



**HEARTWOOD**  
HEALING CENTRE



COURAGE — DISCOVERY —  
TRANSFORMATION

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## Land Honouring

With gratitude, humility, and respect, we recognize and honour that Heartwood Healing Centre offices are located on the traditional territories of the Anishinaabeg, Ininew, and Očhéthi Sakowin, and on the homeland of the Red River Metis.

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

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Heartwood Healing Centre is the only organization in Manitoba whose mission is entirely dedicated to 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

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## 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

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**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

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## Board of Directors

*at March 31, 2024*

### Executive Officers

**Hillary Linden**  
Chairperson

**Jennifer Keith**  
Vice Chairperson

**Katie Inverarity**  
Past Chairperson

**Michelle Hourihan**  
Treasurer

**Kai Ladd**  
Secretary

### Directors

**Sheila Ouellette**

**Harpreet Singh**

**Thomas Linner**

**Kara Moore**

**Tim Banera**

**Kathryn Niebuhr**  
*(Staff Representative)*

## Staff Members

*at March 31, 2024*

### Leadership

**Heather Leeman**  
Executive Director

**Mae Sawka**  
Clinical Team Lead

**Brittany Grisdale**  
CAT Program Manager

**Ashley Budd**  
Executive Assistant

**Kristen Robson**  
Clinical Supervisor

**Kelsey Guyot**  
Communications & Community  
Engagement Coordinator

**Robin Falk**  
Financial Administrator

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# Our Team

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## Staff Members

at March 31, 2024

### Service Delivery & Program Staff

**Mikayla McCormack**  
Front Desk/Receptionist

**Tracey Friesen**  
Long Term Therapist

**Ursula Ferreira**  
Long Term Therapist

**Jenna Enns**  
Long Term Therapist

**Matt McCormick**  
Long Term Therapist

**Alexandra Bolton**  
Long Term Therapist

**Sarah Baldry**  
Long Term Therapist

**Fiona Smith**  
Short Term Counsellor &  
Long Term Therapist

**Brynne Frohlich**  
Short Term Counsellor &  
Long Term Therapist

**Melissa Kent**  
Short Term & Parenting  
Counsellor

**Michaela Finch**  
Engagement Coordinator

**Dana Gottzmann**  
Long Term Therapist (*on  
leave of absence*)

**Kim Melnyk**  
CAT Counsellor & Peer  
Support Supervisor

**Kathryn Niebuhr**  
Long Term Therapist

### Student Internships

Heartwood Healing Centre provides internships to students working towards a Bachelor or Master's degree from various educational institutions. In 2023-2024, internship opportunities were provided to students at the University of Manitoba, University of Winnipeg, Yeshiva University, Yorkville University and the WHEAT Institute.

- **Laura Canfield**, Master of Marriage & Family Therapy Student
- **Brynne Frohlich**, Master of Social Work Student
- **Melody Graham**, Art & Expressive Art Therapy Student
- **Hyoshin Jang**, Master of Marriage & Family Therapy Student
- **Lara McGrevy**, Master of Arts in Counselling Psychology Student
- **Sonja Stone**, Bachelor of Social Work Student



# Chairperson / Executive Director Report

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We are honoured to present our 2023-2024 Chairperson & Executive Director Report highlighting the successes and challenges of Heartwood Healing Centre's 39th year of providing services to Manitobans impacted by childhood sexual abuse.

This year marked the end of our ambitious 3-year strategic plan. We proudly report that we have achieved most of what we set out to do these past three (3) years.

1. We assessed our community's needs, identified service gaps, and developed and implemented a new program structure and additional services.
2. We refreshed our brand, increased our presence and profile in the community, and worked towards improving our sustainability.
3. We enhanced our organizational health by strengthening Board member engagement, staff well-being, and operational effectiveness.
4. We developed an anti-oppressive framework and action plans that guide our commitment to diversity, equity, and inclusion.

A few of our achievements and successes of 2023-2024 that helped us to reach these strategic goals are highlighted below.

One of our biggest accomplishments this year was securing a Community Services and Recovery Grant to hire a Communications & Community Engagement Coordinator who developed and began implementing our External Communication Plan. Thanks to this project, we significantly increased our social media presence and doubled our followers across all platforms. We started a monthly external electronic newsletter which, at the time of this report, is distributed to almost 850 people/organizations across Manitoba (and beyond). We began researching and developing resources for our website to share information about the prevalence and impacts of childhood sexual abuse and to provide self-directed learning options for other service providers and people impacted by childhood sexual abuse. We created a video about Heartwood Healing Centre that is now on our website, and we began planning our first annual November Public Awareness Event which will be held on November 18, 2024, the World Day for the Prevention of and Healing from Child Sexual Exploitation, Abuse, and Violence.

Another significant accomplishment of this year was securing an additional three (3) years of funding to continue and enhance our Connect & Thrive Program including formally piloting Wichihin Niwahkomakanak (Calling our Ancestors). A very special thank you to the Winnipeg Foundation who provided bridge funding for four (4) months while we waited to hear about continued government support of this program. Thanks to this bridge funding, there were no gaps in service delivery, and we did not have to lay off program staff. Thank you to Justice Canada for seeing the value of continuing and enhancing this program for another three (3) years.

# Chairperson / Executive Director Report

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A third major accomplishment of 2023-2024 was our successful transition to a cloud-based case management software that securely stores all our data related to service delivery. Considerable time and energy went into this transition, but these efforts have ultimately streamlined our data collection and reporting for many years to come.

Other notable successes include improvements at the Board of Directors level to facilitate Board engagement and align Board practices with our internal values. For example, the Board has shifted to a consensus based decision-making model, which is expected to increase engagement and support better decision making. The Executive Committee has developed a Compliance Checklist and we have completed our Risk Assessment and Management Plan to help the Board identify organizational obligations, risks, and to prioritize accordingly, all on an ongoing basis. These are also expected to generally increase Board awareness and confidence in the inner workings of the organization. We also updated our personnel policies and procedures and made significant progress toward finalizing our new service delivery and finance/administrative policies and procedures.

Finally, in January 2024, we changed our Young Adult and Parenting Groups to monthly open groups. This change was in response to participant feedback and facilitator observations and has been very well received by our community.

Some activities identified in our 2021-2024 Strategic Plan will be carried over into 2024-2025 as we take this year to prepare for our next 3-year strategic plan. For example, we will continue exploring alternative leadership structures and developing succession plans for key positions. These undertakings, alongside the feedback we plan to gather from staff, will inform the development of an Organizational Health Strategy. In addition, our West Standing Bear project is ongoing. The outcome of this project will be a Two-Eyed Healing Model for people who have experienced Childhood Sexual Abuse which we hope to present next year.

Only one of the goals identified in our 2021-2024 strategic plan was not fulfilled. As planned, we assessed our spaces and determined that our current buildings do not meet all our organizational and service needs, but we decided to put the search for a new building on hold. The Board and staff agreed that we needed a period of stabilization after our rebranding before introducing more change. We anticipate that finding a new space for our offices and programming will be a priority in our next 3-year strategic plan.

In 2023-2024 we continued to see some staff turnover. Three (3) of our long-term therapists, Chris Haney, Sonia Nasri, and Alda Ferreira, and our Engagement Coordinator, Amanda Chalmers, moved on to pursue other opportunities. In addition, we lost two members of our Leadership Team, Mira Woods, Program Manager, and Griffin Jenkins, Fund Development Manager. Although we were sad to see them go, we wish them all the best in their next adventures.



# Chairperson / Executive Director Report

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We want to take an extra moment to acknowledge Mira Woods. Mira has been connected to Heartwood Healing Centre for over 10 years and had many different roles in her time with us. Mira first came to us in 2012 as a Bachelor of Social Work student. In 2017 she was hired as the Pre-therapy Counsellor and then transitioned to Long Term Therapist two years later. In 2022, Mira returned from maternity leave and joined our Leadership Team as Clinical Program Manager. Thank you for all you contributed to Heartwood Healing Centre. Your wisdom and experience guided our transition to Heartwood Healing Centre, and you will always be a part of our community.

On a positive note, we welcomed some wonderful new people to our team. Matt McCormick and Alexandra Bolton joined us as Long-term Therapists and Ursula Ferreira transitioned from CAT Program Facilitator and Peer Support Supervisor to Long-Term Therapist. Michaela Finch became our Engagement Coordinator and Kim Melnyk returned to us after a 7-year break, taking on the role of CAT Program Facilitator and Peer Support Supervisor. Fiona Smith and Brynne Frohlich took on term positions, transitioning from Peer Support and Master of Social Work student, respectfully. Finally, Kelsey Guyot joined our Leadership Team as Communications & Community Engagement Coordinator. Each brings a unique skill set and life experiences to Heartwood and we are so glad you are all with us.

In 2023-2024 we also welcomed five (5) students and our Art Therapy Student continued for her second year. We continued our partnerships with the University of Manitoba, the University of Winnipeg, and the WHEAT Institute and welcomed students from two (2) additional educational institutions - Yorkville University and Yeshiva University. Thank you to Sonja Stone, Brynne Frohlich, Laura Canfield, Hyoshin Jang, Melody Graham, and Lara McGrevy for all you contributed to our Building a Foundation Program this past year. Thanks to you almost 100 people were able to access short-term counselling. We are very fortunate that you chose Heartwood and let us be a part of your learning journey. We wish you all the best and hope you stay connected to our Heartwood community.

This year we were fortunate to have three (3) local businesses organize fundraising events for us. A very special thank you to Modo Yoga whose Karma Classes in May/June 2023 raised \$1875; Symatree Farm whose Mental Health Fundraiser in June 2023 raised \$366; and Yvonne's Fitness whose Zumba Fundraiser in December 2023 raised \$1525 for Heartwood Healing Centre. In addition, this year we were selected as one of the recipients of the November 2023 Kinsmen Jackpot.

In March 2024, we hosted our second annual Heartwood at the Park fundraising event. The event grew from the previous year and the energy was heartwarming and contagious. It was a fun-filled night for our Heartwood community to come together to listen to local bands and dance the night away.

# Chairperson / Executive Director Report

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Thank you to our Board of Directors for choosing to spend your time and energy supporting and guiding the important work of Heartwood Healing Centre. Thank you to all our funders and supporters, we can't do this essential work without you.

Finally, we would like to extend our UTMOST gratitude to the staff of Heartwood Healing Centre. Your dedication, passion, and commitment to our community are the Heart of Heartwood. We value the diverse and unique strengths that each one of you contributes. What an amazing team!!!

We had an amazing year with many successes and accomplishments, but we are even more excited about next year and our 40th Anniversary. If you haven't already, subscribe to our newsletter or follow us on social media to learn more about how we plan to celebrate.

**Hillary Linden**  
Chairperson

**Heather Leeman**  
Executive Director



# Board Development Committee Report

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The Board Development Committee is pleased to present its report outlining the activities and progress made since our last update. Our focus continues to be on enhancing the Board's effectiveness by ensuring the right mix of skills, experiences, and perspectives to guide Heartwood's strategic direction.

## Committee Membership

The Board Development Committee for 2023-2024 consists of Jennifer Keith, Hillary Linden, Kai Ladd, Ashley Budd, and Heather Leeman (ex-officio).

## Committee Objectives

The Committee's primary objectives include:

- **Board Composition:** Ensuring the Board has the appropriate mix of skills, diversity, and experience.
- **Board Recruitment:** Identifying and recruiting new Board members to fill current or upcoming vacancies.
- **Board Training and Development:** Providing ongoing education and development opportunities for current Board members.
- **Succession Planning:** Developing and maintaining a succession plan for Board leadership positions.

## Board Membership

Our bylaws state that the Board of Directors will have at least three (3) and at most 15 directors, and Board members can serve three (3), two (2) year terms.

At our 2023 AGM, we welcomed four (4) new members: Sheila Ouellette, Randeane Kopytoff, Harpreet Singh, and Kathryn Niebuhr (Staff Representative). Due to personal commitments, Randeane and Harpreet were unable to fulfill their terms. Sheila and Kathryn were joined by Thomas Linner, Kara Moore, and Tim Banera shortly after the AGM.

This year, we said/say goodbye to Renee Cable, Katie Inverarity, Aliya Wiebe, and Aaron Yanofsky. We are grateful for their many contributions to the organization during their time on the Board.

Jennifer Keith has expressed interest in returning for her 3rd and final term and Kai Ladd for her 2nd term. In addition, Michelle Hourihan will begin the 2nd year of her 3rd and final term; Hillary Linden will start the 2nd year of her 2nd term; and Sheila Oulette, Tim Banera, Kara Moore, and Thomas Linner will begin the 2nd year of their 1st term.



# Board Development Committee Report

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## Committee Activities

In this fiscal year, the Committee led the following activities.

### Board Composition Analysis

The Committee analyzed the current Board's composition. We identified key areas where additional expertise would benefit the Board, specifically finance, diversity, equity and inclusion, fundraising, and communications. Additionally, each year, we encourage and hold space for applications from folks who bring diverse perspectives and represent the people we serve, such as youth, older adults, Indigenous people, racialized people, 2SLGBTQIA+ Folks, and lived experience.

### Recruitment Efforts

We initiated the recruitment process to fill vacancies and gaps for the upcoming board term. Six (6) interviews were held in August 2024 and the committee puts forward the following Board Nomination Slate for 2024-2025.

- Shamin Brown
- Jessica Jacobson-Konefall
- Sivananthan Sivarouban (Rouban)
- Thomas Walus
- Sydney Wallace
- Theo Martin

### Board Member Orientation

The Committee began planning an orientation for new Board members which will take place in October. The orientation includes an overview of the organization's history, mission, strategic goals, and governance practices to ensure all new members feel supported and well-prepared. We also update our Board Governance Manual each year to ensure all new members have access to all the information they need to contribute effectively.

### Training and Development

The Committee organized a Board development workshop focusing on Allyship. The workshop was well-received, with positive feedback from participants. We plan to host additional sessions yearly to ensure continuous learning and growth.



# Board Development Committee Report

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## Upcoming Initiatives

The Committee plans to undertake the following initiatives in the coming months:

- Succession Planning: Continuing to learn about and plan for Board and leadership succession is ongoing.
- Board Self-Assessment: Conducting a Board self-assessment survey to gather feedback on current performance and identify areas for improvement.
- Ongoing Training: Continuing to provide regular training opportunities for Board members, focusing on emerging issues and best practices in governance.

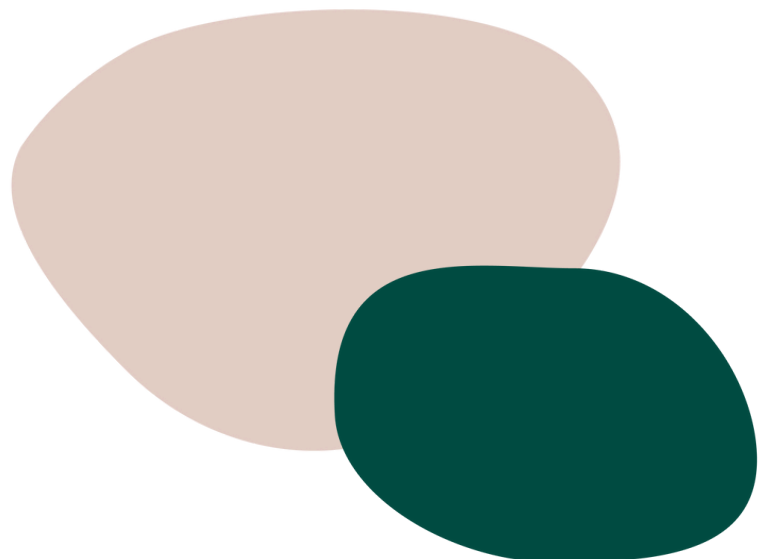
In closing, we want to express our deep gratitude for Katie Inverarity's years of dedicated service. Since joining the board in 2018, Katie has been an engaged and impactful member, leaving a legacy that will extend far beyond her tenure. While we will certainly miss her presence on the Board, we are delighted that she will continue to be an integral part of the Heartwood community through her ongoing involvement in our Special Events and Communications Committees.

The Board Development Committee remains committed to ensuring our Board is well-equipped to lead the organization effectively. We are confident that our ongoing efforts will strengthen the Board's capacity to fulfill its governance responsibilities and support the organization's mission. We appreciate the Board's support and look forward to continuing our work.

Respectfully submitted,

**Jennifer Keith**

Chair, Board Development Committee



# Anti-Oppressive Practice Committee Report

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The Anti-Oppressive Practice (AOP) Committee started in 2020 to coordinate and guide the agency through meaningful actions aimed at aligning with an anti-oppressive framework. The Committee created the framework with four pillars, including Communication & Engagement, Education & Accountability, Clinical Model & Service Delivery, and Policies & Procedures. Each year, the Committee develops an action plan to drive forward pillar objectives.

Committee members of 2022-2023 consisted of a variety of staff, Board, and students including Mae Sawka, Brittany Grisdale, Melissa Kent, and the AOP Committee Coordinator, Kelsey Guyot. Executive Director, Heather Leeman, also participated as Ex-Officio to demonstrate leadership engagement and commitment of this important work.

In the 2023-2024 fiscal year, the Anti-Oppressive Practice (AOP) Committee supported Heartwood in three key areas: reconciliation, accessibility, and resource development.



## Reconciliation

At Heartwood, we value Indigenous knowledge and are working towards incorporating Indigenous ways of being, doing, feeling, and knowing into our policies and service delivery. In this year, under the leadership of our Connect & Thrive Program Manager, Brittany Grisdale, we informally piloted our cultural program, Wichihin Niwahkomakanak. For the first time, we hired an Indigenous Cultural Advisor, Ivana Yellowback who facilitated regular ceremonies, sharing circles, and teachings for staff and participants, including a Sweat. She was also available to provide cultural sessions for Indigenous participants who expressed interest in engaging with traditional cultural ways of healing.

In addition, Heartwood staff attended Indigenous justice events in the community such as the Red Dress Rally and Orange Shirt Day March. We started planning for an internal event to engage staff with the Truth and Reconciliation Calls to Action. Heartwood signed up for the Indigenous Accord with the City of Winnipeg and submitted our first set of goals identifying our focus areas for decolonizing our policies and practices at Heartwood.



# Anti-Oppressive Practice Committee Report

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## **Accessibility**

The AOP Committee completed an accessibility audit of our online and physical spaces. We gathered information from a disability-inclusion lens and those with lived experience to create a webpage on our site that lists all information relevant to our accessibility. Additionally, we started adding photo descriptions to our social media posts to increase readability for those using screen readers.

## **Resource Development & Learning**

We developed an AOP onboarding package that includes articles, videos, and activities for new staff, Board members and students when welcoming them to Heartwood to introduce them to our values and ways of working. This document has since been shared with other organizations interested in the work we have done. Further to this, our Board continued their engagement with anti-oppressive practice by participating in an allyship workshop delivered by one of our social justice students, Sonja Stone.

Finally, the AOP Committee compiled and released Heartwood's first AOP Public Report to increase transparency and share our efforts with the community. [Click here](#) to access the report and learn more about our Anti-Oppressive work.

## **Kelsey Guyot**

Communications & Community Engagement Coordinator

# 2023-2024 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.

### Immediate Needs: Support & Advocacy

Up to 3 sessions for people waiting for internal services that are in need of more immediate support. These sessions also support people in accessing other services in the community.

### Wellness Check-Ins

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

#### Engagement & Service Coordination Sessions

- 189 Sessions Booked
- 149 Sessions Held

#### Immediate Needs Sessions

- 31 People Reached
- 31 Sessions Held
- 53 External Referrals Made

# 2023-2024 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 Counselling Stats

- 94 People Reached
- 566 Sessions Held



*"The focus and genuine care from Heartwood has opened me up enough to be able to see parts of myself I couldn't by myself.."*

*- Short Term Counselling Participant, 2023-2024*

### 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 / Getting Acquainted with Healing

- 3 Groups Offered
- 19 People Reached

#### Science of Trauma and Art Recovery

- 1 Group Offered
- 8 People Reached

#### Acceptance & Commitment Therapy

- 1 Group Offered
- 7 People Reached

*"[The Understanding and Coping with Trauma Group] has made the last 10 weeks very fruitful as far as understanding myself better and building more strategies for coping. It has given me hope for myself. I can change!"*

*- Understanding & Coping with Trauma Participant, 2023-2024*

# 2023-2024 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 77 unique individuals attended our live webinars in 2023-2024. Webinar recordings were viewed 396 times.

### 2023-2024 Webinar Topics:

- Perfectionism
- People Pleasing & The Fawn Response
- Exploring the Vagus Nerve
- Exploring Binaural Beats
- Fibromyalgia, the Body & Trauma
- Winter Mental Health
- Chronic Illness, Pain & Self-Care (2 Sessions)

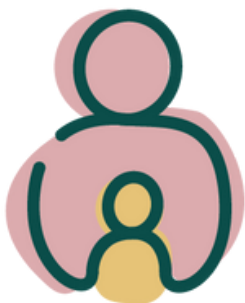
## Parenting After Trauma

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 Program Stats

- 13 Caregivers Reached
- 96 Individual Sessions Held

*Note: In 2023-2024 we did not offer a parenting group. In April 2024, we began offering a monthly parenting group*



*"I am now more aware of my emotions and how these affect my family. I now parent how I wished I was parented and loved unconditionally..."*

*- Parenting Sessions Participant, 2023-2024*



# 2023-2024 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

- 203 People Reached
- 3329 Sessions Held



*"I felt my therapist had a genuine sense of care and concern for my well-being and that I could trust her. Trust does not come easy to me..."*

*- Long Term Therapy Participant, 2023-2024*

### 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

1 Therapy Group Offered | 8 Sessions | 6 Participants Reached



### Young Adult Program

Up to 2 years of trauma-focused therapy specific to young adults (aged 16-29). A monthly Connect & Create Group is also available to those who want to explore the impacts of trauma and practice creative coping skills in a group setting with other young adults.

#### Young Adult Therapy Stats

- 33 Young Adults Reached
- 524 Long-Term Sessions Held

#### Connect & Create Monthly Group Stats

- 5 Sessions Offered
- 7 People Reached

# 2023-2024 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

- 2 Celebration Held
- 11 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

2 Groups Offered | 15 Sessions | 11 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. This workshop was not offered in the 2023-2024 year but will be offered next year.



# 2023-2024 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

- 29 People Reached
- 54 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, 2SLGBTQIA+ Folks, and All People and ask that people pick the group that is the best fit for them.

### Stronger Voices Support Group Stats

#### All Women's Group

- 9 sessions held
- 16 people reached

#### 2SLGBTQIA+ Folks' Group

- 11 sessions held
- 7 people reached

#### All Men's Group

- 10 sessions held
- 7 people reached

#### All People's Group

- 10 sessions held
- 10 people reached

*"[Participating in support groups] made me more confident and has given me more hope and faith on my journey."*

*- Support Group Participant, 2023-2024*



# 2023-2024 Programs & Services Report

## Rising Together Peer Support Program

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. The Peer Support Training was not offered in the 2023-2024 year but will be offered next year. We had 5 Peer Volunteers co-facilitate 7 workshops and 30 support group sessions for a total of 145 volunteer hours.



### Peer Mentor Individual Support Sessions Stats

33 Sessions Held

5 People Reached

### Peer Mentor Community of Practice Meeting Stats

12 Sessions Held

5 People Reached

## Moving Forward Workshops

In-person, forward facing workshops that present opportunities for people to engage in creative, fun, and hands-on activities. In 2023-2024 we reached 33 participants.

### 2023-2024 Workshop Topics:

- Scribble Drawing
- Healing Dolls
- Forest Bathing
- Pouring Paint
- Connect and Thrive Holiday Celebration
- Discovering & Creating
- Puzzles
- Aurora Farm
- Anchor Art
- Yoga
- Self-Care
- Brow Care
- Men's Workshop

*"Each and every person's journey in trauma, recovery and healing is unique albeit the shared vulnerability and strengths in our humanity certainly connect us all."*

*- Workshop Participant, 2023-2024*

# 2023-2024 Programs & Services Report

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## Wichihin Niwahkomakanak

*Wichihin Niwahkomakanak* (Calling Our Ancestors) 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.

### Indigenous Teachings & Ceremonies

In 2023-2024, we offered Indigenous teachings and ceremonies including a Bundle Teaching, Winter Stories, Cultural Teaching, Full Moon Ceremonies, and a Spring Solstice.

### Wichihin Niwahkomakanak Stats

- 3 Teachings Offered
- 4 Ceremonies Offered
- 6 Cultural Sessions Held
- 7 Sharing Circles Held
- 28 People Reached

### Individual Cultural Sessions

Our Cultural Advisor was available to provide cultural support to Indigenous participants at Heartwood Healing Centre. In 2023-2024, 6 sessions were held and 4 people were reached.

### Sharing Circles

The sharing circle is a place where Indigenous people who have experienced childhood sexual abuse can come together to heal and support each other.

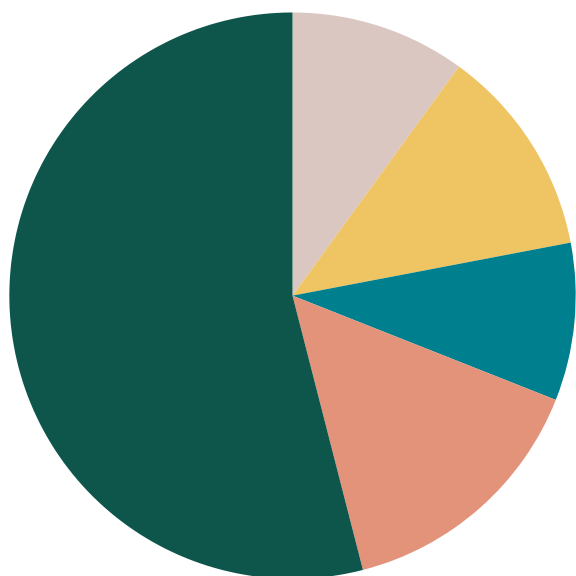




# Funders & Supporters

## 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 (54%)**
  - Housing, Addictions, and Homelessness
  - Manitoba Justice, Victim Services
- Federal Government (15%)**
  - Victims Fund, Department of Justice Canada
  - Community Action Program for Children, Public Health Agency of Canada
- Foundations (9%)**
- United Way Winnipeg (12%)**
- Donations, Fundraising & Other (10%)**



## Supporters & Sponsors:

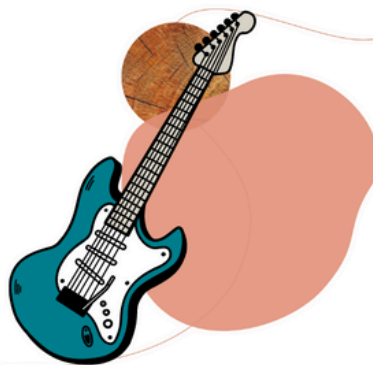


# Funders & Supporters

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## Fundraising Events

Your generosity and support matters. Thank you to everyone who has donated, attended an event, purchased merchandise, and shared the work of Heartwood in the community. 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, we hosted our second annual **Heartwood at the Park** event and filled the venue with many supporters. This event brought together the Heartwood community: Board, staff, clients, donors, partner organizations, and our broader community.

The impact of your support has allowed us to succeed in all we do, as seen in this report.

We also extend a huge thank you to Modo Yoga, Symatree Farm, and Yvonne's Fitness for hosting fundraising events in support of Heartwood. Thank you also to the Kinsmen Jackpot for selecting Heartwood as a recipient.

## Individual Donors

Michael Meagher  
Doreen Elmhirst  
Carole Fleming  
Elayna Hurtig  
Patrick McLenehan  
Peter Hourihan  
Gavin Scott  
Donna Jean Cobb  
Spencer Coppens  
Carol Piller  
George Tabisz  
Hillary Linden  
Marilyn Joyal  
Kristin Corkery

Tanja Hutter  
Carrie Poschner  
Phyllis Klassen  
Ainsley Cunningham  
Erik Arnason  
Elizabeth Mitchell  
Christine Saunders  
Mitch Kruse  
Carmela LoVetri  
Jim de Jong  
Anne Bolton  
Heather Spencer  
Keenan Reimer  
Katie Inverarity

Pat Robertson  
Mark Woods  
Tekla Cunningham  
Elaine Gross  
Bethany Phillips  
Jolyne Milne  
Tim Anderson  
Cindy Chodirker  
Neighbour Andy  
Elizabeth Hunter  
Sarina Renee  
Katie Inverarity  
Reed Hein  
Sandra Shibata

Karlee Kaplan  
Linda Zacharias  
Gary Jenkins  
Natalie Baird  
Raymond Cunningham  
Faith Fundal  
Armita Saligheh  
Bob Steel  
Kristina Hunter  
Renée Cable  
Lisa Glendinning  
Jay Pihir  
Cathy Enns  
Donna Lazar

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

# Financial Statements

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HEARTWOOD HEALING CENTRE INC.

FINANCIAL STATEMENTS

MARCH 31, 2024

# Financial Statements

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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, 2024 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, 2024, 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.

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SCARROW & DONALD, CHARTERED PROFESSIONAL ACCOUNTANTS, LLP

100 – Five Donald Street • Winnipeg, Manitoba • R3L 2T4 • Business: (204) 982-9800 • Fax: (204) 474-2886 • [www.scarrowdonald.mb.ca](http://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

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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, 2024  
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	
		2024	2023
<b>ASSETS</b>			
<b>Current assets:</b>			
Cash	\$	239,472	\$ 233,939
Term deposits (Note 3)		97,330	95,950
Accounts receivable (Note 4)		24,033	30,147
Prepaid expenses		10,228	9,512
		<u>371,063</u>	<u>369,548</u>
<b>Capital assets (Note 5)</b>		<u>705,463</u>	<u>735,940</u>
	<b>\$</b>	<b><u>1,076,526</u></b>	<b>\$ <u>1,105,488</u></b>
<b>LIABILITIES</b>			
<b>Current liabilities:</b>			
Accounts payable	\$	30,398	\$ 23,476
Deferred revenue		110,278	104,272
Scheduled mortgage payments (Note 6)		9,004	209,909
		<u>149,680</u>	<u>337,657</u>
Mortgage (Note 6)		<u>192,146</u>	<u>-</u>
		<u>341,826</u>	<u>337,657</u>
<b>Deferred contributions related to capital assets (Note 7)</b>		<u>258,855</u>	<u>268,758</u>
		<u>600,681</u>	<u>606,415</u>
<b>FUND BALANCES</b>			
<b>Operating</b>		-	-
<b>Fundraising</b>		125,387	136,800
<b>Capital asset</b>		245,458	257,273
<b>Internally restricted reserve</b>		105,000	105,000
		<u>475,845</u>	<u>499,073</u>
	<b>\$</b>	<b><u>1,076,526</u></b>	<b>\$ <u>1,105,488</u></b>

APPROVED BY THE BOARD:



Director



Director

# Financial Statements

## HEARTWOOD HEALING CENTRE INC.

### STATEMENT OF OPERATIONS

	March 31							
	2024 Operating Fund	2023 Operating Fund	2024 Fundraising Fund	2023 Fundraising Fund	2024 Capital Asset Fund	2023 Capital Asset Fund	2024 Total	2023 Total
<b>Revenues:</b>								
Grants	\$ 1,555,626	\$ 1,586,342	\$ -	\$ -	\$ -	\$ -	\$ 1,555,626	\$ 1,586,342
Donations	-	-	24,421	15,746	-	-	24,421	15,746
Fundraising	-	-	8,847	12,235	-	-	8,847	12,235
Interest	3,483	1,068	-	-	-	-	3,483	1,068
Miscellaneous	-	-	3,313	431	-	-	3,313	431
Amortization of deferred contributions (Note 7)	-	-	-	-	25,173	17,243	25,173	17,243
	<u>1,559,109</u>	<u>1,587,410</u>	<u>36,581</u>	<u>28,412</u>	<u>25,173</u>	<u>17,243</u>	<u>1,620,863</u>	<u>1,633,065</u>
<b>Expenses:</b>								
Amortization	-	-	-	-	45,746	47,197	45,746	47,197
Board and staff	9,298	7,962	-	-	-	-	9,298	7,962
Client access	6,282	5,194	-	-	-	-	6,282	5,194
Contract staff	17,170	20,633	-	-	-	-	17,170	20,633
Honorarium	2,940	1,301	-	-	-	-	2,940	1,301
Information technology	48,553	45,037	-	-	-	-	48,553	45,037
Insurance	16,081	14,584	-	-	-	-	16,081	14,584
Interest on mortgage	11,943	10,634	-	-	-	-	11,943	10,634
Miscellaneous	947	-	-	-	-	-	947	-
Office and supplies	22,401	32,922	-	-	-	-	22,401	32,922
Professional development	5,964	4,902	-	-	-	-	5,964	4,902
Professional fees	19,479	8,541	-	-	-	-	19,479	8,541
Property tax	16,870	15,878	-	-	-	-	16,870	15,878
Repairs and maintenance	29,763	31,951	-	-	-	-	29,763	31,951
Resource materials	9,239	6,431	-	-	-	-	9,239	6,431
Salaries and benefits	1,353,975	1,362,860	-	-	-	-	1,353,975	1,362,860
Telephone	13,118	13,887	-	-	-	-	13,118	13,887
Utilities	14,322	14,995	-	-	-	-	14,322	14,995
	<u>1,598,345</u>	<u>1,597,712</u>	<u>-</u>	<u>-</u>	<u>45,746</u>	<u>47,197</u>	<u>1,644,091</u>	<u>1,644,909</u>
<b>Difference between revenues and expenses</b>	\$ (39,236)	\$ (10,302)	\$ 36,581	\$ 28,412	\$ (20,573)	\$ (29,954)	\$ (23,228)	\$ (11,844)

# 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	2024	2023
Fund balances, beginning of year	\$ -	\$ 136,800	\$ 257,273	\$ 105,000	\$ 499,073	\$ 510,917
Difference between revenues and expenses	(39,236)	36,581	(20,573)	-	(23,228)	(15,358)
Repayment of mortgage	(215,758)	-	215,758	-	-	-
Proceeds of mortgage	207,000	-	(207,000)	-	-	-
Contributions received (Note 7)	15,270	-	(15,270)	-	-	-
Purchase of capital assets	(15,270)	-	15,270	-	-	-
Interfund transfers (Note 8)	47,994	(47,994)	-	-	-	-
Fund balances, end of year	<u>\$ -</u>	<u>\$ 125,387</u>	<u>\$ 245,458</u>	<u>\$ 105,000</u>	<u>\$ 475,845</u>	<u>\$ 495,559</u>

# Financial Statements

## HEARTWOOD HEALING CENTRE INC.

### STATEMENT OF CASH FLOWS

	Year ended March 31	
	2024	2023
<b>Cash flow from operating activities:</b>		
Difference between revenues and expenses	\$ (23,228)	\$ (11,844)
Amortization of capital assets	45,746	47,197
Amortization of deferred contributions related to capital assets	(25,173)	(17,243)
	(2,655)	18,110
Changes in non-cash operating working capital-		
Accounts receivable	6,114	46,218
Prepaid expenses	(716)	(864)
Accounts payable	6,922	(11,513)
Deferred revenue	6,006	(22,161)
	15,671	29,790
<b>Cash flow from financing activities:</b>		
Proceeds of mortgage	207,000	-
Repayment of mortgage	(215,758)	(15,272)
	(8,758)	(15,272)
<b>Cash flow from investing activities:</b>		
Change in term deposit	(1,380)	(950)
Purchase of capital assets	(15,270)	(27,320)
Deferred contribution related to capital assets	15,270	27,340
	(1,380)	(930)
<b>Net change in cash</b>	5,533	13,588
<b>Cash, beginning of year</b>	233,939	220,351
<b>Cash, end of year</b>	<u>\$ 239,472</u>	<u>\$ 233,939</u>



# Financial Statements

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## HEARTWOOD HEALING CENTRE INC.

### NOTES TO FINANCIAL STATEMENTS

#### FOR THE YEAR ENDED MARCH 31, 2024

#### 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.



**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

**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 Centre has two term deposits. The first term deposit bears interest at 3.00% (2023 - 3.00%) and matures on September 7, 2024 (2023 - March 15, 2024). The second term deposit bears interest at 5.10% and matures on September 7, 2024.

**4. Accounts receivable:**

	<b>March 31</b>	
	<b>2024</b>	<b>2023</b>
GST receivable	\$ 1,981	\$ 2,549
Other receivables	22,052	27,598
	<b>\$ 24,033</b>	<b>\$ 30,147</b>

# Financial Statements

HEARTWOOD HEALING CENTRE INC.

Page 4

NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2024

## 5. Capital assets:

	March 31			
	2024		2023	
	Cost	Accumulated Amortization	Cost	Accumulated Amortization
Land	\$ 115,771	\$ -	\$ 115,771	\$ -
Land improvements	12,556	5,513	12,556	4,730
Buildings	984,965	426,920	984,965	403,668
Furniture and fixtures	43,709	28,757	31,058	22,743
Computer hardware	125,241	115,589	122,622	99,891
	<u>\$ 1,282,242</u>	<u>\$ 576,779</u>	<u>\$ 1,266,972</u>	<u>\$ 531,032</u>
Net book value	<u>\$ 705,463</u>		<u>\$ 735,940</u>	

## 6. Mortgage:

	March 31	
	2024	2023
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
Cambrian Credit Union mortgage repayable in monthly instalments of \$1,744, including principal and interest at 6.05%, secured by assets including receivables, inventory, equipment, land and property, and by rents and leases received on the Property 115 Pulford Street.	\$ 201,150	\$ -
Less: Scheduled mortgage payments	<u>(9,004)</u>	<u>(209,909)</u>
	<u>\$ 192,146</u>	<u>\$ -</u>

Scheduled principal repayments required on mortgage are as follows:

2025	\$ 9,004
2026	10,159
2027	10,791
2028	11,462
2029 thereafter	159,734



NOTES TO FINANCIAL STATEMENTS

FOR THE YEAR ENDED MARCH 31, 2024

**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:

	March 31	
	2024	2023
Balance, beginning of year	\$ 268,758	\$ 258,662
Add: Contributions received	15,270	27,340
Less: Amortized into revenue	(25,173)	(17,244)
Balance, end of year	<u>\$ 258,855</u>	<u>\$ 268,758</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% (2023 - 7%) of their monthly gross basic earnings, up to \$68,500 (2023 - \$66,600) and 8.75% (2023 - 8.75%) of their earnings above \$68,500 (2023 - \$66,600). This plan, to which contributions for the Centre during the year totaled \$72,210 (2023 - \$71,116) 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.



# Financial Statements

## HEARTWOOD HEALING CENTRE INC.

### SCHEDULE OF GRANT REVENUE

	Year ended March 31	
	2024	2023
<b>Operating Fund:</b>		
Housing, Addictions and Homelessness	\$ 833,000	\$ 801,300
Manitoba Justice	45,000	45,000
Department of Justice Canada	115,455	190,175
Public Health Agency of Canada	120,469	120,469
United Way Winnipeg	200,144	190,260
	<u>1,314,068</u>	<u>1,347,204</u>
Project funding-		
Canadian Womens Foundation	26,023	135,297
United Way Winnipeg	714	-
Telus Community Board	12,807	-
Anonymous donor	76,700	-
Manitoba Association of Women's Shelters	-	18,000
Thomas Sill Foundation	-	8,500
Canadian Centre for Policy Alternatives	947	684
Manitoba Housing	1,311	-
TD Canada Trust	10,000	-
The Winnipeg Foundation	113,056	76,657
	<u>241,558</u>	<u>239,138</u>
	<u>\$ 1,555,626</u>	<u>\$ 1,586,342</u>