrition is essential for any human. For our benefit, staff drop by on a regular basis to make sure each household is a healthy environment for each individual. Meadows Place gets an A-PLUS.

If I were to asked to explain the best thing about Meadows Place...without a doubt I would say the staff every time. The extra effort and selfless times they put into making us happy can bring tears to my eyes. They make each of us feel like somebody. For some this is their only family.

How has it helped my family? Simple... they know I am happy and healthy and that gives them a great sense of relief.

Each staff here has truly touched my heart. They are kind, humble, hard working people who will be apart of my life forever in one way or another.

A special thanks to the staff ....Pearl, Fiona, Morgan, Moe, Brenda, Joan, Margaret.

Also to past staff: Scott, Leo, and Bernie, and to our Director of Housing, Sundari."





## Commitment

Lasting change takes time.  
We honour our commitment  
as partners in change with  
people and community.

# MOVING FORWARD

## 2008 Preview

The momentum of E4C's activities in the area of housing and homelessness has resulted in the development of two new projects for 2008 and beyond.

The E4C Case Management Team will provide focused outreach support to E4C service users to find, secure and retain affordable, adequate and safe housing. The Team will be available to connect with service users through E4C programs like Crossroads Outreach, WEAC, Elizabeth House, and our continuum of housing. Individuals and families will be supported through progressive goal planning, connection to community and resources, evening and weekend phone contacts, and home visits. This project would start up in January 2008.

E4C and 12 sister organizations have been working together this past year to develop a collaborative housing support services pilot project. The Housing Support Services Hub will be an inter-agency initiative that will enhance the capacity of member agencies to increase their service users' housing stability. A set of core services will be provided to member agency staff to enhance their work with individuals and families facing housing issues. These core services would include case consultation, landlord recruitment/support and household financial management services. E4C will act as the host agency for this collaboration. The project will start operations in May 2008.

These two projects reflect part of E4C strategic initiative to better integrate our service delivery and to pursue innovative and collaborative opportunities. As our organization grows and our services reach more diverse communities and populations, E4C has worked to renew our multi-year Strategic Plan. We started this work in 2007 and look forward to its completion in 2008.

Similarly, the Board of Directors will examine the best way to govern E4C, which has evolved into a large, diverse and complex organization. A governance committee was struck in 2007, and its ongoing work in 2008 will affect the engagement of our membership, the renewal of our governance model/structure and ultimately the future of E4C.

2008 should be a promising year.

E4C will provide:

Affordable Housing  
Opportunities

Supportive Services for  
Independence

Collaborative & Innovative  
Services

Enhanced Business Practices

Reinforced Responsiveness

Consolidation & Strengthening  
of Service Model

Recognition of Primary Assets

Resource Development  
Capacity Building

E4C is a diverse, vital,  
proactive, creative and  
innovative organization.

# OUR VOLUNTEERS



## E4C BOARD OF DIRECTORS

### Executive

Kristin Morra, President

Ross Lizotte, Secretary

Janet Hutchison, Vice President

Al Kosak, Treasurer

Michael Farris, Executive Director (Ex-Officio)

### Board Members

Marilyn Annis

Viola Bruggeman

Ary DeMoor

P.J. Duggan

Ruth Genge

Ted Hill

Myrna Howell

Tom Kieren

H. Pat Macdonald

Sheilagh McBride

Catherine Molyneux

Roger Thomson

Purita de Jesus Roduta

Margaret Wanke





## Volunteers make a difference

Volunteers are a critical part of the work that we do at E4C.

Our volunteers come from all walks of life each with their own story and reason for volunteering. What they all have in common is a desire to help and to be a strong part of the E4C community – building connections and recognizing and supporting the courage of those who access the services of E4C.

ArtStart is a program that is made possible by the goodwill, time and support of volunteers. Fourteen dedicated volunteers offer instruction in music, drama, visual arts and other art classes every Thursday afternoon.

Crossroads Outreach is another program that needs the commitment and support of volunteers. In 2007, 34 volunteers provided 369 service hours in the outreach van providing a warm, friendly face for the women to connect with.

Early Learning Programs counts on volunteers for support to play with the children and ensure their safety while parents attend programming.

Women's Reintegration Chaplaincy also has many caring, warm-hearted volunteers to provide mentorship and prayer for women transitioning into independence from the Edmonton Institute for Women.

The number of volunteers actively involved in demonstrating commitment, connection, courage and compassion to the service users and to the organization is truly amazing. E4C would like to extend our deepest gratitude and appreciation for all of the work that you do.

We share the vision that:

Positive change is possible.

A caring community is important.

Individual action can make difference.

That people want to be part of something meaningful and bigger than any one person.



"Volunteering with Artstart has made me a better drama teacher. I love seeing the kids grow and progress. I truly feel that all kids should have access to arts classes, not only to have the opportunity to explore their talents and potential, but also to acquire important life skills. I have seen kids become more empathetic, better listeners, better able to communicate their ideas and more accepting of the ideas of others. And—to be honest—I think I can say the same for myself. I feel very lucky to teach the class with Jill Connell, the class is a great opportunity to learn from each other and the kids! It's wonderful to be in the company of other volunteers who feel just as strongly about kids in the arts."

- Stephanie Devine, ArtStart Volunteer



# OUR SUPPORTERS

## Member Churches:

E4C continued its collaboration with All Saints' Anglican Cathedral, Augustana Lutheran Church, First Baptist Church, McDougall United Church, St. Joseph's Roman Catholic Basilica, and The Anglican Parish of Christ Church.

Together they contributed towards E4C's annual budget, as well as provided willing volunteers and faithful supporters of our programs.

Each member church nominates members for the E4C Board of Directors.

## Funded in part by:

Alberta Advanced Education & Technology  
Alberta Children and Youth Services  
Alberta Education  
Alberta Employment & Immigration  
Alberta Housing & Urban Affairs  
Alberta Tourism, Parks, Recreation  
Canada Mortgage & Housing Corporation  
Capital Health  
City of Edmonton  
Correctional Services Canada  
Edmonton & Area Child & Family Services  
Edmonton Housing Trust Fund  
FCSS  
Métis Nation of Alberta  
Public Health Agency of Canada  
United Way of Alberta Capital Region

## Donors – Over \$50 000

Edmonton Community Foundation  
Realtors' Community Foundation  
Foote Family Fund  
The Muttart Foundation  
The Stollery Foundation  
United Way Alberta Capital Region

## Sponsors - \$20 000 to \$50 000

William Daly  
Dianne & Irving Kipnes Foundation  
Edmonton Oilers Community Foundation  
Landmark Master Builders  
Métis Nation of Alberta  
Royal Alexandra Hospital Employees' Charitable Donation Fund  
Royal Camp Services Ltd.  
TELUS Corporation  
U of A Faculty of Law, Law Show

## Patrons - \$5000 to \$20 000

ATCO EPIC, Gas, I-TEK, Electric & Staff  
Binette Family

Catholic Parish of St. Thomas More  
Capital City Savings Kids Foundation  
Catholic Parish of Assumption  
Culloden Holdings Ltd.  
Dacro Industries Inc.  
Dell Canada  
Edmonton Northlands  
Edmonton Public Teachers Local No. 37 - ATA  
Friends Four (4) Phair ( Michael Phair)  
Hospitaller Order of St. John of Jerusalem  
J.J. Huston Land Corporation  
Lion's Club of Edmonton - Golden Gate  
Estate of Dorothy May Husband  
Prostitution Awareness & Action Foundation of Edmonton (PAAFE)  
Sorooptimist International Club of Edmonton  
Union 52 Benevolent Society  
Colette Van Aerde  
Waste Management

## Supporters - \$1000 to \$5000

Darlene Acton  
Al Amira Temple - No. 157 Dancers Society  
Allard Foundation  
Carol Allen  
ALS Laboratory Group & Staff  
Alta-Fab Structures Ltd.  
Aiyana Anderson-Howatt  
Austin S. Nelson Foundation  
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Birth to Three Society  
BMO Employee Charitable Foundation  
BMO, Fountain of Hope  
Estate of Marjorie Bowker  
Canada Safeway Ltd.  
Canadian Association of Foodservice Professionals  
Canadian Forces Personnel Support Agency  
Caritas Health Group  
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Children's Emergency Foundation  
 CI Investments Inc  
 City Lumber Corporation  
 Linda Cook  
 D.E. Stollery Professional Corporation  
 John and Ann Dea  
 Patricia Eidem  
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 Edmonton Elks Lodge #11  
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 Good Shepherd Elementary School  
 Verna Haljan  
 Tim Hartnagel  
 HBC Foundation  
 Ionic Club of Edmonton  
 Italian Christian Centre  
 Kids for Kids Benefit Concert  
 Kinette Club of Edmonton  
 Liss Gallery  
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 Charlotte Landry  
 Leanne Palylyk Children's Foundation  
 Martin Equipment Ltd.  
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 (Bessie Goldstick)  
 Rotary Club of Edmonton Northeast  
 Royal Lepage Shelter Foundation  
 Royal Purple Association,  
 Edmonton Lodge #22

Lea Sanderson  
 Serenity Funeral Services  
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 Shtabsky & Tussman LLP  
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 Unity Church of Edmonton  
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 Urban Systems Foundation  
 Margaret Wanke  
 Western CA Services Association

**In Kind Donations**

Alberta Foundation for the Arts  
 Alberta College Conservatory of Music  
 Carol's Quality Sweets  
 Citadel Theater  
 Edmonton General Hospital  
 Edmonton's Food Bank  
 Edmonton School Of Ballet  
 Harcourt House  
 Holes Green House  
 Kids Up Front Foundation  
 Riverbend United Church.  
 Sobeyes  
 Misericordia Community Hospital  
 The Rotary Club of Edmonton Northeast  
 Waste Management  
 Winners Merchants International L.P.

**Supporters Under \$1000**

We wish to thank all of you who gave so generously in 2007, but due to limited space we are unable to list all of our caring donors.

**What some of our donors had to say...**

*"Please accept this small donation, given with a big heart."*

*"I am much impressed by the practical education you give to the young folk and the positive way you give them self-esteem to move forward."*

*"I am pleased to provide this donation for the good of this initiative."*

*"All the members of our Foundation were impressed with the goals of this program. We are happy to participate by providing financial assistance to this very worthy cause."*

*"Our club appreciates the effort put forth by your organization towards helping children receive nutritious lunches and snacks during the day."*

# E4C FINANCIAL STATEMENT

## E4C

### Statement of Operations

Year Ended December 31, 2007

	General 2007	Restricted 2007	Invested in Capital Assets 2007	Total 2007
<b>REVENUES</b>				
Contract Income		\$5,849,959		<b>\$5,849,959</b>
Donations and Grants	368,187	2,246,511	547,903	<b>3,162,601</b>
Contribution of Land and Building in support of Northeast Teen Centre			720,499	<b>720,499</b>
Bistro Operations		288,117		<b>288,117</b>
Rents and Client Fees		630,401		<b>630,401</b>
Other	104,846	215,512		<b>320,358</b>
Interest	26,637	46,131		<b>72,768</b>
Member Contributions	19,694			<b>19,694</b>
Total Revenues	<u><b>519,364</b></u>	<u><b>9,276,631</b></u>	<u><b>1,268,402</b></u>	<u><b>11,064,397</b></u>
<b>EXPENDITURES</b>				
Wages and Benefits	510,460	4,417,275		<b>4,927,736</b>
Client and Other	442,456	2,163,934	12,869	<b>2,619,260</b>
Contracted Supplies (Lunch)		873,023		<b>873,023</b>
Headstart Expenses		609,856		<b>609,856</b>
Amortization of Capital Assets			651,067	<b>651,067</b>
Mortgage Interest		167,420		<b>167,420</b>
Administration Fees and Recovery	(562,002)	562,002		<b>0</b>
Nutrition Snack School Payments		166,189		<b>166,189</b>
Housing Fees				<b>0</b>
Professional Fees	127,560	55,233		<b>182,792</b>
Total Expenditures	<u><b>518,474</b></u>	<u><b>9,014,933</b></u>	<u><b>663,936</b></u>	<u><b>10,197,343</b></u>
Surplus (Deficit)	<b>890</b>	<b>261,699</b>	<b>604,466</b>	<b>867,055</b>
Inner City Youth Housing Project		27,932		<b>27,932</b>
Excess (deficiency) of Revenues over Expenditures	<u><b>\$890</b></u>	<u><b>\$289,631</b></u>	<u><b>\$604,466</b></u>	<u><b>\$894,987</b></u>

A FEW *Staff* OF E4C





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