



Annual Report

2020-2021



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Introduction

Our Vision for the Community

We envision a society without childhood sexual abuse and a Manitoba where all who have experienced this trauma have access to the resources they need to lead fulfilling and meaningful lives.

Our Mission

The Laurel Centre facilitates the healing journey of people who have experienced childhood sexual abuse and increases society's understanding of this form of trauma. We do this by providing therapeutic services, strengthening support systems, exchanging knowledge, and raising awareness.

Our Desired Long-Term Impact

People who have experienced childhood sexual abuse are better equipped to resolve the impact of trauma on all aspects of self. They feel a greater sense of control over their lives, have healthier relationships, and face fewer societal barriers.

Our Vision for our Organization

The Laurel Centre is an accessible, safe(r) space for healing and a respected community partner, providing leadership in addressing the individual and societal impact of childhood sexual abuse.

Our Approach

Trauma-Focused

We recognize that childhood sexual trauma is complex; affecting mental, emotional, physical, and spiritual well-being. We create time and space to explore and address the impacts of the trauma on all parts of self.

Relationship-Based

We believe healing and transformation happens within healthy relationships and meaningful connections. We place the therapeutic relationship at the core of our clinical model and encourage people to develop healthy support systems and connections within their community.

Strength-Based

We believe that everyone has value and see the potential in all. We facilitate the healing journey by drawing on individual resilience, strength, capacity, and resource.

Self Determination

We believe people are the experts of their own lives and each person has the right to make their own life choices. We encourage people to set their own goals and lead their healing process.

Anti-Oppressive Lens

We understand the presence and harm of systemic forms of oppression. We will work consciously and actively to reduce systemic oppression in our practices, learning from our mistakes. We are committed to collaborating with each other and the community to create a more just world.

Cultural Safety

We believe in creating an environment where everyone can thrive and where all parts of our identities are valued. We are committed to being inclusive and striving for Cultural Safety, where everyone is welcomed and honoured.

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

100% of clients who completed feedback forms in 2020/2021 (n=39) reported that they feel safe/welcome when attending programs at TLC or MRC.

95% of clients who completed feedback forms in 2020/2021 (n=37) reported feeling a sense of belonging and connection at TLC or MRC.

Anti-Oppressive Practice Framework

In the summer of 2020, The Laurel Centre developed an Anti-Oppressive Practice (AOP) Committee. The AOP Committee exists to ensure organizational alignment with values that challenge entrenched power structures and to ensure organization allyship with people of all identities. The Committee developed a Framework (below) and an Action Plan that will guide the work of The Laurel Centre moving forward.



Anti-Oppressive Practice Framework



Board of Directors

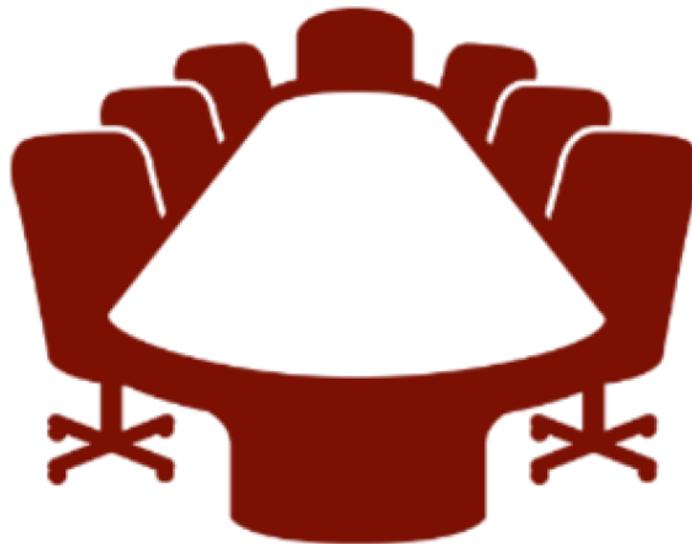
At March 31, 2021, The Laurel Centre Board of Directors had 14 members.

Executive Officers

- Katie Inverarity, Chairperson
- David Delay, Vice Chairperson
- Kathleen McCandless, Legal Counsel
- Michelle Hourihan, Treasurer
- Dorothy Choudhury, Secretary

Directors

- Mark LeMaistre
- Brenda Ferraton
- Janice Goldsborough
- Adeolu Joseph
- Jennifer Keith
- Aliya Wiebe
- Derrick Paulson
- Neha Gajpal
- Carolin Vesely, Staff Representative



Staff and Students

At March 31, 2021, The Laurel Centre had 20 staff.

Administrative Staff

Heather Leeman, Executive Director
Ashley Budd, Executive Assistant
Robin Falk, Financial Administrator
Julie Letkeman, Front Desk/Receptionist
Brittany Grisdale, Stage 3 Project Manager

MRC Clinical Team

Geoff Thompson, Therapist/Student Supervisor
Carolin Vesely, Therapist
Nielsen Tonelete, Therapist

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
Abby Gauthier, Therapist
Jenna Enns, Therapist

Student Internships

The Laurel Centre provided internships to students working towards a Bachelor or Master's degree from various educational institutions. In 2020 – 2021, internship opportunities were provided to students at the Yorkville University through our Men's Resource Centre program.

Students

Donald Hatcher, Masters in Counselling Psychology (Yorkville University)
Courtney Smith, Masters in Counselling Psychology (Yorkville University)

Chairperson Report

It is my honour to provide the Chairperson report for The Laurel Centre's 36th Annual General Meeting. Thank you again, for assisting us in keeping everyone COVID safe by joining us today through Zoom.

The 2020-21 fiscal year has been filled with growth, learning, change and loss.

Last Fall, The Laurel Centre struck Anti-Oppressive Practices Committee and a guiding Framework. The first step however came in the form of a written commitment. Our commitment prioritizes creating access with those who have been historically underserved and underrepresented by our agency; building alignment with the calls to action included in the Truth and Reconciliation Commission: and embracing the call for social change from the Missing and Murdered Indigenous Women and Girls Inquiry. The Laurel Centre aims to be a safe(r) place for all who engage within our agency. The full statement is available on our website.

In addition to this commitment statement, the agency has sought opportunities to acknowledge the land on which we serve, completed a review of hiring practices, increased board diversity, and hosted workshops for staff and board around SOGIE fundamentals, Treaty relations, and Anti-racism, and shining an accessibility and anti-oppressive lens on governing bylaws and manuals. Currently the agency is exploring options for smudging's and working with an Elder/Cultural Advisor.

Last year we spoke about our discovery work with KiKPartners who helped lay the groundwork for a strategic planning process. With participation of staff and Board and guided by the careful counsel of Health in Common and J. Hogue & Associates, the Board of Directors approved a three-year strategic plan this past Spring. The plan includes four strategic priorities including: Service Delivery, Communications & Marketing, Organizational Health, and Diversity, Equity & Inclusion. Our mission statement, vision for the community, vision for our organization and new approach appear in our annual report. Special thank you to the Strategic Planning Committee members Janice Goldsborough, Jennifer Keith, Katie Inverarity, Heather Leeman, Geoff Thompson, Carmel Foisy, and Carolin Vesely.

Threaded though the strategic planning process was the knowledge and anticipation of the transition out of the Men's Resource Centre. Our Executive Director worked diligently with the province of Manitoba and staff to create a smooth transition while maintaining the needs of The Laurel Centre. We thank all the staff and supporters of the Men's Resource Centre that made that work possible. On behalf of staff, I'd like to acknowledge that a transition such as this is demanding, challenging and sad. To see building signs removed, websites and emails accounts closed, a general tenderness around this is understandable.



The Board Development Committee comprised David Delay, Katie Inverarity, Jennifer Keith and Julie Letkeman have been busy recruiting for our next chapter. The agency is in a time of change and transition and our we look forward to welcoming new board members.

The Communications and Marketing Committee comprised Ashley Budd, Katie Inverarity, Julie Letkeman, Derrick Paulson and Meaghan Sawka, have been fortunate to be working with Relish New Brand, a marketing agency who is guiding us through a rebranding process that will result in a fresh brand that better aligns with our priorities. Stay tune for more information on those developments in the coming months.

Thank you as well to our standing committees: Finance and Personnel.

This year the Board undertook a review of our By-Law, with details to be presented later in today's agenda. Overall, the review focused on implementing an anti-oppressive lens, reorganizing of content order and flow and the removal of out-of-date content.

We are thankful to our creative and generous community. Year two into the COVID pandemic, prevented us from hosting a traditional in-person fundraising event but that didn't stop community partners from raising funds on our behalf. Thank you to our community for going above and beyond to support our work.

This spring we experienced the sudden loss of long-term Board Member Mark LeMaistre. Mark served on and off the Board since 2008. He was active on the Executive Committee, Building Committee and was part our of current strategic planning process that will help guide the agency for the next three years. Mark provided leadership, time and hard work. Just this past December he rallied together a group of friends to apply a much-needed coat of fresh paint to the tired walls of TLC. That's the kind of man that Mark was, if he saw a need, he stepped up to do his part and make a difference. Thank you, Mark, and thank you to your family and friends that loaned you out to us from time to time.

I commend the leadership and extend my gratitude to Executive Director, Heather Leeman. Thanks to Heather's tireless and steady hand, she continues to guide the team through seemingly endless complexities and challenges.

Finally, I must give my personal thanks to the staff and board. Your smarts, hearts and dedication make it my deep honour to serve The Laurel Centre.

Katie Inverarity
Chairperson

Executive Directors Report

It is hard to believe another year has gone by. As I reflect on the year it seems like just yesterday when I wrote last year's Executive Directors Report and yet so much has happened this past year, and the world seems like such a different place.

In 2020-2021, our focus was navigating the COVID-19 pandemic. The year began with figuring out the logistics of working from home and remote service delivery. Pandemic policies and procedures were developed early in the year to ensure the health and safety of our clients and staff and we adapted these policies and procedures many times throughout the year as things evolved. In August 2020, after the first wave, we returned to offering in-person sessions in a limited capacity. We learned very quickly that our building is not ideal for maintaining six (6) feet separation between people. In person sessions did not last long. Individual therapy sessions returned to video and/or phone in November 2020 and stayed remote for the remainder of the fiscal year. In January 2021, we began offering virtual psychoeducational groups and workshops over zoom to reach more people on our waitlists.

I have to say that one of the biggest challenges of the pandemic has been balancing staff wellness, organizational requirements, and community/client need. Looking back, I am very proud of how we navigated these unprecedented times. I am forever grateful to all staff, who made this challenge easier by adapting as needed and continuing to support their clients while also dealing with the impacts of the pandemic on their own lives and families. I also want to thank our funders who continue to be flexible, allowing us to adapt in a way that makes the most sense for The Laurel Centre. Thanks to grants received from the Winnipeg Foundation and Canadian Women's Foundation, we were able to transition to a cloud phone system and secure laptops for staff to facilitate the work from home process, purchase the PPE supplies needed to ensure a safe workspace, and increase short term counselling support to people on our waitlists.

Despite the pandemic, we made huge strides in our Organizational Development Project this year. The Laurel Centre is starting 2021-2022 with a new strategic direction. As you will see in our Annual Report, we have a refreshed mission statement, a vision for the community, a vision for our organization, and new approach statements. Moving forward, we will be an organization that serves all people (aged 16+) who have experienced childhood sexual abuse. Many thanks to Health in Common and J.Hogue & Associates who played different roles in guiding us through our visioning and strategic planning processes and to United Way Winnipeg and The Winnipeg Foundation for providing the funds needed to resource this significant undertaking.

With the change in our mandate came the transitioning out of some of the Men's Resource Centre programs. We worked with Family Violence Prevention Program and other community agencies to facilitate a smooth transition of men's domestic violence services (including



Emergency Shelter) to Wahbung Abinoonjiiag. The Men's Resource Centre building on Pulford and its *Male Childhood Sexual Abuse Program* remain with The Laurel Centre. We look forward to partnering with Wahbung Abinoonjiiag to ensure services for men in Manitoba are accessible and complementary. As part of this transition, The Laurel Centre's service purchase agreement with Family Violence Prevention Program transitioned to Manitoba Health, Active Living, and Seniors. I want to acknowledge the long-standing relationship The Laurel Centre had with Family Violence Prevention Program and send a special thank you to Nadine Smith who was our program consultant for many years. Nadine, thank you so much for your support over the years and working with us to ensure a smooth transition. I will miss working with you directly but happy to remain connected as The Laurel Centre will remain a member of the Family Violence Consortium of Manitoba.

In the summer of 2020, in response to social justice movements across the nation, we developed an Anti-Oppressive Practice Committee. This committee worked diligently throughout the year to develop our Anti-Oppressive Practice Framework (displayed in the Annual Report) and action plan. I am excited to continue this work with the committee as we implement the action plan in the years to come.

This year brought some new positions and opportunities to The Laurel Centre. In Summer 2020, we received funding from the Winnipeg Foundation for a 1-year capacity building project. Ashley Budd transitioned from Front Desk/Reception to Executive Assistant. This project has been a huge success. Ashley has taken a leadership role in human resource, building and IT maintenance, policy and procedure development, report writing, and program evaluation. Words cannot express how much this has helped me and the organization as whole this past year. In December 2020, we were notified that we were approved for a three (3) year project to develop and pilot a Stage 3 Program for survivors of childhood sexual abuse. We hired a Project Manager, Brittany Grisdale, in March of 2021 to facilitate the development and implementation of this project. Lastly, I am excited to announce that The Laurel Centre was the recipient of the 2021 Relish Community Grant – *Change in the Making*. We currently are working with Relish to develop a brand strategy to increase our presence and profile. Stay tuned for more information on the changes to come and our new website.

With the transition out of some MRC services, we said goodbye to two valued MRC team members – Ryan Lampertz, MRC Resource Worker/Case Manager and Nielsen Tonelete, MRC Short Term Counsellor. We wish them well in their new adventures, as both are now enrolled in Master of Social Work Programs outside of Manitoba. In August 2020, Julie Letkeman joined our team in the Front Desk/Reception role and in January 2021 we welcomed two (2) therapists, Abby Gauthier and Jenna Enns. It has been a pleasure getting to know and work with all three (3) new additions to the team. This past year, two (2) of our Long-Term Program Therapists reached milestone anniversaries. Lisa Glendinning celebrated five (5) years with The Laurel Centre and Melissa Mason celebrated 10 years. Wow! Congratulations to both! I admire



your passion and dedication to trauma focused work. I am fortunate to have had the opportunity to work and learn from both of you these past 3.5 years.

Many thanks to The Laurel Centre Board of Directors for their oversight, guidance, and support throughout the year. I want to express my deep sadness for the passing of Mark LeMaistre and my appreciation for all he did for this organization. Mark was a dedicated Board member for two (2) terms of six (6) years each and part of the hiring committee that brought me to here. It was very well known that The Laurel Centre and Men's Resource Centre had a special place in his heart. During my time with the organization, he was always just an email or a phone call away. We always could count on him to pop in to change a light bulb, fix a fence, or sign a cheque and he often organized bigger projects for us such as landscaping, HVAC maintenance partnerships, and painting. We miss him and think of him often. To honour his memory and his contributions, we have put a dedication on a bench in the foyer of 115 Pulford.

In closing, I would like to express my admiration for all the staff of The Laurel Centre. Your passion is the heart of this amazing organization. Thank you for trusting me to lead us through transition and change. I appreciate each one of you, your thoughts, your feedback, and your ideas. I look forward to working with all of you and the Board to achieve our strategic goals for the next three (3) years.

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 2020-2021 fiscal year consisted of: Katie Inverarity, David Delay, Janice Goldsborough, Jennifer Keith, Julie Letkeman, and Heather Leeman (ex-officio). The committee met regularly throughout this year. Its main undertaking, outside of Board recruitment, was the development and implementation of a Board competency self-evaluation. This Board evaluation process will be annual moving forward and information gathered each year will be used to strengthen the Board and organizational governance.

In the 2020-2021 fiscal year, the Board of Directors welcomed three (3) new members: Aliya Wiebe, Neha Gajpal, and Derrick Paulsen. Each has brought forward diverse experiences, skill sets, and backgrounds sought by the Board. These three (3) Board members as well as the following five (5) have committed to remaining on the Board of Directors for the upcoming year: Katie Inverarity, David Delay, Jennifer Keith, Michelle Hourihan, and Carolin Vesely.

This year we say good-bye to some long standing and some newer Board Members.

- Kathleen McCandless
- Brenda Ferraton
- Mark LeMaistre
- Nicole Merrick
- Janice Goldsborough
- Dorothy Choudhury
- Ade Joseph

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 six (6) 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 2021 Annual General Meeting:

- Gabriela Fonseca
- Mon Francis Obtia
- Hillary Linden
- Landon Gibson
- Renee Cable
- Manu Gill

David Delay
Board Development Committee

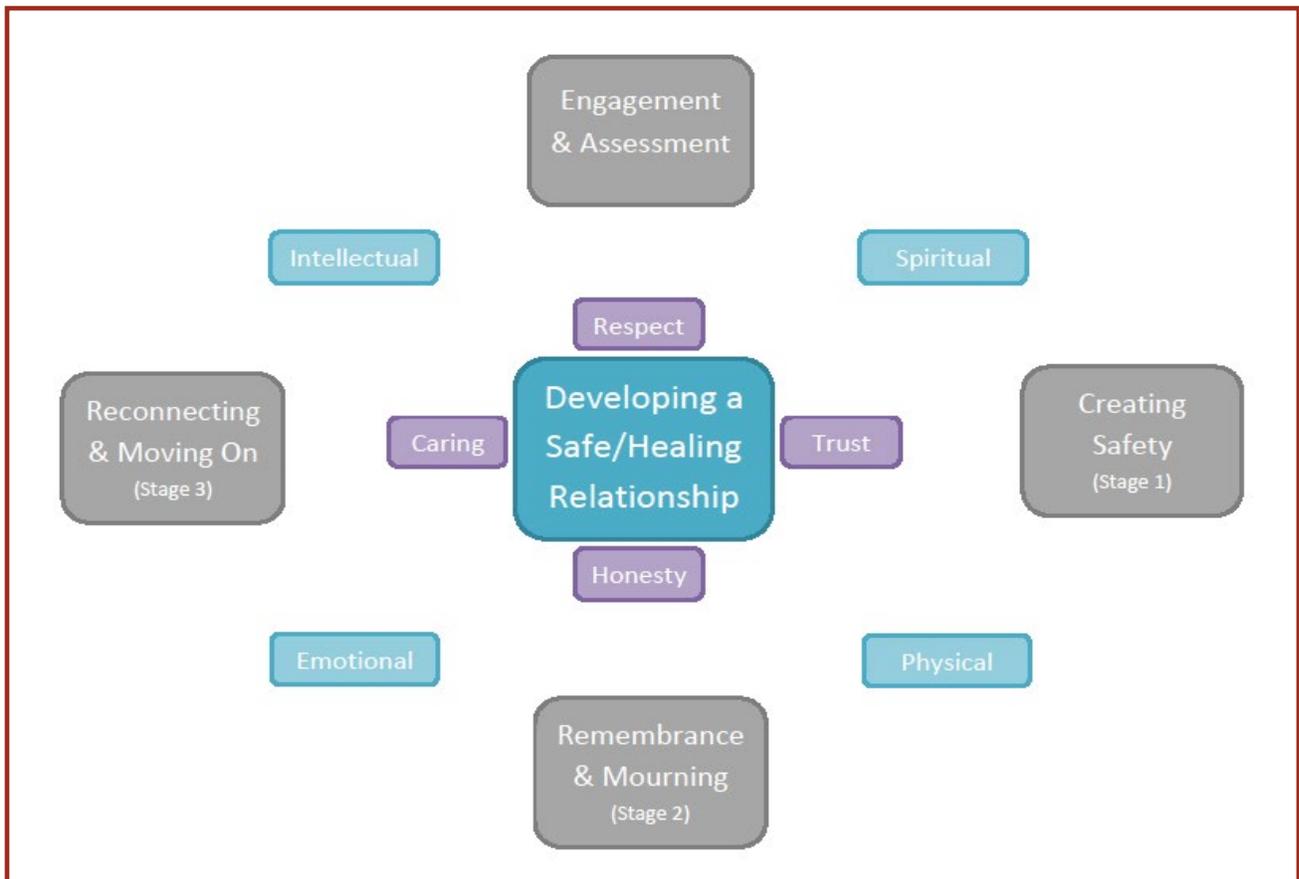
Programs and Services Report

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. People 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 people 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. 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.

I can better stand on my own two feet. I know I am responsible for my own well being. I feel encouraged to reach out for support when I need to; engaging more in community.

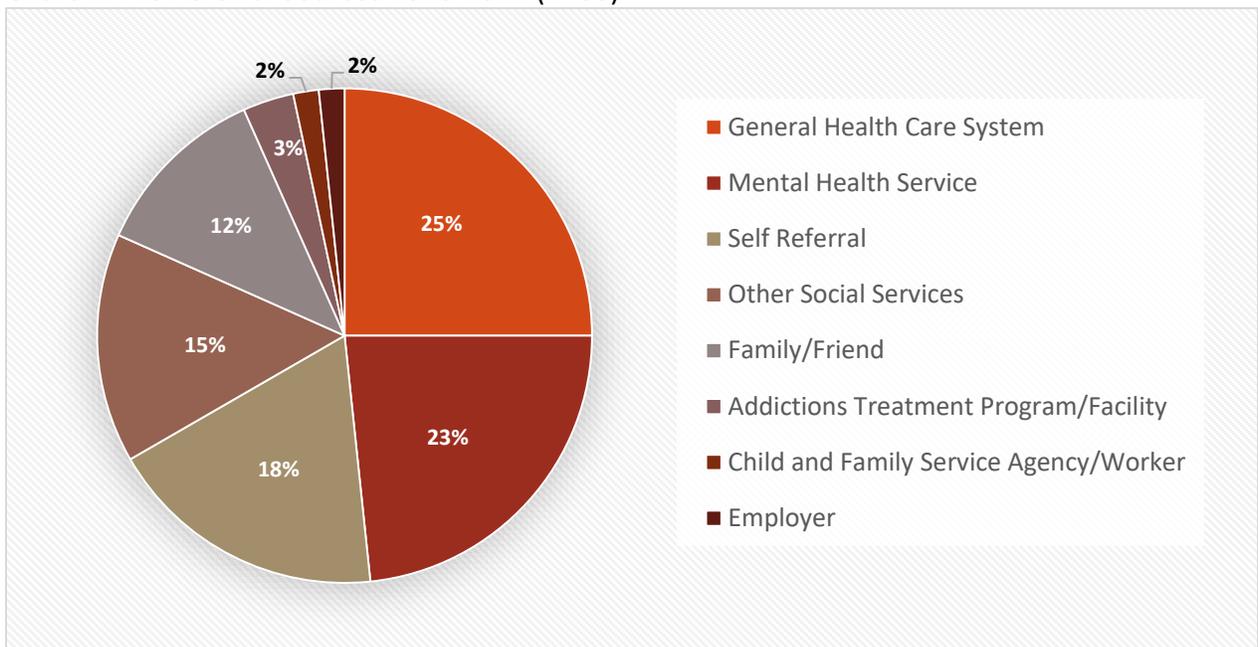
TLC Long Term Therapy Client, 2020/2021

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 people who identify as women (aged 16+) and have experienced childhood/adolescent sexual abuse or sexual victimization. People self-refer and often hear about our services from community organizations, health professionals, or government services. Approximately 48% of the clients who attended an Interview & Assessment appointment in 2020-2021 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 2020-2021 (n=60)

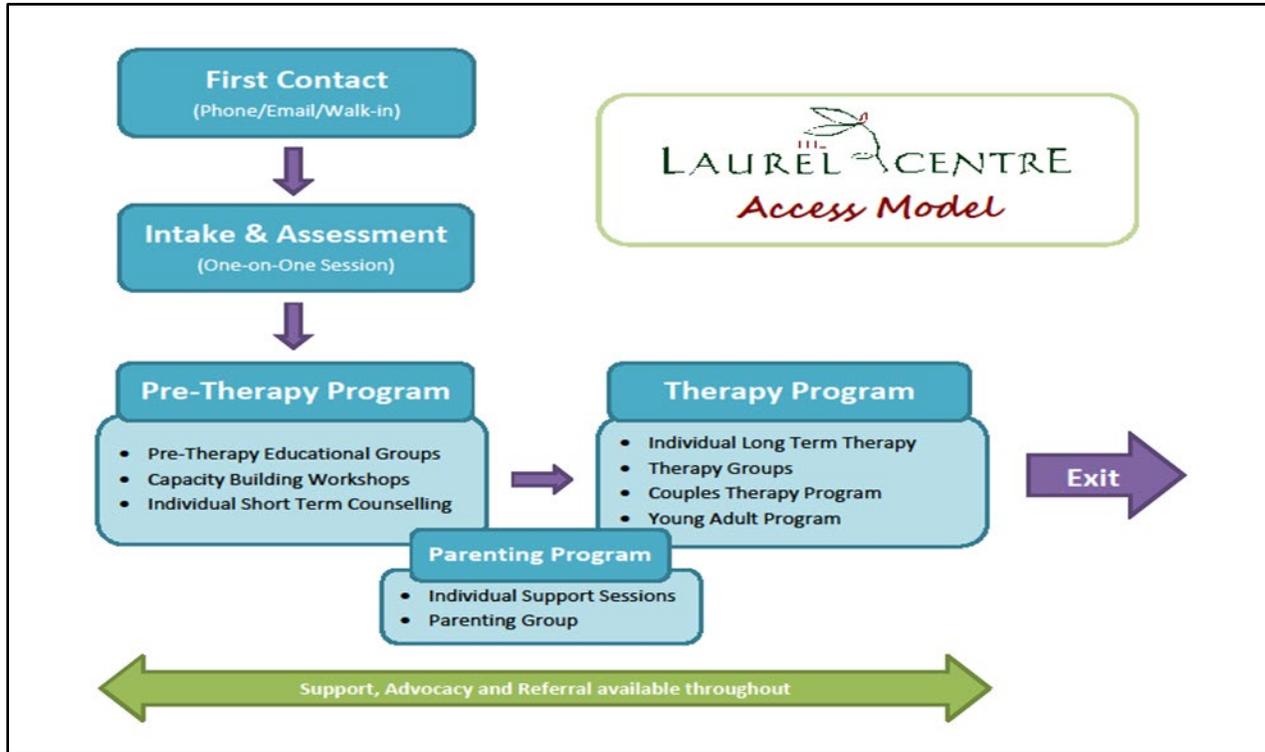


EVERYTHING WAS HELPFUL AND CHANGED MY LIFE FOR THE BETTER.

TLC Long Term Therapy Client 2020/2021

Accessing Services

Figure 1: TLC Access Model 2020-2021



Intake & Assessment

When people contact TLC for services we book them for 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 agency's services; and
- 5) Make internal and external referrals as appropriate.

Clients who are a fit for the agency's services are put on the appropriate waitlists.

Intake and Assessment Stats 2020-2021

- ✓ 103 people booked an I & A
- ✓ 81 people attended an I & A
- ✓ 79 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

People 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:

- Health at Every Size
- Refreshing the Toolkit
- Training Your Brain to Have a Good Night
- Finding Your Ground

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 2020-2021

Short Term Therapy

- ✓ 23 clients reached
- ✓ 113 sessions held

Understanding and Coping with Trauma Group

- ✓ 3 groups held (23 sessions)
- ✓ 17 clients reached
- ✓ 14 graduates

Capacity Building Workshops

- ✓ 5 workshop series held (7 sessions)
- ✓ 10 clients reached

Support & Advocacy

- ✓ 64 clients reached
- ✓ 150 sessions held

THE GROUNDING TOOLS ARE A LIFE CHANGER! I understood how trauma has affected my life for so long and its been an amazing feeling to find new ways to cope and be open about it.

TLC Short Term Therapy Client, 2020/2021

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 person 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 people to heal safely. At March 31, 2021 there were 163 clients on the waitlist for the Long-Term Therapy Program. The estimated wait time is 2.5 years.

TLC Long Term Program Statistics 2020-2021

Individual Therapy

- ✓ 151 clients reached
- ✓ 3171 sessions held
- ✓ 57 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.

Unfortunately, we were not able to offer any Therapy Groups in 2020-2021 due to COVID-19.



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, 2021, there were 29 youth on the waitlist for Long Term Therapy. The estimated wait time is 2 years.

Young Adult Program Stats 2020-2021

Individual Therapy

- ✓ 18 Young Adults reached
- ✓ 375 sessions held
- ✓ 1 admission

My therapist taught me how to be kinder to myself and what it's like to have someone be kind and supportive towards me. I am able to adopt that kind of thinking now and be less harsh with myself.

Young Adult Long Term Therapy Client, 2020/2021

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.

Our Couples Program was put on pause for 2020-2021 due to COVID-19.

Parenting Program Stats 2020-2021

Individual Sessions

- ✓ 7 Parents reached
- ✓ 39 sessions held

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 people 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 people 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. People self-refer and often hear about our services from other community organizations, government agencies, health care providers etc.

Accessing Services

Intake & Assessment

Due to COVID-19, we stopped providing group Orientation Session's for people requesting services from the MRC. Instead, clients were scheduled for individual Intake & Assessment appointments. The purpose of the appointment is to...

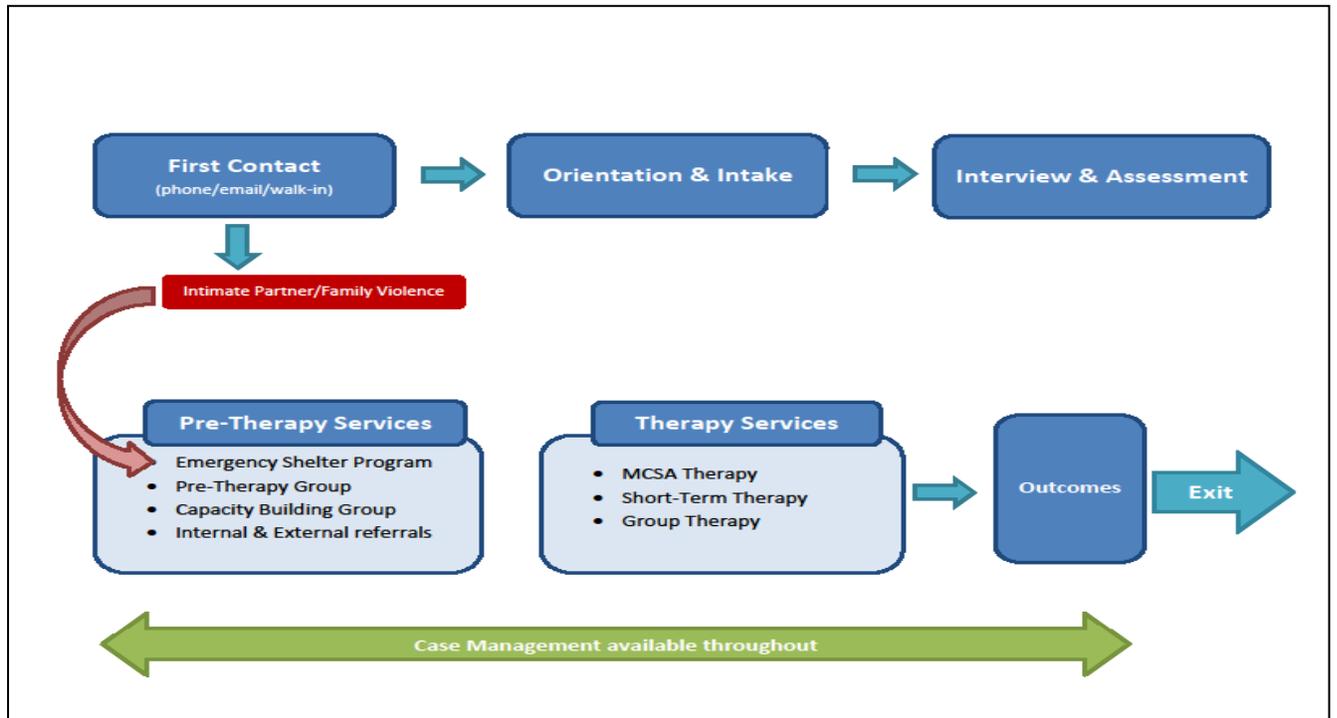
- 1) Gather demographic and contact information;
- 2) Gather clinical information including childhood sexual abuse history, family and relationship history, current situation, mental health implications, and compulsive coping behaviours;
- 3) Explain the services of the MRC;
- 4) Determine fit for the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

Intake and Assessment Stats 2020-2021

- ✓ 130 people booked an I & A
- ✓ 92 people attended an I & A

Clients who are a fit for the agency's services are put on the appropriate waitlists.

Figure 2: MRC Access Model 2019-2020



Referral & Resourcing

People 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 2020 – 2021:

- ✓ 40 men and 2 children accessed the Emergency Hotel with an average stay of 20 days
- ✓ 3 men transitioned into our Transitional Housing Unit with an average stay of 98 days

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, 2021, there were nine (9) men on the waitlist for Short Term Therapy and the wait time was estimated at three (3) months.

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.

Unfortunately, we were not able to offer any Therapy Groups in 2020-2021 due to COVID-19.

Men's Therapy Program Statistics 2020-2021

Pre-Therapy Group

- ✓ 2 groups held (12 sessions)
- ✓ 12 clients reached
- ✓ 12 graduates

Short Term Therapy Program

- ✓ 217 clients received short term therapy
- ✓ 540 sessions held

I think the most valuable thing I learned is that I matter.

MRC Pre-Therapy Group Participant, 2020/2021

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, 2021, there were 40 clients on the waitlist for Long Term Therapy in the MCSA Program. The wait time is estimated at 2 years.

MCSA Statistics 2020-2021

Long Term Therapy

- ✓ 45 clients reached
- ✓ 804 sessions held
- ✓ 27 admissions

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.

Unfortunately, we were not able to offer the Capacity Building Group this year due to COVID-19.

I have noticed a big change in how I handle my negative emotions. . . I was given an opportunity to find peace and learn to love myself.

MCSA Long Term Therapy Client, 2020/2021

Client Impact & Outcomes²

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 personal experience. This section provides a brief overview of the data collected in 2020-2021.

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.

For me, the most helpful was the ability to really be able to work through trauma and the life long impact it has had on how I perceive and react in my world. I hadn't really realized how much of an impact childhood (and young adult) trauma had on my life. I can put my actions and reactions into perspective now that I know why I do things a certain way.

TLC Long Term Therapy Client, 2020/2021

My therapist always made me feel safe and cared for. That the past wasn't my fault.

TLC Long Term Therapy Client, 2020/2021

It is possible to heal from past trauma and I am capable of doing so by utilizing the tools I learned in this group.

TLC Understanding and Coping with Trauma Group Participant, 2020/2021

I am starting to get better at noticing when I'm no longer in my window of tolerance. I'm able to control my breathing more which helps me to control my temper and my emotions better. I feel less alone now, knowing that there are others right here in Winnipeg who have similar trauma to mine. The group was something to look forward to each week, and I feel better about myself knowing that I went out of my comfort zone by being vulnerable with others, in a safe environment.

TLC Understanding and Coping with Trauma Participant, 2020/2021

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=5).

- 100% know more about healthy ways of coping
- 100% are more aware of how trauma has affected their life
- 100% know more ways to self-regulate
- 100% report using the healthy coping strategies learned
- 100% report using the grounding tools learned
- 80% have created some safety in their life

² Response rates on our feedback forms were significantly lower this year due to remote service delivery.

Short Term Therapy Outcomes

Feedback forms are completed by clients after their last session of Short-Term Therapy. (n=2)

Clients reported improved ability to....

- Deal with everyday challenges (100%)
- Recognize and manage triggers (100%)
- Take care of self (100%)

Clients reported knowing more about....

- Healthy ways of coping (100%)
- What safety is/means (100%)
- Ways to self-regulate (100%)

Long Term Therapy Outcomes

Feedback forms are completed by clients within their last month of Long-Term Therapy. (n=15)

Clients reported improved ability to....

- Manage mental health symptoms (e.g. depression, anxiety, PTSD) (93%)

Clients reported the following....

- Made positive changes in their lives (100%)
- Using self-care strategies more often (93%)
- Using healthier coping strategies (87%)
- Relying on compulsive coping behaviours less often (86%)

I was continuously reminded and reassured that I was doing well. If I work at it anything is possible. I need to show up, learn, heal and just know that everything will be ok.

TLC Long Term Therapy Client, 2020/2021

I found everything helpful. If I had to pick one thing I would say that finally I had a space and opportunity to unpack all of my emotions, thoughts and feelings in a non judgemental place where for the first time in my life someone listened to me and validated my feelings. Being able to be there for the time that I did with the same therapist helped a lot too. I looked forward to our sessions every single week. One last thing that was very helpful is that it is free. There shouldn't be financial stress on someone who is looking for help.

TLC Long Term Therapy Client, 2020/2021

It gave me hope.

TLC Understanding and Coping with Trauma Participant, 2020/2021

I am understood. Feel more worthy, appreciated, respected, heard...

TLC Long Term Therapy Client, 2020/2021

It has once again helped so as I know I am not alone in my own journey and that there are still good people in this world.

TLC Understanding and Coping with Trauma Participant, 2020/2021

Someone took the time to listen.

TLC Short Term Therapy Client, 2020/2021

Knowing that The Laurel Centre was there for me, helped me to not feel so alone. I felt like my therapist had my back and that's a good feeling.

TLC Long Term Therapy Client, 2020/2021

Sometimes certain supports in your small circle are not necessarily the best to go to. With the therapy, I always knew that there was a healthy person to turn to no matter what.

TLC Long Term Therapy Client, 2020/2021

My involvement with The Laurel Centre has strengthened all areas of my well being.

TLC Long Term Therapy Client, 2020/2021

I prioritize my mental/emotional and physical health resulting in a dramatic improvement in all areas of my life including relationships with my children.

TLC Long Term Therapy Client, 2020/2021

Just having someone to talk to, with no worries of judgements or anything. And to get another perspective and be supported.

TLC Long Term Therapy Client, 2020/2021

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 needed the time to process, I needed someone who would be there with me as I dove deep into my vulnerabilities. I received all of this and more. I am much better because of my time with MRC and the help of the therapist that took me into their caseload. I am so grateful for the help that I have been blessed to have received.

MCSA Long Term Therapy Client, 2020/2021

When I feel anxious I can go back [to the] different coping skills I have learned and manage my emotions much better.

MCSA Long Term Therapy Client, 2020/2021

Before attending the Short Term Therapy program, I felt that I had very few people to voice my concerns to. My therapist not only taught me new strategies for self-regulation and coping but also gave me the confidence and strength to reflect on pre-existing strategies. My anxiety levels went down and I wasn't avoiding situations in my life that were making me fearful. I felt a renewed sense of confidence in moving forward.

MRC Short Term Therapy Client, 2020/2021

It has made me more resilient.

MRC Short Term Therapy Client, 2020/2021

It was nice to have a place where I could just be me. Plus I enjoyed learning things.

MRC Pre-Therapy Group Participant 2020/2021

I learnt about myself and was able over time to see positive changes in my life.

MRC Pre-Therapy Group Participant 2020/2021

It has just really helped me center myself better and not feel so lost or alone in how I feel at times. It was also nice to be validated on certain specific things going on in my day to day life that I felt like I may have been overreacting to.

MRC Short Term Therapy Client 2020/2021

I have learned to assert myself and compromise while respecting myself and my own boundaries.

MRC Short Term Therapy Client 2020/2021

I always felt really good after my sessions were over.

MRC Short Term Therapy Client 2020/2021

MRC Pre-Therapy Group Outcomes

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

Participants reported the following outcomes (n=2).

- 100% are more aware of their personal boundaries
- 100% are better at tolerating uncomfortable feelings
- 100% are better at grounding themselves

MRC Short Term Program

Feedback forms are completed by clients after their last session of Short-Term Therapy. (n=15)

Clients reported they are better at...

- Setting and respecting boundaries (93%)
- Tolerating uncomfortable feelings (85%)
- Dealing with everyday challenges (86%)
- Recognizing and naming their strengths (85%)

MCSA Long Term Program

Feedback forms are completed by clients within their last month of Long-Term Therapy. (n=3)

Clients reported improved ability to...

- Manage mental health symptoms (e.g. depression, anxiety, PTSD) (100%)

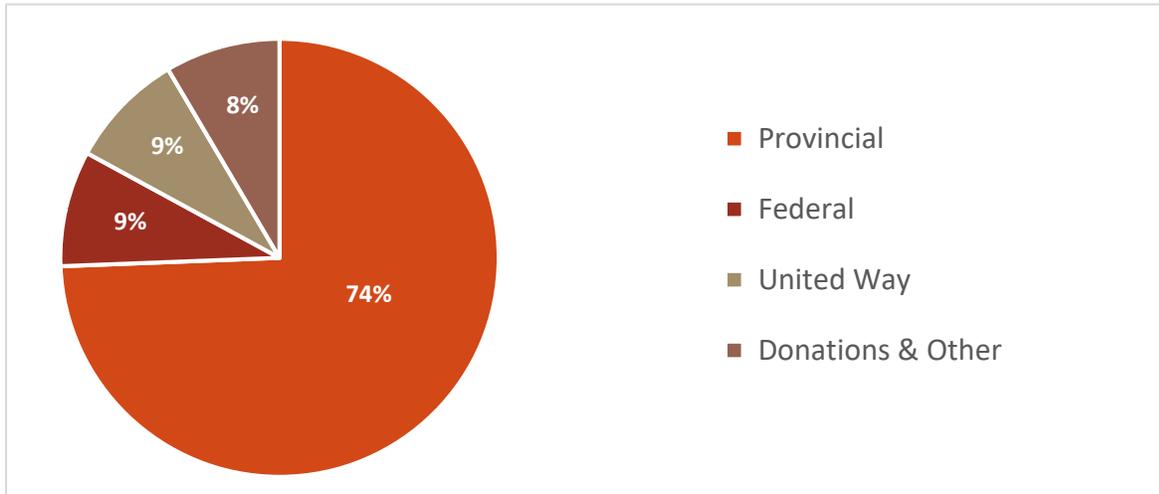
Clients reported the following...

- Made positive changes in their lives (100%)
- Using healthier coping strategies (100%)
- Have met some of their goals (100%)

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 2020-2021.

Chart 3: 2020-2021 Revenue Distribution



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

Funders & Grants:

- 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 Winnipeg
- Victim Services - Manitoba Justice
- Justice Canada
- The Winnipeg Foundation
- Canadian Women’s Foundation

In-Kind Donations:

- Mark LeMaistre: painting supplies and labour

Donations & Fundraising Drives

- Lowe Mechanical Services
- Blennerhassett Family Foundation
- Qualico Developments: Acts of Kindness
- TD Play Fund
- City of Winnipeg Employees
- Individuals through All Charities Campaign
- Individuals through Benevity Causes Portal
- Individuals through PayPal Giving Fund
- 50+ Individual Cash donors
- Yvonne’s Fitness: Zumba class
- MLCC coin boxes



Financial Statements

THE LAUREL CENTRE INC.

FINANCIAL STATEMENTS

MARCH 31, 2021

August 24, 2021

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, 2021 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, 2021, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for 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

	<u>March 31</u>	
	<u>2021</u>	<u>2020</u>
ASSETS		
Current assets:		
Cash	\$ 362,427	\$ 282,506
Accounts receivable (Note 3)	10,181	10,391
Prepaid expenses	<u>6,687</u>	<u>5,624</u>
	379,295	298,521
Capital assets (Note 4)	<u>783,854</u>	<u>799,008</u>
	<u>\$ 1,163,149</u>	<u>\$ 1,097,529</u>
LIABILITIES		
Current liabilities:		
Accounts payable	\$ 39,924	\$ 30,683
Deferred revenue	89,553	22,457
Scheduled mortgage payments (Note 5)	<u>14,512</u>	<u>13,956</u>
	143,989	67,096
Mortgage (Note 5)	<u>225,217</u>	<u>239,530</u>
	369,206	306,626
Deferred contributions (Note 6)	<u>269,920</u>	<u>284,279</u>
	639,126	590,905
FUND BALANCES		
Operating	-	-
Fundraising	144,818	140,381
Capital asset	274,205	261,243
Internally restricted reserve	<u>105,000</u>	<u>105,000</u>
	<u>524,023</u>	<u>506,624</u>
	<u>\$ 1,163,149</u>	<u>\$ 1,097,529</u>

APPROVED BY THE BOARD:

M. H. H. H. Director

Katie Anderson Director

THE LAUREL CENTRE INC.

STATEMENT OF OPERATIONS

March 31

	2021	2020	2021	2020	2021	2020	2021	2020	2021	2020
	Operating Fund	Operating Fund	Fundraising Fund	Fundraising Fund	Capital Asset Fund	Capital Asset Fund	Operating Fund	Operating Fund	Capital Asset Fund	Capital Asset Fund
Revenues:										
Grants	\$ 1,415,122	\$ 1,148,479	\$ -	\$ -	\$ -	\$ -	\$ 1,415,122	\$ 1,148,479	\$ -	\$ -
Donations	-	-	16,120	16,739	-	-	16,120	16,739	-	-
Fundraising	-	-	2,490	12,252	-	-	2,490	12,252	-	-
Miscellaneous	-	-	2,052	3,290	-	-	2,052	3,290	-	-
Amortization of deferred contributions (Note 6)	-	-	-	-	14,359	14,909	14,359	14,909	-	-
	1,415,122	1,148,479	20,662	32,281	14,359	14,909	1,450,143	1,195,669	34,049	14,909
Expenses:										
Amortization	-	-	-	-	43,622	-	43,622	-	-	-
Board and staff	3,677	4,888	-	-	-	-	3,677	4,888	-	-
Client access	3,099	9,064	-	-	-	-	3,099	9,064	-	-
Contract staff	3,315	1,850	-	-	-	-	3,315	1,850	-	-
Fundraising	-	-	-	4,466	-	-	-	4,466	-	-
Information technology	18,296	12,000	-	-	-	-	18,296	12,000	-	-
Insurance	11,337	10,219	-	-	-	-	11,337	10,219	-	-
Interest on mortgage	12,061	12,684	-	-	-	-	12,061	12,684	-	-
Miscellaneous	1,624	1,761	-	-	-	-	1,624	1,761	-	-
Office and supplies	40,568	19,544	-	-	-	-	40,568	19,544	-	-
Professional development	15,115	11,624	-	-	-	-	15,115	11,624	-	-
Professional fees	19,210	13,814	-	-	-	-	19,210	13,814	-	-
Program supplies	-	4,660	-	-	-	-	-	4,660	-	-
Property tax	12,636	14,086	-	-	-	-	12,636	14,086	-	-
Rent	392	-	-	-	-	-	392	-	-	-
Repairs and maintenance	18,291	13,685	-	-	-	-	18,291	13,685	-	-
Research	2,356	-	-	-	-	-	2,356	-	-	-
Salaries and benefits	1,194,251	967,365	-	-	-	-	1,194,251	967,365	-	-
Special projects	-	4,446	-	-	-	-	-	4,446	-	-
Telephone	19,781	8,883	-	-	-	-	19,781	8,883	-	-
Utilities	13,113	14,285	-	-	-	-	13,113	14,285	-	-
	1,389,122	1,124,858	-	4,466	43,622	34,049	1,432,744	1,163,373	-	-
Difference between revenues and expenses	\$ 26,000	\$ 23,621	\$ 20,662	\$ 27,815	\$ (29,263)	\$ (19,140)	\$ 17,399	\$ 32,296	\$ -	\$ -

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	2021	2020
Fund balances, beginning of year	\$ -	\$ 140,381	\$ 261,243	\$ 105,000	\$ 506,624	\$ 474,328
Difference between revenues and expenses	26,000	20,662	(29,263)	-	17,399	32,296
Repayment of mortgage	(13,757)	-	13,757	-	-	-
Purchase of capital assets	(28,468)	-	28,468	-	-	-
Interfund transfers (Note 7)	16,225	(16,225)	-	-	-	-
Fund balances, end of year	\$ -	\$ 144,818	\$ 274,205	\$ 105,000	\$ 524,023	\$ 506,624



THE LAUREL CENTRE INC.

STATEMENT OF CASH FLOWS

	Year ended March 31	
	2021	2020
Cash flow from operating activities:		
Difference between revenues and expenses	\$ 17,399	\$ 32,296
Amortization of capital assets	43,622	34,049
Amortization of deferred contributions related to capital assets	(14,359)	(14,909)
	46,662	51,436
Changes in non-cash operating working capital-		
Accounts receivable	210	(7,908)
Prepaid expenses	(1,063)	4,954
Accounts payable	9,241	3,182
Deferred revenue	67,096	2,579
	122,146	54,243
Cash flow from financing activities:		
Repayment of mortgage	(13,757)	(13,129)
Cash flow from investing activities:		
Purchase of capital assets	(28,468)	(10,865)
Net change in cash	79,921	30,249
Cash, beginning of year	282,506	252,257
Cash, end of year	\$ 362,427	\$ 282,506



THE LAUREL CENTRE INC.

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2021

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, 2021

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

NOTES TO FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2021

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	
	2021	2020
GST receivable	\$ 2,494	\$ 1,322
Other receivables	7,687	9,069
	<u>\$ 10,181</u>	<u>\$ 10,391</u>

4. Capital assets:

	March 31			
	2021		2020	
	Cost	Accumulated Amortization	Cost	Accumulated Amortization
Land	\$ 115,771	\$ -	\$ 115,771	\$ -
Land improvements	12,556	2,894	12,556	1,821
Buildings	984,965	354,218	984,965	327,936
Furniture and fixtures	22,433	14,017	18,225	11,076
Computer hardware	87,409	68,151	63,149	54,825
	<u>\$ 1,223,134</u>	<u>\$ 439,280</u>	<u>\$ 1,194,666</u>	<u>\$ 395,658</u>
Net book value	<u>\$ 783,854</u>		<u>\$ 799,008</u>	

NOTES TO FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2021

5. Mortgage:

	<u>March 31</u>	
	<u>2021</u>	<u>2020</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.	\$ 239,729	\$ 253,486
Less: Scheduled mortgage payments	<u>(14,512)</u>	<u>(13,956)</u>
	<u>\$ 225,217</u>	<u>\$ 239,530</u>

Scheduled principal repayments required on mortgage debt are as follows:

2022	\$ 14,512
2023	15,240
2024	209,977

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>2021</u>	<u>2020</u>
Balance, beginning of year	\$ 284,279	\$ 299,188
Less: Amortized into revenue	<u>(14,359)</u>	<u>(14,909)</u>
Balance, end of year	<u>\$ 269,920</u>	<u>\$ 284,279</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, 2021

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% (2020 - 7%) of their monthly gross basic earnings, up to \$54,900 (2020 - \$54,900) and 8.75% (2020 - 8.75%) of their earnings above \$54,900 (2020 - \$54,900). This plan, to which contributions for the Centre during the year totaled \$61,022 (2020 - \$51,944) 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, 2021. A wage subsidy of \$19,659 (2020 - \$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.

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**NOTES TO FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2021**

11. COVID-19:

The outbreak of 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, quarantine periods and social distancing, have caused an economic slowdown and material disruption to business. Subsequent to March 31, 2021 government has continued to react with interventions intended to stabilize economic conditions. The duration and impact of the COVID-19 outbreak is unknown at the 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 Centre in future periods.



THE LAUREL CENTRE INC.

SCHEDULE OF GRANT REVENUE

	Year ended March 31	
	2021	2020
Operating Fund:		
Manitoba Sport, Culture and Heritage	\$ 247,464	\$ 582,400
Manitoba Health, Seniors and Active Living	801,300	252,000
Manitoba Department of Justice	45,000	45,000
Canada Justice Department	5,493	-
Public Health Agency of Canada	120,469	120,469
United Way Winnipeg	126,369	136,314
	<u>1,346,095</u>	<u>1,136,183</u>
Project funding-		
Canadian Womens Foundation	18,449	-
Family Violence Prevention Program	2,500	4,700
Assiniboine Credit Union	-	2,500
Family Violence Consortium	-	4,396
Jewish Foundation	-	700
Winnipeg Foundation	48,078	-
	<u>69,027</u>	<u>12,296</u>
	<u>\$ 1,415,122</u>	<u>\$ 1,148,479</u>

THE LAUREL CENTRE INC.

SCHEDULE OF GRANT REVENUE

MANITOBA SPORT, CULTURE AND HERITAGE

	The Laurel Centre			Men's Resource Centre			Year ended March 31	
	Central Support	Core Services	Training	Central Support	Core Services	2021 Total	2020 Total	
	\$	\$	\$	\$	\$	\$	\$	
Revenue:								
Family Violence Prevention Program	13,100	32,300	14,700	68,990	118,374	247,464	582,400	
Expenses:								
Board and staff	984	-	-	180	-	1,164	1,593	
Client access	-	-	-	365	-	365	3,290	
Information technology	1,068	-	-	2,344	-	3,412	1,604	
Insurance	3,045	-	-	2,202	-	5,247	4,850	
Interest on mortgage	-	-	-	11,156	-	11,156	12,684	
Miscellaneous	-	-	-	3,585	-	3,585	735	
Office and supplies	1,329	-	-	3,164	-	4,493	5,466	
Professional development	-	-	-	1,399	-	1,399	1,801	
Professional fees	36	-	-	-	-	36	2,000	
Property tax	2,081	-	-	3,327	-	5,408	7,475	
Repairs and maintenance	2,760	-	-	8,635	-	11,395	7,818	
Research	-	-	-	315	-	315	3,745	
Salaries and benefits	13,926	32,300	12,200	2,658	114,330	175,414	497,015	
Telephone	1,171	-	-	3,857	-	5,028	7,094	
Utilities	-	-	-	5,290	-	5,290	12,101	
	26,400	32,300	12,200	48,477	114,330	233,707	569,271	
Repayment of mortgage principal								
	-	-	-	13,757	-	13,757	13,129	
	<u>(13,300)</u>	<u>-</u>	<u>2,500</u>	<u>6,756</u>	<u>4,044</u>	<u>-</u>	<u>-</u>	



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

Websites:

www.thelaurelcentre.com
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.”*