



*Annual Report*

*2019-2020*

---





# Table of Contents

---

Introduction .....	2
Mission .....	2
Values .....	2
History .....	3
Board of Directors .....	4
Staff and Students .....	5
Chairperson Report.....	6
Executive Directors Report .....	9
Board Development Committee Report.....	12
Programs and Services Report .....	13
Clinical Model .....	13
The Laurel Centre (TLC) Programs.....	15
Men’s Resource Centre (MRC) Programs.....	20
Client Impact & Outcomes .....	24
Funders & Supporters .....	27
Financial Statements.....	28

# 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.

*I was able to express how I felt and to unleash a lot of stuff I have been holding in and hiding. I was able to hear my voice and had someone to listen [to] me.*

TLC Long Term Therapy Client, 2019/2020

## 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**

*Feeling safe and welcome in a healthy environment*

MRC Pre-Therapy Participant, 2019/2020

*Safe feeling, I always feel safe here.*

TLC Workshop Participant, 2019/2020

100% of clients who completed feedback forms in 2019/2020 (n=213) reported that they feel safe/welcome when attending programs at TLC or MRC.

98% of clients who completed feedback forms in 2019/2020 (n=204) reported feeling a sense of belonging and connection at TLC or MRC.

## Board of Directors

---

At March 31, 2020, The Laurel Centre Board of Directors had 12 members.

### Executive Officers

- Nicole Merrick, Chairperson
- Mark LeMaistre, Vice Chairperson
- Kathleen McCandless, Legal Counsel
- Michelle Hourihan, Treasurer
- Brenda Ferraton, Secretary

### Directors

- David Delay
- Janice Goldsborough
- Adeolu Joseph
- Jennifer Keith
- Katie Inverarity
- Dorothy Choudhury
- Carolin Vesely, Staff Representative



## Staff and Students

---

At March 31, 2020, The Laurel Centre had 16 full time staff and one (1) part time staff.

### ***Administrative Staff***

Heather Leeman, Executive Director

Robin Falk, Financial Administrator

Ashley Budd, Administrative Assistant

### ***MRC Clinical Team***

Geoff Thompson, Therapist/Student Supervisor

Carolin Vesely, Therapist (both sites)

Nielsen Tonelete, Therapist

Ryan Lampertz, Case Manager/Resource Worker

Donald Hatcher, Student

Stephen Neil, Student

### ***TLC Clinical Team***

Carmel Foisy, Clinical Supervisor

Karen Wilson, Therapist/Student Supervisor

Melissa Mason, Therapist

Lisa Glendinning, Therapist

Meaghan Sawka, Therapist

Mira Woods, Therapist

Leila Mian, Therapist

Kathryn Niebuhr, Therapist

Kristen Robson, Therapist

Jordan Bodnar, Pre-Therapy Counsellor

Tenley Wiens, Parenting Program

Coordinator/Therapist

### ***Student Internships***

The Laurel Centre provided internships to students working towards a Bachelor or Master's degree from various educational institutions. In 2019 – 2020, internship opportunities were provided to students at the University of Manitoba, Yorkville University, University of Waterloo and Providence. Three students were on site at the MRC, and one completed an environmental scan offsite on childhood sexual abuse for The Laurel Centre.

### ***Students***

Donald Hatcher, Masters in Counselling Psychology Student (Yorkville University)

Stephen Neil, Masters in Counselling Student (Providence)

Kieran Emerson (University of Waterloo)

Erika Meadows, Masters of Social Work Student (University of Manitoba)



## Chairperson Report

---

As the Interim Chairperson, I am pleased to present the report for The Laurel Centre's 35<sup>th</sup> Annual General Meeting. Thank you for assisting us to follow the Covid-19 protocol policy by joining us today through Zoom.

Since 1985, The Laurel Centre and the Men Resource Centre (since 2010) have provided specialized therapeutic and support services to individuals who identify with trauma and stressors in their lives. We are very proud of the services we provide.

At last year's AGM we spoke of our demonstrated ability to adapt and respond to changing needs in the communities we serve. To this end, we began a 3-Phase Organizational Development Project to examine our services. In 2019-2020, we hired *KiKPartners*, who guided the agency through a discovery phase. In this phase, various stakeholders were engaged and the Board made some high level decisions around the future of the agency which has laid the ground work for the next phase of the project. We look forward to working with *Health in Common* who will be leading us through a visioning and strategic planning process this upcoming fall.

The 2019 – 2020 fiscal year brought forward both challenges and triumphs.

In March 2020, the new Covid-19 virus pandemic surprised the world. In response, our Executive Director diligently consulted with staff and Board and a Three-Month Plan for the agency's safety was developed. A Tele-MentalHealth Policy was developed to give therapists the ability to support clients remotely. As time progressed, restrictions were lifted allowing employees to return to work and on- site services to resume. A detailed Pandemic Policy Manual has been developed and approved by the Board to ensure COVID-19 compliant service delivery and employee and client safety as we adjust to our new normal. It is obvious these protocols will be needed for some time to come.

In October 2019, Board of Directors received word from Manitoba Health, Seniors, and Active Living (MHSAL) that we would receive \$300, 000 per year for the period of January 2020 to March 2022 to expand our Long Term Therapy Program. This grant was awarded in response to a proposal submitted to MHSAL over four years by our former Executive Director, Suhad Bisharat. An acknowledgement and thank you go out to Suhad Bisharat and to Manitoba Health, Seniors, and Active Living. With these funds we have hired 3.5 therapists, thereby reducing the lengthy waitlists for The Long Term Therapy Program at The Laurel Centre and the Male Childhood Sexual Abuse Program run out of the Men's Resource Centre.

The Laurel Centre was fortunate with our fundraising efforts this past fiscal year (2019-2020). In April 2019, we held first a time fundraiser called "Come Grow with Us". The event was a huge success, selling out and bringing in \$7180.00. A special thank you to:



- Our Fundraising Committee - Katie Inverarity, Kathleen McCandless, Lisa Glendinning, Ashley Budd, Robin Falk, Susan Tinsley, Mark LeMaistre
- Our former Executive Assistant Joyce Coady, who volunteered her time to coordinate the event.
- Sage Gardens who volunteered their time to facilitate the even
- A various Board members and businesses who donated to the silent auction.

In addition to this successful fundraising event, in 2019-2020, we were fortunate to have various companies in the community organize fundraising drives The Laurel Centre/Men's Resource Centre:

- Sweet Impressions sold "Bake the World a Better Place" cookies and donated all proceeds (\$3700) to The Laurel Centre;
- EMK Clothing donated 50% of the revenue from their new men's hoodie sales (\$750) to the Men's Resource Centre;
- United Boxing & Total Team Workout teamed up to hold one Boxing Class and two Bootcamp classes, raising \$650 for TLC/MRC; and
- My Body Fitness raised \$104 for The Laurel Centre in one of their monthly Kindness Classes

On the donation side of business, we would like to extend a special thank you to Lowes Mechanical who in this fiscal year, donated \$3724 to The Laurel Centre/Men's Resource Centre and organized an event for their employees that resulted in another \$1350 worth of donations.

Thank you to all who contributed to the agency this year, whether it was their time, in-kind, or financial donation. Not only do the funds contribute to our operational needs, but events raise the public's awareness, educating the community on the issue of childhood sexual abuse and the detrimental, long term effects of abuse, stressors, and trauma.

Our other standing committees were also hard at work.

The Personnel Committee, comprised of Kathleen McCandless, Janice Goldsborough, David Delay, Ade Joseph, and Dorothy Choudhury completed a review on our Executive Director and developed a process for reviewing the agency's personnel policies, which is now underway. There were no grievances brought to the committee in this year.

The Board Development Committee, comprised of Janice Goldsborough, David Delay, and Nicole Merrick (currently on a leave of absence) revamped the Board Manual and developed a board matrix to gather backgrounds and skills of existing board members. This process greatly assisted to identify gaps in board membership for this year's recruitment.

The Building Committee, comprised of Mark LeMaistre, Brenda Ferraton, Robin Falk, and Ryan Lambert addressed maintenance and repair needs in both of our buildings and began preliminary discussions around future building needs.



In addition to the work of our standing committees, the Board developed and approved a policy review schedule and struck three (3) new committees.

- A Finance Committee, who met quarterly with the Executive Director and Finance Administrator to review the Annual Budget, quarterly financial statements, and the Audited Financial Statements and then reports them to the full Board.
- A Communications & Marketing Committee, which in the upcoming year will be responsible for developing a communications plan for the agency; and
- A Program & Policy Committee, which began reviewing the agency's service delivery policies.

Thank you to all Board and staff members who shared their perspectives and skills on these various committees. All of your hard work continues to grow and strengthen our agency.

**Mark LeMaistre**

Acting Chairperson

## Executive Directors Report

---

Without a doubt, 2019-2020 was a year that will not be forgotten. If I had to describe the year with just two words, they would be growth and uncertainty. As an agency, we experienced challenges but there were also some great movements forward. Growth and renewal is not possible without change and all change brings some level of uncertainty.

It goes without saying that the biggest challenge of this past year was adapting to delivering services during a world pandemic. As I reflect back to March 2020, when pandemic was first declared, I am in awe of how far we have come, how much we have accomplished, and how responsive and resilient staff were throughout the process.

The Laurel Centre/Men's Resource Centre of Manitoba provides therapy and support to individuals who have experienced childhood trauma and/or are dealing with significant stressors in their lives. Many of the individuals who seek our services struggle with depression, anxiety, and/or PTSD and therefore during times of crisis, such as a world pandemic, they are in need of our services more than ever. To that end, we quickly recognized our services were essential and worked towards developing a plan that allowed us to keep supporting clients while also following the Manitoba Government directives and doing our part to flatten the curve.

Between March and June staff primarily worked from home, providing video and phone therapy sessions to their existing clients. Mid-June, staff returned to working on-site but continued to provide services remotely until August when we resumed in-person sessions for clients who felt comfortable attending the agency. Pandemic policies and procedures were developed and implemented to protect the health and safety of our clients and staff to the best of our ability. We continue to adapt policies and procedures as things evolve and currently we are in process of developing virtual groups to provide to clients on our waitlists. The pandemic forced us to be creative and as a result we have a TeleMentalHealth Policy that allows us to be flexible in our service delivery throughout the pandemic and beyond, giving clients the choice of in-person or remote sessions. This presents opportunity for growth as providing options to service delivery increases accessibility.

A special thank you to all of our funders who during this time of uncertainty connected with us, supported us, and most importantly trusted us to adapt in ways that made most sense for our agency. Your understanding and flexibility allowed us to focus our time and energy where it needed to be, developing and implementing pandemic policies and procedures.

2019-2020 ended with the onset of the pandemic but prior to that the year was marked with growth and renewal as our budget and staffing increased significantly and we transitioned into the second phase of our organizational development project.



In September 2019, we completed Phase 1 and transitioned into Phase 2 of our 3-phase organizational development project. Thank you to KiKPartners who led us through the Discovery Phase which resulted in the Board of Directors and agency leaders making some high level decisions regarding the future and structure of the agency. These decisions will guide the next phase which is already in motion. We look forward to working with Health in Common as they support the Board and staff in visioning and planning for our next three (3) years. The outcome of this process will be shared with stakeholders and the community in 2021, once our communication plan is complete. Thank you to Assiniboine Credit Union, United Way of Winnipeg, and the Winnipeg Foundation for supporting this vital project. Also, a special thank you to Erika Meadows, MSW student, who completed an environmental scan for the agency. This document provides vital information as we enter into strategic planning.

In the fall of 2019, we began discussions around diversity, inclusion, and anti-oppressive practice. We engaged Kelsey Lambert, a speaker from Rainbow Resource Centre, to lead staff through a 2SLGBTQ+ Awareness Training and Dr. Jean Friesen, a speaker from the Treaty Commission to present to both Board and Staff on Treaty Relations. Our growth in this area is ongoing and will be incorporated into our strategic planning process. Thank you to both of speakers who shared their valuable knowledge with us.

In January 2020, we were awarded a 2 ¼ years of additional funding from Manitoba Health, Seniors, and Active Living to expand our long term trauma therapy program. This funding increase allowed us to hire 3.5 therapists which has decreased our waitlist significantly. For us this is more than an increase in funding. It is also a validation of the importance of long term therapy with when working with trauma and an honouring of our contribution to this field. For many years, the need for our services has far surpassed our resources and we are extremely grateful for the opportunity to serve more individuals than ever before.

In 2019-2020 we said goodbye to two valued team members – Kristin Lackey, TLC Therapist and Justin Penner, MRC Program Manager/Therapist. Both were wonderful team members and skilled therapists. Without a doubt they have carried their gifts forward in their new endeavors. Although we lost two staff, our team grew significantly this year as we hired five (5) new staff. Mira Woods moved from Pre-Therapy Counsellor to Therapist and Jordan Bodnar, who completed her BSW student placement with TLC/MRC, was hired as our Pre-Therapy Counsellor. In addition, in January 2020, we hired three (3) new full time therapists at TLC - Leila Mian, Kathryn Niebuhr, and Kristen Robson. Finally, Nielsen Tonelete joined the MRC team at the end of the year as the Short Term Counsellor.

In 2019, two (2) of our staff reached milestone anniversaries. Karen Wilson, Young Adult Therapist/TLC Student Supervisor reached 10-years with the agency and Geoff Thompson, MCSA Therapist/MRC Student Supervisor reached 5 years with the agency. Congratulations to you both! Your passion for this work and dedication to this agency are apparent in all that you do. I am fortunate to work with and learn from both of you.



Many thanks to The Laurel Centre Board of Directors for their oversight, guidance, and support through the challenges experienced this year. I also want to express my gratitude for the staff of The Laurel Centre and Men's Resource Centre of Manitoba. Thank you for patience as we enter into uncharted territory, thank you for challenging me to look at things through various lenses, thank you for your knowledge and insights, and thank you for your confidence and trust in my leadership.

We recently learned that Barbara Ball, one of the founding members of The Laurel Centre, passed away. In the early 1980s, Barbara, along with two other counsellors in the community, recognized the prevalence of childhood sexual abuse in women accessing addiction services and sought funding to start what was then called Women's Post-Treatment Centre. Today, The Laurel Centre has a 1.5-million-dollar budget, 2 buildings, and 18 staff.

I would like to end today by acknowledging Barbara's history with the agency. Without her vision, passion, and hard work The Laurel Centre would not exist and we would not be here today. Barbara was a counsellor with agency from its inception in 1985 until she retired in 1997, acting as director in it's infancy until funding for and Executive Director was secured. Thanks to Barbara, thousands of individuals have been supported to resolve the impacts of childhood sexual abuse.

**Heather Leeman**  
Executive Director

# Board Development Committee Report

---

The Board Development Committee is responsible for recruiting and interviewing potential Board members, developing the nomination slate for presentation at the Annual General Meeting, ensuring the composition of the Board meets current and future requirements of the agency, organizing the Annual General Meeting, ensuring all Board members are orientated to the agency and the Board, Board evaluation, and planning Board trainings and Board/staff events (as appropriate).

Committee members for the 2019-2020 fiscal year consisted of: Nicole Merrick, David Delay, and Janice Goldsborough. The committee met regularly throughout this year as it was tasked with an extensive review and redeveloping of the Board Manual. As part of this process, a Board matrix was developed and implemented to identify and respond to gaps in Board composition; a quarterly Board satisfaction survey was developed and implemented to gather feedback regarding the content and structure of Board Meetings; and a Board exit interview template was developed to gather feedback from exiting Board members moving forward.

In the 2019-2020 fiscal year, the Board of Directors welcomed four (4) new members: Dorothy Choudhury, Adeolu Joseph, Jennifer Keith, and Carolyn Vesely (staff representative). Each has brought forward diverse experiences, skill sets, and backgrounds sought by the Board. In addition to these four (4), the following eight (8) Board members have committed to remain on the Board of Directors for the upcoming year: Kathleen McCandless, Mark LeMaistre, Brenda Ferraton, Nicole Merrick, Katie Inverarity, David Delay, Janice Goldsborough and Michelle Hourihan.

The Laurel Centre Inc. by-laws state that the Board of Directors will have no less than three (3) and no more than 15 directors.

Recruitment efforts throughout the year resulted in five applicants to the Board of Directors. After reviewing the applications and conducting interviews, the Board Development Committee presents the following nomination slate to be presented at the 2020 Annual General Meeting:

- Derrick Paulson
- Aliya Wiebe
- Neha Gajpal
- Jennifer Keith (fulfilling vacant position as of February 2020)

**David Delay**

Board Development Committee

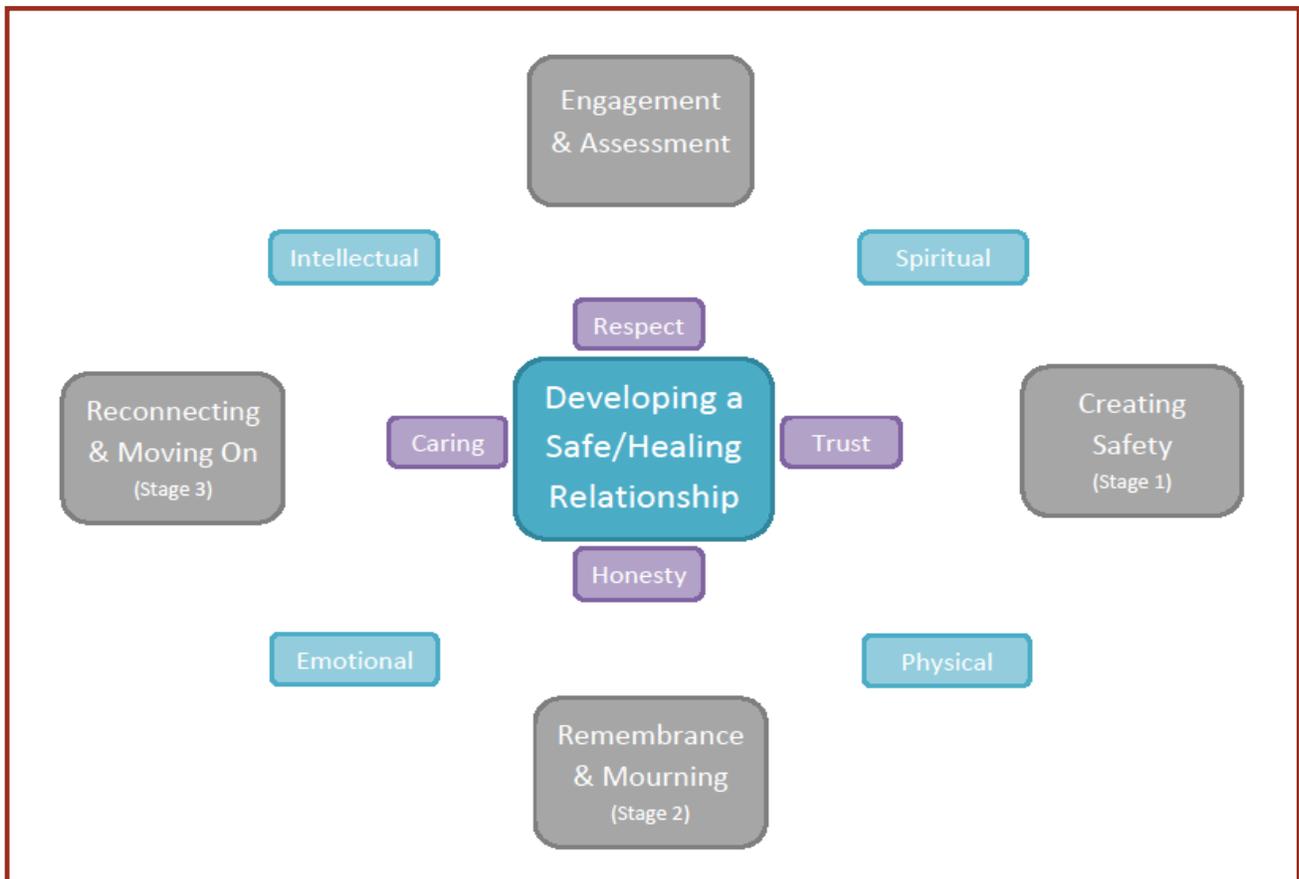
# Programs and Services Report

## 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 Safety<sup>1</sup>**

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.



I FEEL HEARD, VALIDATED, MORE ABLE TO COPE WITH DIFFICULT FEELINGS.

TLC Short Term Therapy Client 2019/2020

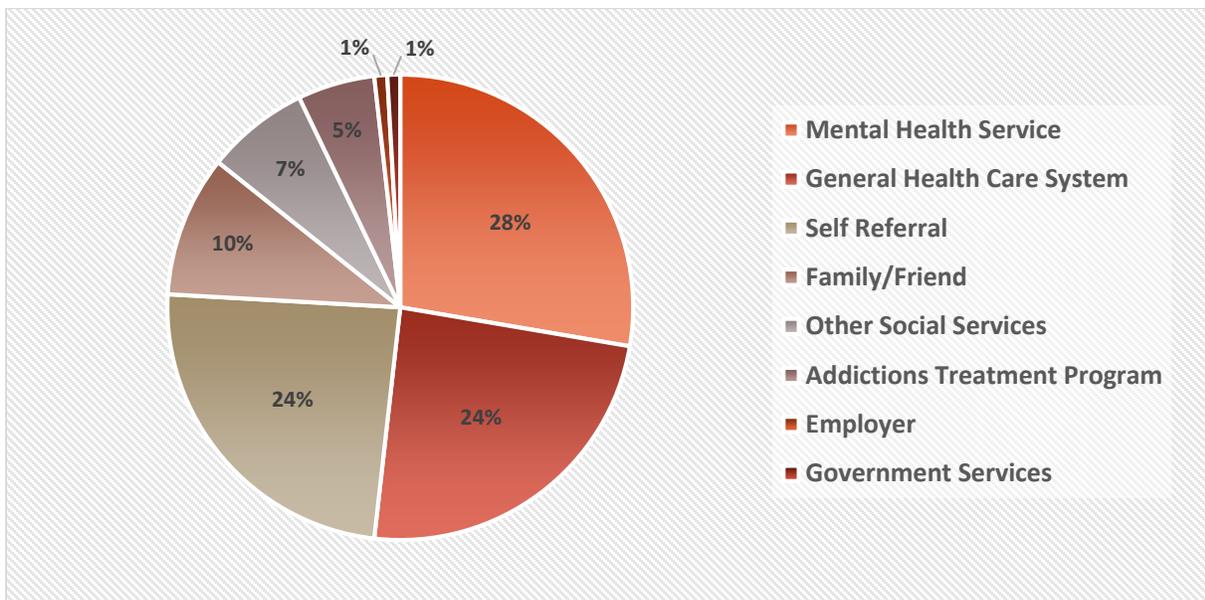
---

<sup>1</sup> 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. Individuals can self-refer and referrals are accepted from sister organizations, community organizations, health professionals, or government services. Approximately 52% of the clients who attended an Interview & Assessment appointment in 2019-2020 were referred by a Mental Health Service or a General Health Practitioner and another 34% self-referred or were referred from family/friends (Chart 1).

**Chart 1: TLC Referral Sources 2019-2020 (n=112)**

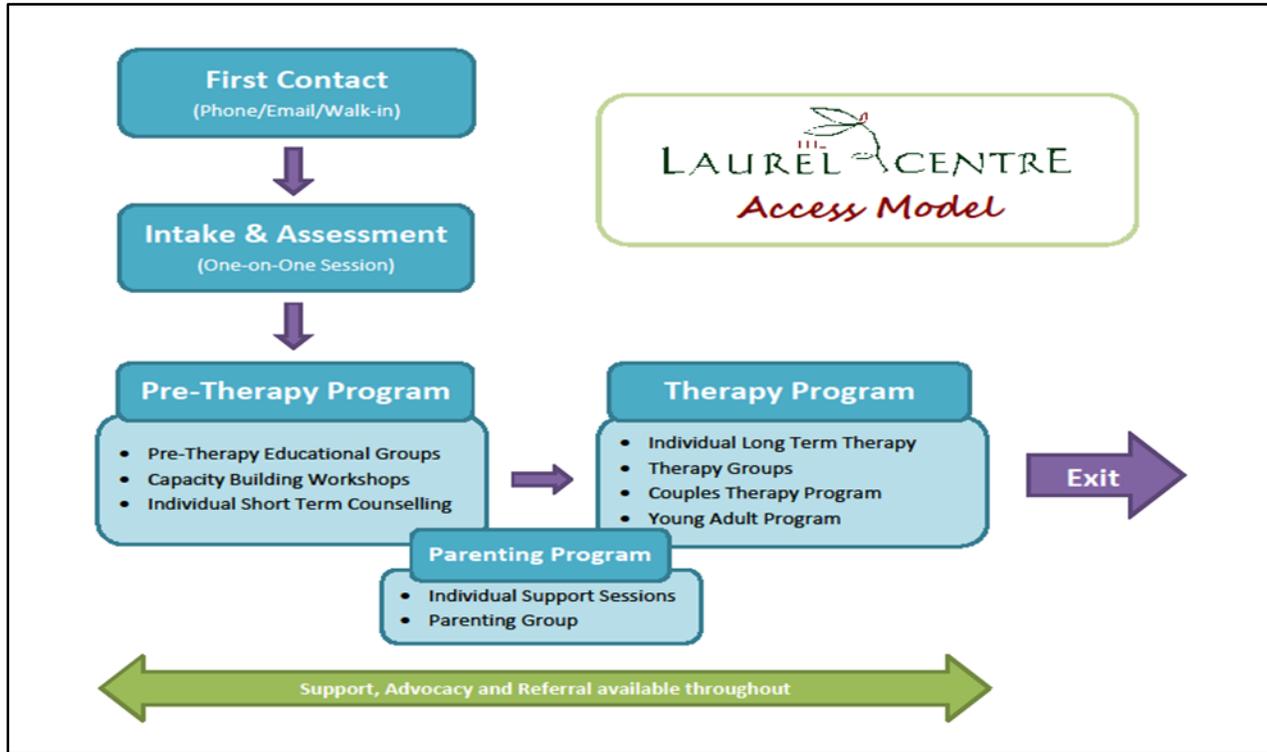


*Having a safe space – even just the waiting area with all of the resources and messages on the door, the snacks, the incredibly welcoming receptionist and the flexibility of the program and staff has really made me feel understood in a world that most often does not tolerate the effects of trauma. Thank you.*

TLC Parenting Support Sessions Client, 2019/2020

## Accessing Services

**Figure 1:** TLC Access Model 2019-2020



### Intake & Assessment

When individuals 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.

#### **TLC Intake and Assessment Stats 2019-2020**

- ✓ 194 individuals booked an I & A
- ✓ 114 individuals attended an I & A
- ✓ 112 clients 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 clients 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.

### Short Term Therapy

Short Term Therapy provides clients 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

Individuals on the waitlist are encouraged to participate in our *Understanding and Coping with Trauma Group*. This psycho-educational group introduces participants to the impacts of trauma and begins to explore self-care and healthy coping strategies. Clients are encouraged to take this foundational group before registering for any other pre-therapy group/workshops.

### Capacity Building Workshop Series

Workshops or workshop series are offered monthly and cover a variety of themes. Content may be educational, skill-based, hands on activities, or resourcing. Workshop themes offered this year included:

- Grounding with Nature
- Soothing with Art
- Mindfulness
- PlayGround
- Grounding with Anchors
- Anxiety (with ADAM)
- Coping through the Holidays
- Menopause (with WHC)
- Finding Your Inner Equine (with Symatree Farms)
- Mindful Breathing & Movement

### Support & Advocacy

Clients 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.

### TLC Pre-Therapy Stats 2019-2020

#### Short Term Therapy

- ✓ 22 individuals reached
- ✓ 109 sessions held

#### Understanding and Coping with Trauma Group

- ✓ 4 groups held (23 sessions)
- ✓ 24 individuals reached
- ✓ 16 graduates
- ✓ 98 attendances

#### Capacity Building Workshops

- ✓ 12 workshop series held (20 sessions)
- ✓ 35 individuals reached
- ✓ 99 attendances

#### Support & Advocacy

- ✓ 38 individuals reached
- ✓ 65 sessions held

*I felt heard and understood. I didn't feel judged, I felt accepted and cared for.*

TLC Short Term Therapy Client, 2019/2020

## Long Term Therapy Program (LTP)

### Individual Therapy

Clients 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 individuals to heal safely. At March 31, 2020 there were 202 clients on the waitlist for the Long Term Therapy Program. The estimated wait time is 2 years.

### TLC Long Term Program Statistics 2019-2020

#### Individual Therapy

- ✓ 146 individuals reached
- ✓ 2392 sessions held
- ✓ 83 admissions

### Therapy Groups

Clients accessing individual therapy are encouraged to participate in one or more therapy groups or workshops 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/workshops vary each year based on observed trends and client reported need. In 2019-2020 the following groups/workshops were offered:

- Coming Home to Your Body Group (Stage 2 Process Work)
- Vision Board Workshop (Stage 3 Process Work)

---

*It has made me [realize] that it was not my fault what had happened to me and that I can love myself despite what had happened to me. It shows me that I am worthy and I am a person and I can live a wonderful life if I focus on myself.*

TLC Long Term Therapy Client, 2019/2020

---

## Young Adult Program

Long term individual therapy and a Young Adult Capacity Building Group are provided specific to the needs of female identifying youth aged 16-24. At March 31, 2020, there were 22 youth on the waitlist for Long Term Therapy. The estimated wait time is 1.5 years.

### Young Adult Program Stats 2019-2020

#### Individual Therapy

- ✓ 26 Young Adults reached
- ✓ 467 sessions held
- ✓ 11 admissions

*Before coming to The Laurel Centre I relied more on compulsive coping mechanisms and did not have much emotional self-regulation skills which led to me being very angry and having poor relationships. After therapy I feel much happier internally and have developed healthier coping mechanisms. My life also feels more meaningful and I feel like I have more of a sense of belonging.*

Young Adult Long Term Therapy Client, 2019/2020

## Couples Program

Clients' 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 2019-2020, three (3) couples accessed Couples Therapy with a total of 47 sessions.

*My husband and I have been able to understand each other a lot better than before. We are able to listen better to each other. We are much better with our communication and talking about hard things. Thank you for your help.*

Couples Program Client, 2019/2020

### Parenting Program Stats 2019-2020

#### Individual Sessions

- ✓ 13 Parents reached
- ✓ 81 sessions held

#### Parenting Group

- ✓ 1 group (3 sessions)
- ✓ 2 individuals reached
- ✓ 2 graduates

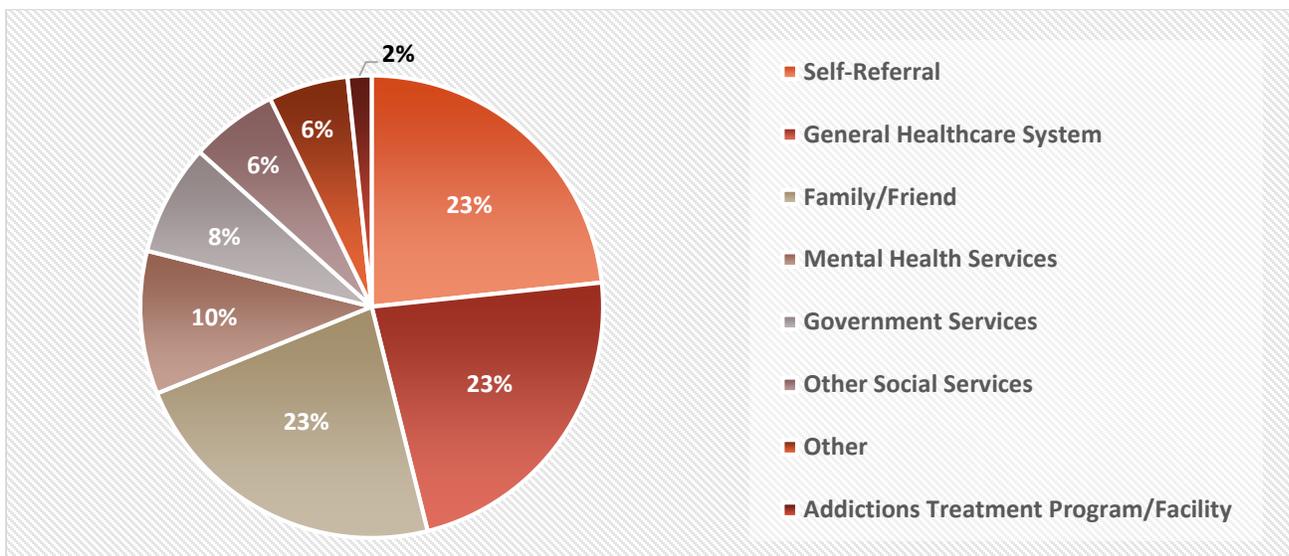
## Parenting Program

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. Individuals can self-refer or be referred from other community organizations, government agencies, health care providers etc. In 2019-2020, self-referrals and referrals from family/friends combined for a total of 46%. (Chart 2).

**Chart 2:** MRC Referral Sources 2019-2020 (n=180)



## Accessing Services

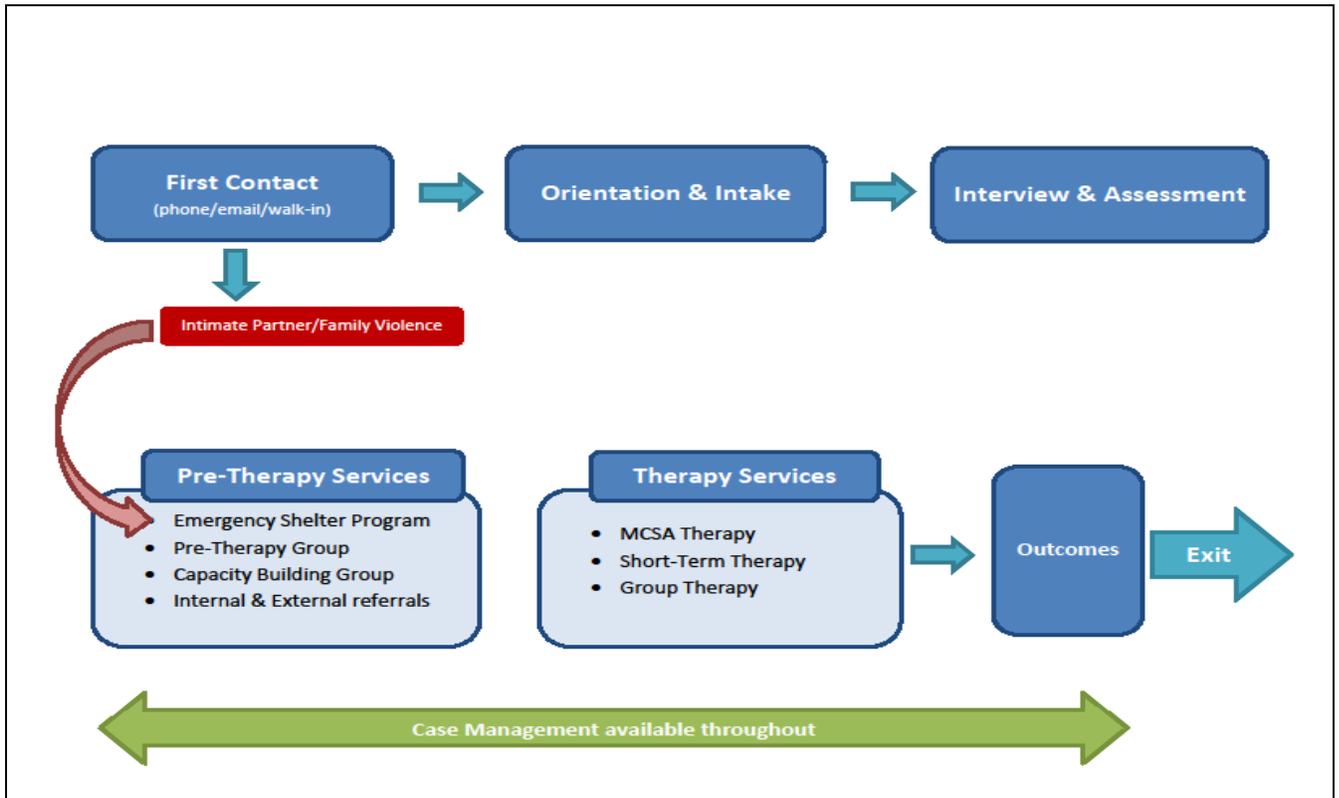
### **Orientation & Assessment**

Individuals 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 2019-2020**

- ✓ 11 Orientation Sessions held
- ✓ 171 individuals attended an orientation session
- ✓ 161 Interview and Assessments held

**Figure 2: MRC Access Model 2019-2020**



## Referral & Resourcing

Individuals who contact the Men’s Resource Centre are provided information about and connected to other community or government resources. Referrals may occur at initial contact or while clients 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 2019 – 2020:

- ✓ 29 men and 1 child accessed the Emergency Hotel with an average stay of 25 days
- ✓ 5 men and 3 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. Clients 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 clients seeking support for a wide range of issues. Short Term Therapy is most appropriate for addressing current issues, rather than exploring developmental traumas. Clients 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, 2020, there were 20 men on the waitlist for Short Term Therapy and the wait time was estimated at 10 weeks.

### Therapy Groups

On average, three (3) Therapy Groups are offered each year. Clients 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 2019-2020 the following groups were offered:

- Relationships
- Communication
- Self Esteem

*I have implemented the suggestions here and the result was so much better than I could have imagined.*

**MRC Communication Group Participant, 2019/2020**

### Men's Therapy Program Statistics 2019-2020

#### **Pre-Therapy Group**

- ✓ 7 groups held (40 sessions)
- ✓ 76 individuals reached
- ✓ 52 graduates

#### **Short Term Therapy Program**

- ✓ 120 individuals received short term therapy
- ✓ 610 sessions held

#### **Relationship Group**

- ✓ 1 groups held (8 sessions)
- ✓ 12 individuals reached
- ✓ 12 graduates

#### **Communication Group**

- ✓ 1 groups held (6 sessions)
- ✓ 12 individuals reached
- ✓ 12 graduates

#### **Self-Esteem Group**

- ✓ 1 groups held (8 sessions)
- ✓ 10 individuals reached
- ✓ 10 graduates

## Male Childhood Sexual Abuse (MCSA) Program

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

### **Long Term Therapy**

Individual therapy, which is guided by the [Clinical Model](#), is available for up to one year. Clients who are on the wait list 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, 2020, there were 104 clients on the waitlist for Long Term Therapy in the MCSA Program. The wait time is estimated at 4 years.

### **Capacity Building Group**

An 8-week psycho-educational group for clients 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.

### **MCSA Statistics 2019-2020**

#### **Capacity Building Group**

- ✓ 1 groups held (9 sessions)
- ✓ 4 individuals reached
- ✓ 4 graduates

#### **Long Term Therapy**

- ✓ 39 individuals reached
- ✓ 585 sessions held

#### **Short Term Therapy**

- ✓ 8 individuals reached
- ✓ 56 sessions held

---

*The biggest change was due to someone believing me and in me. It gave me the courage to make difficult unpopular decisions to look after myself, which meant distancing myself from certain people. It is only with that space that I have been able to see things more clearly and feel more deeply. A scary & difficult journey to the heart but a fulfilling one!*

MCSA Long Term Therapy Client, 2019/2020

---

## 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 2019-2020.

### 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.

*I no longer suffer from depression, I feel sad sometimes like everyone else. I have more confidence & self-love than ever before in my life. I am gainfully employed! After no job for 6 years. I have made peace with the dynamics of my family. My past shame no longer restrains me. I have made friends. I leave the house more often. I think about my future. I am the person I was always meant to be now that the fog of shame, depression & toxic relationships has lifted!*

TLC Long Term Therapy Client, 2019/2020

*Helped me to feel more comfortable with myself, my emotions, and my body. I really enjoyed this.*

TLC Coming Home to Your Body Therapy Group, 2019/2020

*I am getting back my confidence.*

TLC Coming Home to Your Body Therapy Group, 2019/2020

*It has helped me have support in my life when usually I've had none. It has helped me have someone to talk to and learn different ways to ground myself.*

TLC Short Term Therapy Client, 2019/2020

*I don't know how I would have made it through without The Laurel Centre. It gives me hope!*

TLC Short Term Therapy Client, 2019/2020

*I feel more connected to The Laurel Centre. Learned more about mindfulness and how I can apply it in my life. Slow down a bit more and breathe.*

TLC Workshop Participant, 2019/2020

#### Pre-Therapy Group & Workshop Outcomes

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

##### Understanding and Coping with Trauma Group

Participants reported the following outcomes (n=15).

- 100% know more about healthy ways of coping
- 100% are more aware of how trauma has affected their life
- 93% are better at dealing with everyday challenges
- 93% know more about creating safety in their lives
- 87% feel less alone

##### Capacity Building Workshop Series

Participants reported the following outcomes (n=62).

- 100% found the information/activities helpful
- 95% learned something new in the workshop
- 84% are more open to reach out to other resources in the community (n=55)

## Short Term Therapy Outcomes

Feedback forms are completed by clients on their last session of Short Term Therapy. (n=9)

Clients reported improved ability to....

- Deal with everyday challenges (89%)
- Recognize and manage triggers (89%)
- Take care of self (89%)

Clients reported knowing more about....

- Healthy ways of coping (100%)
- Creating safety (100%)
- The importance of self-care (100%)

## Long Term Therapy Outcomes

Feedback forms are completed by clients within their last month of Long Term Therapy. (n=21)

Clients reported improved ability to....

- Manage mental health symptoms (e.g. depression, anxiety, PTSD) (95%)

Clients reported the following accomplishments....

- Made positive changes in their lives (100%)
- Using healthier coping strategies (100%)
- Using self-care strategies more often (100%)
- Relying on compulsive coping behaviours less often (95%)
- Met their goals (81%)

*A safe place to be focusing on the present moment. Mindfulness workshop helped me reduce anxiety, panic attacks. It encourage me to open up and accept my emotions at the present time.*

TLC Workshop Participant, 2019/2020

*Love the colouring and no judgement on people's artwork. We can have fun and be happy and free with respect!*

TLC Workshop Participant, 2019/2020

*To always remember to breathe, and laugh! You are not alone!*

TLC Workshop Participant, 2019/2020

*These sessions have helped me confront and face the dysfunction in my family of origin and have helped me begin to untangle the impact that dysfunction has on my current relationships (including my relationship to my child). I feel stronger in my conviction to continue to work on untangling the impact of my 'trauma' (still feels like a bit of a foreign label, but learning to be more comfortable with it) as one of the most powerful things I can do to positively impact my parenting and the quality of relationship with my child.*

TLC Parenting Support Sessions Client, 2019/2020

*To always remember to breathe, and laugh! You are not alone!*

TLC Workshop Participant, 2019/2020

*Learning to stand my ground, know my self-worth. Love the love & caring in the workshops!*

TLC Workshop Participant, 2019/2020

*Doing the artwork has made me redevelop a sense of creativity which I lost during my years of unhealthy coping behaviours. Engaging in grounding exercises has helped me grow in a positive direction.*

TLC Understanding and Coping with Trauma Participant, 2019/2020

*The techniques learned are very beneficial and help me to ground myself and others quickly. The group gave me hope that I can heal because it has taken me so long to get quality support to assist me on my healing journey.*

TLC Understanding and Coping with Trauma Participant, 2019/2020

*I am not depressed anymore. I have emotions & feelings that I suppressed before. I have learnt how to deal with things that come up. I have self-confidence & feel good about myself.*

TLC Long Term Therapy Client, 2019/2020

## 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.

*My life has changed in many ways. I am able to be more authentic in my life and communicate more positively with others close to me. I am generally more content with myself and accepting of my past. I've learned coping strategies that help me identify when I'm being triggered, so I am much more content in my life day to day. Create more authentic friendships and family relations.*

*MCSA Long Term Therapy Client, 2019/2020*

*I feel a lot more confident in my daily life. I can take breaths and slow down and [concentrate].*

*MCSA Long Term Therapy Client, 2019/2020*

*It helped me get back on track and open my tool box and regain my sense of self.*

*MCSA Short Term Therapy Client, 2019/2020*

*The ability to talk to someone in a safe environment.*

*MRC Short Term Therapy Client, 2019/2020*

*It has got me through my life stresses one day at a time and made me feel I wasn't alone and could access the mental health and support I need.*

*MRC Capacity Building Group Participant 2019/2020*

*Learning new things to improve myself and knowing I had somewhere safe to go for a couple hours a week.*

*MRC Pre-Therapy Group Participant 2019/2020*

*The calm, understandable approach and helpful tools provided.*

*MRC Pre-Therapy Group Participant 2019/2020*

*I am more comfortable around people that I need to communicate with.*

*MRC Communication Group Participant 2019/2020*

*Realize other people are going through similar problems. Gives me hope.*

*MRC Communication Group Participant 2019/2020*

*The ability to be open about questions and not feel judged.*

*MRC Pre-Therapy Group Participant 2019/2020*

*That I'm not alone.*

*MRC Pre-Therapy Group Participant 2019/2020*

## MRC Group Therapy Outcomes

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

### Pre-Therapy Group

Participants reported the following outcomes (n=42).

- 93% are more aware of how stress affects them
- 90% know more about coping behaviours
- 88% know more about the signs of activation
- 86% are using the tools learned in group
- 83% are better at self-reflection

### Capacity Building Group

Participants reported the following outcomes (n=4).

- 100% are more aware of their signs of hyper-activation and dissociation
- 100% know more about post-traumatic stress symptoms
- 100% are using the self-regulation strategies learned
- 75% are better at regulating their emotions

### Communication Group

Participants reported the following outcomes (n=8).

- 100% are more self-aware
- 100% are better at dealing with conflict in a healthier way
- 88% know more about healthy ways to resolve conflict
- 88% are more comfortable in a group setting

### Relationship Group

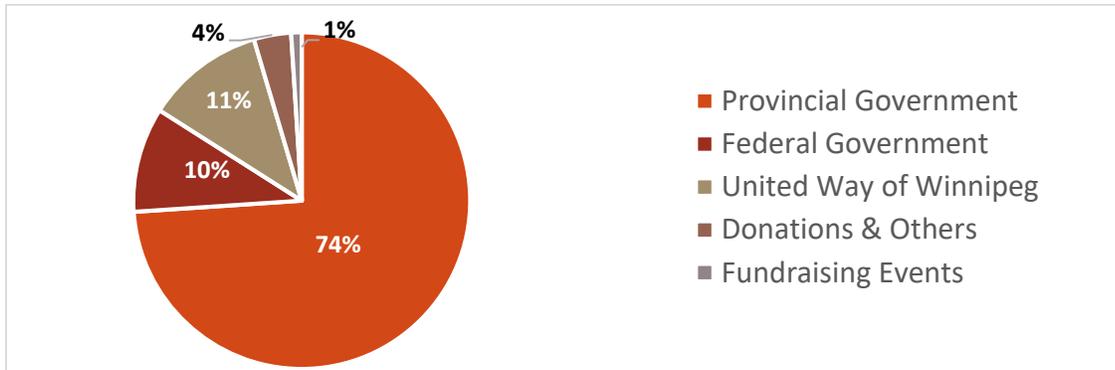
Participants reported the following outcomes (n=11).

- 100% know more about the importance of a healthy relationship
- 100% know more about the importance of taking responsibility in a relationship
- 100% are better at listening to their partner
- 100% feel less alone
- 91% are better at identifying the strengths they bring to a relationship

## 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 2019-2020.

**Chart 3: 2019-2020 Revenue Distribution**



### **A special thank you to all of our funders and supporters:**

#### **Funders:**

- Family Violence Prevention Program – Manitoba Status of Women
- MB Health, Seniors & Active Living
- Community Action Program for Children – Public Health Agency of Canada
- United Way of Winnipeg
- Victim Services, MB Justice

#### **Grants & Donations:**

- Assiniboine Credit Union
- United Way Organizational Development Fund
- Jewish Foundation
- IG Wealth Management
- City of Winnipeg Employees
- All Charities Campaign
- Lowe Mechanical Services
- Blennershasset Foundation
- 50+ Individual donors (Cash & In-Kind)

#### **Collection Drives:**

- My Body Fitness Kindness Class
- Sweet Impressions: Bake the World a Better Place
- EMK Clothing
- United Boxing Club Fitness Class

#### **In-Kind Donations:**

- Oh Doughnuts
- Fort Garry Hotel
- Taylor McCaffrey LLP

Thank you to *Spark: a service of the Canadian CED Network* for connecting us with Catherine Parnetta-Olsen to help with our database!





# Financial Statements

---

THE LAUREL CENTRE INC.

FINANCIAL STATEMENTS

MARCH 31, 2020

August 12, 2020

### 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, 2020 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, 2020, 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	
	2020	2019
<b>ASSETS</b>		
<b>Current assets:</b>		
Cash	\$ 282,506	\$ 252,257
Accounts receivable (Note 3)	10,391	2,483
Prepaid expenses	5,624	10,578
	298,521	265,318
<b>Capital assets (Note 4)</b>	799,008	822,192
	<b>\$ 1,097,529</b>	<b>\$ 1,087,510</b>
<b>LIABILITIES</b>		
<b>Current liabilities:</b>		
Accounts payable	\$ 30,683	\$ 27,501
Deferred revenue	22,457	19,878
Scheduled mortgage payments (Note 5)	13,956	13,271
	67,096	60,650
Mortgage (Note 5)	239,530	253,344
	306,626	313,994
<b>Deferred contributions (Note 6)</b>	284,279	299,188
	590,905	613,182
<b>FUND BALANCES</b>		
Operating	-	-
Fundraising	140,381	112,939
Capital asset	261,243	256,389
Internally restricted reserve	105,000	105,000
	506,624	474,328
	<b>\$ 1,097,529</b>	<b>\$ 1,087,510</b>

**APPROVED BY THE BOARD:**

  
 \_\_\_\_\_ Director

  
 \_\_\_\_\_ Director

THE LAUREL CENTRE INC.  
STATEMENT OF OPERATIONS

	March 31					2019 Operating Fund	2020 Fundraising Fund	2020 Capital Asset Fund	2019 Capital Asset Fund	2020 Total	2019 Total
	2020 Operating Fund	2019 Operating Fund	2020 Fundraising Fund	2020 Capital Asset Fund	2019 Capital Asset Fund						
<b>Revenues:</b>	\$ 1,148,479	\$ 1,095,319	\$ -	\$ -	\$ -	\$ 1,148,479	\$ -	\$ -	\$ 1,148,479	\$ 1,095,319	
Grants	-	-	16,739	12,098	-	-	-	-	16,739	12,098	
Donations	-	-	12,252	9,167	-	-	-	-	12,252	9,167	
Fundraising	-	-	-	1,256	-	-	-	-	-	1,256	
Designated donation	-	-	3,290	4,568	-	-	-	-	3,290	4,568	
Miscellaneous	-	-	-	-	-	-	-	-	-	-	
Amortization of deferred contributions (Note 6)	-	-	-	-	14,909	-	14,909	17,512	14,909	17,512	
	1,148,479	1,095,319	32,281	27,089	14,909	1,195,669	17,512	37,406	1,195,669	1,139,920	
<b>Expenses:</b>											
Amortization	-	-	-	-	34,049	34,049	-	-	34,049	37,406	
Board and staff	4,888	3,810	-	-	-	4,888	-	-	4,888	3,810	
Client access	9,064	6,090	-	-	-	9,064	-	-	9,064	6,090	
Conferences and workshops	-	597	-	-	-	-	-	-	-	597	
Contract staff	1,850	10,756	-	-	-	1,850	-	-	1,850	10,756	
Fundraising	-	-	4,466	5,600	-	4,466	5,600	-	4,466	5,600	
Information technology	12,000	12,412	-	-	-	12,000	-	-	12,000	12,412	
Insurance	10,219	9,253	-	-	-	10,219	-	-	10,219	9,253	
Interest on mortgage	12,684	13,148	-	-	-	12,684	-	-	12,684	13,148	
Miscellaneous	1,761	2,243	-	-	-	1,761	-	-	1,761	2,243	
Office and supplies	19,544	21,880	-	-	-	19,544	-	-	19,544	21,880	
Professional development	11,624	6,796	-	-	-	11,624	-	-	11,624	6,796	
Professional fees	13,814	13,600	-	-	-	13,814	-	-	13,814	13,600	
Program supplies	4,660	6,076	-	-	-	4,660	-	-	4,660	6,076	
Property tax	14,086	23,717	-	-	-	14,086	-	-	14,086	23,717	
Repairs and maintenance	13,685	14,029	-	-	-	13,685	-	-	13,685	14,029	
Research	-	47,500	-	-	-	-	-	-	-	47,500	
Salaries and benefits	967,365	878,813	-	-	-	967,365	-	-	967,365	878,813	
Special projects	4,446	6,076	-	-	-	4,446	-	-	4,446	6,076	
Telephone	8,883	7,709	-	-	-	8,883	-	-	8,883	7,709	
Utilities	14,285	13,714	-	-	-	14,285	-	-	14,285	13,714	
	1,124,858	1,098,219	4,466	5,600	34,049	1,163,373	37,406	(19,894)	1,163,373	1,141,225	
<b>Difference between revenues and expenses</b>	\$ 23,621	\$ (2,900)	\$ 27,815	\$ 21,489	\$ (19,140)	\$ 32,296	\$ (19,894)	\$ (1,305)	\$ 32,296	\$ (1,305)	

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	2020	2019
Fund balances, beginning of year	\$ -	\$ 112,939	\$ 256,389	\$ 105,000	\$ 474,328	\$ 475,633
Difference between revenues and expenses	23,621	27,815	(19,140)	-	32,296	(1,305)
Repayment of mortgage	(13,129)	-	13,129	-	-	-
Purchase of capital assets	(10,865)	-	10,865	-	-	-
Interfund transfers (Note 7)	373	(373)	-	-	-	-
Fund balances, end of year	\$ -	\$ 140,381	\$ 261,243	\$ 105,000	\$ 506,624	\$ 474,328



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

	Year ended March 31	
	2020	2019
<b>Cash flow from operating activities:</b>		
Difference between revenues and expenses	\$ 32,296	\$ (1,305)
Amortization of capital assets	34,049	37,406
Amortization of deferred contributions related to capital assets	(14,909)	(17,512)
	51,436	18,589
Changes in non-cash operating working capital-		
Accounts receivable	(7,908)	(1,311)
Prepaid expenses	4,954	(6,083)
Accounts payable	3,182	(4,706)
Deferred revenue	2,579	224
	54,243	6,713
<b>Cash flow from financing activities:</b>		
Deferred contributions related to capital assets	-	10,000
Repayment of mortgage	(13,129)	(12,710)
	(13,129)	(2,710)
<b>Cash flow from investing activities:</b>		
Purchase of capital assets	(10,865)	(12,556)
	(10,865)	(12,556)
<b>Net change in cash</b>	30,249	(8,553)
<b>Cash, beginning of year</b>	252,257	260,810
<b>Cash, end of year</b>	\$ 282,506	\$ 252,257



**THE LAUREL CENTRE INC.**

**NOTES TO FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED MARCH 31, 2020**

**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.



NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2020

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 and amortized over their estimated useful lives, except for contributed assets which are recorded at fair market value at the date of contribution plus all costs directly attributable to the acquisition. This requires estimation of the useful life of the asset and its salvage and residual value. When conditions indicate a capital asset is impaired, the excess of its net carrying amount over the asset's fair value or replacement cost is recognized as an expense. 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.

Capital assets are amortized over the estimated useful life of the asset as follows:

Land improvements	10% declining balance
Buildings	4% declining balance
Furniture and fixtures	20% straight line
Computer hardware	50% straight line

**THE LAUREL CENTRE INC.**  
**NOTES TO FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED MARCH 31, 2020**

**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:**

	<b>March 31</b>	
	<b>2020</b>	<b>2019</b>
GST receivable	\$ 1,322	\$ 1,437
Other receivables	9,069	1,046
	<b>\$ 10,391</b>	<b>\$ 2,483</b>

**4. Capital assets:**

	<b>March 31</b>			
	<b>2020</b>		<b>2019</b>	
	<b>Cost</b>	<b>Accumulated Amortization</b>	<b>Cost</b>	<b>Accumulated Amortization</b>
Land	\$ 115,771	\$ -	\$ 115,771	\$ -
Land improvements	12,556	1,821	12,556	627
Buildings	984,965	327,936	984,965	300,560
Furniture and fixtures	18,225	11,076	11,612	9,556
Computer hardware	63,149	54,825	58,897	50,866
	<b>\$ 1,194,666</b>	<b>\$ 395,658</b>	<b>\$ 1,183,801</b>	<b>\$ 361,609</b>
Net book value	<b>\$ 799,008</b>		<b>\$ 822,192</b>	

NOTES TO FINANCIAL STATEMENTS  
FOR THE YEAR ENDED MARCH 31, 2020

5. Mortgage:

	<u>March 31</u>	
	<u>2020</u>	<u>2019</u>
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.	\$ 253,486	\$ 266,615
Less: Scheduled mortgage payments	<u>(13,956)</u>	<u>(13,271)</u>
	<u>\$ 239,530</u>	<u>\$ 253,344</u>

Scheduled principal repayments required on mortgage debt are as follows:

2021	\$ 13,956
2022	14,648
2023	15,374
2024	209,508

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>2020</u>	<u>2019</u>
Balance, beginning of year	\$ 299,188	\$ 306,700
Additions	-	10,000
Less: Amortized into revenue	<u>(14,909)</u>	<u>(17,512)</u>
Balance, end of year	<u>\$ 284,279</u>	<u>\$ 299,188</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, 2020**

**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% (2019 - 7%) of their monthly gross basic earnings, up to \$54,900 (2019 - \$54,900) and 8.75% (2019 - 8.75%) of their earnings above \$54,900 (2019 - \$54,900). This plan, to which contributions for the Centre during the year totaled \$51,944 (2019 - \$40,317) is accounted for as a defined contribution plan.

**9. Wage subsidy:**

The Centre has applied for the Canada Temporary Wage Subsidy relating to salaries paid during the year ended March 31, 2020. A wage subsidy of \$3,741 has been recorded in the financial statements in salaries and benefits.

**10. 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.

Page 6

**NOTES TO FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED MARCH 31, 2020**

**11. Subsequent event:**

The outbreak of the novel strain of coronavirus ("COVID-19"), has resulted in governments enacting emergency measures to combat the spread of the virus. These measures, which include the implementation of travel bans, self-imposed quarantine periods and social distancing, have caused an economic slowdown and material disruption to business. Subsequent to March 31, 2020, governments have continued to react with interventions intended to stabilize economic conditions. The duration and impact of the COVID-19 outbreak is unknown at this time. It is not possible to reliably estimate the length and severity of these developments and the impact on the financial performance and financial position of the Organization in future periods.



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

	<b>Year ended March 31</b>	
	<b>2020</b>	<b>2019</b>
<b>Operating Fund:</b>		
Manitoba Department of Families	\$ 582,400	\$ 582,400
Manitoba Health, Seniors and Active Living	252,000	183,300
Manitoba Department of Justice	45,000	30,000
Public Health Agency of Canada	120,469	120,469
United Way Winnipeg	136,314	125,074
	<hr/>	<hr/>
	1,136,183	1,041,243
<b>Project funding-</b>		
Family Violence Prevention Program	4,700	-
Assiniboine Credit Union	2,500	-
Family Violence Consortium	4,446	-
Prairieaction Foundation	-	48,000
Silent Witness Project	-	6,076
Jewish Foundation	700	-
	<hr/>	<hr/>
	12,346	54,076
	<hr/>	<hr/>
	<b>\$ 1,148,529</b>	<b>\$ 1,095,319</b>
	<hr/> <hr/>	<hr/> <hr/>

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	2020 Total	2019 Total	
<b>Revenue:</b>								
Family Violence Prevention Program	\$ 52,400	\$ 173,300	\$ 14,700	\$ 83,500	\$ 258,500	\$ 582,400	\$ 582,400	
<b>Expenses:</b>								
Board and committees	1,500	-	-	93	-	1,593	1,500	
Client access	1,480	-	-	1,810	-	3,290	3,200	
Conference and workshops	-	-	-	-	-	-	615	
Data base/web page/brochures	-	-	-	1,604	-	1,604	3,409	
Insurance	1,000	-	-	3,850	-	4,850	6,632	
Interest on mortgage	-	-	-	12,684	-	12,684	13,148	
Miscellaneous	-	-	-	735	-	735	1,031	
Office and supplies	1,838	-	-	3,628	-	5,466	10,050	
Professional development	800	-	-	1,001	-	1,801	2,283	
Professional fees	-	-	-	2,000	-	2,000	4,469	
Property tax	2,000	-	-	5,475	-	7,475	17,338	
Repairs and maintenance	500	-	-	7,318	-	7,818	4,740	
Resource materials	-	3,100	-	645	-	3,745	4,231	
Salaries and benefits	32,800	170,200	12,624	29,627	251,764	497,015	484,489	
Telephone	4,000	-	-	3,094	-	7,094	5,284	
Utilities	5,600	-	-	6,501	-	12,101	7,271	
	51,518	173,300	12,624	80,065	251,764	569,271	569,690	
<b>Repayment of mortgage principal</b>								
	-	-	-	13,129	-	13,129	12,710	
	\$ 882	\$ -	\$ 2,076	\$ (9,694)	\$ 6,736	\$ -	\$ -	



104 Roslyn Rd  
Winnipeg, Manitoba R3L 0G6

**Contact Numbers:**

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

**Websites:**

[www.thelaurelcentre.com](http://www.thelaurelcentre.com)  
[www.mens-resource-centre.ca](http://www.mens-resource-centre.ca)

*“The time to heal is NOW for ALL OF US!”*

**“YOU CAN DO THIS. I know, because I did.  
Self-love is the best love”**

*“You are strong, you are a survivor, you are a  
champion. You are more than you know. Never let  
anyone decide your future. It is in your hands.”*