

# ANNUAL REPORT 2022



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

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# THE DIFFERENCE WE MAKE

Our primary goal is to support children and families to grow, learn, and connect to each other and in our community. Our qualified instructors mentor and provide creative activities in our learning centres, so that each individual child, adult or family who attends our programs are given the tools they need!

## CHILDREN (ages 0-5)

### What they do/learn:

- Social-emotional skills - sharing, dealing with emotions, boundaries, separation, friendship, etc.
- Communication skills
- Problem-solving skills
- Preparation for school & life

### How they learn:

Play, modelling, resources, personal support



## YOUTH (ages 6-12)

### What they do/learn:

- Recognizing healthy/unhealthy situations
- How to deal with difficult/ uncomfortable situations
- Social-emotional skills
- Personal values & life skills
- Preparation for school & life

### How they learn:

Modelling, group/team work, resources, personal support



## PARENTS/CAREGIVERS

### What they do/learn:

- Education on child development
- Tools for making the home a positive atmosphere
- Methods to deal with challenging situations
- Problem-solving skills
- Setting boundaries
- Building community

### How they learn:

Education, resources, personal support, group work



## FAMILIES

### What they do/learn:

- Make new social connections in the community, reducing social isolation
- To build resilient families and communities

### How they learn:

Gathering together in events, programs, activities, resources, personal support



# Greetings from the Board

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Dear Friends and Supporters,

On behalf of the Board of Directors, as the Board Chair of the St. Albert Family Resource Centre, it is with immense pleasure that I reflect on the achievements we have accomplished in 2022. All in thanks to the dedication and hard work of our staff, volunteers, and community partners and every one of you for your unwavering support and belief in our mission.

Our mission is to strengthen families and individuals in our community, through meaningful and educational programming, in a safe and supportive environment. We provide the necessary support to enhance our family's well-being and strengthen their resilience. Our programs and services have reached a broad audience, from Early Childhood Programs, Child and Youth Programs, Parent & Caregiver Education Programs. At the core of our work lies a commitment to inclusivity and diversity. We strive to create a safe and welcoming environment for all, regardless of gender, age, ethnicity, or socio-economic background.

The Board of Directors works with the Executive Director of the SAFRC to renew the Strategic Plan every three years. 2022 was the first year of a new plan and we saw achievements and progress in areas such as program growth, diversity training, new fundraising initiatives, and continued technological progress.

The SAFRC's 40th Year Anniversary was also in 2022. For the last 40 years, the Centre has always had a pulse on community events and issues and is always pivoting quickly to ensure the needs of our community and families continue to be met. As we move into the next 40 years, we will promise to continue serving our community and families with the same level of care of professionalism that you have grown to know.

To the leaders and staff at the Centre, we want to express our gratitude towards your commitment and dedication to our community. Your efforts have made a significant difference in the lives of many families in our community, and for that, we are eternally grateful. Your passion and hard work serve as an inspiration to us all and remind us of the power of kindness and compassion. Please accept our heartfelt thanks for all that you do, it does not go unnoticed.

We would also like to acknowledge the generosity and solidarity of our donors and supporters. We extend our deepest gratitude to each and every one of you for your unwavering support and belief in our mission.

As we look ahead to the new year, we renew our commitment to serving our community and addressing the challenges and celebrating the achievements that lie ahead. Together, we can make a meaningful difference.

With warm regards,

*Megan George*

*Board Chair, St. Albert Family Resource Centre*



# Executive Director's Message

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As was the case last year in my AGM report, I did not envision yet another, now a third year, in which our staff would all be impacted by COVID-19 and still be working tirelessly to manage within this context. However, we were fortunate to end the year with no COVID precautions in place. What I can say with clarity is that, through sheer determination, our staff and management team delivered strong services and programs throughout every program stream in our organization.

When the restrictions lifted we were able to move back to our pre-COVID practices. We gradually increased class sizes and everyone was happy to be back. It was a pleasure to be together again.

2022 was another busy year. In October we celebrated 40 years of providing services and programs to our community. It was a lovely evening attended by staff, members, the Board of Directors and guests. The evening included greetings from the Mayor of St. Albert and MLA Marie Renaud. Dale Nally, MLA was unable to attend but sent his congratulations. Two parents spoke about their experiences at FRC and had us in tears. All in all, it is a night we will not forget and we look forward to continuing to serve our community.

Other events in 2022 included our Family Fun in the Park, BooBash, Soapbox Derby, St. Albert Pride, Rainmaker Parade, Gnomeville and the charity golf tournament at Cattail Crossing Golf Course. We could not have done these events without the support of community partners, donors and volunteers. Together we helped people build new social connections that reduce isolation and build a sense of belonging.

The ongoing support of our funders, community partners, donors, and volunteers, including our Board of Directors sets FRC up for success. Everything they do supports the work we do to honor our vision of strong, empowered families/thriving, happy children/meaningful community connections. Our partnerships ensure more people will understand the importance of the work we do to promote healthy family functioning.

As we move into 2023, we will continue to support families and their children. We will do this by continuing to build relationships in the community and listening to what families say they need.

On behalf of FRC, I thank you for your support and look forward to seeing you in Centre.

*Shelley Passak*

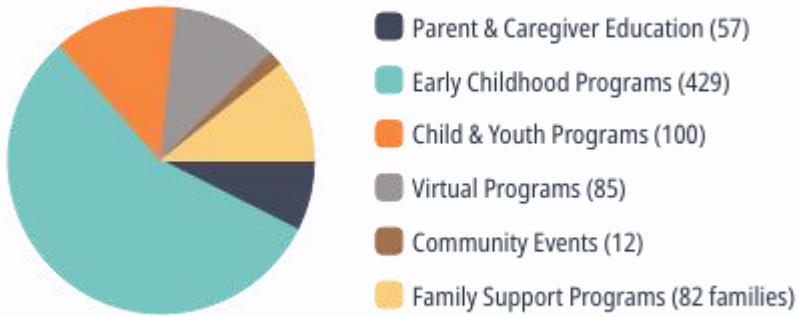
*Executive Director, St. Albert Family Resource Centre*



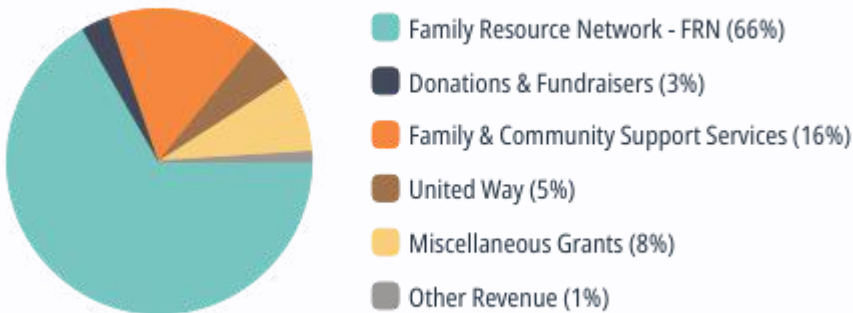
# SNAPSHOT

of our year

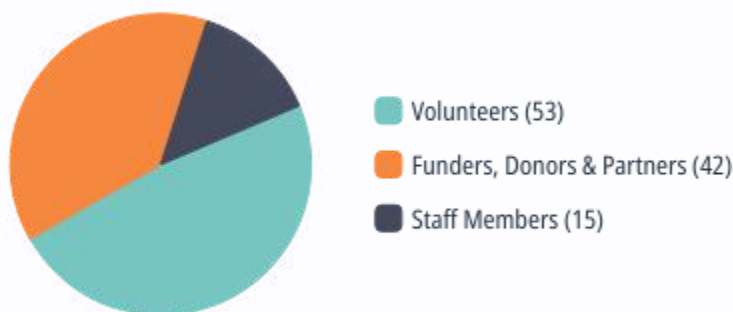
## OUR PROGRAMS



## FUNDING



## WHO MAKES IT POSSIBLE



# 'Growing Strong Together'

## OUR MISSION

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

## OUR VISION

“ Strong, empowered families. Thriving, happy children. Meaningful community connections. ”

## OUR VALUES

“ Belonging, Learning, Integrity, Resiliency, Collaboration, and Cooperation. ”

#NurtureOurFuture



"Our relationship and the way we communicate has improved greatly!"

Family Support Program

## ONE FAMILY'S STORY

"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.*

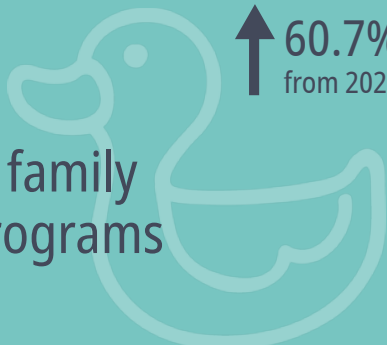
Once I was able to change the way I interpreted things, we began to be able to have these conversations without any yelling or fighting. I also learned that trying to understand my teen, is not the same thing as giving permission to all of their actions, but rather a way to stay in the loop and keep them safe. Knowing this has made me feel better about allowing these conversations to happen. Our relationship and the way we communicate has improved greatly!"

# A YEAR IN REVIEW

the difference we made in 2022

**82**

families in family support programs



↑ 60.7%\*  
from 2021

**3698**

participants in family life education programs

↑ 89.8%\*  
from 2021

**662**

total programs



**100**

child & youth programs

**415**

parented & unparented programs

**62**

adult/caregiver education classes

**85**

registered virtual classes



**12**

community events

**484**

family memberships

\*percentage of growth



**42**

sponsors,  
funders  
& donors



**53**

volunteers

**746**

volunteer  
hours

**29**

organizations  
we refer to

**15**

staff  
members

**\$11,000+**

donations

- Corporate Sponsorship
- Private donors

**\$42,000+**

funds raised

- Home Depot Canada
- The Local St. Albert Home Depot Store
- Our own fundraisers

**As a non-profit, we are so grateful for the contributions from our community!**

*Each and every contribution helps us provide a variety of educational courses and workshops, as well as one-on-one support services, for families with children and youth 0-17 years of age.*

# Program Stream #1

## Family Life Education

*Early Childhood Programs*  
*Child & Youth Programs*  
*Parent & Caregiver Education*

### Focus of Family Life Education Programs:

- Increasing the social ,emotional, behavioural, and cognitive development of children and youth
- Introducing children & youth to an abundance of interactive activities outside of the home, in a safe and caring environment, teaching independence, and helping with any separation anxiety
- Supporting early child growth and development (language, fine and gross motor, cognitive, social and emotional skills)

### What you can expect:

- Learning through play and modelling
- Language rich environment
- Small class sizes help children develop social skills & build self- esteem

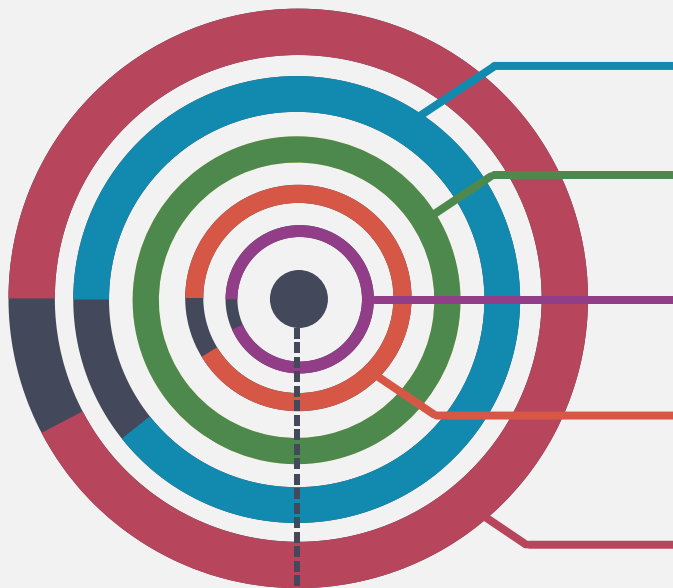
### Program Benefits:

- Children gain developmental tools that will carry forward into their future, such as social skills, cooperation, emotional management, , self- esteem building, and relationship skills
- Developing the unique interests of children & youth, through experiencing new hobbies and activities
- Children and youth learn effective ways to manage feelings and deal with pressure
- Connect children & youth to their community, so they have somewhere safe to turn, in times of stress
- Chance to develop a supportive network of friends



# Program Stream #1

## Family Life Education



89% of participants were able to use skills & strategies presented in the programs

100% of parents were able to use skills learned in the adult/parenting programs

93% of parents feel participation allowed them to make connections with other parents in the community

91% of parents said they have gained knowledge of their child's development (emotional, physical, social)

92% said programs positively contributed to overall mental health & wellness

*"I am so thankful for you all and all of the hard work that you put into the programs and offering quality experiences for my children and myself. Without you all I am not sure what I would do but I do know that not only have my children looked forward to programming, but I have as well. The staff here are amazing, kind and wonderful human beings. This Centre is a part of my family!"*

**93%** of families benefitted overall from our programs

*Over 600 courses and workshops are offered annually through the **Family Life Education Program**, focusing on increasing the social and emotional development of children, as well as promoting and strengthening caregivers' parenting skills and knowledge. Additionally, families and community members are connected to community supports and resources.*

# Program Stream #2

## Family Support Program

*Home Visitation (ages 0-6)*  
*Parent Coach (ages 7-17)*  
*Health for Two (pregnancy - 2mos postpartum)*  
*Developmental Screens (ages 1mos – 5.5yrs)*  
*Information Referrals*

### **Focuses on strengthening and supporting families by:**

- Helping to identify what areas they require support
- Building relationships
- Teaching problem-solving skills
- Encouraging positive parent-child relationships
- Supporting early child growth and development (language, fine and gross motor, cognitive, social and emotional skills)
- Providing resources and tools needed to achieve goals

### **What you can expect:**

- Mentorship through challenges
- Support built on your existing strengths
- Increased knowledge that can be applied to your day to day life
- Improved relationships with your peers, family, and community
- A knowledgeable Parent Coach who is trained in various parenting programs, including Triple P, Circle of Security & Active Parenting
- Culturally sensitive Parent Coach(es) and program

### **Program Benefits:**

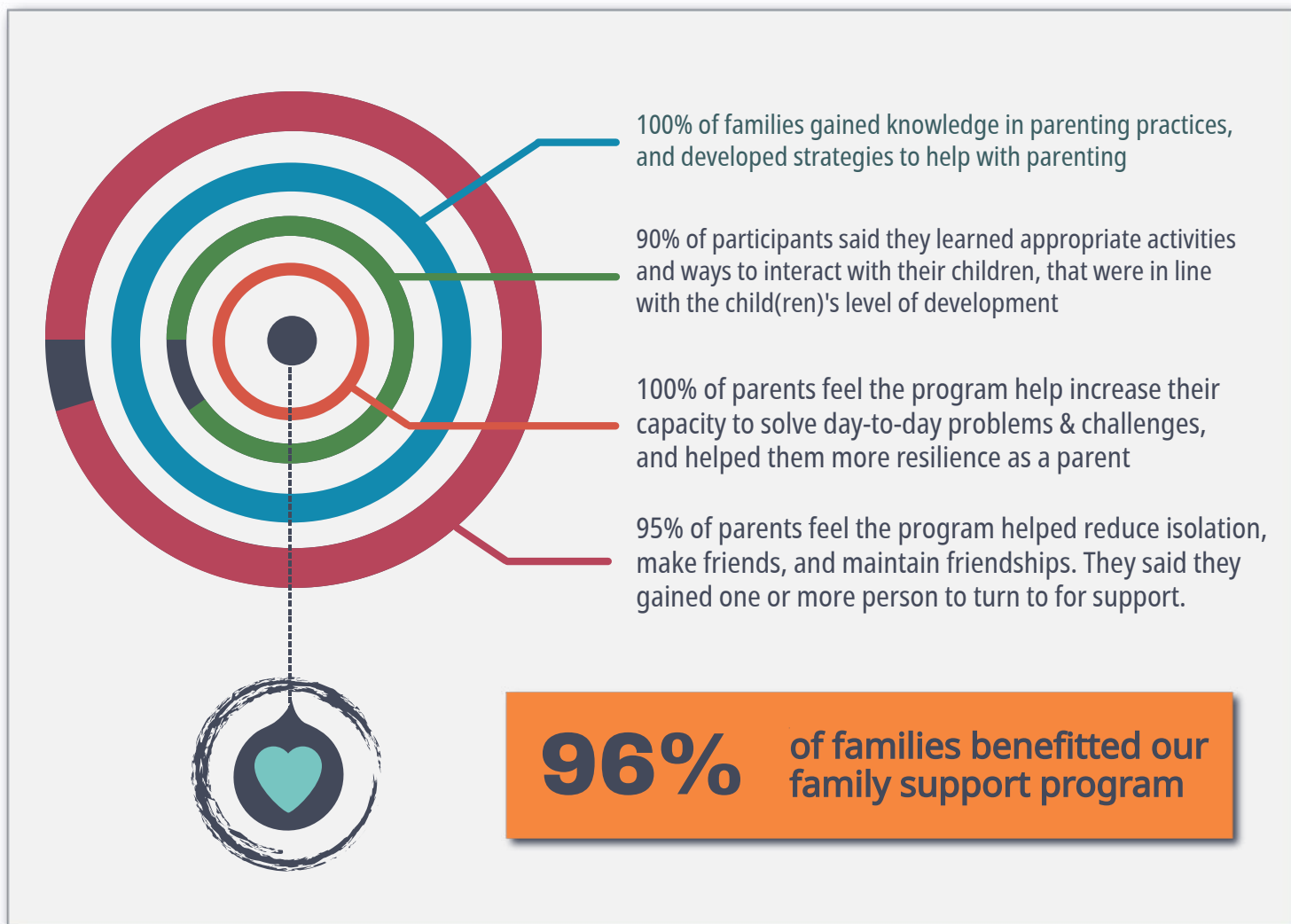
- Parents improve their parenting knowledge and skills.
- Parents enhance their knowledge of child development.
- Helps families connect with appropriate community resources.
- Encourages families to make connections with other families
- Helps families build on their strengths



# Program Stream #2

## Family Support Program

Our **FREE** Family Support Program offers one-on-one education, support and referrals to parents or the primary caregivers of children, through every stage of development! Newborn, toddler, tween or teen – these programs are flexible and tailored to each family and their unique needs.



Our goal is to support you, in raising healthy, safe, and secure children.

# ONE FAMILY'S 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 behaviour, but my children's as well. I feel in control now instead of helpless."

"I feel in control now, instead of helpless!"



# LOOKING AHEAD



what we are working towards

## expanding programs into the community

To allow those with limited/no transportation access to the programs we offer, we plan to expand our reach of our Early Learning Programs to be more easily accessible. We plan to offer programs twice per month, in various areas of the community - bringing the programs closer to those who need it!

### REQUIREMENTS:

Space/facilities, volunteers, food & beverages, supplies, hiring of additional staff, transportation

## single parent group

We recognize that being a single parent can be challenging and sometimes even lonely - in 2023, we will be offering a group for single parents to support them on their journey! We will be offering connect to resources, gain skills & knowledge. Childcare will be provided, so parents can socialize & build connections.

### REQUIREMENTS:

Space/facility, sponsors, volunteers, food & beverages, supplies, hiring of additional staff, transportation

## dads group

We will be implementing a group just for dads! This will be a relaxed gathering environment, with or without kids! The primary goal of this group will be building relationships & community, but there will also be activities, resources, life skills, and parenting tips.

### REQUIREMENTS:

Space/facility, volunteers, food & beverages, supplies, hiring of additional staff, transportation

## grandparents group

To help support grandparents who are caring for their grandchildren, we plan to provide a group that focuses on helping grandparents to care for children in a different day & age from when they were first parents.

### REQUIREMENTS:

space/facility, sponsors, volunteers, food & beverages, supplies, hiring of additional staff, transportation

# WE COULDN'T DO IT WITHOUT YOU!

## St Albert Family Resource Centre Staff

Shelley Passek, *Executive Director*

Tara Gorman, *Operations Manager, FRN HUB Coordinator*

Cindy Jewell, *Accounting Assistant*

Colette Fegan, *Reception & FRN HUB Navigator*

Marissa Duncan, *Office Assistant*

Becky Kenyon, *Communications*

Tanya Scott, *Program Manager*

Allie Alm, *Early Childhood Coordinator*

Holly Bosch, *Child & Youth Coordinator*

Sabrina Jackson, *Early Childhood Facilitator*

Terri Stewart, *Family Support Program Manager*

Maryann De Silva, *Parent Coach*

Gerald Bara, *Parent Coach*

Terri Skinner, *Parent Coach*

*Thank you to all our past and  
present staff, for helping us  
bring so much to the  
community over the years!*



# VOLUNTEERS

## Giving back to our community

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*Thank you to all our dedicated volunteers for your support, hours of service, and general kindness!*

Each year our outstanding volunteers contribute over 700 hours of service! Our dedicated volunteers are actively involved in a variety of positions within our organization, including:

- **Preschool/ELC** - Assisting with programs
- **Special Events** - Soapbox Derby, Cattail Golf Tournament, fundraisers, Christmas events, etc.
- **Casinos** - Volunteering during casino days
- **Program Prep** - Cleaning toys, sanitizing playrooms, help with materials, etc.
- **Maintenance** - IT work, playground clean up, etc.
- **Board Meetings**

Would you like to be involved in making a difference in a child and/or family's life? By volunteering at St. Albert FRC you become part of a vibrant team of supportive people working together to make a difference for families in our community.

Visit [stalbertfrc.ca/volunteering-employment](http://stalbertfrc.ca/volunteering-employment) to see how you can get involved!



**Special thanks to our board members who volunteer their time to help us support the community:**

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

# OUR NETWORK

organizations we refer to

AHS Mental Health  
Alberta Supports  
ASHD Association  
Ecole La Mission  
Greater St. Albert Catholic Schools  
Jessica Martel Memorial Foundation  
Kids Kottage  
Kinettes  
Outloud St. Albert  
PEO  
Rapid Access Counselling  
St. Vincent DePaul  
Salvation Army  
SACE  
SAGESSE  
SAIF Society  
St. Albert and Sturgeon Primary Care Network  
St. Albert Community and Social Development  
St. Albert Community Village and Food Bank  
St. Albert Further Education & STAR Literacy  
St. Albert Housing Society  
St. Albert Public Schools  
Sturgeon Public Schools  
The Family Centre  
Today Family Violence Help Centre  
Transitions Rehabilitation Association of St. Albert & District  
Rivers Edge Counselling Centre  
Rotary Club Reaching out Grant





# THANK YOU!

We are so grateful for the support of our sponsors, funders, partners, and donors - YOU make a difference!



ST. ALBERT COMMUNITY  
FOUNDATION  
*for generations to come*



United Way  
Alberta Capital Region

# Special Mentions



Housing and hope  
for homeless youth

For the past 4 years, The Home Depot Canada Foundation and our local St Albert Home Depot has raised funds through their Orange Door Project for the *St Albert Family Resource Centre*, in support of our Child & Youth programs.

The Home Depot has also contributed in other ways, such as a donation of a shed for our playground area, painting of our Centre, and supplies for our fundraisers.



St. Albert  
**BUSTER'S**  
**PIZZA & DONAIR**



**Cattail Crossing**  
Golf & Winter Club

*It's Alive, St. Albert*



**BLOOM STONES**  
*Floral and Gifts*





# Growing Strong Together



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