



HEARTWOOD
HEALING CENTRE



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Land Honouring

With gratitude, humility, and respect, we recognize and honour that Heartwood Healing Centre is located on the traditional territories of the Anishinaabeg (Ojibwe), Nêhiyawak (Cree), Anishinabewaki (Oji-Cree), Dené, Michif Piyii (Métis), and Očhéthi Sakowin (Dakota) peoples, and the homeland of the Métis Nation.

We recognize the historical and ongoing violence of colonization, respect the original treaties made to live respectfully and in harmony on this land, and commit to working toward reconciliation. As a place for healing, we are committed to walking with those with whom we are privileged to work, and understand that Indigenous peoples have been traumatized mentally, emotionally, physically, and spiritually as a result of colonization.

We commit to unlearning and learning, to building alignment with the TRC Calls to Action, the 2SMMIWG Calls to Justice, UNDRIP, and working toward uncolonizing and anti-oppressive practice within our organization.

Who We Are



Heartwood Healing Centre is the only organization in Manitoba whose mission is dedicated to healing from childhood sexual abuse.

Our Mission

Heartwood Healing 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 Vision for our Organization

Heartwood Healing 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 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 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 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.



Person-Led

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.

Remembering Our Past

1984

Several counsellors working in the addiction field shared concerns that their female clients were struggling to come to terms with past experiences of childhood and/or adolescent sexual abuse. They recognized the need for an aftercare program in the community to assist women in dealing with the impact of their abuse.

...

1985

Women's Post Treatment Centre began offering post addiction treatment counselling in the community for women who have experienced childhood sexual abuse. Start-up funding through the Winnipeg Core Area Initiatives supported the hiring of two part-time counsellors and space was provided by the Salvation Army Harbour Light Corps.

...

1997

Women's Post Treatment Centre changed their name to The Laurel Centre.



...

2010

The Men's Resource Centre (MRC), established in 2001 under the umbrella of the University of Manitoba's Department of Social Work, became a program of The Laurel Centre. MRC programming included drop-in services, individual and group counselling, and an Emergency Shelter Program for men fleeing domestic violence.

...

2011

With the support of the Winnipeg Foundation, The Laurel Centre successfully piloted a program for men who had experienced childhood sexual abuse. Ongoing funding was later secured from Family Violence Prevention Program to make the Male Childhood Sexual Abuse Program a permanent program of the MRC.

...

2019

The Laurel Centre initiated an organizational development project that started with gathering feedback from various stakeholders and assessing our current structure. This led to a decision to become one organization that serves all people who have experienced childhood sexual abuse. Discussions began with Family Violence Prevention Program around the transition of MRC services not related to Childhood Sexual Abuse.

...

2021

MRC's Emergency Shelter Program and support services for men fleeing intimate partner violence transitioned to Wahbung Abinoonjiiag.

A visioning and strategic planning process with Board and staff led to a new vision and mission statement. We identified our strategic priorities and began the processes of rebranding and expanding and re-structuring our services to better meet community needs.

...

2022

With the support of Relish's Change in the Making Community Grant, The Laurel Centre became Heartwood Healing Centre.

Our Team

Board of Directors

at March 31, 2022

Executive Officers

Katie Inverarity
Chairperson

Derrick Paulson
Vice Chairperson

Hillary Linden
Legal Counsel

Michelle Hourihan
Treasurer

Jennifer Keith
Secretary

Directors

Renée Cable

Mon Francis Obtia

Landon Gibson

Aaron Yanofsky

Laura Malmquist

Kai Ladd

Karamat Kelani

Lisa Glendinning
(Staff Representative)

Gabriela Fonseca
on Leave of Absence

Aliya Wiebe
on Leave of Absence

Staff Members

at March 31, 2023

Administrative

Heather Leeman
Executive Director

Mira Woods
Clinical Program Manager

Brittany Grisdale
CAT Program Manager

Ashley Budd
Executive Assistant

Robin Falk
Financial Administrator

Griffin Jenkins
Development Manager

Mikayla McCormack
Front Desk/Receptionist

Kelsey Guyot
Anti-Oppressive Practice Coordinator

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Our Team

Staff Members

at March 31, 2023

Clinical

Kristen Robson
Clinical Supervisor

Mae Sawka
Clinical Team Lead

Lisa Glendinning
Therapist

Kathryn Niebuhr
Therapist

Tracey Friesen
Therapist

Sonia Nasri
Therapist

Chris Haney
Therapist

Dana Gottzmann
Therapist

Sarah Baldry
Therapist

Alda Ferreira
Therapist

Jenna Enns
Young Adult Therapist

Melissa Kent
Short Term Counsellor

Amanda Chalmers
Engagement Coordinator

Ursula Ferreira
CAT Counsellor/Peer Supervisor

Student Internships

Heartwood Healing Centre provides internships to students working towards a Bachelor or Master's degree from various educational institutions. In 2022-2023, internship opportunities were provided to students at the University of Manitoba, University of Winnipeg, and WHEAT Institute.



- **Kelsey VanOsch**, Masters of Social Work Student
- **Jay Cormack**, Masters of Education Student
- **Andrea Berg**, Masters of Family Therapy Student
- **Kristin Millar**, Masters of Family Therapy Student
- **Ivana Yellowback**, Bachelors of Social Work Student
- **Melody Graham**, Art & Expressive Art Therapy Student

Chairperson Report

It is my honour to provide the Chairperson report for the 38th Annual General Meeting of Heartwood Healing Centre. Thank you for joining us electronically and in person here at the Gas Station Theatre.

In 2020, staff and Board developed an ambitious strategic plan that would guide us through the years of 2021-2024. That plan was rooted with four strategic priorities, in the areas of Service Delivery, Communications & Marketing, Organizational Health, and Diversity, Equity & Inclusion. Through the committed leadership of the staff and governance of the Board, much has been accomplished and much is to be celebrated.

Last year at this time, I welcomed you to the AGM of The Laurel Centre, with a commitment to completing a rebranding of the agency. As promised, we rolled out a new brand that better reflects our work and future direction and we introduced Heartwood Healing Centre. Heartwood is the term used to describe the center of the wood. It is the strongest part of the wood that supports the growth of the outer layers. This is the strength and the growth that we see in the people that we serve and support.

It was an enormous undertaking and I congratulate the staff and leadership team that carefully considered all the steps and managed an endless list of to-do's with razor sharp procession. The roll-out started with the Board and staff coming together for a big reveal and celebration that welcomed Heartwood Healing Centre. It became official in June 2022, with staff implementing the various components, such as stakeholder communications, use of new visual assets, and a brand-new website.

Operationally, the agency invested in its future with the creation of a fundraising position and the selection of a Development Manager. This position is committed to raising funds from corporations and individuals, so that we can expand the reach of our service delivery and better serve our community.

This year we held two events that raised important funds and awareness. The first was in partnership with Rumors Comedy Club. While snacking on chicken wings and nachos, we laughed the night away, with a portion of the tickets sold, coming back to Heartwood.

In March we hosted our very first *Heartwood at the Park*, located at the The Park Theatre. It was an evening of celebration and song, friend raising and fundraising. Staff were in the spotlight talking about the work of the agency and impact. The evening was bookended with music from local artists, creating a wonderful night for staff, Board and guests.

Thank you to our Special Event Committee comprised of Griffin Jenkins, Katie Inverarity, Kai Ladd, Robin Falk, Ashley Budd, and Brittany Grisdale for helping to make these events happen.

Chairperson Report

Thank you to our Board Development Committee comprised Jennifer Keith, Katie Inverarity, Derrick Paulson, Landon Gibson and Griffin Jenkins who have been actively recruiting new Board members to continue to guide the work of the agency. We look forward to welcoming our new members.

Thank you as well to our other standing and ad-hoc committees: Anti-Oppressive Practice Committee, Building Committee, Finance Committee, Staff Wellness and Personnel Committee. Thank you to our funders, Manitoba Mental Health and Community Wellness, Manitoba Justice, United Way of Winnipeg, Justice Canada, Public Health Agency of Canada, The Winnipeg Foundation, and Canadian Women's Foundation.

Continued thanks to our Executive Director, Heather Leeman, whose unmatched passion for everyone that walks through our doors, makes our work possible. While every day presents a new challenge, Heather always shows up with her full self. We are so thankful for all that you do.

I extend my gratitude to the Heartwood Board of Directors, who continue to guide Heartwood so that we may continue to provide these essential services that are critical to our community. It has been my honour and privilege to serve you as Chair.

To the Heartwood staff and leadership team, I'm in awe of everything that you do and thank you for your devoted services and commitment to the clients, each other, and community. The work that you do every day makes our world a better place.

Thank you,

Katie Inverarity

Chairperson

Executive Director Report

I am honoured to report on our 38th year providing services to people impacted by childhood sexual abuse **AND** our first official year as **Heartwood Healing Centre!** It is hard to believe that it's only been 15 months since we launched our new name, brand, and program structure. It honestly feels like we have been Heartwood for years. I am so proud of how all our stakeholders, especially our staff and the people who access our services, have embraced our new story.

In 2022-2023 we brought our new name and brand to life. At Heartwood Healing Centre, we see the strength of everyone who walks through our doors, we recognize that healing is a lifelong journey, and we honour where people are at on their own unique path. Our program structure offers choice so people can choose the services that best align with their self-identified hopes and where they are at in their healing journey and so that everyone who has experienced childhood sexual abuse can see themselves within our organization/community.

This was a year of discovery as we tested out our new program structure and piloted new programs. It was a year of many firsts for our organization, working together as we learned and adapted. The programs and services report in this document shares details of our new program structure and activities but here, I want to highlight some of our "firsts" that really stood out for me.

Firstly, in 2022-2023 our Building a Foundation Program was largely resourced by student internships. Although we have accepted students in the past, this year we welcomed six (6) students through new partnerships with four (4) different educational programs including:

- University of Manitoba Faculty of Social Work – Bachelor and Master Programs,
- University of Manitoba Faculty of Education - Counselling Psychology Program,
- University of Winnipeg - Master of Marriage & Family Therapy Program, and
- WHEAT Institute - Art and Expressive Arts Therapy Program.

Thanks to these partnerships and the incredible students they brought forward, we were able to reach more people in Building a Foundation than we ever thought possible. They provided 236 Short-Term Counselling, Immediate Needs, or Parenting Support Sessions to 38 different people and their diverse life and educational experiences allowed us to better match people with a counsellor that reflected their personal preferences.

Secondly, we began delivering virtual Foundation Building Webinars on a variety of topics of interest to our community. Virtual webinars decrease access barriers by allowing large numbers of people to attend and access information anonymously. For some, this format may feel more comfortable or safe(r) when first exploring available services. These webinars are streamed live for those registered and then uploaded to our website to allow even more to view at a later date.

Executive Director Report

Thirdly, we offered more group options than ever before. We continued to offer groups that centred the experiences of women and groups that centred the experience of men but for the first time, we also provided groups that centered the experiences of 2SLGBTQ+ folks and spaces that invited all genders to come together. In both cases we received positive feedback from those attending.

Fourthly, we piloted our Rising Together Peer Mentorship Program. In August 2022, eight (8) people who completed Long-Term Therapy at Heartwood Healing Centre graduated from our 10-session peer mentorship training and six (6) made the decision to move forward as a Peer Supporters. In February 2023, the peer supporters began co-facilitating Stronger Voices Support Groups and Moving Forward Workshops in our Connect & Thrive Program and formed a community of practice to continue their learning and support each other. The success of this program has exceeded our expectations. Feedback to date suggests that it has both enhanced the healing of the Peer Supporters while also strengthening the support groups, through their sharing of their experiences and healing. We look forward to offering the training again and supporting peer mentorship for many years to come.

Finally, in 2022-2023 we began engaging with Indigenous Knowledge Keepers and Cultural Advisors to offer Indigenous teachings and healing groups. In 2021, when we were gathering feedback to inform the development of a Stage 3 program (now called Connect & Thrive), we heard from both staff and participants that they would like to see more Indigenous programming at Heartwood Healing Centre. In September 2022, we passed tobacco to Elder Charlotte Nolan and the name gifted to us for Indigenous programming is Wichihin Niwahkomakanak (Calling Our Ancestors). She shared that the work we are doing to heal generations of trauma is hard work. We will need the help of our ancestors along the way to support the participants of our program and us as helpers. Inviting ancestors into the space will give people the strength and courage they need to move forward. At Heartwood, we are continuing to explore how this program can support our learning as service providers and the healing of the Indigenous People who access our services.

In addition to all these programming firsts, we had many other organizational successes. We developed a Leadership Team, that brings forward different perspectives and lens to our collective decision making; we secured a grant that enabled us to develop and transition to an on-line client management system that has streamlined information sharing, data collection, and reporting; and we developed and began implementing a Fund Development Plan to increase and diversify our revenue sources.

Of course, this past year also brought challenges as we continued to navigate the lingering impacts of the COVID pandemic that are affecting so many non-profits such as staff retention/recruitment and high cost of living hikes. A significant amount of our time and energy

Executive Director Report

continues to go towards proposal writing and seeking additional funds to sustain our work and meet the needs of our community.

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If I had to sum up this year in two words (I tried for one but couldn't choose), it would be **COURAGE** and **DETERMINATION**. We challenged our status quo, shifted our culture, and took risks - creating possibility despite our limited resources.

In 2022-2023, a staff member, Sonia Nasri, moved from the position of Short-Term Counsellor to Long Term Therapist and we had the following five (5) new staff join our team, some filling vacant positions and some filling new positions.

- Melissa Kent, Short Term Counsellor
- Dana Gottzmann, Long-Term Therapist
- Sarah Baldry, Long Term Therapist
- Alda Ferreira, Long Term Therapist
- Griffin Jenkins, Fund Development Manager

Carolyn Vesely, Long-Term Therapist, moved on to another organization in July 2022. Carolyn was an important part of our team for over five (5) years, and we wish her well as she continues to provide therapy to individuals and families impacted by childhood sexual abuse. I will always be grateful to Carolyn for initiating our partnership with the Master of Marriage and Family Therapy Program at the University of Winnipeg. We also said goodbye to Leila Mian, Long Term Therapist, and Charlie Dilk, Group Facilitator/Short Term Counsellor, who also moved on to different opportunities in the community. Both Leila and Charlie contributed to our future. Leila was instrumental in the development of our Anti-Oppressive Practice Committee and Charlie supported the development of our Connect & Thrive Program.

Last but not least, I would like to give a big shout out to **Lisa Glendinning**, who retired in June 2023. Although this was technically not in the 2022-2023 fiscal year, I could not wait a full year without honouring all that Lisa contributed to Heartwood Healing Centre in her seven and a half (7.5) years as a Long-Term Therapist. Lisa will always be remembered for her creative spirit. Lisa was an early advocate for the changes in the organization, often verbalizing the importance of offering various healing approaches and peer mentorship. Thanks to Lisa, we developed a partnership with WHEAT Institute and began offering art therapy and expressive art sessions and workshops. We will be forever grateful and always remember Lisa for this.

Executive Director Report

Many thanks to the Heartwood Healing Centre Board of Directors for your oversight, guidance, and support throughout the year and to all who contributed financial and other resources to the important work we do. I look forward to continuing to work in partnership with the Province of Manitoba, United Way Winnipeg, Winnipeg Foundation, and other valuable foundations and donors as we elevate our successes and tackle our challenges.

And as always.... I save the best for last. I can honestly say that all we accomplished this past year is thanks to our **AMAZING** staff. I am fortunate that I get to work with each and every one of you in some capacity. You are valued, you are Heartwood. I am so proud of the collaborative, welcoming, supportive, caring, and accommodating culture that we are creating together.

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 learning opportunities.

Committee members for the 2022-2023 fiscal year consisted of: Katie Inverarity, Jennifer Keith, Derrick Paulson, Griffin Jenkins, and Heather Leeman (ex-officio). The committee met regularly throughout this year. Its main undertaking this year, outside of Board recruitment, was the completion of the Board Governance Manual.

At our 2022 AGM, we welcomed four (4) new members Karamat Kelani, Kai Ladd, Laura Malmquist, and Aaron Yanofsky. Each brought forward diverse experiences, skill sets, and backgrounds sought by the Board.

This year, we say good-bye to Derrick Paulson, Fran Obtial, Laura Malmquist, Landon Gibson and Karamat Kelani. We are so grateful for their many contributions to the organization during their time on the Board.

Our by-laws state that the Board of Directors will have no less than three (3) and no more than 15 directors and Board members can serve three (3), two (2) year terms.

This year, Michelle Hourihan has expressed interest returning for her 3rd and final term and Hillary Linden and Renee Cable for their 2nd terms. In addition, Aliya Wiebe would like to return from her 1-year leave of absence for her 2nd term. Katie Inverarity will begin the 2nd year of her 3rd term, Jennifer Keith will begin the 2nd year of her 2nd term, and Aaron Yanofsky and Kai Ladd will enter their 2nd year of their 1st term.

Recruitment efforts throughout the year resulted in seven (7) applicants for 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 2023 Annual General Meeting:

- Sheila Ouellette
- Randeane Kopytko
- Harpreet Singh
- Kathryn Niebuhr (Staff Representative)

Jennifer Keith

Board Development Committee

Anti-Oppressive Practice Committee Report

- The AOP Committee supported the agency in reducing barriers to access. We grew our understandings of harm reduction as a way of working with community and developed a position statement that shares our commitments to a safe(r) space for folks who experience barriers due to stigmas around drug use and sex work.
- The AOP Committee supported the agency in diversifying our engagement with community. For the first time ever, Heartwood walked in the Winnipeg Pride parade with our new banner and t-shirts. This was a first time for many staff and community members who walked with us in solidarity with the 2SLGBTQ+ community.



Reconciliation, barrier reduction, and community engagement touch all pillars of our AOP framework and are only a few of the exciting updates to share. Coming up, we will be sharing a regular report with the public outlining our AOP work regularly. We look forward to the year to come, with many more opportunities for personal and agency growth around anti-oppression.

Kelsey Guyot

Anti-Oppressive Practice Coordinator

Programs & Services Report

The programs and services offered at Heartwood Healing Centre are specific to people (aged 16+) who have experienced childhood sexual abuse. We believe that there are many pathways to healing and strive to provide an inclusive, welcoming environment where everyone can thrive.



Engagement & Service Coordination

Our *Engagement & Service Coordination* program area is designed to connect people with the programs and services that best meet their self-identified needs.

Engagement Sessions

People who have not previously accessed services internally are invited to attend an Engagement Session to explore needs and service options.

Service Coordination Sessions

People engaged within the organization that are interested in additional program/services are invited to meet with the Engagement Coordinator to learn about other internal/external opportunities.

Support & Advocacy

Up to 3 sessions focused on supporting people to access other services in the community.

Immediate Needs

Up to 3 sessions for people waiting for internal services that are in need of more immediate support.

Wellness Check-Ins

The Engagement Coordinator periodically connects with people on the Long Term Therapy waiting to check in.

Engagement & Service Coordination Stats (2022-2023)

Engagement Sessions:

- 255 sessions booked
- 191 sessions held

Service Coordination Sessions:

- 14 people reached
- 14 sessions held

Support & Advocacy/Immediate Needs:

- 32 people reached
- 62 sessions held

Wellness Check-Ins:

- 319 check-ins completed

Programs & Services Report

Building a Foundation

Services in our *Building a Foundation* program area are designed to increase people's awareness of the impacts of childhood sexual trauma and build their internal resources and coping skills to deal with day-to-day challenges.

Short-Term Counselling

Up to 12 sessions are offered to people who want to learn about the impacts of trauma, build awareness, and develop/enhance coping skills.

Short-Term Stats (2022-2023)

- 101 People Reached
- 630 Sessions Held



"It has made a difference because some of the struggles I had are not so much a big challenge anymore. The knowledge that my counsellor has really made a difference in my life and helping me through my struggles and trauma."

- Short Term Counselling Participant, 2022-2023

Psychoeducational Groups

Psychoeducational groups are offered to people who are looking to explore the impacts of trauma and learn about self-care and healthy coping strategies in a group setting.

Understanding & Coping with Trauma (2022-2023)

- 4 groups offered
- 26 people reached

STAR: Science of Trauma and Art Recovery (2022-2023)

- 1 group offered
- 5 people reached



"Being able to come into a SAFE group setting with such amazing instructors who are so genuine, welcoming & understanding really made such a positive impact. I now feel like I have knowledge, guidance, encouragement, tools and a community that I was part of who can relate; I can with more courage step forward and work on building a different path with my complex traumas."

- Understanding & Coping with Trauma Participant, 2022-2023

Programs & Services Report



Foundation-Building Webinars

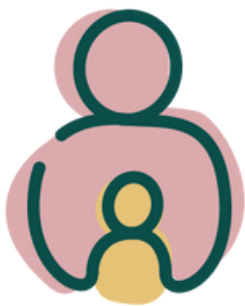
Webinars are offered on a variety of topics with an educational, skill based, or resourcing focus. Webinar content is specific to people who have experienced childhood sexual abuse but webinars can be accessed by anyone, including friends and family, supporters, and community members. Over 70 unique individuals were reached through our webinars in 2022-2023.

2022-2023 Webinar Topics:

- Creating Care Bags
- Resource Tapping
- Shinrin-Yoku
- Anxiety Awareness & Coping
- Grounding with the Breath
- Becoming a Stronger Sleeper
- Introduction to Mindfulness
- Building Our Bundle
- Hoarding & Decluttering

Parenting After Trauma

Our *Parenting After Trauma* program offers trauma-focused individual and group support for people who are expecting a child or caring for children. Priority access is given to those who are caring for children aged 0-6 and those expecting a child.



Parenting Stats (2022-2023)

- 17 Caregivers Reached
- 86 Individual Sessions Held
- 1 Parenting Group Offered
- 4 Group Sessions Held

"When I get upset I'm able to walk away and calm myself and then sit down with my kids and talk calmly and explain things in a way that they can understand."

- Parenting Sessions Participant, 2022-2023

Programs & Services Report

Reflect & Reclaim

Services in our *Reflect & Reclaim* program area focus on deeper processing of trauma and support people who have experienced childhood sexual abuse to repair the harms, and find meaning in their journey.

Long-Term Therapy

Up to 2 years of trauma-focused therapy for people who want to explore and process their trauma more deeply.

Long-Term Therapy Stats (2022-2023)

- 185 People Reached
- 2933 Sessions Held



"Heartwood helped me love myself again."

- Long Term Therapy Participant, 2022-2023

Reflect & Reclaim Therapy Group

An 8-week trauma-focused processing group is offered to people who are currently engaged in therapy.

Reflect & Reclaim Therapy Group Stats (2022-2023)

1 Therapy Group Offered | 8 Sessions | 5 Participants Reached



Young Adult Program

Up to 2 years of trauma-focused therapy is offered to young adults (aged 16-29) with a dedicated young adult therapist. A psychoeducational group is also offered to those who want to explore trauma and practice coping skills in a group setting with other young adults.

Young Adult Program Stats (2022-2023)

- 20 Young Adults Reached
- 292 Long-Term Sessions Held
- 1 Young Adult Group Offered
- 6 Group Sessions Held

Programs & Services Report

Connect & Thrive

Our *Connect & Thrive* program provides opportunities that encourage people to continue to enhance their healing journey through meaningful connections with self, others, and community.

Honouring the End of Therapy

People completing Long-Term Therapy are invited to attend a group ceremony to celebrate their successes and learn about the *Connect & Thrive Program*. Participants are encouraged to invite their support people to join in the celebration.



Honouring the End of Therapy Stats (2022-2023)

- 2 Celebrations Held
- 12 People Attended



Beyond Therapy

An 8-week processing group for people who have recently completed, or will soon be completing, Long Term Therapy at Heartwood Healing Centre. The group focuses on taking learning from individual therapy and applying within relationship and community.

Beyond Therapy Group Stats (2022-2023)

4 Groups Offered | 24 Sessions | 23 Participants Reached

Supporters Workshop

A psychoeducational workshop or webinar for people who are in relationship someone who has experienced childhood sexual abuse and want to learn about the impacts of CSA and how to be a support to their loved ones.



Supporters Workshop Stats (2022-2023)

1 Webinar Offered | 1 Session | 14 People Reached

Programs & Services Report

Moving Forward Support Sessions

Up to 6 sessions are available to people engaged in Connect & Thrive programming that identify the need for some individual support.

Support Sessions Stats (2022-2023)

- 22 People Reached
- 44 Sessions Held



Stronger Voices Support Groups

A monthly support group where people who have experienced childhood sexual abuse come together to support and learn from each other. We offer monthly groups for All Women, All Men, 2SLGBTQ+ Folks, and All People and ask that people pick the group that is the best fit for them.

Stronger Voices Support Group Stats (2022-2023)

All Women's Group

- 9 sessions held
- 16 people reached

2SLGBTQ+ Folks' Group

- 9 sessions held
- 9 people reached

All Men's Group

- 8 sessions held
- 16 people reached

Note: our All People group began running in April 2023.

"I have always felt welcomed at this group. There is a great sharing and sense of love."

- Support Group Participant, 2022-2023



Programs & Services Report

Rising Together Peer Support Training & Volunteer Opportunities

A peer support program that trains people who have experienced childhood sexual abuse in peer mentorship and offers volunteer opportunities for those that would like to act in a peer mentorship role.



Rising Together Peer Mentorship Training Stats (2022-2023)

1 Training Offered | 10 Sessions | 8 Participants | 100% Completion Rate

In February 2023, six graduates of the Peer Mentorship Training began co-facilitating Moving Forward Workshops and Stronger Voices Support Groups.

Moving Forward Workshops

In-person, forward facing workshops that present opportunities for people to engage in creative, fun, and hands-on activities.

2022-2023 Workshop Topics:

- WRAP
- Vision Board
- Tai Chi
- Tie Dye
- Connect with Art
- Journaling Workshop (x2)
- Coping with the Holidays
- Mason Jar Workshop
- CAT Holiday Celebration
- Valentine's Day DIY
- Rooted & Reaching
- Wheel of Emotions

"[What I liked most about the workshop was] the feeling of safety and the ability to be me."

- Workshop Participant, 2022-2023

Programs & Services Report

Wichihin Niwahkomakanak

Our *Wichihin Niwahkomakanak* (Calling Our Ancestors) program offers activities and supports that center Indigenous ways of knowing, feeling, being, and doing. Groups and workshops are offered to people accessing our services, with priority access for Indigenous people. Teachings are also offered to staff to support their work with clients.

Seven Sacred Pipe Laws

A 7-week group that focuses on the seven (7) pipe laws in relation to healing, learning, and practicing healthy coping strategies and mindfulness. Through facilitation of ceremony, teachings, and trauma-informed practices, participants are taken through each pipe law.

Seven Sacred Pipe Laws Stats (2022-2023)

- 1 Group Offered
- 7 Sessions Held
- 6 Participants

Moss Bag Teachings Stats (2022-2023)

- 1 Group Offered
- 6 Sessions Held
- 12 Participants

Moss Bag Teachings

A 6-week group that utilizes the Moss Bag/Waspison as a tool for nurturing development and security within community and self. Learnings from the group include: security and attachment styles, healthy relationships, and how to build a Good Life/Mino Pimatiziwin.

"A reciprocal experience with such positive souls encouraged me to dream of a future that meets all our desire for unconditional love and freedom. Together we are able to hold all the pain and make space for hope. Being in a woman lead group was an intense concentration of nurturing that may just have the power to heal many hearts."

- Moss Bag Teachings Participant, 2022-2023

Teachings, Workshops, and Ceremonies of 2022-2023:

Seven Sacred Teachings

- 1 Session
- 6 Participants

Ribbon Skirt Making

- 3 Workshops Held
- 15 Participants

Winter Solstice Ceremony

- 11 Participants

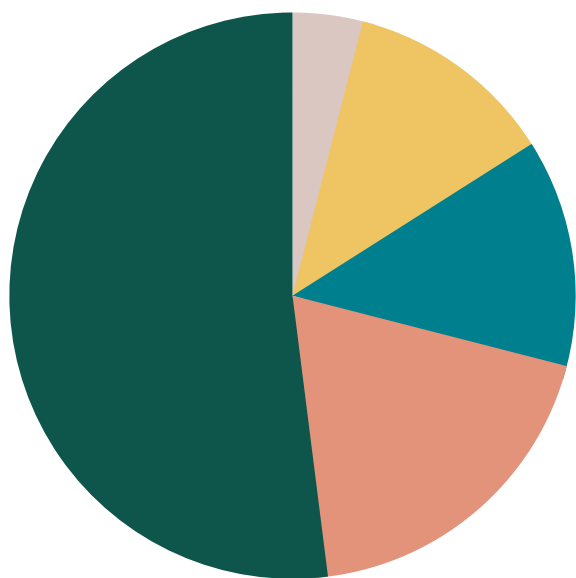
Naming Ceremony

- 17 Participants

Funders & Supporters

Funders & Grants:

Heartwood Healing Centre relies heavily on financial support from government bodies, foundations, and donors. We would like to recognize the following groups for making the work we do possible. Thank you for supporting and partnering with us on this journey!



- Province of Manitoba (52%)**
 - Mental Health & Community Wellness
 - Victim Services, Department of Justice
- Federal Government (19%)**
 - Justice Canada
 - Community Action Program for Children, Public Health Agency of Canada
- Foundations (13%)**
- United Way Winnipeg (12%)**
- Donations, Fundraising & Other (4%)**



Supporters & Sponsors:



Funders & Supporters

Fundraising Events

Thank you to all the individuals who have generously supported our work over the years. While many of our core programs are supported by funding from government and community foundations it is the support of individuals that allows us to serve more Manitobans every year.



This past year, our supporters came out and attended a **Rumor's Comedy Night** and the first ever **Heartwood at the Park** event, while also continuing to support the organization through one of our fundraising campaigns.

Throughout this report, you have seen the impact that these donations to Heartwood have had on our community.

We would like to give a special shout-out to Kendra Monk and the organizers of **Sing Along with Horrible Feeling, Once More** for choosing Heartwood as their charity-of-choice for Season 6 of their annual event in May 2022!

Individual Donors

Alex Gachanja	Dayton Powell	Joel Boyce	Megan Scott
Amie Heskins	Debra Berard	Joel Rash	Mike Phelps
Amy Tosenberger	Derek Goetz	Jolyne Milne	Monica Dueck
Armita Saligheh	Derrick Paulson	Jordan Fyvie	Morgan Ahoff
Ashley Stewart-Tufescu	Elona McGifford	Joseph Marshall	Peter Hourihan
Austin Werbinski	Gabby Desrosiers	Karlee Kaplan	Peter Vlaming
Barbara Tham	Gary Jenkins	Katie Inverarity	Renée Cable
Bethany Phillips	Gavin Scott	Ken O'Hanley	Riley Pharand
Bill Reid	Glen Grosenick	Kevin Hennie	Rob Belanger
Brenda Ferraton	Hilary Friesen	Kevin Szarkiewicz	Robert Hewitt
Brent Fraser	Hillary Linden	Kirsty Elgert	Robin Stimpson
Brianna Oversby	Jaclyn Yeo	Lawrence Costik	Rolf Oswald
Caroline Sopuck	James Blanchard	Linda Zacharias	Sadegh Tafti
Carrie Poschner	James Toews	Lindsay Cliche	Sarina Renee
Cathy Enns	Jan Gibson	Lorne Gibson	Scott Miller
Charlynn Sparkes	Janice Goldsborough	Louise Moreau	Sheila Stobart
Chris Berard	Jared Pelechaty	Marieke Gruwel	Tamara Murray
Christine Sveinson	Jason Smith	Marilyn Joyal	Victoria Weir
Cindi Rettaler	Jason Gladu	Mark Leeman	
Cindy Chodirker	Jim De Jong	Mark Woods	
Claire Macario	Jo MacDonald	Mark Hupe	
Connie Bagrie	Jodi Petch	Matt Lischynski	

Thank you to each and every one of you who has supported Heartwood this year!

Financial Statements

HEARTWOOD HEALING CENTRE INC.

FINANCIAL STATEMENTS

MARCH 31, 2023

Financial Statements



CHARTERED PROFESSIONAL ACCOUNTANTS

INDEPENDENT AUDITOR'S REPORT

**To the Board of Directors of
Heartwood Healing Centre Inc.:**

We have audited the accompanying financial statements of Heartwood Healing Centre Inc. (The Centre), which comprise the balance sheet as at March 31, 2023 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, 2023, 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.

SCARROW & DONALD, CHARTERED PROFESSIONAL ACCOUNTANTS, LLP

100 – Five Donald Street • Winnipeg, Manitoba • R3L 2T4 • Business: (204) 962-9600 • Fax: (204) 474-2886 • www.scarrowdonald.mb.ca
Scarrow & Donald, Chartered Professional Accountants, LLP is a Canadian owned Limited Liability Partnership established under the laws of Manitoba.

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
August 31, 2023
Winnipeg, Canada

For this communication, together with the work done to prepare this communication and for opinions we have formed, if any, we accept and assume responsibility only to the addressee of this communication, as specified in our letter of engagement

Financial Statements

**HEARTWOOD HEALING CENTRE INC.
BALANCE SHEET**

		March 31	
		2023	2022
ASSETS			
Current assets:			
Cash	\$	233,939	\$ 220,351
Term deposits (Note 3)		95,950	95,000
Accounts receivable (Note 4)		30,147	76,365
Prepaid expenses		9,512	8,648
		369,548	400,364
Capital assets (Note 5)		735,940	755,817
	\$	1,105,488	\$ 1,156,181
LIABILITIES			
Current liabilities:			
Accounts payable	\$	23,476	\$ 34,988
Deferred revenue		104,272	126,433
Scheduled mortgage payments (Note 6)		209,909	15,241
		337,657	176,662
Mortgage (Note 6)		-	209,940
		337,657	386,602
Deferred contributions related to capital assets (Note 7)		268,758	258,662
		606,415	645,264
FUND BALANCES			
Operating		-	-
Fundraising		136,800	133,942
Capital asset		257,273	271,975
Internally restricted reserve		105,000	105,000
		499,073	510,917
	\$	1,105,488	\$ 1,156,181

APPROVED BY THE BOARD:

K. Donenarity

Director

M. Howie

Director

Financial Statements

HEARTWOOD HEALING CENTRE INC.

STATEMENT OF OPERATIONS

	March 31							
	2023 Operating Fund	2022 Operating Fund	2023 Fundraising Fund	2022 Fundraising Fund	2023 Capital Asset Fund	2022 Capital Asset Fund	2023 Total	2022 Total
Revenues:								
Grants	\$ 1,586,342	\$ 1,333,622	\$ -	\$ -	\$ -	\$ -	\$ 1,586,342	\$ 1,333,622
Donations	-	-	15,746	45,536	-	-	15,746	45,536
Fundraising	-	-	12,235	-	-	-	12,235	-
Interest	1,068	-	-	-	-	-	1,068	-
Miscellaneous	-	-	431	306	-	-	431	306
Amortization of deferred contributions (Note 7)	-	-	-	-	17,243	11,258	17,243	11,258
	1,587,410	1,333,622	28,412	45,842	17,243	11,258	1,633,065	1,390,722
Expenses:								
Amortization	-	-	-	-	47,197	44,555	47,197	44,555
Board and staff	7,962	555	-	-	-	-	7,962	555
Client access	5,194	623	-	-	-	-	5,194	623
Contact staff	20,633	28,252	-	-	-	-	20,633	28,252
Honorarium	1,301	-	-	-	-	-	1,301	-
Information technology	45,037	40,018	-	-	-	-	45,037	40,018
Insurance	14,584	13,077	-	-	-	-	14,584	13,077
Interest on mortgage	10,634	11,365	-	-	-	-	10,634	11,365
Office and supplies	32,922	25,198	-	-	-	-	32,922	25,198
Professional development	4,902	9,502	-	-	-	-	4,902	9,502
Professional fees	8,541	21,250	-	-	-	-	8,541	21,250
Property tax	15,878	15,506	-	-	-	-	15,878	15,506
Repairs and maintenance	31,951	39,891	-	-	-	-	31,951	39,891
Research	-	12,000	-	-	-	-	-	12,000
Resource materials	6,431	4,058	-	-	-	-	6,431	4,058
Salaries and benefits	1,362,860	1,106,901	-	-	-	-	1,362,860	1,106,901
Telephone	13,887	14,236	-	-	-	-	13,887	14,236
Utilities	14,995	16,841	-	-	-	-	14,995	16,841
	1,597,712	1,359,273	-	-	47,197	44,555	1,644,909	1,403,828
Difference between revenues and expenses	\$ (10,302)	\$ (25,651)	\$ 28,412	\$ 45,842	\$ (29,954)	\$ (33,297)	\$ (11,844)	\$ (13,106)

Financial Statements

HEARTWOOD HEALING 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	2023	2022
Fund balances, beginning of year	\$ -	\$ 133,942	\$ 271,975	\$ 105,000	\$ 510,917	\$ 524,023
Difference between revenues and expenses	(10,302)	28,412	(29,954)	-	(11,844)	(13,106)
Repayment of mortgage	(15,272)	-	15,272	-	-	-
Contributions received (Note 7)	27,340	-	(27,340)	-	-	-
Purchase of capital assets	(27,320)	-	27,320	-	-	-
Interfund transfers (Note 8)	25,554	(25,554)	-	-	-	-
Fund balances, end of year	<u>\$ -</u>	<u>\$ 136,800</u>	<u>\$ 257,273</u>	<u>\$ 105,000</u>	<u>\$ 499,073</u>	<u>\$ 510,917</u>

Financial Statements

HEARTWOOD HEALING CENTRE INC.

STATEMENT OF CASH FLOWS

	Year ended March 31	
	2023	2022
Cash flow from operating activities:		
Difference between revenues and expenses	\$ (11,844)	\$ (13,106)
Amortization of capital assets	47,197	44,555
Amortization of deferred contributions related to capital assets	(17,243)	(11,258)
	18,110	20,191
Changes in non-cash operating working capital:		
Accounts receivable	46,218	(86,184)
Prepaid expenses	(864)	(1,960)
Accounts payable	(11,513)	(4,936)
Deferred revenue	(22,161)	56,880
	29,790	(16,009)
Cash flow from financing activities:		
Deferred contribution related to capital assets	27,340	-
Repayment of mortgage	(15,272)	(14,548)
	12,068	(14,548)
Cash flow from investing activities:		
Change in term deposit	(950)	(95,000)
Purchase of capital assets	(27,320)	(16,519)
	(28,270)	(111,519)
Net change in cash	13,588	(142,076)
Cash, beginning of year	220,351	362,427
Cash, end of year	\$ 233,939	\$ 220,351

Financial Statements

HEARTWOOD HEALING CENTRE INC.

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2023

1. Purpose of the Centre:

Heartwood Healing 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. Heartwood Healing 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.

Financial Statements

HEARTWOOD HEALING CENTRE INC.

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NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2023

2. Significant accounting policies (continued):

b) Financial instruments (continued)-

The Centre measures cash, term deposits, 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-

Heartwood Healing 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

Financial Statements

HEARTWOOD HEALING CENTRE INC.

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NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2023

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 Heartwood Healing 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. Term deposit:

The term deposit bears interest at 3.00% (2022 - 1.00%) and matures on March 15, 2024 (2022 - March 15, 2023)

4. Accounts receivable:

	March 31	
	2023	2022
GST receivable	\$ 2,549	\$ 3,228
Other receivables	27,598	73,137
	<u>\$ 30,147</u>	<u>\$ 76,365</u>

Financial Statements

HEARTWOOD HEALING CENTRE INC.

Page 4

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2023

5. Capital assets:

	March 31			
	2023		2022	
	Cost	Accumulated Amortization	Cost	Accumulated Amortization
Land	\$ 115,771	\$ -	\$ 115,771	\$ -
Land improvements	12,556	4,730	12,556	3,860
Buildings	984,965	403,668	984,965	379,447
Furniture and fixtures	31,058	22,743	28,700	17,085
Computer hardware	122,622	99,891	97,660	83,443
	<u>\$ 1,266,972</u>	<u>\$ 531,032</u>	<u>\$ 1,239,652</u>	<u>\$ 483,835</u>
Net book value		<u>\$ 735,940</u>		<u>\$ 755,817</u>

6. Mortgage:

	March 31	
	2023	2022
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.	\$ 209,909	\$ 225,181
Less: Scheduled mortgage payments	<u>(209,909)</u>	<u>(15,241)</u>
	<u>\$ -</u>	<u>\$ 209,940</u>

Scheduled principal repayments required on mortgage debt are as follows:

2024 \$ 209,909

Financial Statements

HEARTWOOD HEALING CENTRE INC.
NOTES TO FINANCIAL STATEMENTS
FOR THE YEAR ENDED MARCH 31, 2023

Page 5

7. Deferred contributions related to capital assets:

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>2023</u>	<u>2022</u>
Balance, beginning of year	\$ 258,662	\$ 269,920
Add: Contributions received	27,340	-
Less: Amortized into revenue	<u>(17,243)</u>	<u>(11,258)</u>
Balance, end of year	<u>\$ 268,759</u>	<u>\$ 258,662</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.

8. 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.

9. 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% (2022 - 7%) of their monthly gross basic earnings, up to \$66,600 (2022 - \$64,900) and 8.75% (2022 - 8.75%) of their earnings above \$66,600 (2022 - \$64,900). This plan, to which contributions for the Centre during the year totaled \$71,116 (2022 - \$57,988) is accounted for as a defined contribution plan.

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. Investing in fixed rate marketable securities 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.

11. Additional Information:

Effective July 4, 2022 The Laurel Centre Inc. legally changed their name to Heartwood Healing Centre Inc.

Financial Statements

HEARTWOOD HEALING CENTRE INC.

SCHEDULE OF GRANT REVENUE

	Year ended March 31	
	2023	2022
Operating Fund:		
Manitoba Sport, Culture and Heritage	\$ -	\$ 17,036
Manitoba Mental Health and Community Wellness	801,300	801,300
Manitoba Justice	45,000	45,000
Department of Justice Canada	190,175	144,584
Public Health Agency of Canada	120,469	120,469
United Way Winnipeg	190,260	128,497
	<u>1,347,204</u>	<u>1,256,886</u>
Project funding-		
Canadian Womens Foundation	135,297	17,990
Manitoba Association of Women's Shelters	18,000	-
Thomas Sill Foundation	8,500	-
Canadian Centre for Policy Alternatives	684	-
Prairie Action Foundation	-	12,000
University of Winnipeg	-	3,000
Winnipeg Foundation	76,657	43,746
	<u>239,138</u>	<u>76,736</u>
	<u>\$ 1,586,342</u>	<u>\$ 1,333,622</u>