



2020-21 ANNUAL REPORT



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FAMILY SERVICE SASKATOON | 306.244.0127
#102 506 – 25TH STREET EAST, SASKATOON, SK S7K 4A7
CHARITABLE REGISTRATION: 107957029 RR0001

Family Service Saskatoon acknowledges that we operate on
Treaty 6 Territory and the Homeland of the Métis Nation

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Ms. Dorothy King
Pictured in her later years
at McGill University.

In 1929, Ms. King, a young Social Worker visiting Saskatoon, was approached by the Council of Women and hired to conduct a comprehensive study into the needs of the community and to what extent local charities and organizations were filling those needs. At this time, the Council of Women didn't have the funds to pay Ms. King's salary, which was only room, board and personal necessities. They approached The Board of Trade, who undertook the responsibilities of Miss King's living expenses.

WHO WE ARE

Our Mission:

Family Service Saskatoon (FSS) serves individuals, families, and the community to nurture safe, healthy, and respectful relationships.

We Value:

- ♥ Accessibility of our services to all people on an equitable basis without regard to race, religious belief, sexual orientation, age, or financial status.
- ♥ Individuals, families, and communities; our focus is to promote health and growth through innovative, diverse, and high-quality services.
- ♥ Client entitlement and empowerment using a holistic, collaborative, and gender-sensitive approach in the provision of services.
- ♥ Our professionalism, the high ethical standards it demands, and the related commitment to professional development of staff and students.
- ♥ Cooperative partnerships with other non-profit organizations, public sector agencies, and businesses for the purpose of fulfilling our mission.
- ♥ The role of volunteers in our organization and are committed to their training, supervision, and support.
- ♥ A working environment that is collegial and family-friendly.

The Ends Policies Adopted in the Strategic Plan for 2020-2025

1. Solving problems without violence
 - a. Families, intimate partners, and youth solve problems without violence.
2. Building stronger families
 - a. Families manage separation and divorce in a healthy way.
 - b. People in parenting roles are competent and confident in their parenting skills.
 - c. Individuals and families receive supports to manage their mental health.
3. Youth experiencing challenges develop resilience.
4. Programming meets the unique needs of clients in minority groups.
5. FSS is recognized and respected as a prominent organization serving the community.

MESSAGE FROM THE CHAIR



2021 marks the 90th year of operations for Family Service Saskatoon Inc.! This makes us one of the longest-operating non-profit organizations in our city. We owe many thanks to all the individuals who contributed to the success of our Agency over the last 90 years and the significant impact they have made on our community.

I am sure many of you are glad to see this past year come to a close and are looking forward to a return to normal. The COVID-19 pandemic has disrupted our lives and impacted us all to varying degrees and will almost certainly have long-lasting effects on the individuals, families, and community we serve.

Despite these challenges, the management and staff of the Agency persevered during the year and continued to deliver much-needed services to our community. I would like to thank the staff, management, and our Executive Director for all their accomplishments during the year. The Agency continued to expand and provide new programming during the year when many other organizations were just trying to navigate existing through the new difficulties of operating in COVID-19.

Our board also had a busy year; we finalized our strategic plan, setting a road map for the Agency's next five years on top of conducting our regular meetings and committee work via Zoom.

I would like to thank all our funders during the year. We have received some incredibly generous donations from businesses, groups, and individuals during the year. These funds allow us to deliver much-needed services to the community to nurture safe, healthy, and respectful relationships.

Regards,

Kyle Christopherson

Looking back over 90 years.....

In 1931, 3 local service clubs, the Rotary, Kinsmen and Kiwanis Clubs, agreed to help organize and fund the establishment of The Family Welfare Association. With the 'Great Depression' in full swing, the need for such an organization was self-evident and the clubs each took on the responsibility to provide a \$1200 grant to assist in "underwriting" the expenses of the Association for the first year. The Association's mission was to coordinate the services of the charitable, volunteer and social assistance groups that existed at the time and to provide more efficient ways of delivering services to those in need while avoiding duplication of services.



MESSAGE FROM THE EXECUTIVE DIRECTOR

To say that the last year has been challenging would be an understatement. The COVID 19 pandemic brought the entire world to a standstill. The first few months of this past fiscal year were spent figuring out our new normal which included working remotely. Family Service Saskatoon quickly shifted how it provided services to ensure that the needs of our clients continued to be met. The pandemic showed us how to be creative, innovative, and available, no matter what was going on in the world around us.



We were fortunate to receive funding from the Government of Canada, Emergency Community Support Fund and we used these funds to enhance our technology and infrastructure so we could provide robust remote services. We also used the funding to hire additional staff members to meet the increased demand for services that we saw later in the year. Thank you as well to our provincial government partners who ensured funding continued for services and related COVID-19 costs.

I am grateful to our employees for their resilience, dedication, and commitment to their clients and our agency. Each person ensured their clients continued to be supported, while figuring out all the nuances of working from home, including new technology and video calls. Thank you for your support and grace as we journeyed through a worldwide pandemic together.

Thank you as well to our Board of Directors. Your continued dedication and guidance as we navigated governance over Zoom shows true leadership! The Board also created and implemented a strategic plan to guide our agency for the next five years, no easy feat during a year of so many changes. We are saying farewell to four Board members this year - Arlene Schmalz, Ranabelle Stroh, Lavin Saleh, and Jordan Farr. Thank you for volunteering your time to benefit Family Service Saskatoon.

2021 looks to be an exciting year! Family Service Saskatoon is celebrating its 90th Anniversary! We so appreciate having the opportunity to provide much-needed programs and services to this community for nine decades and we look forward to continuing to adapt and serve for many more years. Stay tuned to our social media for news about how we plan to celebrate this milestone!

Finally, thank you to our partners, funders, donors, and the community. We were blessed to discover just how supportive our community could be during very trying times. I invite you to read through the Annual Report for more details on the programs we provided this past year and the support we received from so many. As we come through a challenging year, I am grateful Family Service Saskatoon continues to provide programming that strengthens people, nurtures relationships, and builds communities.

Warm Regards,
Janine Baumann

BOARD OF DIRECTORS

Chair - Kyle Christopherson

Treasurer - Amanda Anderson

Past Chair - Connie den Hollander

Secretary - Madasan Yates

Vice Chair - Lana Wickstrom (on leave)

Directors:

Ivy Armstrong

Andrew Gaucher

Ranabelle Stroh

Emma Chen

Lavin Saleh

Riley Woodman

Jones Enebeli

Arlene Schmalz

Jordan Farr

Aarondeep Shokar

FOUNDATION REPORT

After careful consideration, the decision was made to dissolve the Family Service Saskatoon Foundation and move to the establishment of a Fundraising committee consisting of community, agency and board volunteers. The formal motion to dissolve was presented and passed at the 2019/20 Annual General Meeting of the Foundation.

Though 2020/21 posed unique challenges from a fund-raising perspective, the committee has remained focused on raising funds to provide much-needed support for the programs offered by Family Service Saskatoon. Unfortunately, the highly successful Trucktastic! event had to be postponed due to COVID-19; we look forward to offering this unique fundraiser again in 2022!



Foundation Board

Jessica White - Co-chair

Madasan Yates – Agency Board Liaison

Paula Ghiglione - Co-chair

Faith Rowland – Staff Liaison

Jenn Husband – Director

Did you know.....

Mrs. C. K. Langford was the first President of the Family Welfare Bureau. She is recorded as the first woman in Canada to hold the position of President of the Board of Directors on any Welfare Agency in Canada.

OUR TEAM

Leadership Team

Janine Baumann - Executive Director
 Myrna Kanigan - Director of Programs
 Bridget Scott (to March 31/21) - Preventing Youth Violence Project Manager
 Ian Shaw - Preventing Youth Violence Project Manager

Administrative Staff

Martha Hollinger – Executive Assistant (term)
 Loretta Morin - Receptionist
 Deb McHenry - Receptionist
 Jess McLean - Executive Assistant (leave of absence)
 Faith Rowland – Fund Development Officer

Program Staff

Youth Counsellors

Beatrice Boateng-Twumasi
 Martin Nyai
 Sheena Tremeer

Youth Exposed to Violence

Chandra Decae (leave of absence)
 Dillon Cobb

Rapid Access Counsellors

Dillon Cobb
 Tania Rediron

Counsellors

Hélène Davis
 Myron Peters
 Tania Rediron
 Marnie Rogers-de Jong
 Gwen Roulette

Domestic Violence Court

Alana Gardiner - Coordinator
 Taryn Domanko (term)
 Ashley Huysamen (leave of absence)
 Ellie LeClerc

IPV Outreach

Alana Rabby Dowling - Coordinator
 Jody Hanson
 Twila Seeley

Teen & Young Parent Counsellor

Wendy Monks-Janzen

Intake Counsellor

Janette Gamble

Program Coordinators

Faith Rowland – Childcare Program
 Teddy Ward – Child and Youth Support Program

Childcare Workers

Our childcare team is committed to providing high quality childcare for children and families accessing programming at Family Service Saskatoon and through our partner agencies.

Shelly Bazowski
 Rahilah Karimi
 Lubna Mirza

Samra Rai
 Bonnie Strierner
 Sophie Tata

Manju Tikoo

Child & Youth Support Workers

The Support Workers provides mentorship through one-to-one matches with at-risk youth referred for support by the Ministry of Social Services.

Sheryl Banyay	Ashish Ghai	Jaida Nelson
Treighton Banyay	Ashita Ghai	Andrew Paslawski
Taylan Banyay	Manvi Ghai	Mackenzie Read
Mike Banyay	Nalini Ghai	Amaya Sanche
Solomon Brown	Isra Jelani	Ryann Simpson
Sarah Cochran	Amanda Lund	Charnalle Skjeie
Mitch Dear	Jackie Lamirande	Cooper Skjeie
Peter Devries	Jaydean Lamothe	Roseanne Vandervoort
Rebecca Devries	Mike Mendoza	Braedon Whatcott
Josephine Dunning	Ashton Moore	Heather Whatcott
Terry Fiddler	Jennifer Nater	

Our Counsellors' Voices

"It's an honour to work with people in crisis and be able to provide support when they need it the most. There have been many situations where our service is the only help they've got. They tell us that, and we know what we do makes a huge difference. It's so rewarding to be able to help people navigate the system at a time when they are overwhelmed, and then watch them get back on their feet and move into a better chapter in their life." Anon

"As a counsellor at Family Service Saskatoon (FSS) I work regularly with Rapid Access Counselling clients and I have seen and heard first hand on how grateful individuals are for the no-cost counselling services. Offering phone, in-person, and video counselling has aided individuals in comfortability in accessing our services. Some clients have expressed 'feeling better' and 'feeling heard' immediately after a session. It takes an immense amount of courage to reach out for help, and for that, I am incredibly grateful to sit with each client."

Tania, BA, B.Ed., M.Ed (Candidate)

Looking back over 90 years.....



Lillian Thomson
Pictured in her later years
serving as Executive Director of
Family Service Toronto

In October, 1931, the Family Welfare Association was a reality and a trained social worker from Toronto, Miss Lillian Thomson, was hired to serve as the agency's first Social Worker and later became the first Executive Director of the agency. Her fervent belief in the importance of "partnerships between private and public sectors to coordinate educational programs for the betterment of family and society" is evident in our mission to this day.

OUR HISTORY

Family Service Saskatoon is celebrating 90 years of impact within Saskatoon and the surrounding communities. Our organization has seen times of change, but our guiding principles and vision have remained the same. Journey with us as we review and look at a few pivotal moments from our history.

1928 – The concept of a Family Welfare Bureau was developed to co-ordinate the work of volunteer groups and begin a skilled service for families. It was initiated by the Council of Women, as recommended by the Children's Aid Society, in response to overwhelming requests for help by families and single parents who were unable to support their children, but who didn't wish to place them for adoption.

1930 – The Canadian Welfare Council undertook a survey in Saskatoon to *"...ascertain to what extent the needs of families and individuals in trouble were being met by various organizations, and to suggest a type of machinery to meet the needs more effectively"*.

The establishment of a Family Welfare Association was recommended to co-ordinate the work of the agencies, to establish a social service exchange preventing duplication of services and to provide professional social work services to families with focus on prevention.

1931 – A board was selected for the Saskatoon Family Welfare Association and the first trained social worker was employed.

Community Chest was established, and the Family Welfare Association became the first agency to receive funds.

We worked closely with the City of Saskatoon in their relief work, starting a kindergarten for deprived children and developing parenting classes for young mothers on public assistance.

A training partnership was established with Montreal School of Social Work, affiliated with McGill University, for a six-month training course for university graduates.

October 21, 1937 – We incorporated under The Benevolent Societies Act.

Pre-1945 – A council of social agencies was formed as part of the Community Chest under the leadership of the Saskatoon Family Welfare Society.

1945 – Department of Social Welfare, Provincial Government, opened an office in Saskatoon and assumed responsibility for relief benefits.

1958–1980 – The Visiting Homemaker (now Home Care) and Meals on Wheels programs were established and operated by "the Bureau".

Saskatoon's first cooperative day care (Spadina Day Care) was established by Saskatoon Family Service Association at Knox United Church.

1961 – The name of the agency was changed to Saskatoon Family Service Bureau to remove the stigma that was attached to the terms "welfare" and "relief".

1984 – The Teen Parent Program was initiated.

1985 – The Domestic Abuse and Young Offender Programs were initiated.

1987 – The Employee Assistance Program was initiated.

1993 – Purchased building on 2nd Avenue.

1992–2001 – Programs added:

- ♥ Families First
- ♥ Performing Arts for Youth
- ♥ Women's Inter-service Partnership Project (WIPP)
- ♥ Domestic Violence Emergency Response System (DVERS)
- ♥ Family Life Education

1995 – Discussion on the establishment of the Saskatoon Community Service Village began.

2001 – With "The Village" construction completed, we moved to "the Village". Name of agency changed to Family Service Saskatoon. Programs added:

- ♥ Parent education for parents engaged in custody/access disputes
- ♥ Grief groups in schools
- ♥ Grandparent's support group
- ♥ Family Service Saskatoon accredited by Family Service Canada

2002–2005 – Moving forward, the DCR Support Worker Program is added; an FSEAP regional Hub is established and a strategic plan adopted. The Grandparents group forms its own organization.

2005–2011 – Domestic Violence Court Caseworkers and Intimate Partner Violence Outreach added to our service delivery. Childcare is established for many groups; Families First contract ends; Foundation created.

2019–2021 – 52° North program through Public Safety Canada created; the Foundation is dissolved.

STRENGTHENING PEOPLE

Counselling Services

Community Counselling: This program operates on a sliding fee scale to ensure that nobody is turned away. The program offers counselling based on clients' needs. Skilled counsellors work with clients on issues as diverse as grief, self-esteem, healthy relationships, parenting, and coping.

Family Services Employee Assistance Program (FSEAP): The FSEAP program provides contracted counselling services to a variety of employers. Employees within the program access individual and family counselling and a variety of wellness workshops.

Rapid Access Counselling Clinics: Family Service Saskatoon continued providing single-session walk-in counselling at no charge for individuals, couples, and families in 2020/2021. The main goal of rapid access counselling is to help address the immediate needs of the client through brief solution-focused support. In-house clinics are offered at various locations throughout Saskatoon and surrounding communities.

- | | |
|----------------------------|---|
| ♥ Axiom Career College | ♥ Saskatoon Public Library |
| ♥ Family Service Saskatoon | ♥ Westwinds Primary Health Clinic |
| ♥ OUTSaskatoon | ♥ Martensville Collective Health & Wellness |
| ♥ Prairie Harm Reduction | ♥ Warman Legends Healthcare |

Group Programs Focused on Wellness:

Family Service Saskatoon provides groups and workshops designed to enhance the lives of individuals and families. Groups offered vary throughout the year depending on the needs of our clients and the community. Examples include:

- | | |
|-----------------------------------|--------------------------|
| ♥ Adult Depression and Anxiety | ♥ Impact of Social Media |
| ♥ What's Anger Got to do with it? | |

Youth Programs

52° North: In 2019/20, Family Service Saskatoon launched a 5-year initiative to prevent multiple forms of youth violence, specifically cyber bullying, bullying and dating violence. With \$2.5million in funding from Public Safety Canada over the next five years, 52° North delivers programs focused on increasing participant wellbeing, building healthy relationships, and strengthening family supports for youth who are at risk of engaging in violence in our community.

- ♥ **Building Youth Resilience** - A strengths-based program exploring resiliency while dealing with life's challenges. Youth practice coping strategies, develop awareness of thoughts and feelings, make plans, set achievable goals, and build positive connections.

- ♥ **Gympowerment** – A program for youth experiencing challenges with bullying and violence that combines physical activity, group discussions, and individual reflection on topics including well-being, resilience, and coping with stress and trauma.

*"I use the programs with 52° North because they're great.
Gympowerment taught me coping skills and how to be more social"*

Participant, Age 16

- ♥ **DIY – Do it for Yourself** – This program helps youth understand the effects of bullying, cyber bullying and dating violence on their relationships through a strong expressive arts components and access to self-defense/martial arts training.

Child and Youth Support Program: This program matches children and Support Workers



with referrals coming from the Ministry of Social Services. The program offers social, recreational, and emotional support to children connected to the Ministry of Social Services.

The support workers had to adapt and implement numerous safety measures over the last year and accommodate periods of isolation and quarantine. The workers have been instrumental in helping families deal with this pandemic. It is

with gratitude that we acknowledge the diligence, compassion, and care they have brought to their positions.

Youth Exposed to Violence: The program supports youth through individual and group counselling on issues of addiction, mental health, violence, healthy relationships, and self-esteem.

Group Programming for Youth:

In response to COVID-19, in March of 2020, Family Service Saskatoon shifted its services to phone and video counselling to meet the immediate needs of the community. On-site groups were postponed and then transitioned to virtual delivery as required. Family Service Saskatoon offers a wide range of programs that are delivered in response to community need.

- ♥ **Calming the Volcano Within:** This program, traditionally offered in partnership with local community partners, helps youth identify, address, and manage anger issues.
- ♥ **Managing Teen Anxiety—for Parents and Youth:** A workshop for youth and their parents to learn about anxiety and strategies to cope with and reduce the negative effects of anxiety in their lives.

Looking back over 90 years.....

The Performing Arts for Youth Program, a unique form of group therapy and community outreach, was established in 1992 and continued as a signature program for many years. The program offered "at-risk" youth the opportunity to learn acting and theatre production as well as communication and relationships skills, self confidence. Participants reconnected with positive activities such as school, employment, recreation, and positive social involvement.



NURTURING RELATIONSHIPS

Parenting Programs

Teen & Young Parent Program: This program for parents under the age of 30 includes family support and counselling, and liaises with schools, community-based organizations, and government ministries to promote parenting awareness and education.



Group Programming for Parents:

- ♥ **Effective Co-Parenting** - A program that provides information about the needs of parents, children, and families coping with separation and divorce. The program offers skills for improving communication, resolving conflict, and managing day-to-day children's issues between parenting partners.
- ♥ **Nobody's Perfect** - A safe place for parents to strengthen their knowledge, skills, and self-confidence vital to healthy and effective parenting. The program encourages a strong and supportive social network among participants.

Family Violence Prevention and Outreach

Domestic Violence Court Caseworkers: Family Service Saskatoon caseworkers ensure that victims of domestic violence are supported from the point of first contact to the complete resolution of their court case. Court caseworkers provide various supports such as court updates, trial support, reports to assess requests for changes to release conditions, advocacy, and referrals to other services offered in Saskatoon.

Intimate Partner Violence Outreach Program: The program provides individuals affected by interpersonal violence a place to come for confidential individual counselling support in a safe and secure environment.

Group Programming for Family Violence Prevention:

- ♥ **Intimate Partner Violence Drop-in Group:** An open and ongoing group for women who have experienced or are experiencing violence in their intimate partner relationships.
- ♥ **When Anger Gets in the Way of Parenting:** An eight-week program offering guidance to parents and caregivers wishing to understand the impact anger has on their children. Parents/caregivers learn how to more effectively parent children in a respectful manner.

- ♥ **Abuse & Beyond:** The Abuse & Beyond program brings understanding to the role that violence plays in intimate partner relationships. Groups and individual counselling help women find the strength to change the pattern.
- ♥ **Men's Working Group for Respectful Relationships:** A narrative therapy program designed to help support men who want to end their violence and build healthier intimate relationships.

*"I'm proud that I have the knowledge and tools
to make sure abuse will not be a part of my life again."*

Participant in the Men's Narrative Group

- ♥ **Invisible Scars:** Exploring emotional, verbal, and psychological abuse, this group is designed for women to gain personal awareness and understanding of how prolonged exposure to emotional abuse erodes self-esteem and confidence. The focus of the group is about healing and moving on from the effects of emotional abuse. Emotional abuse cuts to "the core of a person" and leaves invisible scars.



BUILDING COMMUNITIES

Parenting Education Saskatchewan

Parenting Education Saskatchewan links parenting services across the province and provides support and information to people working in the field of parenting education through opportunities such as networking meetings and workshops. Visit the Incredible Parenting Directory at <https://familyservice.sk.ca/wp-content/uploads/2021/05/The-Incredible-Parent-Directory-FSS-2020.pdf>

Capacity Building

Family Service Saskatoon continued to undertake a variety of projects to increase our agency's capacity and streamline our day-to-day operations, thanks to various funding opportunities. The main objective of these projects is to ensure FSS has the strategies, action plans, and infrastructure in place to ensure long-term viability for the agency, streamline administration processes and increase our visibility in the community through enhanced on-line resources and social media presence.

Looking back over 90 years.....



Over the years, Family Service Saskatoon has played an important role in developing community-based programs to meet the changing needs of our residents. One thing that has not changed is our commitment to individual and group counselling and family life education.

Diversity and Inclusion

Family Service Saskatoon is committed to honouring Diversity and Inclusion within our agency, in our service delivery, and in the community. Our Diversity and Inclusion Committee provides leadership and recommendations for FSS to facilitate diversity and inclusion initiatives. This year the committee undertook a staff-wide survey around cultural inclusion and the results of the survey will inform future strategies.

As part of our commitment to both professional development and Reconciliation, Family Service Saskatoon staff participated in Indigenous awareness training through Indigenous Awareness Canada. The on-line course provides skills-based training and the information needed to build effective and positive relationships with Indigenous people in Canada.

Prairie Prism

We have partnered with Prairie Prism for many years to host a multi-cultural event showcasing diversity in Saskatoon. Unfortunately the event planned for September of 2020 had to be postponed due to COVID-19; we are hopeful to be able to offer an in-person event again in 2022.

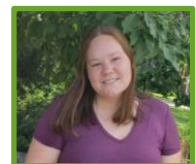
Investing in Future Professionals

Like in many other areas, the pandemic impacted our usual capacity to host students for practicum experiences. Family Service Saskatoon did welcome three student interns during the 2020-2021 year. Two were students of Social Work and one completed her Masters of Counselling practicum with us.



"During my time as a Bachelor of Social Work practicum student at Family Service Saskatoon, I gained invaluable experience. Everyone was incredibly supportive and willing to teach, mentor, guide, and support me. I know that I am lucky to have had a supervisor, colleagues, and a placement that supported my learning through practice, rather than theory alone. My supervisor was constantly pushing me to challenge myself, and I will be forever grateful and appreciative of her." Jillian, BSW Student

"A mentor of mine from FSS once told me to work with those that inspire you - and FSS was the perfect place for such. I was inspired by those I served and by the hospitality, compassion, and kindness of the FSS team. I am truly grateful to have had this experience and hope to someday give back what FSS provided to me." Kiana, BSW Student



"My time as a student intern with Family Service Saskatoon has been one of the most impactful experiences entering the mental health field. Not only did I gain more confidence in my professional role, but the experience also helped me to grow as an individual." Geanne, MC Student

Community Events

The world-wide pandemic changed the way the world celebrated significant events and milestones. Most celebration activities and events were transitioned to online and social media formats allowing Family Service Saskatoon to participate in a wide variety of community events hosted by our community partners.

- ♥ **Victims and Survivors of Crime week** - We used the week to increase awareness through digital billboards and a social media campaign.
- ♥ **Saskatchewan Violence Prevention / International Day for the Elimination of Violence Against Women** - We donned our purple T-shirts and used our social media platforms to highlight community programs and supports for violence prevention and for those experiencing violence. The City of Saskatoon offered an official proclamation, and River Landing and the Sasktel Center went purple to highlight the resilience and strength of survivors.
- ♥ **Orange Shirt Day** - Our team wore orange shirts on September 30th in recognition of trauma, harm and loss caused by residential schools, colonization, and ongoing systemic racism.
- ♥ **Black History Month** - We collaborated with Black Lives Matter YXE and Black History Month SK, providing social media awareness and offering a presentation as part of the activities.
- ♥ **Mental Health Week** - Family Service Saskatoon **Got Loud**, speaking up to stop the discrimination and the stigma that can often happen with mental illness and using our voice to raise awareness and build support for mental health.
- ♥ **Bell Let's Talk Day** - Recognizing that mental health impacts every single one of us.
- ♥ **Pink Shirt Day** - Our team donned pink to recognize anti-bullying and to reaffirm our commitment to stand against bullying.
- ♥ **Community of Learning with Sisters in Spirit** - The Sisters in Spirit initiative is a campaign of the Native Women's Association of Canada to raise awareness about the high rates of racialized and sexualized violence against Indigenous women.
- ♥ **National Social Workers Month** - We celebrated the amazing work of our social workers both at Family Service Saskatoon and within our partner network across the province through social media and prize draws on our social media pages.
- ♥ **International Women's Day** - We participated in a social media campaign supporting gender equity and highlighting the accomplishments of women in our province.



OUTCOMES

Domestic and Family Violence Outreach

- ♥ **4,112** supports by Domestic Court Case Workers.
- ♥ **787** individual counselling sessions.
- ♥ **1115** referrals made to community supports.
- ♥ **90+** hours of Intimate Partner Violence programs.
- ♥ **99** hours of group programming for men.

Counselling & Programs

- ♥ **4,066** counselling hours provided.
- ♥ **60%** of counselling services are offered free of charge or for a nominal fee.
- ♥ **1,058** people accessed services for the first time.
- ♥ **486** hours of Rapid Access counselling offered.
- ♥ **204** people participated in group sessions.
- ♥ **563** referrals made to community supports.

Services for Youth

- ♥ **239** youth accessed services.
- ♥ **1200** hours of Child & Youth Supports provided.
- ♥ **33** youth accessed the Youth Exposed to Violence Program.
- ♥ **229** hours of Teen and Young Parent counselling provided.
- ♥ **156** youth accessed the 52° North program.

**2,123 people accessed
services in 2020-21***

*Due to COVID-19, our ability to offer in-person groups was limited.

CLIENT TESTIMONIALS

My Story

"I had been working with my counsellor prior to COVID hitting. We worked hard at finding strategies that helped me deal with my anxiety, and COVID really set me back. I suddenly found myself sweating almost 24/7, something I had never experienced before. I thought "Am I physically sick? What is happening?" Being unsure, I panicked. I quit sleeping and felt myself declining both physically and mentally. Thankfully, I was still able to speak with my counsellor over the phone. Hearing her voice was so comforting, but hearing that what I was experiencing was normal, made me feel like I would be ok. My counsellor helped me with "what if" scenarios to help my brain realize that yes, these certain scenarios could happen, but I would be prepared for if/when they did. I still to this day use the scenario tactics to slow my brain down and focus on what I can control. I am thankful to Family Service Saskatoon."



Surviving Domestic Violence

"Since my separation with an abusive partner over a year ago I've relied on the resources at Family Service Saskatoon. Without them I wouldn't be alive."

To say that I have learned a lot is an understatement. I was able to be heard in a safe space and with their help was able to overcome the trauma of being sexually and physically assaulted by an intimate partner. I was educated on how to use the proper tools to survive what is now an ongoing high conflict co-parenting situation. I continue to get help from my counsellor and am so grateful. My counsellor is experienced, compassionate, and able to change my perspective from hopeless to hopeful. I know what I need to do to continue to be a strong healthy parent for my child.

Thank you isn't enough. We need you so much.



2nd Ave. N Saskatoon Circa 1930

Photo courtesy of www.prairie-towns.com

My Domestic Violence Court Support

"Whenever I'm speaking about this subject, I always add that I wished I knew nothing about it.

Intimate partner violence is shameful. Your most trusted partner violating you. In front of your children. It's unspeakable.

It's rare people in this province are open to discussing it. You feel forgotten when you're a victim. You become a statistic.

BUT when you've survived it you want to talk about it. Over and over and over and tell everyone. Once you can. Once you're away from your abuser. The one that made sure it was hidden from everyone in your lives. Your family, your friends. Their family, their friends.

You believe that maybe the right person you share your story with will take away the pain. Heal you. And you do get stronger when you share your abuse, and you hear other survivors' stories. You no longer feel alone. The story sharing doesn't heal you; you can only heal you and my DVC Worker always made me feel like I was capable of that. So, thank you.

My experience working with my DVC Worker was beyond supportive. I felt heard. I felt safe. Always. She always answered my calls. The angry ones and the sad ones. We had long productive conversations. She communicated to me every step I'd have to take in the assault charge. Made sure I always had support, a safety plan. Informed me on what I could expect at the trial. I felt prepared. Everything she did with me was at the appropriate pace; one that I could manage.

It was scary at times. I never thought this would be my life path. I wouldn't have been able to take massive steps forward in my life and bounce back into the strong mother that I am.

My DVC Worker and I worked together for months. I truly think that she is an asset to our community. To the families out there that deserve a person to pick them up and carry them when they're not capable, my caseworker was that pillar. Caseworkers, keep going, you don't know just how valuable you are."

Finding Direction

"My experience with FSS has been sincerely positive. The staff were all welcoming and helpful. My counsellor was supportive and knowledgeable, especially in the area that I needed. I came in slightly unsure, but I knew I was in the right place. My feelings were validated and I was educated, giving me the knowledge and strength necessary to push forward and make the changes needed in my life. I am ever grateful for my experience with FSS. It was also easy to make appointments and continued support was there as the pandemic changed the way we do things as a society.

They say that you have to want to help yourself in order to make a change, and there is truth in that, but sometimes we need a voice of reason, a guide or someone to help us really see what's going on in our situation. Family and friends are great, but an unbiased support can [make all the difference] to your situation. FSS was that for me. Thank you for being there."

Overcoming Depression with Counselling

"I have had the opportunity to work with my counsellor for a while now and I have seen positive improvements in my day-to-day mood, thoughts, and outlook in general. Depression hit hard at the same time as COVID and I was not ready to deal with the everyday stressors on top of it. We are owners of a small business and take pride in providing employment for other families. All of a sudden, we felt the stress of providing when nothing was available. Forced to lay off good employees, this took us by surprise. I am grateful that FSS offers affordable counseling and I would like to thank Family Service Saskatoon for assisting us through this tough period. My counsellor continues to help me navigate through everyday stressors and find a healthy balance between family life and everything else outside the home."



Our Counsellors' Voices

"I came to Family Service Saskatoon in January 2021, after graduating with a Bachelor of Social Work degree in December 2020. Family Service Saskatoon welcomed me with open arms and helped me learn the ropes of a counselling professional role. The support I received from my co-workers was wonderful, they motivated me to keep going as work got busier and busier. The knowledge at Family Service Saskatoon is plentiful! This experience has taught me so much!"

Dillon, BSW, RSW

Looking Back over 90 years.....

In 1990, the Family Service Bureau took the leap and purchased their own building. This location would be home until the move to our current location in the Community Service Village and we changed our name to Family Service Saskatoon.



Ribbon Cutting Ceremony Saskatoon Family Service Bureau - 443 2ND Ave. North October 1, 1990,

The Honourable Sylvia Fedoruk, O.C.S.O.M.
Lieutenant Governor of Saskatchewan

FINANCIAL REPORT

Revenue

Saskatchewan Government	55%
EAP, Fee for Service	5%
Grants	33%
Donations	7%

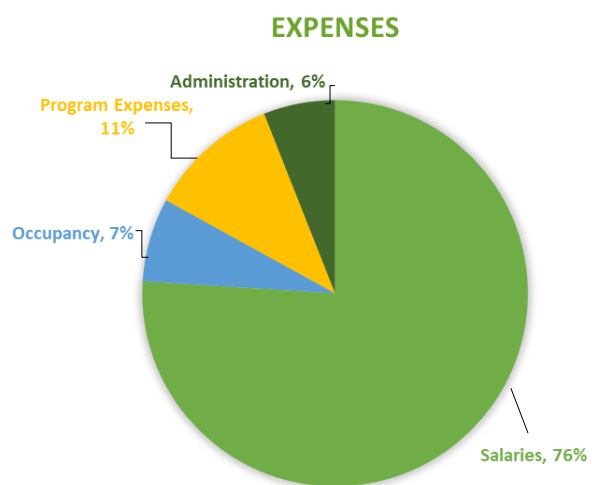
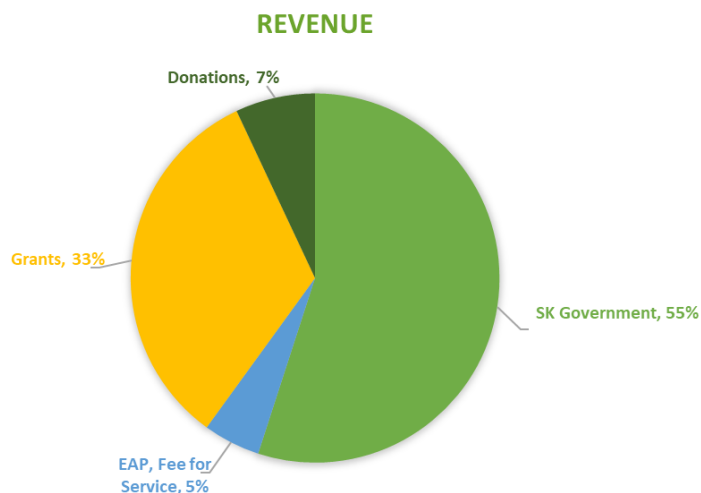
TOTAL 100%

Expenses

Salaries	76%
Occupancy	7%
Non-salary program expenses	11%
Administration	6%

TOTAL 100%

*Complete copies of the audited financial statements as prepared by Virtus Group are available upon request from Family Service Saskatoon.



OUR FUNDERS

Government Contracts

- ♥ Government of Canada – Public Safety Canada
- ♥ Government of Saskatchewan Ministry of Justice
- ♥ Government of Saskatchewan Ministry of Justice - Family Justice Services Branch
- ♥ Government of Saskatchewan Ministry of Social Services

Grant Funders

- ♥ Canadian Women's Foundation
- ♥ City of Saskatoon
- ♥ Community Initiatives Fund
- ♥ Dakota Dunes Community Development Corporation
- ♥ Family Service Saskatchewan (via Saskatchewan Health Authority)
- ♥ Government of Canada – Department of Justice, Victims Fund
- ♥ Government of Canada – Department of Women and Gender Equality
- ♥ Government of Canada – Emergency Community Support Fund **AND**
 - Canadian Red Cross
 - Saskatoon Community Foundation
 - United Way Centraide
- ♥ Harold Latrace Foundation
- ♥ Saskatoon Community Foundation
 - Cameco Mental Health
 - Macro Properties Fund
 - Quality of Life Grant
 - YES – Youth Endowment Fund
- ♥ TD Bank
- ♥ United Way of Saskatoon & Area

Donors and Sponsors

Thank you to our generous donors that make it possible to do our work in the community.

- ♥ Amanda Anderson, one of our board members, was awarded the Share the Wealth Award through the ScotiaMcLeod Charitable Foundation in recognition of her contributions to our community. Amanda generously donated the entire Award to Family Service Saskatoon! Our thanks and congratulations to Amanda and the ScotiaMcLeod Charitable Foundation.
- ♥ Avendesora Holdings
- ♥ Cherry Insurance
- ♥ ICR Charity Golf Classic
- ♥ Popkin Strategic Charitable Giving Fund
- ♥ Saskatoon Women's Network
- ♥ Sommervill Consulting
- ♥ Virtus Group
- ♥ Yardi Canada



Thank you to our anonymous and individual donors; individual names are not published for privacy reasons.

COMMUNITY PARTNERS

- | | |
|---|--|
| ♥ Axiom Career College | ♥ Prairie Prism |
| ♥ Friendship Inn | ♥ Restorative Action Program |
| ♥ Global Gathering Place | ♥ Saskatoon Indian Metis Friendship Centre |
| ♥ International Women of Saskatoon | ♥ Saskatoon Open Door Society |
| ♥ Legends Healthcare | ♥ Saskatoon Police Services |
| ♥ Martensville Collective Health and Wellness | ♥ Saskatoon Public Library |
| ♥ Nutana Collegiate | ♥ STOPS to Violence |
| ♥ OUTSaskatoon | ♥ The Global Gathering Place |
| ♥ Prairie Harm Reduction | ♥ Westwinds Community Health Clinic |
| | ♥ YWCA Fitness on 25th |

MEMBERSHIPS AND AFFILIATIONS

- ♥ Family Service Canada
- ♥ Family Service Employee Assistance Program (FSEAP)
- ♥ Family Service Saskatchewan
- ♥ Greater Saskatoon Chamber of Commerce
- ♥ PATHS – Provincial Association of Transition Houses and Services of Saskatchewan
- ♥ RESOLVE - Research and Education for Solutions to Violence and Abuse
- ♥ Saskatoon Community Service Village



The Team at Family Service Saskatoon would like to thank everyone who made this year memorable and who supported our efforts in the midst of a Global Pandemic. It is an honour to add our skills, passion and commitment to the Family Service Saskatoon vision of a community where families and individuals can live peaceful lives and nurture healthy relationships in communities built from the strength of their people.



Strengthening People, Nurturing Relationships, Building Communities

102-506 25th Street East
Saskatoon, SK S7K 4A7
Phone: 306-244-0127
Fax: 306-244-1201
www.familyservice.sk.ca

