



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER



ANNUAL REPORT 2021

Contents

About Us - 03

Board of Directors - 04

Executive Director's Message - 05

Our Staff - 06

What our Families are Saying - 07

Outcomes and Successes - 08

Family Story - 09

Financial Statement - 10



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

About us

VISION

Strong, empowered families.

Thriving, happy children.

Meaningful community connections.

MISSION

Strengthening families through meaningful and educational programming in a safe and supportive environment.



TAG LINES

‘Nurture our Future’

‘Growing Strong Together’

St. Albert Family Resource Centre (FRC) is an active and essential non-profit family resource centre serving families in St. Albert and the surrounding communities since 1982. We provide a variety of educational courses and workshops, including one-on-one support services for families with children 0-18 years of age. Please take a moment to learn about what we did in 2021.

Greetings From the Board

Greetings from the SAFRC Board of Directors.

It is so great to have the Family Resource Centre back open to in person classes! 2021 has been another turbulent year with the changing health restrictions and overall pandemic uncertainty. With vaccines now widely available and restrictions lifting, we are pleased to announce that we are nearly operating at full capacity once more.

Although the pandemic was challenging, it also offered opportunities for growth, particularly with virtual programs. Our Family Support Services program continued with a hybrid model throughout the past year, allowing the Family Resource Centre to maintain critical connections with families throughout the pandemic. Going forward, we will be offering virtual programs and meetings as part of our core offerings so those who cannot attend in person can still receive supports. This will allow the Family Resource Center to continue serving as many community members as possible. We are also implementing further technological changes that will make interactions with the Family Resource Center easier, such as the online registration that we implemented last year.

While the needs of the community continue to change, we are committed to reviewing and adapting our programming to meet these needs. We listen carefully to what our partners, parents, and youth are telling us and ensure our programmes are continuously offering positive supports and learning opportunities for our members. We would like to thank our families for your continued patience as we navigate through each wave of the pandemic. We would also like to extend our thanks and appreciation of our staff for working through all the changes of the past year and for ensuring our families never stopped receiving program supports.

During the past year, our fundraising efforts have been able to resume and our funding agencies have continued offering guidance and support. In addition, we are creating a new fundraising plan that is growth and goal oriented and we are excited to kickstart some new initiatives in the upcoming year. We are grateful for all community members and businesses who have offered their support as well. Without you, the Family Resource Centre would not be possible.

The Board of Directors continues to welcome new members to further our growth and evolution. If you are interested in joining our board, we would love to hear from you. We are confident that you will find it a rewarding experience and an excellent opportunity to give back to your community.

St. Albert Family Resource Centre Board of Directors 2021/2022

- Megan George, Board Chair
- Steve Mikus, Treasurer
- Angela Hingston, Secretary
- Fergus Schappert, Director
- Vicki Cooke, Director
- Marcel Leblanc, Director



Executive Director's Message



I am pleased to present the 2021 Annual Report on behalf of the St. Albert Family Resource Centre (FRC). This report provides an overview of the Agency's activities and accomplishments.

Three words sum up our year: *responsive, evolving, and adaptive.*

Staff navigated changing COVID restrictions by offering a hybrid of in-person and virtual programming. The Family Support team remained diligent in connecting with families, whether in the community, the FRC office, or virtually. As the year progressed, St. Albert FRC continued to evolve. Staff and a volunteer redesigned our website, allowing us to implement an online registration system. Our programs and services are also constantly adapted to meet the needs of families in the community. The feedback we get from participants and community partners is vital to the success of our programs and services.

We heard that families wanted to gather and make meaningful community connections again. In response to the need, St. Albert FRC instituted the REP program and biweekly Covid testing of staff so that we could gather in a safe and supportive environment. As we pivot to adapt to a changing world, I want to reassure you that the St. Albert Family Resource Centre will continue to advocate for infants, children, youth, and families in our community. Our programs and services will remain flexible and continue to grow to support our vision of **“Strong, empowered families; Thriving, happy children; and Meaningful community connections.**

It continues to be a tremendous privilege to serve as the St. Albert Family Resource Centre's Executive Director. I want to express my gratitude to our supporters, donors, board members, stakeholders, volunteers, and staff. Thank you for your passionate support.

#GrowingStrong Together #Nurture Our Future

Shelley Passek
Executive Director

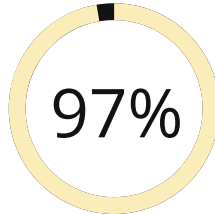
Our Staff

- Shelley Passek, Executive Director
- Tara Gorman, Operations Manager
- Terri Stewart, Family Support Program Manager
- Tanya Scott, Program Manager
- Maryann Da Silva, Parent Coach
- Terri Skinner, Parent Coach
- Gerald Bara, Parent Coach
- Allie Alm, Early Childhood and Volunteer Coordinator
- Shandy Newitt, Child and Youth Coordinator
- Jessica Oxley, Early Learning Coordinator
- Colette Fegan, Front Desk Navigator
- Jessica Crawford, Administrative Assistant

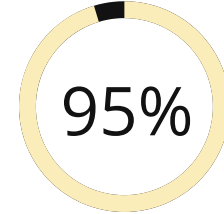


What Our Families Are Saying

"The virtual programs offered throughout shutdown saved our families mental health. The staff were all so amazing!"



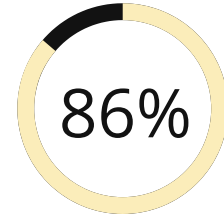
my participation in the programs have contributed to my overall mental health & wellness.



of parents from our adult/parenting programs say that they are able to use the skills they have learned in the program.

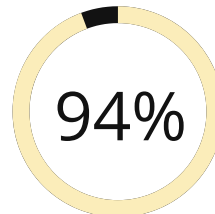


of participants are able to use the skills and strategies presented in the the program.



of parents feel they have made connections with other parents in the community through FRC.

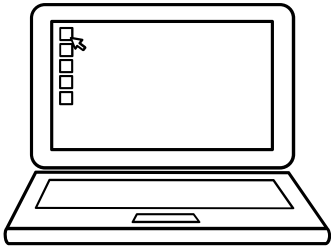
"I have missed you all so much and it has not been the same without coming in to the programs. I am so thankful that I had a family support team member throughout this time when things went virtual. I am not good by myself and I am so happy to be here again and leave my boys here again. I need this place. Thank you for working so hard to offer virtual programs but my boys need to be here. I love it here!"



of parents from our early learning parented programs say that they have increased their knowledge of their child's development whether it's emotional, physical, mental or social.

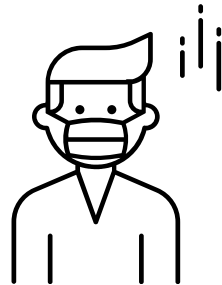
131

Registered Virtual
Classes



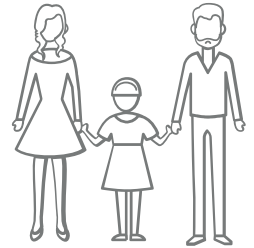
194

In-person classes



1948

Participants
Parent education
classes



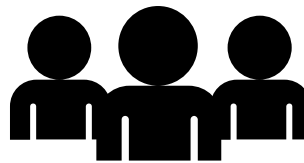
51

of Families who
participated
in the Family Support
Program



307

Unique participants
Family Life Education
Program



159

Children and
youth/Family Life
Education classes




373

Volunteer hours

31

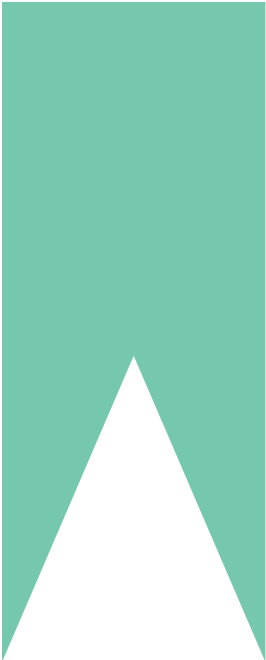
Volunteers

One Families Story



In the past months, I have really been struggling with losing my temper and yelling at my children when I am feeling overwhelmed or stressed out. Since meeting with my parent coach, I have been able to learn new skills and techniques that have taught me how to check in with myself and recognize when I am beginning to escalate or feel overwhelmed. Now, rather than letting it get to a point in which I am ready to explode, I am able to walk away and practice different techniques such as breathing, meditation and positive mantras. I remind myself that everything is going to be okay and when I am calm my children can learn to be calm as well. This has made a huge change in our home and I have noticed a change in not only my behavior, but my children's as well. I feel in control now instead of helpless.

In the past, I have had many challenges around how to communicate with my teen about difficult subjects. I was unsure how to approach certain topics or if my teen even wanted to communicate with me about them. When I did try and communicate with them, I would find myself feeling uncomfortable with the subject matter and begin to get angry. I would sometimes find myself getting so overwhelmed and uncomfortable I would yell or even just shut it down. When I would yell, my child would yell back and the whole conversation would become a fight that created even larger barriers for future conversations, until we just avoided these conversations all together. Since working with a parent coach, I was given many types of resources that helped me to understand the subject matter better so that I felt more confident about going into it. I was also given some work sheets that I could do with my teen that addressed the subject as well as aided in starting and guiding the conversation. I learned many techniques on how to stay calm and change my lens from one of fear, worry and judgement to one of curiosity, compassion and understanding. Once I was able to change the way I interpreted things, we began to be able to have these conversations without any yelling or fighting. I also learned that trying to understand my teen, is not the same thing as giving permission to all of their actions, but rather a way to stay in the loop and keep them safe. Knowing this has made me feel better about allowing these conversations to happen. Our relationship and the way we communicate have improved greatly!



Financial Statements

SVS GROUP LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

INDEPENDENT AUDITORS' REPORT

To the Directors of

ST. ALBERT FAMILY RESOURCE CENTRE

To the directors of **St. Albert Family Resource Centre**

Qualified Opinion

We have audited the accompanying financial statements of **St. Albert Family Resource Centre**, which comprise the statement of financial position as at December 31, 2021 and the statements of changes in net assets, operations and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the effects of the matter described in *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of **St. Albert Family Resource Centre** as at December 31, 2021, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Qualified Opinion

In common with many charitable organizations, **St. Albert Family Resource Centre** derives revenue from donations and fundraising the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of **St. Albert Family Resource Centre**. Therefore, we were not able to determine whether any adjustments might be necessary to recorded donations or fundraising, excess of revenue over expenses, cash flows from operations for the years ended December 31, 2021 and 2020, current assets as at December 31, 2021 and 2020, and net assets as at December 31 and December 31 for both the 2021 and 2020 years. Our audit opinion on the financial statements for the year ended December 31, 2020 was modified accordingly because of the possible effects of this scope limitation.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor Responsibilities for the Audit of the Financial Statement* section of our report. We are independent of **St. Albert Family Resource Centre** in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified opinion.

Responsibilities of Management and those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing **St. Albert Family Resource Centre's** ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate **St. Albert Family Resource Centre** or to cease operations, or has no realistic alternative to do so.

Those charged with governance are responsible for overseeing **St. Albert Family Resource Centre's** financial reporting process.

Suite 100, 17010 - 183 Avenue, Edmonton, Alberta, Canada T5S 1K1 • T 780.486.3357 F 780.486.3320 www.svsgrp.ca

INDEPENDENT AUDITORS' REPORT (continued)

Auditors' Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted audit standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgement and maintain a professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal controls relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of St. Albert Family Resource Centre's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cause significant doubt on St. Albert Family Resource Centre's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditors' report. However, future events or conditions may cause St. Albert Family Resource Centre to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Edmonton, Alberta
April 19, 2022

SVS Group LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

ST. ALBERT FAMILY RESOURCE CENTRE

STATEMENT OF FINANCIAL POSITION AS AT DECEMBER 31, 2021

	2021	2020
ASSETS		
CURRENT		
Cash	\$ 451,726	\$ 355,531
Accounts receivable (Note 5)	10,608	4,829
Prepaid expenses	7,686	10,541
	<u>470,020</u>	<u>370,901</u>
PROPERTY AND EQUIPMENT (Note 3)	33,823	27,585
RESTRICTED CASH (Notes 6 and 7)	153,764	229,608
	<u>\$ 657,607</u>	<u>\$ 628,174</u>
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities (Note 4)	\$ 54,801	\$ 54,099
Unexpended grants (Note 6)	153,089	219,130
Deferred revenue (Note 7)	675	10,558
	<u>208,565</u>	<u>283,787</u>
Commitments (Note 8)		
NET ASSETS		
UNRESTRICTED	415,219	316,802
INVESTED IN PROPERTY AND EQUIPMENT	33,823	27,585
	<u>449,042</u>	<u>344,387</u>
	<u>\$ 657,607</u>	<u>\$ 628,174</u>

APPROVED ON BEHALF OF THE BOARD:

_____ Director

_____ Director

ST. ALBERT FAMILY RESOURCE CENTRE

STATEMENT OF OPERATIONS
FOR THE YEAR ENDED DECEMBER 31, 2021
(continued)

	2021		2020		
	Family Life Education Program	Family Support Programs	Operations and Other Programs	Total	Total
EXPENSES					
Advertising	\$ 5,550	\$ 1,662	\$ -	\$ 7,212	\$ 8,434
Amortization	8,982	-	3,721	12,703	2,703
Bank and payroll processing charges	795	380	103	1,278	1,352
Board and staff development and travel	7,924	7,233	1,051	16,208	17,667
Child centre supplies	787	-	-	787	947
Instructor fees, course materials	12,064	74	-	12,138	13,217
Insurance	2,000	1,007	-	3,007	2,069
Memberships and dues	515	1,460	613	2,588	3,101
Office	8,375	10,574	3,825	22,774	21,581
Professional fees	4,565	7,389	721	12,675	14,880
Program participant subsidies	-	-	-	-	421
Programs	2,919	4,089	-	7,008	6,609
Rent	16,506	48,194	33,629	98,239	80,167
Repairs and maintenance	500	1,574	840	2,914	3,343
Systems and minor equipment	5,596	-	-	5,596	15,258
Telephone	3,050	4,461	-	7,511	8,917
Volunteer appreciation and training	425	422	-	847	404
Wages and benefits	276,396	410,174	28,178	716,748	598,934
TOTAL EXPENSES	358,949	498,603	72,681	930,233	800,035
EXCESS OF REVENUE OVER EXPENSES	\$ 87,119	\$ (2,040)	\$ 19,576	\$ 104,655	\$ 148,254

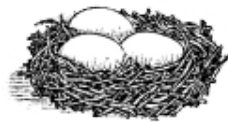


Our Valued Supporters:

Alberta 



United Way
Alberta Capital Region



ST. ALBERT COMMUNITY
FOUNDATION
for generations to come



**Many thanks to all our supporters,
including those who donated and participated in our fundraisers!**



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER