



Annual Report
2018-2019



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Introduction

Mission

The purpose of The Laurel Centre is:

1. To provide individual and group therapy, as well as support and referral services to women, youth and couples who have experienced either childhood or adolescent sexual victimization in order to address the long term effects related to unresolved trauma such as mental health and addictions.
2. To provide individual and group therapy, as well as support and referral services to men who have experienced either childhood or adolescent sexual victimization or trauma and stressors in order to address and deal with related issues such as mental health and addictions.
3. To address the issue of societal denial of the seriousness and prevalence of the problem of child sexual abuse, and the detrimental long term effects (including challenges to mental health and addictions) by providing training and educational workshops for professionals, in order to increase their knowledge and awareness of the effects of childhood sexual abuse.

Values

The Board of Directors and Staff of The Laurel Centre believe:

1. Women, men, and youth have a right to social, political, and economic equality and power;
2. Childhood sexual abuse has a long-term damaging effect over one's well-being (physical, emotional, social, spiritual, intellectual) and may result in challenges to mental health and the adoption of compulsive coping behaviours;
3. Problematic adaptation is a consequence of inadequate resources and supports rather than a reflection of deficiencies within the women, men, and youth; and
4. Women, men, and youth have the right to choose the course of their healing process.

This is the first time in my life that I feel a deep sense of healing. I have been able to set the pace with more appointments when needed & less when needed.

TLC Long Term Therapy Client, 2018/2019

History

The idea for The Laurel Centre began in 1984 when several therapists working in the addiction field shared concerns that female clients were struggling to come to terms with past experiences of childhood and/or adolescent sexual abuse. They recognized the need for a treatment resource to assist women in dealing with the impact of abuse, as well as addiction.

In March 1985, The Laurel Centre (formally Women's Post Treatment Centre) began offering direct service employing two part-time therapists. Startup funding was obtained from the Winnipeg Core Area Initiatives, while space and sponsorship were initially provided by the Salvation Army Harbour Light Corps.

In September 1988, the move was made to an independent location at 246 Toronto Street and in May 1993 another move was made to 62 Sherbrook Street. In October 1997, the agency's name was formally changed to The Laurel Centre. In September 2005, The Laurel Centre purchased a building and the following January moved to its current home at 104 Roslyn Road.

In July 2010, the Men's Resource Centre of Manitoba (MRC) joined The Laurel Centre to expand support services available to men and officially became a program of The Laurel Centre. In July 2013, The Laurel Centre purchased a building to accommodate the services provided by MRC and the following October the move was made to its current location at 115 Pulford Street.



MRC – 115 Pulford Ave



TLC – 104 Roslyn Rd

I felt welcomed & that my emotions matter.

MRC Pre-Therapy Participant, 2018/2019

A safe space to share my vulnerabilities & pain.

TLC Long Term Therapy Client, 2018/2019

100% of clients who completed feedback forms in 2018/2019 (n=187) reported that they feel safe/welcome when attending programs at TLC or MRC.

96% of TLC clients who completed feedback forms in 2018/2019 (n=84) reported feeling a sense of belonging and connection at TLC.

Board of Directors

At March 31, 2019, The Laurel Centre Board of Directors was at full capacity, with 15 members.

Executive Officers

- Madeline Baron, Chairperson
- Rachel Berard, Treasurer
- Mark LeMaistre, Vice Chairperson
- Brenda Ferraton, Secretary
- Kathleen McCandless, Legal Counsel

Directors

- Elona McGifford
- Suzanne Munroe
- Susan Tinsley
- Nicole Merrick
- David Delay
- Katie Inverarity
- Carla Bester
- Janice Goldsborough
- Michelle Hourihan
- Carmel Foisy, Staff Representative



Staff and Students

At March 31, 2019, The Laurel Centre had 15 full time staff and one (1) part time staff. Four students from varying educational institutions joined our team in this fiscal year.

Administrative Staff

Heather Leeman, Executive Director
 Robin Falk, Office Manager/Bookkeeper
 Ashley Budd, Administrative Coordinator



TLC Clinical Team

Carmel Foisy, Clinical Supervisor
 Karen Wilson, Therapist/Student Supervisor
 Melissa Mason, Therapist
 Lisa Glendinning, Therapist
 Kristin Lackey, Long Term/Couples Therapist
 Meaghan Sawka, Therapist
 Mira Billinkoff, Pre-Therapy Counsellor
 Tenley Wiens, Parenting Program Coordinator
 Janelle David, Student Intern

MRC Clinical Team

Justin Penner, Program Manager/Therapist
 Geoff Thompson, Therapist/Student Supervisor
 Carolin Vesely, Therapist (both sites)
 Ryan Lampertz, Case Manager/Resource Worker
 Jordan Bodnar, Student Intern (both sites)
 Trevor Lehmann, Student Intern
 Joseph Johnson, Student Intern

Huge Caring community of caregivers/facilitators who are genuinely engaged & interested.
 TLC Capacity Building Participant, 2018/2019

My Therapist's profound grasping, understanding & remembering of what I've shared. She is very compassionate as well as knowledgeable in her field.
 TLC Long Term Therapy Client, 2018/2019

The facilitators were amazing. Lots of information. Understanding of how to do healing right.
 MRC Capacity Building Participant, 2018-2019

100% of the TLC and MRC clients who completed feedback forms (n=193) reported that the facilitator/therapist was knowledgeable.

Chairperson Report

It is my pleasure to provide the Chairperson report for The Laurel Centre's 34th Annual General Meeting. Over the years The Laurel Centre and the Men's Resource Centre have developed an outstanding reputation for providing specialized therapeutic and support services to clients who have identified trauma and stressors in their lives. The quality of services provided to Manitobans continues to be one of the greatest assets of the agency.

The 2018-2019 fiscal year was the agency's first full year under the leadership of our new Executive Director, Heather Leeman, who joined the agency in April 2018. I am pleased to report that there was a smooth transition period for the agency as Heather took on her role. The Board has enjoyed working with Heather and we appreciate her insight and the new ideas she has brought to the agency based on her extensive experience in the non-profit sector.

Over the years The Laurel Centre has demonstrated an ability to adapt and respond to changing needs in the communities that we serve. To ensure that the agency continues to evolve, in January 2019 the Board initiated an organizational review process to better envision and strategically plan for the ongoing growth of agency. The Board expects this process to be completed in the 2019-2020 fiscal year and we are excited for what the future holds for the agency.

The past year was busy for the Board Personnel Committee, which is responsible for developing and maintaining personnel policies and practices that will contribute positively to the experience of the agency's employees. The Committee is also tasked with addressing any grievances.

The Personnel Committee undertook a review and analysis of the agency's salary scale which was formally adopted by the Board in May 2019. The Committee also began to look at a new process for the annual evaluation of the Executive Director. There were no grievances brought forward to the committee during the fiscal year. For the upcoming 2019-2020 fiscal year, the Personnel Committee has identified reviewing and updating the Personnel Policy Manual as a priority.

I would like to extend my thanks to Personnel Committee members Kathleen McCandless, David Delay, Janice Goldsborough, Elona McGifford and Heather Leeman (Ad Hoc) for their efforts throughout the year.

Contributing to fundraising efforts is a significant responsibility for Board Members. In addition to raising money for the agency, fundraising events help to bring awareness to our services, including the programs run by The Laurel Centre and the Men's Resource Centre. Fundraising events allow us to educate the community on the issues of childhood sexual abuse and the detrimental, long term effects of abuse, stressors, and trauma.



During the 2018-2019 year the Board determined that it would not proceed with a Gala event that had been planned and instead held a raffle that grossed \$6,530 in funds with prizes from West Jet Airlines Ltd., Calm Air International, Via Rail Canada, Great White Bear Tours and Tundra Inn. The Agency was also the recipient of funds raised through Liquor Mart Coin boxes totaling \$2,187.

In the spring of 2019, the Board began planning a fundraising plant night event called “Come Grow with Us”, which was successfully held in April 2019, with funds raised at the event going towards the 2019-2020 fiscal year.

The Board would like to extend its appreciation to our on-going donors and supporters whose contributions are greatly appreciated. Our self-generated funds including donations, special activities, fundraising events, and miscellaneous revenue this year totaled \$27,089.00. These funds allow the agency to increase services to clients and decrease the wait-lists and waiting times.

I would like to thank the Board of Directors for all their work and dedication to the agency over the past year. Each board member has contributed to ensuring that The Laurel Centre and Men’s Resource Centre continue to provide essential therapeutic and support services to the community.

I would also like to recognize and thank the staff of The Laurel Centre and the Men’s Resource Centre for their dedication and the quality of services they are providing. The professionalism, skill and expertise that you bring to your work is exceptional and the resulting positive impact on clients, the agency and the community cannot be understated.

It has been an honour to serve as the Chairperson of the Board this year.

Madeline Baron
Chairperson

Executive Directors Report

It is hard to believe a full year and half has gone by since I started at The Laurel Centre Inc. In some ways it feels like just yesterday and yet so much has happened since I began. In short, my first year was one of relationship building, learning, exploration, and development. I would like to take this opportunity to highlight some of the most significant changes and new developments that surfaced this year.

First and foremost, based on feedback from direct service staff and clients, we made some changes to our service delivery processes and activities. Within The Laurel Centre program (TLC), we adapted the way clients access services. Previous to this year, individuals who contacted TLC were asked to attend a group orientation session before they were booked for a one-on-one Interview & Assessment Session with a therapist. In September 2018, we discontinued the orientation session, giving individuals an Interview & Assessment appointment date at first contact. In addition, therapists conducting the Interview & Assessment now reach out to the individual the day before the session to help ease any anxiety they may be feeling about attending the Centre for the first time. Feedback from both staff and clients have been very positive about this change. Most Interview & Assessment Sessions are booked within a couple months of first contact and once complete, the individual is a client of the agency and has access to our Pre-Therapy Program.

Other service delivery changes at TLC included introducing Short Term Therapy to our Pre-Therapy Program and Individual Parenting Sessions to our Parenting Program. In both cases, this was implemented to ensure clients who don't feel comfortable in a group setting also have access to support. In both programs, the client can access up to 8 individual sessions and the focus of the therapy corresponds to groups available within the respective program. These additions have been very well received within both programs.

At the Men's Resource Centre (MRC) we focused on developing objectives for the Emergency Shelter Program, the Men's Therapy Program, and the Men's Childhood Sexual Abuse Program. Alongside this, staff worked hard developing and implementing guidelines and eligibility processes for our Emergency Shelter Program and clarifying guidelines and a therapeutic model for Short Term Therapy in the Men's Therapy Program.

In addition to strengthening our service delivery, we spent a significant amount of time revising our evaluation tools and processes. Client feedback forms are now individualized to specific groups or type of therapy and clients are asked to complete the form at the end of the service they received. A client pre-post questionnaire was also developed for long term therapy at both TLC and MRC. On all forms, questions are based on indicators developed in consultation with the staff delivering the programs. Similarly, to ensure we are best supporting the growth of our employees, we revamped our employee performance monitoring process, developing



competencies for various positions. All new tools were developed in 2018/2019 for implementation in 2019/2020.

In 2018/2019 we said goodbye to two staff members – Joyce Coady, Executive Assistant and Erin Gallana, Therapist. Although both are missed on the TLC team, we wish them well in their new journeys. A new position of Office Manager/Bookkeeper was developed and filled by Robin Falk and Meaghan Sawka joined the team as a Therapist in the Long Term Therapy Program. Both Robin and Meaghan are welcome additions to the agency and fit in perfectly!

Finally, in the fall of 2018, we secured funding from Assiniboine Credit Union and the United Way Organizational Development Fund to engage in a Strategic Insights Initiative. Between March and July 2019 KiKPartners led us through a Discovery Process which included gathering feedback from Board, staff, and funders and a benchmarking review of other service offerings Manitoba. By this time next year, we expect to be sharing even more exciting changes based on the outcome of our discovery process.

Thank you to all funder representatives that I had the pleasure of working with this past year. Your patience and support is greatly appreciated. I enjoyed getting to know each and every one of you.

Thank you to Board of Directors of the Laurel Centre Inc. Your oversight, guidance and support in this first year was instrumental in all our successes.

I would like to end by saying a very special thank you to the staff of The Laurel Centre and the Men's Resource Centre. I couldn't have made it through this first year without you! Your insights and experiences are invaluable and your passion for the work you do is incomparable. You are without a doubt the heart of this agency. I can honestly say that in this first year I have learned something from each and everyone of you.

Heather Leeman
Executive Director

Board Development Committee Report

The Board Development Committee is responsible for recruiting new Board Members, ensuring the composition of the Board meets current and future requirements of the agency, organizing the Annual General Meeting, and ensuring new Board Members are orientated to the Board. Board orientation includes an overview of director's obligations and by-laws, the history and structure of the agency, board committees and duties, programs and services provided by the agency, the clinical model, and a summary of funders and the funding model.

The by-laws state that The Laurel Centre Board of Directors will have no less than three (3) and no more than 15 directors, where up to two (2) directors are staff representatives.

Committee members for the 2018-2019 fiscal year consisted of: Madeline Baron, Kathleen McCandless, David Delay and Katie Inverarity.

The Board welcomed new members Carla Cerros, Katie Inverarity, David Delay, Janice Goldsborough and Michelle Hourihan during the 2018-2019 fiscal year.

Madeline Baron, Elona McGifford, Rachel Berard, Carmel Foisy, Suzanne Munroe and Susan Tinsley will be leaving the Board effective the end of the Board year. The Board Development Committee would like to thank all the Board members that are leaving for their unique contributions to the agency and the Board.

Recruitment efforts by the Board Development Committee resulted in three new applicants to the Board, including a staff representative. After reviewing the applications and conducting interviews, the Board Development Committee presented the applicants to the full Board and in August 2019 the Board moved that the following nomination slate for new Board Members be put forward at the Annual General Meeting:

- Adeolu Joseph
- Dorothy Choudury
- Carolin Vesely (staff rep)

The following nine (9) directors have generously agreed to remain on the Board: Kathleen McCandless, Mark LeMaistre, Brenda Ferraton, Nicole Merrick, Carla Cerros, Katie Inverarity, David Delay, Janice Goldsborough and Michelle Hourihan.

For the upcoming 2019-2020 year, the Board Development Committee has identified reviewing and updating the Board Orientation Manual and the creation of an annual survey of Board Members with respect to their experience on the Board as priorities for the Committee.

Madeline Baron
Chairperson

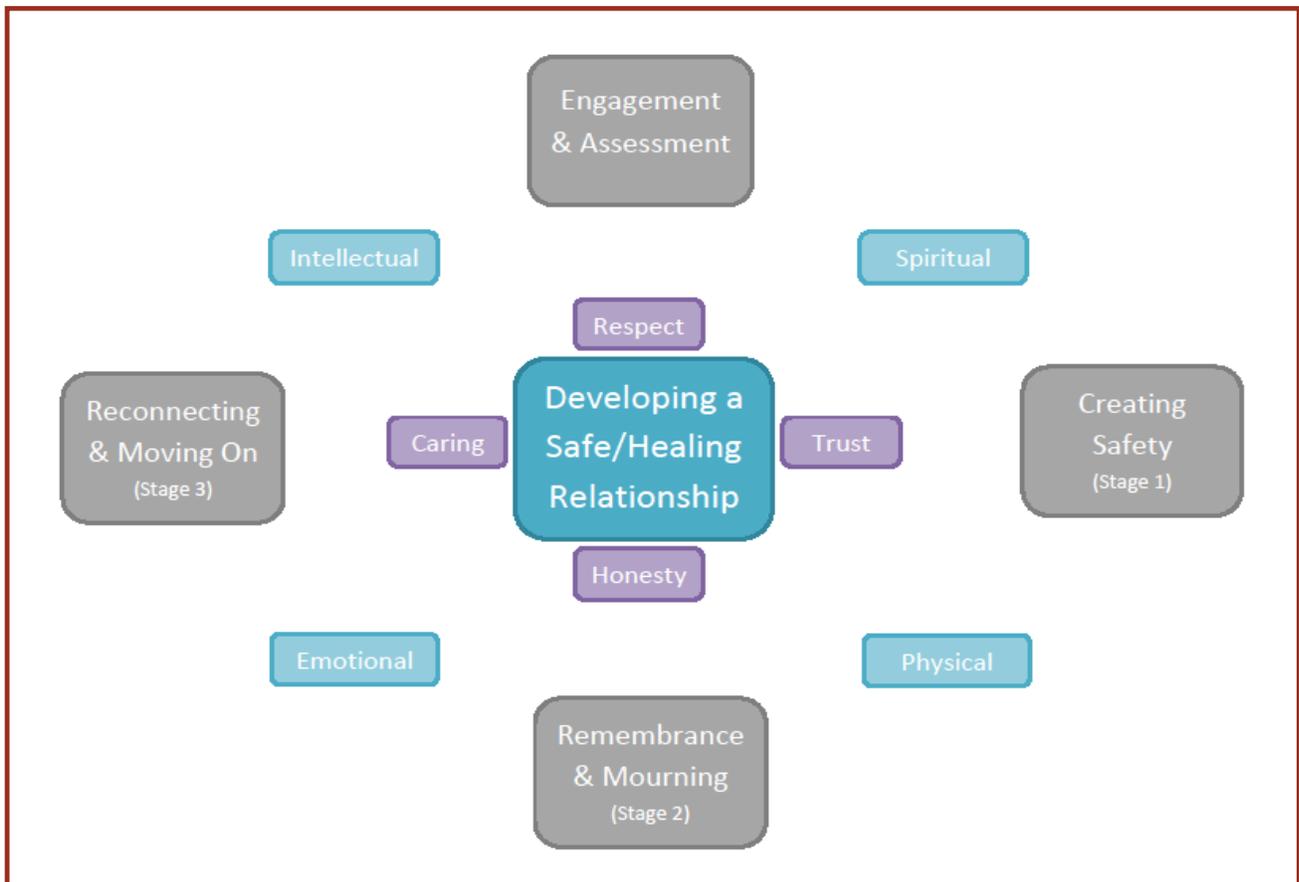
Programs and Services Report

Clinical Model

The Laurel Centre has developed a Clinical Model that outlines the way in which we work (Figure 1). This model provides a framework for addressing co-occurring issues related to unresolved trauma from Childhood/Adolescent Sexual Abuse.

A child who has been sexually abused has experienced what we call developmental trauma. This kind of trauma interrupts the normal human developmental process, potentially resulting in immediate and/or long-term effects. Individuals who were sexually abused as children benefit from an environment and relationships that foster a healing process. The Laurel Centre’s Clinical Model centers on the development of a safe healing therapeutic relationship to guide and support individuals in working through the stages of therapy. Therapy is not a linear process, stages may reoccur and overlap throughout the therapeutic process and they may be continuous or episodic in nature.

Figure 1: The Laurel Centre Clinical Model



Engagement and Assessment

The process begins with a therapist and client working together to determine the fit between the client's needs and the agency's resources. Individuals' stories are shared and validated through a non-judgmental framework. The long term effects of sexual abuse, client's strengths, compulsive coping strategies, and internal/external resources are explored and addressed within a three stage model of therapy.

Stage One Work: Creating Safety¹

Trauma will continue to have a significant impact on clients unless safety in trauma work is established. Interventions at this stage involve helping the client develop skills to manage and cope with trauma symptoms in a safe and healthy way, understanding safety in all aspects of self, and self-regulation. Grounding techniques are used to support the client to return to a physical and emotional state of presence to themselves and their surroundings. This work takes time but is also instrumental to the client's ability to engage fully in the next stages. Stage one is the basis for all other work done.

Stage Two Work: Remembrance & Mourning

Once the client has worked to achieve new strategies for self-regulation and has built the capacity for further exploration, we enter into stage two work which involves exploring their narrative and understanding the impact of the trauma on their lives. We help clients link past experiences and messages with their present struggles and behaviors in an effort to create new meaning and understanding. This may awaken the grief of the losses that their experiences brought to them. Grieving reconnects the part of self that has been lost and in the process of mourning we bring honour to and create space for the wounded part of self to find its way.

Stage Three Work: Reconnecting & Moving On

The work in this stage shifts to where abuse is no longer the central feature of the client's identity and new understandings of themselves are solidified. Accomplishments are celebrated and there is a heightened sense of control and power in their lives. There is a focus on learning to live in the present and look into the future. Closing out the therapeutic relationship involves recognizing that they are their own primary resource.



IT'S A LONG HARD JOURNEY THAT WE ARE ON. BUT WE HAVE THE COURAGE TO DO IT AND
THE STRENGTH TO SEE THROUGH TILL THE END. BREATHE, YOU ARE NOT ALONE.

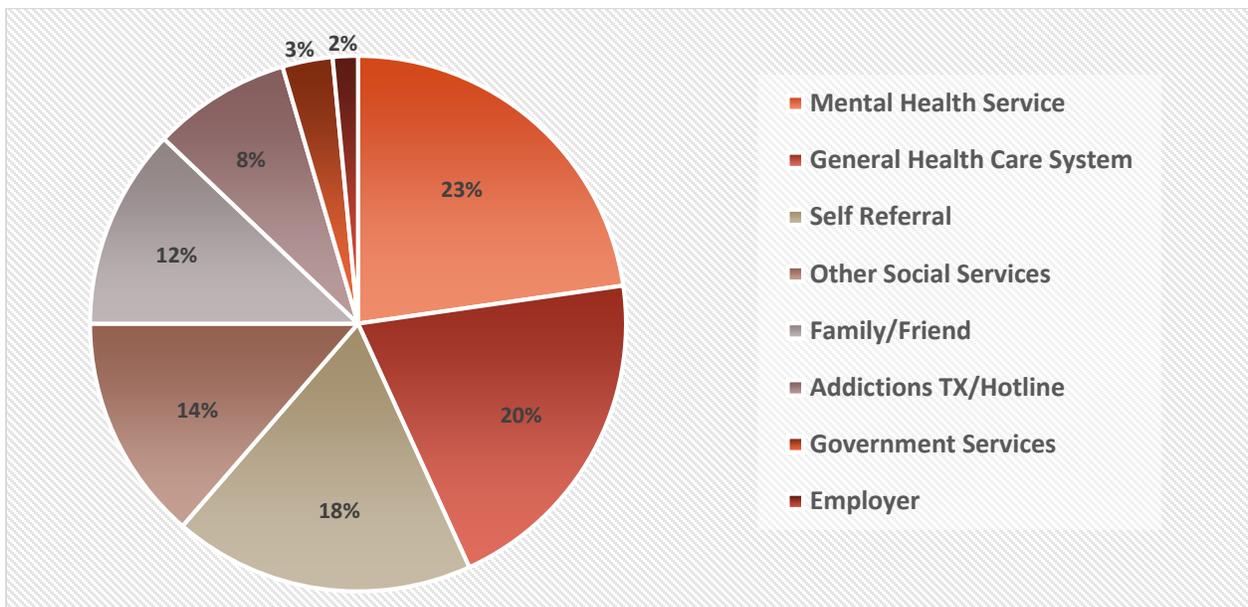
TLC Client 2019

¹ Adapted from Judith Herman's Trauma Model and Lori Haskell's "First Stage Trauma Treatment"

The Laurel Centre (TLC) Programs

TLC programs and services are specific to individuals who identify as women (aged 16+) and have experienced childhood/adolescent sexual abuse or sexual victimization. Women can self-refer and referrals are accepted from sister organizations, community organizations, health professionals, or government services. Approximately 43% of the women who attended an Interview & Assessment appointment in 2018-2019 were referred by a Mental Health Service or a General Health Practitioner and another 30% self-referred or were referred from family/friends (Chart 1).

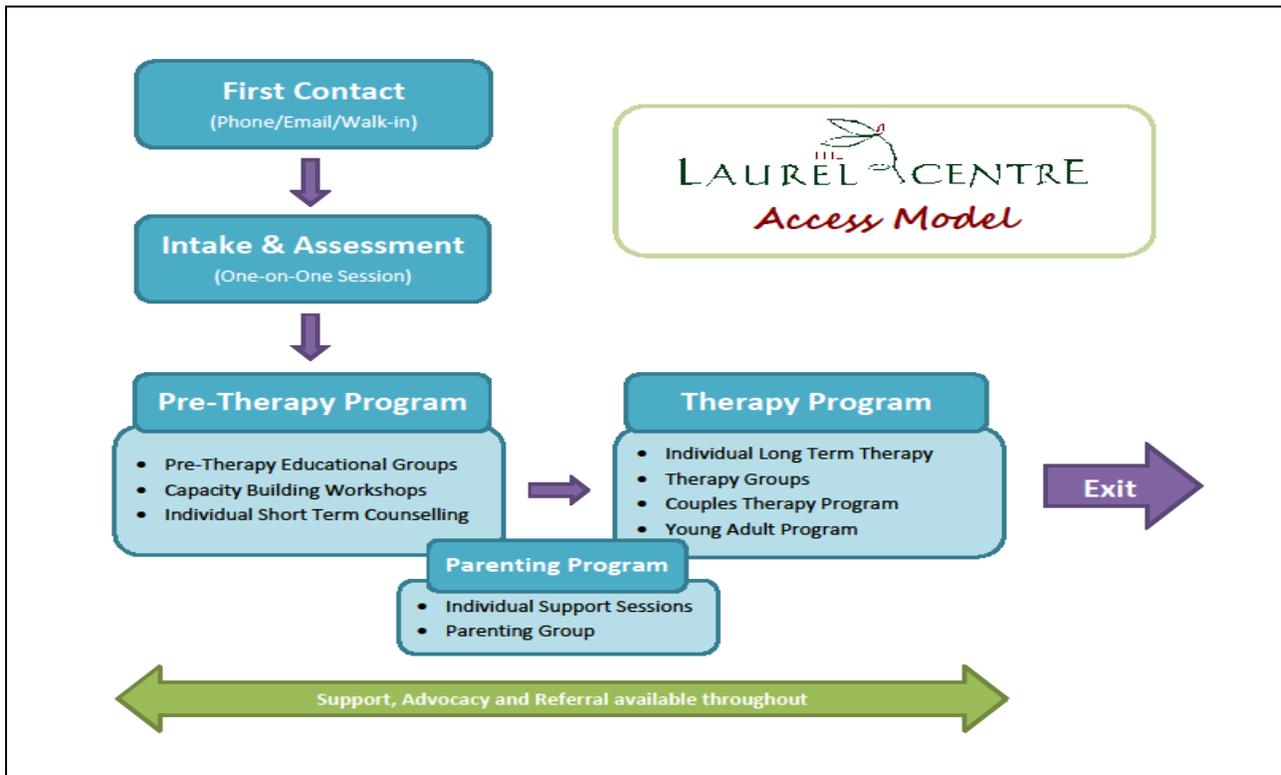
Chart 1: TLC Referral Sources 2018-2019 (n=132)



Accessing Services

In 2018-2019, TLC changed the way women first access services based on client and staff experiences and feedback. Previously, individuals who contacted TLC were booked for a group orientation session and then an Interview & Assessment appointment with a Therapist. In this year, we piloted removing the group orientation session and booked individuals for an Interview & Assessment when they contact us. Our goal is to book individuals for this session within 2 months of their contact date. The revised Access model is provided in Figure 2.

Figure 1: TLC Access Model 2018-2019



Intake & Assessment

When women contact TLC for services we book them for an in person Interview & Assessment session with a Therapist. Our goal is to schedule this appointment within 2 months of their contact date. The purpose of an Interview & Assessment is to....

- 1) Gather demographic and contact information;
- 2) Gather clinical information including childhood sexual abuse history, family and relationship history, current situation, mental health implications, and compulsive coping behaviours;
- 3) Explain the services of TLC;
- 4) Determine fit for the agencies services; and
- 5) Make internal and external referrals as appropriate.

Individuals who are a fit for the agencies services are put on the appropriate waitlists.

**Intake and Assessment Stats
2018-2019**

- ✓ 175 women booked an I & A
- ✓ 132 women attended an I & A
- ✓ 130 women were added to waitlist

Pre Therapy Program

The need in the community for our specialized services surpasses our resources and the result is a lengthy waitlist. In response, The Laurel Centre developed a Pre-Therapy Program to support women on the waitlist. The Pre-Therapy Program aims to prepare clients for long term therapy while developing their capacity to create safety and stability in their lives. Half way through the year, we began offering Short Term Therapy to ensure we are meeting the needs of all clients.

Short Term Therapy

Short Term Therapy provides women on the waitlist who do not feel comfortable in a group setting, or those who have very few alternate supports, the opportunity to see the Pre-Therapy Counsellor for 6-8 sessions.

Psycho-Educational Groups

Women on the waitlist are encouraged to participate in any or all of the groups offered in a year. Capacity Building I is a pre-requisite to attend all other groups. This year, all pre-therapy groups offered were 6 weeks long. The following groups are the core groups offered in the Pre-Therapy Program:

- Capacity Building I
- Capacity Building II
- Cultivating Strength
- Trauma and Movement

Support & Advocacy

Women on the waitlist in need of safety planning or who need support connecting to other resources can connect with the Pre-Therapy Counsellor and/or interns as needed. Support may be offered in person, over the phone, or through email.

Pre-Therapy Stats 2018-2019

Short Term Therapy

- ✓ 10 women reached
- ✓ 58 sessions held

Capacity Building I Group

- ✓ 6 groups held (36 sessions)
- ✓ 41 women reached
- ✓ 29 graduates
- ✓ 196 attendances

Capacity Building II Group

- ✓ 2 groups held (12 sessions)
- ✓ 16 women reached
- ✓ 13 graduates
- ✓ 71 attendances

Cultivating Strength Group

- ✓ 2 group held (12 sessions)
- ✓ 22 women reached
- ✓ 16 graduates
- ✓ 95 attendances

Trauma & Movement Group

- ✓ 1 group held (6 sessions)
- ✓ 9 women reached
- ✓ 9 graduates
- ✓ 49 attendances

Support & Advocacy

- ✓ 55 women reached
- ✓ 103 sessions held

Loved feeling like a community/family; love that there is no judgement, and that we listen to other people's perspectives.

TLC Capacity Building Participant, 2018/2019

Long Term Therapy Program (LTP)

Individual Therapy

Women can participate in one-on-one long term individual therapy for up to two (2) years. Sessions are offered on either a weekly or bi-weekly basis with phone and/or email contact as needed. Therapy is guided by our [Clinical Model](#) but each individual brings unique experiences and goals to the process. The Laurel Centre works from the latest, best practice research in trauma work. Practices include mind/body strategies, mindfulness, trauma informed movement, and working to set a strong foundation of grounded awareness for women to heal safely. At March 31, 2019 there were 215 women on the waitlist for the Long Term Therapy Program. The estimated wait time is 2.5 years.

Therapy Groups

Women and youth accessing individual therapy are encouraged to participate in one or more therapy groups offered each year. Group therapy provides women/youth with new coping skills while also connecting them to others with similar experiences so they can gain a support system and learn from each other's experiences. Therapy groups vary each year based on observed trends and client reported need. In 2018-2019 the following groups were offered:

- Mind, Body & Spirit (Stage 2 Process Group)
- Healing Through Yoga (Stage 2 Process Group)

LTP Statistics 2018-2019

Individual Therapy

- ✓ 97 women reached
- ✓ 1914 sessions held

Mind, Body, and Spirit Group

- ✓ 1 group held (6 sessions)
- ✓ 5 women reached
- ✓ 4 graduates
- ✓ 22 attendances

Healing Through Yoga Group

- ✓ 1 groups held (8 sessions)
- ✓ 9 women reached
- ✓ 6 graduates
- ✓ 43 attendances

My therapist has helped me untangle "generations" of abuse. I now understand how it happened and why it happened and I'm coming closer to a point of forgiveness. I feel lighter today.

Long Term Therapy Client, 2018/2019

Young Adult Program

Long term individual therapy and a Young Adult Capacity Building Group are provided specifically to the needs of female youth aged 16-24 who identify as female. At March 31, 2019, there were 18 youth on the waitlist for Long Term Therapy. The estimated wait time is 10-12 months.

I liked that we're all close in age. The info taught was extremely helpful & practical. The snacks and juice. How cared for & safe I felt.

Young Adult Capacity Building Group Participant, 2018/2019

Young Adult Program Stats 2018-2019

Individual Therapy

- ✓ 22 Young Adults reached
- ✓ 458 sessions held

Young Adult Capacity Building Group

- ✓ 1 group (6 sessions)
- ✓ 8 young adults reached
- ✓ 8 graduates
- ✓ 44 attendances

Couples Program

Women engaged in long term therapy who are experiencing difficulties in their relationships due to unresolved trauma are offered the opportunity to participate in Couples Therapy with their intimate partner. Individual therapists refer eligible clients to the Couples Program.

- In 2018-2019, five (5) couples accessed Couples Therapy with a total of 53 sessions.

Follow Up Program

Follow up support is offered to women 6 months after they have completed individual therapy. Clients can access up to 8 sessions with a therapist on a one-time basis. This contact also allows us to gather further information regarding the impact of programming on their lives.

- In 2018-2019, 3 past clients received follow up services with a total of 17 sessions.

Parenting Program Stats 2018-2019

Individual Sessions

- ✓ 5 Parents reached
- ✓ 21 sessions held

Parenting Group

- ✓ 1 group (6 sessions)
- ✓ 3 young adults reached
- ✓ 3 graduates
- ✓ 16 attendances

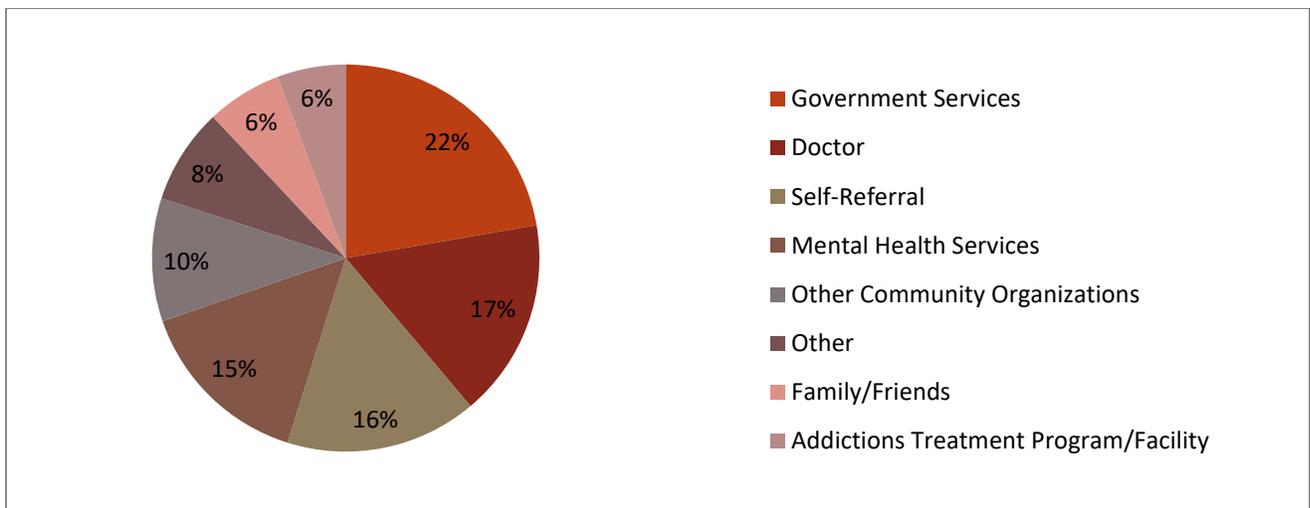
Parenting Program

A trauma specific Parenting Program for clients of TLC who are pregnant and/or caregivers of children aged 0-6. In fall of 2018 we revamped this program to include individual parenting sessions. Both individual and group sessions focus on parenting issues specific to individuals who have experienced childhood trauma. For example, mindfulness, play, staying present, attachment, self-care etc.

Men’s Resource Centre (MRC) Programs

The Men’s Resource Centre (MRC) provides programs and services to individuals who identify as male (aged 16+) around a variety of issues such as the impact of childhood trauma, difficulties with separation/divorce or access to children, addictions, family violence, mental health concerns, meeting basic needs etc. Men can self-refer or be referred from other community organizations, government agencies, health care providers etc. In 2018-2019 government agencies made the highest number of referrals (22%) whereas doctor and mental health referrals combined account for 32% of referrals (Chart 2).

Chart 2: MRC Referral Sources 2018-2019 (n=175)



Accessing Services

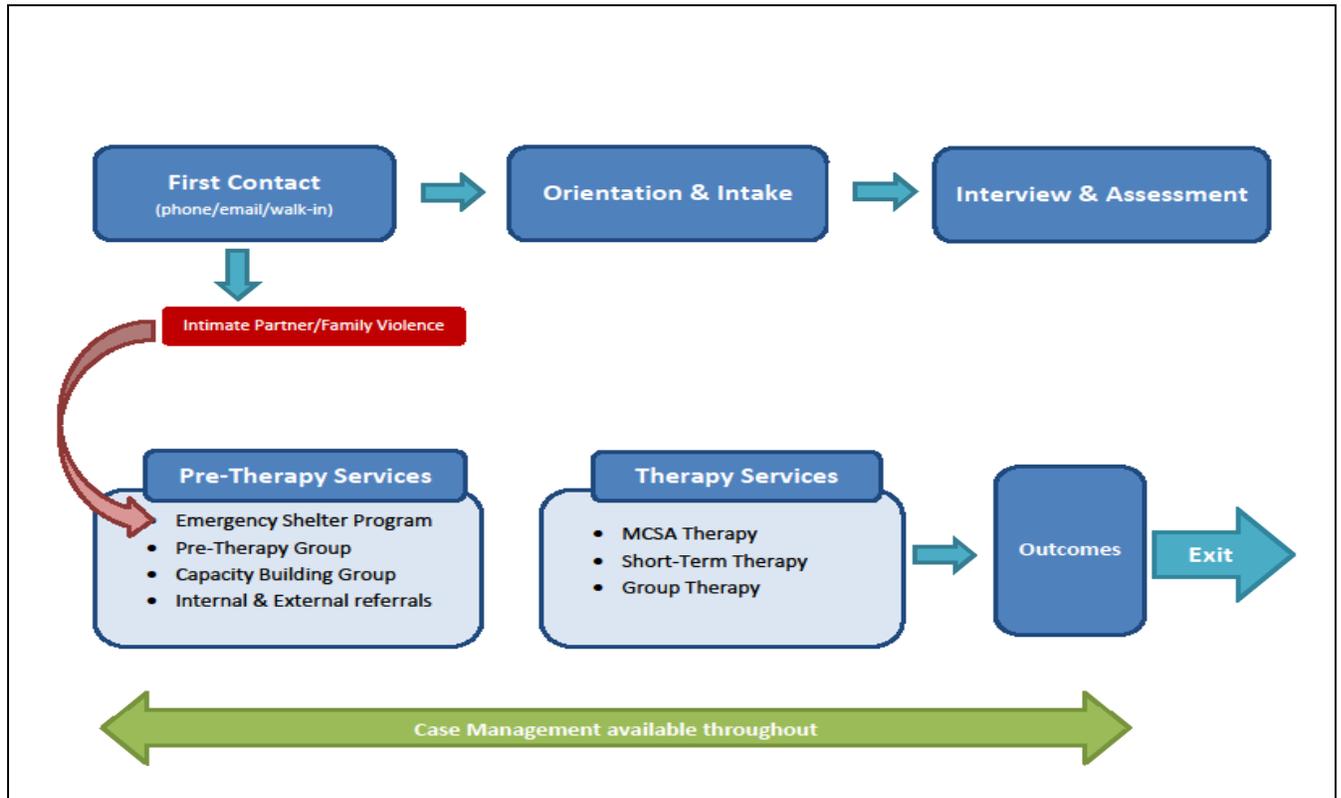
Orientation & Assessment

Men requesting services from the MRC are required to register for an Orientation Session to learn about the services offered and fill out an Intake Form (with the exception of the Emergency Shelter Program). This process begins to connect and empower men to make an informed decision about their healing journey and allows for streamlining into the most appropriate program in an effective and efficient manner. Men who indicate on their Intake Form that they are still interested in services are scheduled for a one-on-one Interview and Assessment session. The MRC Access Model is provided in Figure 2.

Orientation & Intake Statistics 2018-2019

- ✓ 332 men called for services
- ✓ 11 Orientation Sessions held
- ✓ 140 men attended an orientation session
- ✓ 156 Interview and Assessments held

Figure 3: MRC Access Model 2018-2019



Referral & Resourcing

Men who contact Men’s Resource Centre are provided information about and connected to other community or government resources. Referrals may occur at initial contact or while men are accessing other programs. Common referrals provided include (but are not limited to): Drop in programs, free/low cost counselling, housing, employment/income support/, legal support, anger management, and Child and Family Services.

Emergency Shelter Program

The Emergency Shelter Program provides immediate shelter for men (and their children) experiencing violence or abuse within an intimate partner relationship or family environment. Men are placed in a hotel and offered crisis counselling, safety planning, protection order assistance, and referrals to other services as appropriate. This program is the only one of its kind in Canada.

In 2018 – 2019:

- ✓ 26 men and 11 children accessed the Emergency Hotel with an average stay of 22.5 days
- ✓ 3 men and 2 children transitioned into our Transitional Housing Unit

Men's Therapy Program

The Men's Therapy Program supports men in developing the skills and abilities they need to cope with life stressors in healthy ways.

Pre-Therapy Group

A closed 6-week, psycho-education group that prepares men for individual and/or group therapy. Men on the waitlist for Short Term Therapy (or Long Term Therapy within the MCSA program - see pg. 21) are encouraged to take this group prior to beginning therapy. Men are also encouraged to take this group prior to taking any of the Therapy Groups.

Short Term Therapy

Up to eight (8) individual sessions are offered to men seeking support for a wide range of issues. Short Term Therapy is most appropriate for addressing current issues, rather than exploring developmental traumas. Men who are on the waitlist for short term therapy are encouraged to take the Pre-Therapy Group before beginning individual therapy and are welcome to attend other groups as well. At March 31, 2019, there were 46 men on the waitlist for Short Term Therapy and the wait time was estimated at 8 months.

Therapy Groups

On average, three (3) Therapy Groups are offered each year. Men receiving individual therapy, or waiting for individual therapy, are able to register for groups but it is recommended that they take the Pre-Therapy Group prior to any Therapy Groups. Groups developed or offered are based on observation of trends and client reported needs.

In 2018-2019 the following groups were offered:

- Relationships
- Communication
- Self Esteem

Men's Therapy Program Statistics 2018-2019

Pre-Therapy Group

- ✓ 7 groups held (42 sessions)
- ✓ 96 men reached
- ✓ 63 graduates
- ✓ 383 attendances

Short Term Therapy Program

- ✓ 111 men received short term therapy
- ✓ 437 sessions held

Relationship Group

- ✓ 1 groups held (8 sessions)
- ✓ 12 men reached
- ✓ 9 graduates
- ✓ 66 attendances

Communication Group

- ✓ 1 groups held (6 sessions)
- ✓ 11 men reached
- ✓ 11 graduates
- ✓ 58 attendances

Self-Esteem Group

- ✓ 1 groups held (8 sessions)
- ✓ 11 men reached
- ✓ 9 graduates
- ✓ 61 attendances

Was very comfortable sharing our individual experiences. Was very valuable to listen to others stories and be able to relate, learn and apply them to my life.

MRC Self Esteem Group Participant, 2018/2019

Male Childhood Sexual Abuse (MCSA) Program

MCSA is a trauma specific program for men who have been sexually abused as children and want to resolve the long-term impact it has had on their lives.

Short Term Therapy

Men on the waitlist for Long Term Therapy in the MCSA Program can access 6-8 sessions of Short Term Therapy. This activity is being discontinued next year due to length of waitlist and lack of resources.

Long Term Therapy

Individual therapy, which is guided by the [Clinical Model](#), is available for up to one year. Men who are on the waitlist for the MCSA Program are encouraged to take the Capacity Building Pre-Therapy Group before beginning individual therapy and are welcome to attend other groups as well. At March 31, 2019, there were 88 men on the waitlist for Long Term Therapy in the MCSA Program. The wait time is estimated at 4 years.

MCSA Statistics 2018-2019

Capacity Building Group

- ✓ 2 groups held (17 sessions)
- ✓ 17 men reached
- ✓ 13 graduates
- ✓ 94 attendances

Long Term Therapy

- ✓ 48 men reached
- ✓ 550 sessions held

Short Term Therapy

- ✓ 6 men reached
- ✓ 34 sessions held

Capacity Building Group

An 8-week psycho-educational group for men on the waitlist for Long Term Therapy in the MCSA program. The focus of this group is on learning to self-regulate emotions and express verbally rather than acting out or suppressing.

How the course was run made me feel like there is hope. The video's struck me the most. Opened my eyes to how I react to things.

MRC Capacity Building Group Participant, 2018/2019

Working with Survivors of Childhood Sexual Abuse Training

Each year, The Laurel Centre Inc. provides training to various service providers in the community. This training focuses on trauma specific to Childhood Sexual Abuse and its effects on adults including a discussion related to mental health issues and compulsive coping behavior. A variety of clinical modalities used within the three-stage trauma treatment model are explored, with a special emphasis on the importance of working from a mind-body perspective. In 2018-2019, The Laurel Centre organized and facilitated 1 training session with 23 attendances from various service providers/students. The following external agencies had staff and/or students attend:

- Aulneau Renewal Centre
- Red River Valley School Division
- Two Ten Recovery Inc.
- Interlake Women's Resource Centre
- Tamarack Recovery Centre
- PATH Employability Centre
- North End Community Renewal Corporation
- Nova House Inc.
- Bravestone Centre Inc.
- Addictions Foundation of Manitoba
- Marymount Inc.
- Behavioural Health Foundation
- Aurora Recovery Centre
- Women's Health Clinic
- WRHA Palliative Care Program

95% of the attendees who completed feedback forms (n=20) reported that they are more confident in their ability to support individuals who have experienced childhood trauma.

Student Internships

The Laurel Centre provided internships to students working towards a Bachelor or Master's degree from various educational institutions within Manitoba. In 2018 – 2019, internship opportunities were provided to the following:

- 1 Bachelor of Social Work Student (University of Manitoba)
- 1 Bachelor of Social Work Student (Booth College)
- 1 Masters of Education Student (University of Manitoba)
- 1 Masters of Social Work Student (University of Manitoba)

Two of these students were placed at the Men's Resource Centre site, one (1) was placed at The Laurel Centre site, and one (1) experienced both sites. Feedback received through and exit interview process indicated that all had a positive experience filled with learning they will use in their social services careers.

Client Impact & Outcomes

The Laurel Centre asks clients for feedback in an effort to ensure our services are being delivered in a respectful way and meeting the needs of those accessing them. The feedback we gather also tells us if the programs are having the desired outcomes for our clients. Feedback forms ask clients to rate their agreement to a variety of statements on a 5-point scale to gather quantitative data and ask open ended questions to gather qualitative data. The quantitative data gives us a general overview of the impact of the program/activity whereas the qualitative data tells us more about individual experience. This section provides a brief overview of the data collected in 2018-2019.

The Laurel Centre Outcomes

Clients of The Laurel Centre are asked to share how therapy or the group they attended has made a difference in their lives. Various client responses to this question are provided below.

This workshop came at the perfect time in my growth and has informed the work I had begun on my own. I feel much more connected to my true self now and am engaging with my emotions in a way I haven't ever been capable of. I am communicating better with my partner, and feel like I now have the courage and the tools to continue healing, and to continue working through my trauma so that it won't have such an oppressive impact on my daily life & relationships.

TLC Capacity Building 1 Group Participant, 2018/2019

The group has given me more of an understanding of how trauma has affected me which has given me the ability to be empathetic towards myself. It has also helped me to feel more "normal" because others share/have shared my experiences.

TLC Capacity Building 1 Group Participant, 2018/2019

I have let go of some guilt and self-shame - awesome!

TLC Capacity Building 1 Group Participant, 2018/2019

That play is ageless; that arts and crafts are a great coping/grounding technique.

TLC Capacity Building 2 Group Participant, 2018/2019

I am better able to cope with negative thoughts and feelings by using my new grounding techniques.

TLC Capacity Building 2 Group Participant, 2018/2019

I feel more confident in my parenting; feel more comfortable talking to my kids openly.

TLC Parenting Group Participant, 2018/2019

Pre-Therapy Group Outcomes

Feedback forms are completed by group participants on the last session of the group. Sixty-seven group participants completed a feedback form for a pre-therapy group in 2018/2019.

On average, 85% of Pre-Therapy Group graduates reported that because of the group they attended, they know more about ...

- The impact of trauma on their lives
- The role of compulsive coping has played on their lives
- Their responses to trauma
- The importance of taking care of themselves
- Healthy Coping

In addition, over 75% reported that they are using the...

- Self-care techniques learned
- Healthy coping strategies learned

Long Term Therapy Outcomes

In March 2018, a snapshot of clients receiving Long Term therapy completed feedback forms (n=27).

Client reported increased knowledge/awareness in the following areas...

- The role compulsive coping had on their lives (100%)
- Health relationships (100%)
- Taking care of self (100%)
- The impact of childhood trauma on their lives (96%)
- Health Boundaries (96%)
- Ways to keep safe (96%)
- Healthy Coping (96%)
- What's not working in their lives (92%)

Clients reported improved ability to....

- Recognize and work through triggers (96%)
- Recognize/express feelings (92%)
- Recognize strengths (76%)

Clients reported the following accomplishments....

- Made positive changes in their lives (100%)
- Using self-care/healthy coping strategies learned (90%)
- Choosing healthier relationships (88%)
- Set goals and reached some of their goals (100%).
- More confident in self and their abilities (76%)

90% reported having a sense of hope for the future.

This group has improved my coping skills and has made me more mindful of my triggers and the emotions they elicit.

TLC Cultivating Strength Group Participant, 2018/2019

It has got me moving more which is amazing. I opened up more in my body movements without shame because I felt safe.

TLC Trauma & Movement Group Participant, 2018/2019

I'm more aware of the physical impact trauma has had and have learned some ways to cope with it.

TLC Trauma & Movement Group Participant, 2018/2019

I have hopefully made some long-lasting friendships. I've been reminded/have learned about trauma, it's effects, and how to cope with the effects. I love my sparkle jar, and appreciate the lists of coping strategies and resources. I feel less alone.

TLC Young Adult Capacity Building Group, 2018/2019

It has taught me a lot about self-care & how the little things qualify as well as the big things. Also the importance of acknowledging self care & making it a priority.

TLC Young Adult Capacity Building Group, 2018/2019

It has given me an open mind to yoga as a part of my healing. I was somewhat "afraid" of yoga before. I thought that it was all about standing or sitting in one position & humming or chanting. This has been an amazing eye/heart opener for me. Mindfulness & yoga seem to go hand in hand. Releasing of our body "noises" was okay too. I like that Richelle explained it on day one.

TLC Healing Through Yoga Group Participant, 2018/2019

Since starting programs and therapy at The Laurel Centre, my life has made a complete 180. I have more insight and strength to persevere, deal with my pain, and learn to live daily. It has been trying, and with every fall, I have bounced back stronger and better every time. The Laurel Centre has helped me gain the ability to sit with my feelings to begin releasing the trauma. Due to this, when I rise every time, I am more capable, compassionate, and confident. The trying times are becoming less, and the ongoing support has made it possible to find my worth, and believe in it fearlessly.

TLC Long Term Therapy Client, 2018/2019

Men's Resource Centre Outcomes

Clients of the Men's Resource Centre are asked to share how therapy or the group they attended has made a difference in their lives. Various client responses to this question are provided below.

I don't feel alone in my struggle, there are others like me. I'm more aware of calming techniques to keep myself grounded. It gave my week's structure and purpose.

MRC Pre-Therapy Group Participant, 2018/2019

It helped me to find a different way to cope with traumas, to be more aware and express my emotions. Helped to learn to be in control of my life.

MRC Pre-Therapy Group Participant, 2018/2019

I'm more focused on making positive changes in my life, and I feel better equipped to do so.

MRC Pre-Therapy Group Participant, 2018/2019

*Knowledge - feeling wiser, growing self confidence, satisfaction;
Relationships - improved communication; Feel better about myself.*

MRC Pre-Therapy Group Participant, 2018/2019

I'm less apprehensive about group setting and more trusting of people. I've learned coping skills and different strategies on dealing with stress.

MRC Capacity Building Group Participant 2018/2019

Learned to control my temper and negative feelings and open up more.

MRC Capacity Building Group Participant 2018/2019

Realizing how to look at situations different. Keeping my cool and asking questions before I see red. Knowing I'm not alone and have lots to improve on.

MRC Capacity Building Group Participant 2018/2019

I am more aware of my esteem in my relationships and not so hard on myself and others.

MRC Self Esteem Group Participant 2018/2019

More recognition of my highs and lows, better ideas of how I can change them.

MRC Self Esteem Group Participant 2018/2019

It helped me take steps back before responding.

MRC Communication Group Participant 2018/2019

It has inspired me to start communicating more with my wife.

MRC Communication Group Participant 2018/2019

MRC Group Therapy Outcomes

Feedback forms are completed by group participants on the last session.

Pre-Therapy Group

Participants reported the following outcomes (n=46).

- 100% want to continue improving how they live their lives
- 96% know more effects of stress and ways to deal with stress
- 91% are more aware of their emotions
- 80% are practicing healthier coping
- 80% feel less shame about their challenges.

Capacity Building Group

Participants reported the following outcomes (n=10).

- 100% understand more about their triggers and how to heal safely from traumatic events
- 100% are using coping strategies more effectively
- 90% better understand how trauma impacts the brain and body
- 90% are more aware of how activated they are and what is going in inside themselves
- 80% have a larger tool box of coping strategies

Self-Esteem Group

Participants reported the following outcomes (n=9).

- 100% have the tools to improve their self esteem
- 100% notice when they are self-critical
- 89% know more about how self-esteem has impacted them and what can help build self-esteem.
- 89% know more about self-care and are practicing self-care more often

Communication Group

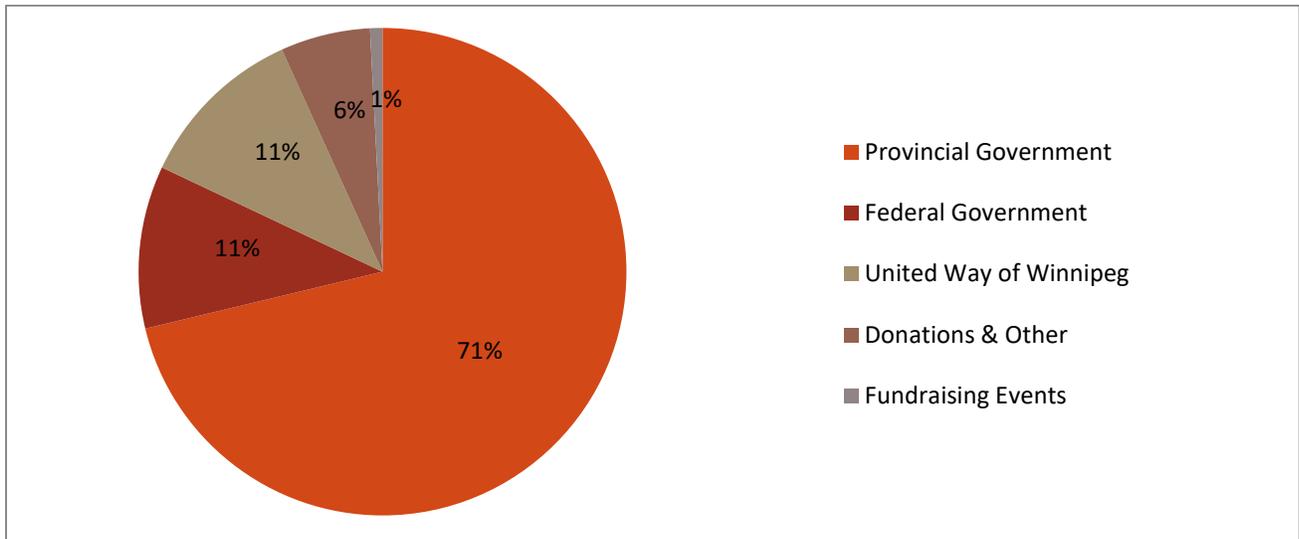
Participants reported the following outcomes (n=9).

- 100% know more about self-care, how communication affects them, and communicating needs to others
- 100% have tools to improve their communication
- 100% want to make positive changes

Funders & Supporters

The Laurel Centre Inc. relies heavily on financial support from government bodies, foundations, and donors. In addition, we hold fundraising events each year to supplement the resources received. Chart 3 provides a general breakdown of revenue received in 2018-2019. More detailed information can be found in the Financial Statement section of this report.

Chart 3: 2018-2019 Revenue Distribution



A special thank you to all of our funders and supporters

- Family Violence Prevention Program – Status of Women
- Mental Health and Addiction Branch – MB Health, Seniors & Active Living
- Community Action Program for Children – Public Health Agency of Canada
- United Way of Winnipeg
- Victim Services, MB Justice
- Royal Bank of Canada
- Investors Group – Employees in Action
- Assiniboine Credit Union
- United Way Organizational Development
- Manitoba Liquor Control Commission
- City of Winnipeg Employees
- All Charities Campaign
- Louis Riel School Division
- Lowe Mechanical Services
- Blennershasset Foundation
- Price Family Foundation
- Calm Air International
- West Jet Airlines Ltd
- VIA Rail Canada
- Great White Bear Tours
- Tundra Inn
- Over 50 Individual donors (Cash and In-Kind)





Financial Statements

THE LAUREL CENTRE INC.

FINANCIAL STATEMENTS

MARCH 31, 2019

July 30, 2019

INDEPENDENT AUDITOR'S REPORT

**To the Board of Directors of
The Laurel Centre Inc.:**

We have audited the accompanying financial statements of The Laurel Centre Inc. (The Centre), which comprise the balance sheet as at March 31, 2019 and the statement of operations, statement of changes in fund balances and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

In our opinion, the financial statements present fairly, in all material respects, the financial position of the Centre as at March 31, 2019, 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 Opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the 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 that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our 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 the 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 the Centre or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Centre's financial reporting process

Auditor's 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 auditor's 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 auditing 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 judgment and maintain 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 for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control 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 the 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 cast significant doubt on the 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 auditor's 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 auditor's report. However, future events or conditions may cause the 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.

Scarrow & Donald LLP

Chartered Professional Accountants
Winnipeg, Canada



**THE LAUREL CENTRE INC.
BALANCE SHEET**

		March 31	
		2019	2018
ASSETS			
Current assets:			
Cash	\$	252,257	\$ 260,810
Accounts receivable (Note 3)		2,483	1,172
Prepaid expenses		10,578	4,495
		265,318	266,477
Capital assets (Note 4)		822,192	847,042
	\$	1,087,510	\$ 1,113,519
LIABILITIES			
Current liabilities:			
Accounts payable	\$	27,501	\$ 32,207
Deferred revenue		19,878	19,654
Scheduled mortgage payments (Note 5)		13,271	13,188
		60,650	65,049
Mortgage (Note 5)		253,344	266,137
		313,994	331,186
Deferred contributions (Note 6)		299,188	306,700
		613,182	637,886
FUND BALANCES			
Operating		-	-
Fundraising		112,939	109,616
Capital asset		256,389	261,017
Internally restricted reserve		105,000	105,000
		474,328	475,633
	\$	1,087,510	\$ 1,113,519

APPROVED BY THE BOARD:


 _____ Director

 _____ Director

THE LAUREL CENTRE INC.
STATEMENT OF CHANGES IN FUND BALANCES
FOR THE YEAR ENDED MARCH 31

	Operating Fund	Fundraising Fund	Capital Asset Fund	Internally Restricted Reserve Fund	2019	2018
Fund balances, beginning of year	\$ -	\$ 109,616	\$ 261,017	\$ 105,000	\$ 475,633	\$ 483,681
Difference between revenues and expenses	(2,900)	21,489	(19,894)	-	(1,305)	(8,048)
Repayment of mortgage	(12,710)	-	12,710	-	-	-
Purchase of capital assets	(12,556)	-	12,556	-	-	-
Deferred contributions related to capital assets	10,000	-	(10,000)	-	-	-
Interfund transfers (Note 7)	18,166	(18,166)	-	-	-	-
Fund balances, end of year	\$ -	\$ 112,939	\$ 256,389	\$ 105,000	\$ 474,328	\$ 475,633



**THE LAUREL CENTRE INC.
STATEMENT OF CASH FLOWS**

	Year ended March 31	
	2019	2018
Cash flow from operating activities:		
Difference between revenues and expenses	\$ (1,305)	\$ (8,048)
Amortization of capital assets	37,406	43,431
Amortization of deferred contributions related to capital assets	<u>(17,512)</u>	<u>(22,579)</u>
	18,589	12,804
Changes in non-cash operating working capital-		
Accounts receivable	(1,311)	11,991
Prepaid expenses	(6,083)	2,229
Accounts payable	(4,706)	5,167
Deferred revenue	<u>224</u>	<u>1,472</u>
	6,713	33,663
Cash flow from financing activities:		
Deferred contributions related to capital assets	10,000	-
Repayment of mortgage	<u>(12,710)</u>	<u>(12,474)</u>
	(2,710)	(12,474)
Cash flow from investing activities:		
Purchase of capital assets	<u>(12,556)</u>	<u>(2,487)</u>
	(12,556)	(2,487)
Net change in cash	(8,553)	18,702
Cash, beginning of year	<u>260,810</u>	<u>242,108</u>
Cash, end of year	<u>\$ 252,257</u>	<u>\$ 260,810</u>



THE LAUREL CENTRE INC.
NOTES TO FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2019

1. Purpose of the Centre:

The Laurel Centre Inc. is a community-based agency which provides long-term individual and group therapy and support services to women who were sexually abused as children and want to resolve the long-term effects of the abuse. The Men's Resource Centre of Manitoba is a program of The Laurel Centre which provides services to men who identified stressors and trauma in their lives. The Laurel Centre Inc. is incorporated under the Province of Manitoba Corporation Act as a not-for-profit organization and is a registered charity under the Income Tax Act. The Centre is exempt from income taxes under Section 149(1)(l).

2. Significant accounting policies:

The financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations. An assumption underlying the preparation of financial statements in accordance with Canadian accounting standards for not-for-profit organizations is that the entity will continue for the foreseeable future and will be able to realize its assets and discharge liabilities in the normal course of operations.

The financial statements include the following significant accounting policies:

a) Critical accounting estimates and judgements-

The preparation of financial statements in accordance with Canadian accounting standards for not-for-profit organizations requires management to make estimates and judgments that affect the reported amounts of assets and liabilities, the disclosure of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenues and expenses during the reported period.

Accounting estimates are included in financial statements to approximate the effect of past business transactions or events, or to approximate the present status of an asset or liability. It is possible that changes in future economic conditions could require changes in the recognized amounts for accounting estimates. These estimates are reviewed periodically, and, as adjustments become necessary, they are reported in the period in which they became known.

Significant areas of estimation by management include the impairment of non-financial assets, the useful lives of capital assets and the fair value of financial instruments.

Management bases their judgments, estimates and assumptions on factors they believe to be reasonable in the circumstances, but which may be inherently uncertain and unpredictable.

b) Financial instruments-

Financial instruments are measured at fair value on initial recognition adjusted by, in the case of a financial instrument that will not be measured subsequently at fair value, financing fees and transaction costs that are directly attributable to its origination, acquisition, issuance or assumption. Transaction costs related to financial instruments that will be measured subsequently at fair value are recognized in net income for the period incurred.

Financial instruments are measured at amortized cost. Amortized cost is the amount at which the financial instrument is measured at initial recognition less principal repayments, plus or minus the cumulative of any difference between that initial amount and the maturity amount, and minus any reduction for impairment.



THE LAUREL CENTRE INC.

Page 2

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2019

2. Significant accounting policies (continued):

b) Financial instruments (continued)-

The Centre measures cash, accounts receivable, accounts payable and mortgage debt at amortized cost.

The Centre assesses impairment of all its financial assets, except those classified as held for trading. Management considers whether there has been a breach in contract, such as a default or delinquency in interest or principal payments in determining whether objective evidence of impairment exists. Impairment is measured as the difference between the asset's carrying value and its fair value. Impairment is included in current earnings.

c) Fund accounting-

The Laurel Centre Inc. follows the deferral method of accounting for contributions. The statement of operations and changes in net assets are reported using fund accounting.

The Operating Fund reports revenues and expenditures related to the Centre's program delivery and administration activities.

The Fundraising Fund reports revenues and expenditures related to the Centre's fund raising efforts.

The Capital Asset Fund reports revenues and expenses related to the Centre's capital assets.

The Internally Restricted Reserve Fund reports internally restricted resources maintained for use in the event funding for the Centre ceases and fund anticipated future expansion costs, and major capital improvement to the building. Management is of the opinion that current sources of funding will continue in the future.

d) Capital assets-

Capital assets are recorded at cost, including interest capitalized during the period of construction and amortized over their estimated useful lives. This requires estimation of the useful life of the asset and its salvage and residual value. Long-lived assets are tested for recoverability if events or changes in circumstances indicate that the carrying amount may not be recoverable. The carrying amount of a long-lived asset is not recoverable if the carrying amount exceeds the sum of the undiscounted cash flows expected to result from its use and eventual disposition. Impairment losses are measured as the amount by which the carrying amount of a long-lived asset exceeds its fair value. As is true for all accounting estimates, it is possible that changes in future conditions could require changes in the recognized amounts for accounting estimates. The annual rates are as follows:

Building	4% declining balance
Furniture and fixtures	10% declining balance
Computer hardware	20% declining balance
Land improvements	10% declining balance

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2019

2. Significant accounting policies (continued):

e) Revenue recognition-

Restricted contributions related to operations are recognized as revenue of the Operating Fund in the year in which the related expenses are incurred.

Unrestricted contributions are recognized as revenue of the Operating Fund in the year received or receivable if the amount to be received can be reasonably estimated and collection is reasonably accrued.

Unrestricted investment income earned on Fundraising Fund resources and Internally Restricted Reserved Fund resources are recognized as revenue of the Fundraising Fund when earned.

f) Contributed services-

Volunteers contribute a significant number of hours to assist The Laurel Centre Inc. in its fundraising, governance activities. Because of the difficulty of determining their fair value, contributed services are not recognized in the financial statements.

3. Accounts receivable:

	March 31	
	2019	2018
GST receivable	\$ 1,437	\$ 1,172
Other receivables	1,046	-
	<u>\$ 2,483</u>	<u>\$ 1,172</u>

4. Capital assets:

	March 31			
	2019		2018	
	Cost	Accumulated Amortization	Cost	Accumulated Amortization
Land	\$ 115,771	\$ -	\$ 115,771	\$ -
Land improvements	12,556	627	-	-
Buildings	984,965	300,560	984,965	272,043
Furniture and fixtures	11,612	9,556	11,612	9,328
Computer hardware	58,897	50,866	58,897	42,832
	<u>\$ 1,183,801</u>	<u>\$ 361,609</u>	<u>\$ 1,171,245</u>	<u>\$ 324,203</u>
Net book value		<u>\$ 822,192</u>		<u>\$ 847,042</u>

NOTES TO FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2019

5. Mortgage:

	<u>March 31</u>	
	<u>2019</u>	<u>2018</u>
TD Canada Trust mortgage repayable in monthly instalments of \$2,113, including principal and interest at 4.50%, secured by land and building and is due on demand.	\$ -	\$ 279,325
TD Canada Trust mortgage repayable in monthly instalments of \$2,162, including principal and interest at 4.90%, secured by land and building and is due on demand.	266,615	-
Less: Scheduled mortgage payments	<u>(13,271)</u>	<u>(13,188)</u>
	<u>\$ 253,344</u>	<u>\$ 266,137</u>

Scheduled principal repayments required on mortgage debt are as follows:

2020	\$ 13,271
2021	13,963
2022	14,655
2023	224,726

6. Deferred contributions:

Deferred contributions related to capital assets include the unamortized portion of restricted contributions which helped to fund the acquisition of the building and related improvements.

The changes for the year in the deferred contributions balance are as follows:

	<u>March 31</u>	
	<u>2019</u>	<u>2018</u>
Balance, beginning of year	\$ 306,700	\$ 329,279
Additions	10,000	-
Less: Amortized into revenue	<u>(17,512)</u>	<u>(22,579)</u>
Balance, end of year	<u>\$ 299,188</u>	<u>\$ 306,700</u>

The amortization of deferred contributions is recorded as revenue in the statement of operations under the Capital Asset Fund on the same basis as the amortization of the related capital assets acquired.

7. Interfund transfers and internally restricted assets:

The Board has approved an annual transfer of funds from the Fundraising Fund to the Operating Fund in order to fund any shortfall in operations or accumulated deficit. This amount would be equal to any shortfall in the Operating Fund, and is not to exceed the net balance in the Fundraising Fund.

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2019

8. Employee benefit plan:

Eligible employees of the Centre are members of the Community Agencies' Employee Benefits Plan, a multi-employer defined benefits plan, which will provide employee pension benefits based on a calculation of gross basic earnings and contributing services.

The employees and the Centre each contribute 7% (2018 - 7%) of their monthly gross basic earnings, up to \$54,900 (2018 - \$54,900) and 8.75% (2018 - 8.75%) of their earnings above \$54,900 (2018 - \$54,900). This plan, to which contributions for the Centre during the year totaled \$40,317 (2018 - \$41,989) is accounted for as a defined contribution plan.

9. Risk management:

Management's risk management policies are typically performed as a part of the overall management of the Centre's operations. Management is aware of risks related to these objectives through direct personal involvement with employees and outside parties. In the normal course of its business, the Centre is exposed to a number of risks that can affect its operating performance. Management's close involvement in operations helps identify risks and variations from expectations. The Centre has not designated transactions as hedging transactions to manage risk. As a part of the overall operation of the Centre, management considers the avoidance of undue concentrations of risk. These risks include, and the actions taken to manage them are as follows:

Liquidity risk-

Liquidity risk is the risk that the Centre cannot meet its financial obligations associated with financial liabilities in full. The Centre's main sources of liquidity are its operations and external contributions. The funds are primarily used to finance working capital and capital expenditure requirements and are adequate to meet the Centre's financial obligations associated with financial liabilities.

Interest rate risk-

Interest rate risk is the risk that changes in market interest rates may have an effect on the cash flows associated with some financial assets and liabilities, known as interest rate cash flow risk, or on the fair value of other financial assets or liabilities, known as interest rate price risk. Obtaining debt with fixed interest rates minimizes cash flow risk.

Credit risk-

Credit risk arises from the possibility that debtors may be unable to fulfill their commitments. For a financial asset, this is typically the gross carrying amount, net of any amounts offset and any impairment losses. The Centre has credit policies to address credit risk on accounts receivable, which may include the analysis of the financial position of the debtor and review of credit limits. The Centre also may review credit history before establishing credit and reviews credit performance. An allowance for doubtful accounts or other impairment provisions are established based upon factors surrounding credit risk, historical trends and other information. No allowance for doubtful accounts or bad debts expense has been recorded in either year.



**THE LAUREL CENTRE INC.
SCHEDULE OF GRANT REVENUE**

	Year ended March 31	
	2019	2018
Operating Fund:		
Manitoba Department of Families	\$ 582,400	\$ 585,783
Manitoba Health, Seniors and Active Living	183,300	183,300
Manitoba Department of Justice	30,000	30,000
Public Health Agency of Canada	120,469	120,469
United Way Winnipeg	125,074	125,174
	<u>1,041,243</u>	<u>1,044,726</u>
Project funding-		
Family Violence Prevention Program	-	5,012
Public Health Agency of Canada - FVPC	-	1,694
The Winnipeg Foundation	-	150
Family Violence Consortium	-	599
Prairieaction Foundation	48,000	-
Silent Witness Project	6,076	9,789
Summer Placement Grant	-	3,465
	<u>54,076</u>	<u>20,709</u>
	<u>\$ 1,095,319</u>	<u>\$ 1,065,435</u>

THE LAUREL CENTRE INC.

SCHEDULE OF GRANT REVENUE

MANITOBA DEPARTMENT OF FAMILIES

	The Laurel Centre			Men's Resource Centre			Year ended March 31	
	Central Support	Core Services	Training	Central Support	Core Services	2019 Total	2018 Total	
Revenue:								
Family Violence Prevention Program	\$ 52,380	\$ 173,300	\$ 14,700	\$ 116,020	\$ 226,000	\$ 582,400	\$ 585,783	
Expenses:								
Board and committees	1,500	-	-	-	-	1,500	1,500	
Client access	2,164	-	-	1,036	-	3,200	3,200	
Conference and workshops	-	-	615	-	-	615	1,146	
Contract staff	-	-	-	-	-	-	1,500	
Data base/web page/brochures	750	-	-	2,659	-	3,409	2,850	
Insurance	3,000	-	-	3,632	-	6,632	6,211	
Interest on mortgage	-	-	-	13,148	-	13,148	12,833	
Miscellaneous	-	-	-	1,031	-	1,031	754	
Office and supplies	4,180	-	-	5,870	-	10,050	9,874	
Professional development	1,300	-	-	983	-	2,283	4,873	
Professional fees	1,436	-	-	3,033	-	4,469	4,697	
Property tax	1,840	-	-	15,498	-	17,338	14,280	
Repairs and maintenance	650	-	-	4,090	-	4,740	4,805	
Resource materials	-	3,100	-	1,131	-	4,231	4,487	
Salaries and benefits	32,800	170,200	12,340	19,747	249,402	484,489	490,022	
Telephone	2,245	-	-	3,039	-	5,284	5,693	
Utilities	2,260	-	-	5,011	-	7,271	9,119	
	54,125	173,300	12,955	79,908	249,402	569,690	577,844	
Repayment of mortgage principal								
	-	-	-	12,710	-	12,710	12,474	
	<u>\$ (1,745)</u>	<u>\$ -</u>	<u>\$ 1,745</u>	<u>\$ 23,402</u>	<u>\$ (23,402)</u>	<u>\$ -</u>	<u>\$ (4,535)</u>	



104 Roslyn Rd
Winnipeg, Manitoba R3L 0G6

Contact Numbers:

204-783-5460 (TLC)
204-415-6797 (MRC)

Websites:

www.thelaurelcentre.com
www.mens-resource-centre.ca

“Keep going towards your best life!”

“I have accepted yesterday, I look forward to tomorrow, but most of all, I love today!”

*“Friends have noticed a change in me...Imagine that!
I am strong. I am empowered. I am unstoppable.
I will help others heal.”*