



IMPACT REPORT



2022-23

Sept
23

TURNING ON THE PORCHLIGHT



"Unprecedented" is the word we've heard over and over these past few years, and the 2022/23 fiscal year for our organization was certainly unprecedented. While the name "Family Counselling Centre of Cambridge and North Dumfries" served us well for several decades, we made the decision to rename and rebrand our organization, creating a fresh and meaningful brand to serve us into the future: Porchlight Counselling and Addiction Services. Not only is the name shorter and more memorable, it also speaks to the feeling of arriving at a place where the people care about you – that's why they leave the porch light on. We are so thrilled with the reception our new name has received, and we hope it speaks to a renewed sense of purpose and service to our community.

Despite the positives of our rebrand, we continue to struggle to keep up to the unprecedented need for our supports. We are in the midst of a mental health, addictions, and housing crisis, and the need for Porchlight's services is greater than ever. This year we made some progress on meeting this unprecedented

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community need, working hard to bring in new revenues, hiring new staff, and reducing our counselling waiting list. We also started new programs, including relaunching our Walk-In Counselling Program, opening two Safe Justice Beds in our Recovery Homes, and expanding our Taming the Dragon program to reach more kids in our community.

Despite these many successes, we continue to struggle with frozen and chronic underfunding of our work at all levels of government, which has resulted in stubborn waiting lists.

This has also been a year of unprecedented growth in partnerships, whether it's our deep participation in the Community Mental Health and Addictions Clinic (CMAC) with the Cambridge and North Dumfries Ontario Team, reopening the Children's Wellness Hub in the Cambridge Food Bank, closer collaboration with our Counselling Collaborative partners, and the first in a series of events called Conversations for Community Care, in partnership with Rhythm & Blues Cambridge and Kind Minds Family Wellness. We know we go faster alone, but further together.

The level of community support we have received this year has also been unprecedented. With 100+ community members helping us raise \$17,000 at our first Cambridge Moves for Mental Health event, the amazing support we received at Perfect Pitch and 100 Men Who Give a Damn, third-party fundraisers such as the Ayr-Paris Band Concerts and Dumfries Mutual Insurance Golf Tournament, or our amazing partners who make daily life for our Recovery Home residents better, such as Litethrive and Wanner Mennonite Church. Our community knows that we need mental health and addictions support, and we are so honoured by the generosity of time, talent, and treasure from our community.

It has also been an unprecedented year of ups and downs for our team. We've gathered and built stronger relationships within our staff – the largest staff group our agency has had in 83 years – including a full staff retreat and other teambuilding activities. It's also been a year of celebration, including seeing Marian Best win a KW Oktoberfest Woman of the Year award for her decades of work in addictions. It was also a year of saying goodbye to friends and colleagues, including Cecil Kuwabara, who retired after a more than 4-decade career in Family Service agencies. And we said goodbye to our dear friend Gord Moir, who left us suddenly after years of work in the Partner Assault Response program. We hope you will take a look at his memorial page in this report.

No matter how unprecedented the coming years are, Porchlight is committed to doing our best to serve the growing and changing needs of our community. We hope you will continue to support us as we work to show that #MentalHealthMatters in Cambridge and North Dumfries.

CAMERON DEARLOVE
Executive Director



DIANA DRACKLEY
Board President



OVERVIEW OF OUR ORGANIZATION

OUR ROOTS

Porchlight Counselling and Addiction Services began in 1940 when a group of community members came together to support local families who suffered loss as a result of the Second World War. Our organization acquired charitable status in 1967 and while our name has changed several times, our services have always been community-driven and responded to the unique needs of individuals living in Cambridge and North Dumfries. We have always strived to be an integral part of the lives of families in our community. We provide a broad array of programs and services that encompass both individual and group work. We have been serving North Dumfries directly since 1998.

In 2018 the Cambridge Shelter Corporation announced the closure of their Addictions Services program, and our organization stepped up to ensure this vital service continued to be offered in our community. Our addictions program includes 2 Recovery Homes for women and men which offer a supportive living environment for up to 3 years. We rebranded as Porchlight in the fall of 2022.

MISSION

PORCHLIGHT PROVIDES A SAFE SPACE WHERE COUNSELLING AND ADDICTIONS SERVICES SUPPORT THE EMOTIONAL WELL-BEING OF PEOPLE IN CAMBRIDGE AND NORTH DUMFRIES.

VISION

WE ENVISION A COMMUNITY WHERE EMOTIONAL/MENTAL HEALTH AND WELL-BEING ARE PRIORITIZED AND DESTIGMATIZED.

VALUES

**EXCEPTIONAL. INCLUSIVE. COMMUNITY BASED.
ADVOCACY. EMPATHY.**

REBRANDING OPEN HOUSE



On October 10, 2022, we held a fall open house at Wanner Mennonite Church to unveil our new name and branding to the community.

We want to thank our partners and supporters for the warm reception.



MEDIA COVERAGE

- Cambridge Today - [Cambridge family counselling centre reveals new name and logo](#) - October 12, 2022
- Cambridge Times - ['The feeling of coming home': Rebranding of Cambridge counselling organization shines light on expanded services](#) - October 17, 2022
- Ayr News - [Local counselling centre renamed Porchlight](#) - October 19, 2022

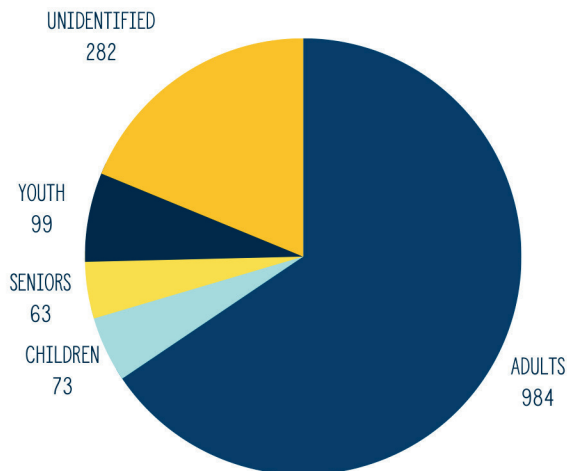
COUNSELLING

Prepared by: Jessica Owen (she/her), Programs & Operations Director

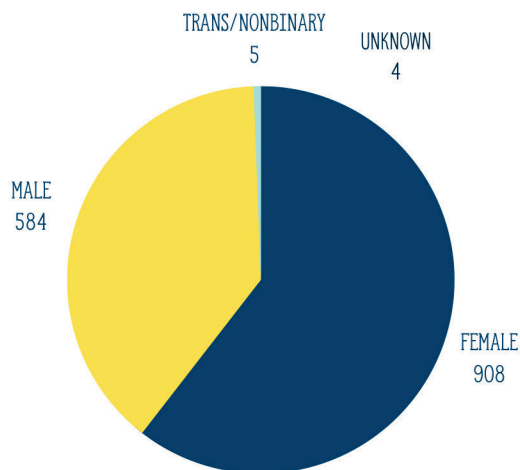
2022-23 BY THE NUMBERS



PEOPLE WHO RECEIVED
COUNSELLING



BY AGE



BY GENDER IDENTITY

GROUP THERAPY

116

PARTNER ASSAULT
SUPPORT PROGRAM

ADDICTIONS GROUPS

63

19

WHY? SUPPORT
AFTER SUICIDE

HEALTHY LIVING

9



NORTH DUMFRIES

1,652

YOUNG AT HEART:
SENIORS MEALS SERVED

COUNSELLING SESSIONS

519

YOUTH PROGRAMS

Prepared by: Amy Battistone (she/her), Supervisor of Child, Youth & Community Supports

TAMING THE DRAGON CONGRATULATIONS TO THE 1150 STUDENTS WHO LEARNED TO BETTER MANAGE THEIR ANXIETY WITH US THIS YEAR!



Let's face it: moments of anxiety have been heightened over the last three years. The pandemic threatened our sense of safety and increased our experience of isolation, stress, and unplanned changes in routine. As a result, mental health and education continues to be a need and priority for everyone, including our youth. Our Taming the Dragon program is an Educational Series that discusses anxiety, how is it normal and ways we can use tools to manage it effectively. In the program, we refer to anxiety as the "worry dragon" we want to tame and train.

Schools continue to be the most accessible and inclusive way to provide this education to as many students as possible. We continued with our class-based model and facilitated the program virtually. Thanks to funding from the Lyle S. Hallman Foundation and with the help of 4 facilitators from the Porchlight team, we provided the program to approximately 1150 students this year.

STUDENT FEEDBACK

"THANK YOU –I LEARNED HOW TO TRAIN MY DRAGON" –STUDENT

"I LEARNED MORE WAYS TO CALM" –STUDENT

"I LEARNED DIFFERENT CALMING DOWN STRATEGIES" –STUDENT

YOUTH PROGRAMS

STUDENT AND TEACHER FEEDBACK

“THANK YOU VERY MUCH FOR LEADING AND TEACHING US FOR THE “TAMING THE DRAGON” COURSE. IT WAS SO WELL ORGANIZED AND WE APPRECIATED YOUR PATIENCE AS WE DEALT WITH THE TECHNOLOGY! THE CONTENT WAS FANTASTIC AND SUCH IMPORTANT SKILLS FOR OUR STUDENTS! THE STUDENTS WERE SO EXCITED TO TAKE THEIR BAGS HOME AND SHARE THE INFORMATION WITH THEIR FAMILIES.”

“THANK YOU VERY MUCH!” –[TEACHER] AND GRADE 4/5 CLASS.”

“THANK YOU SO MUCH! YOU HELPED ME FIND OUT STUFF ABOUT MYSELF THAT I DIDN'T KNOW” –STUDENT

We continue to grow and evolve with the needs of our community. During the school year of 2023-2024, we continue with our class-based model but are offering the program in-person! Before this school year, our curriculum was age-specific and meant for students in grade 3,4,and 5. This year we have developed material for grades up to grade 10 and will be offering the program to those most in need.

RIDING THE WAVES

Thanks to the Astley Family Foundation we have had an opportunity to explore, develop and evaluate youth programs within the community. The research into the needs of youth and what they felt would be most valuable led to the development of a program called “Riding the Waves” which provides youth with education on different types of emotions and how to regulate them.

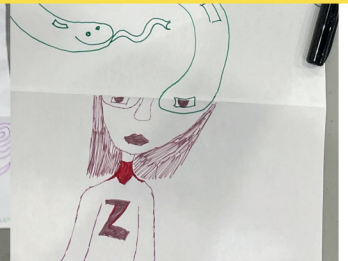
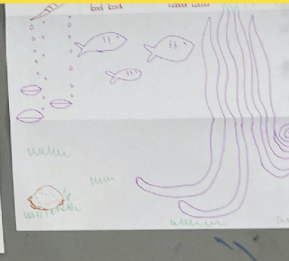
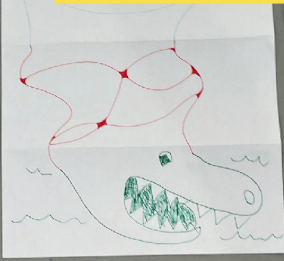
We piloted this program in schools in a grade 8 and grade 10 classroom. The feedback was positive and we will be offering schools the choice between facilitating this program or our original program (Taming the Dragon) during the next school year. This way, students have access to the tailored education they need.



YOUTH PROGRAMS

ART/WELLNESS WORKSHOP:

Another program we piloted thanks to support from the Astley Family Foundation was our Art and Wellness Workshop. This workshop was completed in partnership with the Idea Exchange and the program included both mental health education and an art exercise. This was a well-attended program that continues to be an interest for the community so we are moving to offer the workshop on a monthly basis.



Here is what participants are saying:

- "I liked that it was very low pressure and that the environment was non-judgmental!"
- "I have picked up a few more tools that I think I can integrate into my life."
- "It felt like a safe space."
- "Presenters were warm and caring; gave me something to think about!"
- "I liked how the 'art' part led to people talking and sharing/friendly!"
- "I really just liked it overall. It is an accepting environment and it was very enjoyable."

COMING SOON

IN THE NEXT YEAR WE CONTINUE TO GROW OUR YOUTH-LED COMMUNITY PROGRAMS
IN COLLABORATION WITH SOME COMMUNITY PARTNERS:

- KINBRIDGE COMMUNITY ASSOCIATION – YOUTH LEADERSHIP WORKSHOP
- CAMBRIDGE FOOD BANK – KINSHIP GROUP AND YOUTH GROUP

ADDICTIONS

2023

Prepared by: Marian Best (she/her), Addictions Clinical Supervisor

Our team continues to go beyond expectations every day to assist our residents on their road to recovery. Here are just a few of the highlights and opportunities provided through Addiction Services.

This past year, we continued to focus on building comfortable safe surroundings supporting individuals on their recovery journey. We saw an increase in the ages of our residents with more admissions over the age of 50. We recognize that addiction is a chronic lifetime illness and can stay in remission. However, it is difficult to do so without continued self-care and accessing the supports necessary to stay in recovery. For some, living in isolation, poverty and mental health become triggers where substance or alcohol use becomes the coping mechanism to deal with guilt and shame. Porchlight has addressed this by increasing supports in therapeutic counselling and psychotherapy. Community members have access to individual addiction counselling, relapse prevention and treatment referrals.

Our recovery home residents are followed in partnership with Lang's for their medical needs. Dr. Albrecht and his team provide compassionate complex care in understanding how addiction affects physical as well as mental health. With the exception of hospital needed care, we have evaded the revolving door of accessing emergency rooms for our clients, reducing the cost of health care in our city.

Social Inclusion is experienced with our monthly rec night and special events hosted at Wanner Mennonite Church. We appreciate all the organizing done by Sheila Labelle and Pastor Kim as well as the Parishioners from Wanner and Preston Mennonite Churches for planning as well as the compassion and care given to our residents. Many Recovery Home alumni continue to attend the recreation evenings, as well.



ADDICTIONS

Year End



OUR ANCORA HOUSE RESIDENTS ENJOYING THEIR WEEKLY SESSIONS WITH LITETHRIVE



OUR GUEST HOUSE RESIDENTS AT CROW SHIELD LODGE IN APRIL 2023



RANDY NOVAK AND THE PORCHLIGHT TEAM PREPARING FOOD TOGETHER FOR HARVESTING HOPE

Ancora House continues to benefit from the kindness of Erin Moraghan, founder of Litethrive and her team. These sessions are a highlight of the week for our ladies who will readily correct you if you describe this as "yoga." Strength building, growing in self-confidence, improved body image and positive self affirmations are personal gifts shared by our residents. The mentorship is greatly valued by our residents.

Our meal programs have continued to be supported with weekly donations from the Waterloo Region Food Bank and helps our residents to learn a variety of ways to make ends meet and cooking on a budget. Cooking and meal planning are skills that many of our residents did not have prior to entering our homes. We also appreciate the added donations from Oakridge Farms and the community at large.

With the help of Randy Novak, the seniors Meals in a Hurry Program has helped to keep our Social Enterprise thriving. Many of our residents and alumni continue to volunteer with Randy in the kitchen at Wesley United Church at events and serving special lunches. Look for "Harvesting Hope" Saturday's at the Cambridge Market.



ADDICTIONS

We would be negligent not to mention the willingness and hard work of our residents. We appreciate their openness and bravery. This year we have had representatives from the Provincial and Municipal Governments, Court & Justice Services as well as different faith organizations come and visit our homes. The willingness to be vulnerable with strangers is nothing short of courageous, where negative stigma has been undoubtedly experienced by each and every one of them.

With a wait list of 22 for our men's home and 21 for our ladies' home, the needs are unmet for so many struggling to find a recovery community. With the rise in our aging population, the need will only increase. To all of you who give of your time in the community as sponsors and mentors, complex care providers, to those who are hosting Big Book Studies on site, and to those who with compassion reduce social isolation, our appreciation for you is hard to capture. We cannot thank you enough.



CLOCKWISE FROM TOP-LEFT: ANCORA HOUSE RESIDENTS AND MPP JESS DIXON
GUEST HOUSE RESIDENTS GETTING THE GARDEN READY FOR PLANTING. THE PORCHLIGHT TEAM AT OKTOBERFEST WOMEN OF THE YEAR CELEBRATING MARIAN BEST.
SUMMER STUDENTS ASHLEY AND CASSANDRA WITH ADDICTIONS SUPPORT WORKER JULIE AT INTERNATIONAL OVERDOSE AWARENESS DAY 2023



We kicked off Mental Health Awareness Week 2023 with the launch of our new annual spring fundraiser. Cambridge Moves for Mental Health saw over 100 participants walk, run, and roll up to 5 KM for inclusive, accessible mental health services.

We want to thank everyone who took the time to participate in and support our fundraiser. We could not have done this without you!

Special shout out goes to the Holy Walkamoly's - Our Men's Recovery Home Residents - for being the team that raised the most this year!



THANK YOU FOR HELPING US RAISE OVER \$17,500
MORE PHOTOS: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HMK8WNXRTMK](https://www.youtube.com/watch?v=HMK8WNXRTMK)

CAMBRIDGE MOVES FOR MENTAL HEALTH WILL BE BACK NEXT YEAR
SAVE THE DATE: APRIL 27, 2024

NORTH DUMFRIES



We continue to benefit from the rich relationships, connections, and community support for our work in North Dumfries.

Friday's Young at Heart Lunches - facilitated by Brenda Clements, Community Program Coordinator - continue to be well attended. These weekly gatherings offer seniors in North Dumfries an opportunity to connect over a meal at Knox United Church and work to reduce social isolation.

We are thankful for the musical groups, led by the Ayr-Paris Band, that came together in January to raise funds for Porchlight.

IN MEMORIUM: GORD MOIR



On Monday August 28th, 2023, our dear colleague Gord Moir passed away suddenly.

Gord was a facilitator in our Partner Assault Response (PAR) for the last 6 years. Gord will be remembered for his warmth, humour, and storytelling. He knew how to make you feel seen and heard, and was a vital part of rebuilding families in Cambridge and North Dumfries. He is dearly missed.

STAFF REFLECTIONS

"Gord was such a supportive coworker and mentor. What I admired the most about him was his authenticity and empathy towards his coworkers and clients.

It was very important to him that everyone he came across knew they were important and that he cared. Gord had mastered the art of story telling and had such a vast and interesting repertoire of life stories to tell. He has truly changed my life and will be forever missed."

– VALÉRIE CLARK

"Gord was truly a genuine and unique person. I was blessed to have been in his company at Porchlight. He had a wonderfully dark sense of humor which helped him keep a light and joyful energy around him, even in the face of some heavy and challenging moments as a PAR Facilitator. And in spite of having a fascinating life and being incredibly well read and well traveled, he was humble and gracious. I was touched by an email he sent me after one of our social gatherings, when he thanked me for my company and told me that I was delightful to talk to. As a socially anxious type who gets nervous at gatherings, it meant the world to me to hear that type of feedback from someone who I respect as much as Gord. I was also looking forward to meeting up with him after we finished reading "The Body Keeps the Score" to exchange thoughts and reflections on the book and that's something we never had the chance to do. I will miss him and feel his presence and guidance in this work. He has been a beautiful gift to this world."

– JESSICA STROEBEL

"For the short time that I knew Gord, it was quite evident that he was a very humble, kind, and rare, gentle soul. The first time I met him was at the agency's Staff Retreat, last Fall. He seemed honored to tell me about his position at the agency— sharing about the PAR program and supporting the men he worked with. Then, at the Holiday Staff Meeting/Party was the next time I connected with Gord; I recall he was asking everyone at our table what their favourite book was, and if they had a book they would recommend he read. I had a strong impression that this man loved Connecting with Others; he was chatty and seemed in good spirits! The two of us had a nice conversation, as he was very welcoming. Later that day, I received this message: Thanks for visiting with me today at the staff meeting / party. It was great to get to know you a bit better. There is a kind of sparkle in your eyes that is infectious in a really good way. I felt uplifted after chatting with you. Thanks again for your time. Gord.

I was surprised and taken aback by his message. And we continued to connect here and there; he would check in to see how I was doing- always giving compliments, appreciation, an ear, a smile. I always felt such warmth and gratitude from Gord. Gord is truly a huge part of the Light at Porchlight, and his legacy will live on. He radiates a great Vision of what, how, and who People can aspire to be. I will forever be grateful for having met him."

– KALYSHA FELTZ

"I was so sad to hear about Gord's passing. Last summer, I was struggling significantly with my mental health and had to take some time away from my role in order to get access to the care I needed. Gord made sure to send me notes via email to know he was thinking of me. Thinks like, "Hang in there Robyn" and "Welcome Back!"

He always took a genuine interest in the people around him and loved to share stories. I will miss him."

– ROBYN SCHWARZ

"Gord was a kind, gentle soul that was compassionate about the work that he did at Porchlight. He truly touched the lives of so many of his clients and they have expressed what Gord meant to them. He always had an intriguing story to tell or even just a fun fact for the day, he was always there to talk or listen to whatever I had to say.

Gord and I have a very similar sense of humour, so we had a lot of laughs together over the years of working together and that I will greatly miss!"

– JESSICA OWEN

"When I came into the office on a payroll Monday there was usually a phone message on my voice mail or an email from Gord or he was on the line thanking me for always getting the payroll done correctly and on timely basis. I know how much work the payroll is as my wife does payroll. That is a message I will miss every day. He was always kind and thoughtful and just took the time to make you feel good but also important. He always took the time to get in touch with me. He was a kind and very thoughtful man!"

– JUDY BUCHNER

COMMUNITY MENTAL HEALTH AND ADDICTIONS CLINIC (C-MAC)



From March to April, Porchlight played an important role in providing staffing as a part of the Cambridge North Dumfries Ontario Health Team's 8 week Community Mental Health and Addictions Clinic (C-MAC). This walk in clinic was intended to improve quick access to mental health and addictions treatment in our community. Working as a part of a multi-disciplinary team which included Physicians, Nurse Practitioners, peer support workers, and community partners, Porchlight's therapists and addictions counsellors meaningfully helped folks access mental health services in a safe and supportive environment.

More information and the full evaluation report can be found at:
cndoht.com/Projects

ADVOCACY

Prepared by: Robyn Schwarz (she/her), Fund Development, Advocacy, and Communications Lead

IN THE NEWS

Over the last year, Porchlight has been featured in more than 17 local news articles. From our rebranding to the reopening of our Children's Wellness Hub at the Cambridge Food Bank, we have been busy sharing all the exciting changes that are happening at our organization.

We have also published OpEds in the Cambridge Times on topics such as the need to increase social assistance rates, Disability Pride Month, and women + ADHD. These topics are a part of our push for systemic change around access to mental health services in our community.

We continue to find new ways to engage with stakeholders, including the [2022 Municipal Election Survey](#) in partnership with the Cambridge Shelter, the Cambridge Food Bank, and YWCA Cambridge.



OPINION

Women with ADHD deserve better

55 min ago

Last year I went to the Emergency Department at Grand River Hospital for mental health supports, because I had nowhere else to go. I had asked for help multiple times, but every doctor I saw, including four psychiatrists, failed to provide me with the proper diagnosis and treatment for symptoms

CONVERSATIONS FOR COMMUNITY CARE

Porchlight kicked off a new mental health awareness series this spring with our first event - Conversations for Community Care: Black Women's Mental Health.

Working alongside Rhythm & Blues Cambridge, we brought together 3 Black women who work in the mental health sector to share their experiences and participate in a community art project.

We want to thank Waterloo Region Community Foundation and Idea Exchange for their support of this event pilot. Stay tuned for more Conversations for Community Care this fall and winter.



ADVOCACY

PERFECT PITCH

In the fall of 2022, Porchlight was selected to be a part of Perfect Pitch - Social Venture Partners Waterloo Region's annual pitch event for local nonprofits.

Alongside 6 other agencies, our team participated in three 2-hour sessions to learn how to share our story with greater power, passion, and clarity.

We want to thank our coaches - Alex Kinsella and Sally Lee - for guiding us through this process and for all their support. Special shout out goes to Board Member and former Ancora House resident Janet Jones, who not only did our pitch but also helped us win the audience choice award!



ADDRESSING INEQUITY

We continue to push for increased funding for all services in Cambridge and North Dumfries at the local, provincial, and national level.

In the spring of 2023, we published an important OpEd and extended blog post called '[It's Well Past Time for Equity in Services in Cambridge](#).' Utilizing data from Wellbeing Waterloo Region, our team showed that the overall quality of life, sense of wellbeing and belonging, and access to resources in Cambridge measures well behind the Region as a whole, and by our urban peers, Kitchener and Waterloo.

We want to thank all the community leaders who have taken the time to visit and meet with us in 2022-23. We know we can go further, together.



PORCHLIGHT WAS RECOGNIZED AT THE 2022 CAMBRIDGE CHAMBER COMMUNITY AWARDS FOR ORGANIZATION OF THE YEAR - OVER 10 EMPLOYEES

OUR SUPPORTERS

- Astley Family Foundation
- Bell Let's Talk
- Cambridge and North Dumfries Community Foundation
- Cambridge Centre Honda
- Canadian Women's Foundation
- City of Cambridge
- Counselling Collaborative of Waterloo Region
- Federal Government
 - Canada Summer Jobs Program
- Foodland Ayr
- Hutton Forest Products
- Kitchener Waterloo Community Foundation
- Litethrive
- Lyle S. Hallman Family Foundation
- Oakridge Acres
- Ontario Trillium Foundation
- Provincial Government
 - Ministry of the Attorney General
 - Ministry of Children, Community and Social Services
 - Ministry of Citizenship and Multiculturalism
 - Ministry of Health and Long-Term Care
 - Ministry of Seniors and Accessibility
- Region of Waterloo
 - Upstream Fund
- Social Venture Partners - Perfect Pitch 2022
- Township of North Dumfries
- Toyota Motor Manufacturing Canada Inc.
- United Way Waterloo Region Communities
- Wanner Mennonite Church

OUR SUPPORTERS

- Waterloo Region Community Foundation
 - Anonymous Fund
 - Community Fund
 - Community Services Recovery Fund
 - The Essentials Fund
 - Fund for Gender Equality
 - J.D. Walden Family Fund
 - Janice and Robert Deutschmann Family Fund

Support for Cambridge Moves for Mental Health:

BBare Beauty Bar
Cambridge Martial Arts Academy
Drayton Entertainment
Freshco Delta Centre - Cambridge
Harvesting Hope
iBowl.ca Family Fun Centre
JTM Cakes N' Pops
Messy Markers
Sobey's Cambridge
Sugar Daddies Bakery



100 MEN WHO GIVE A DAMN



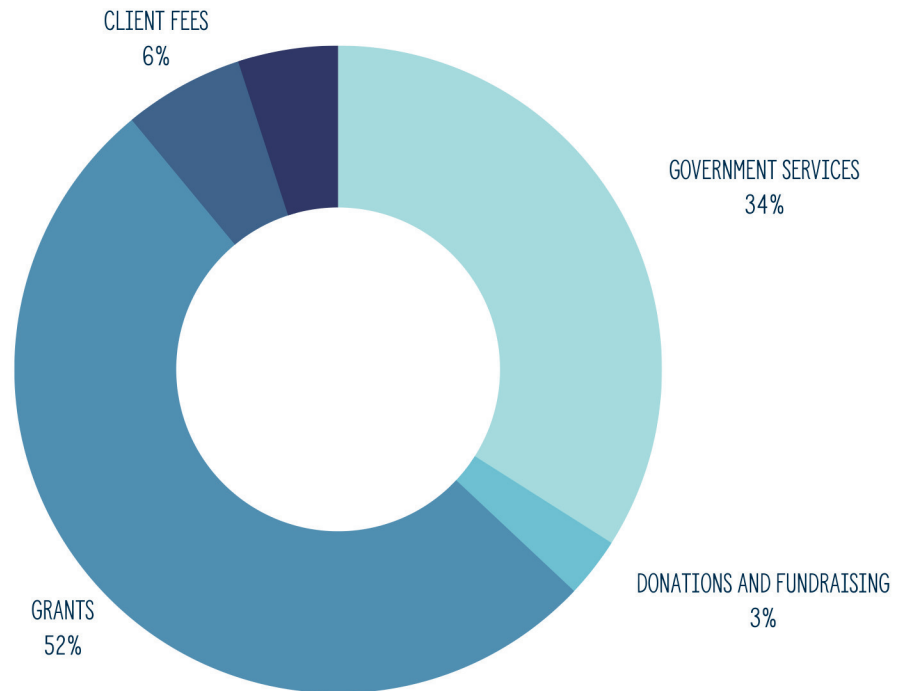
DUMFRIES MUTUAL INSURANCE

TO ALL OUR STAFF, VOLUNTEERS, CLIENTS, DONORS, COMMUNITY MEMBERS, AND SUPPORTERS:

THANK YOU FOR ALL YOUR CONTRIBUTIONS TO OUR WORK OVER THE LAST YEAR.

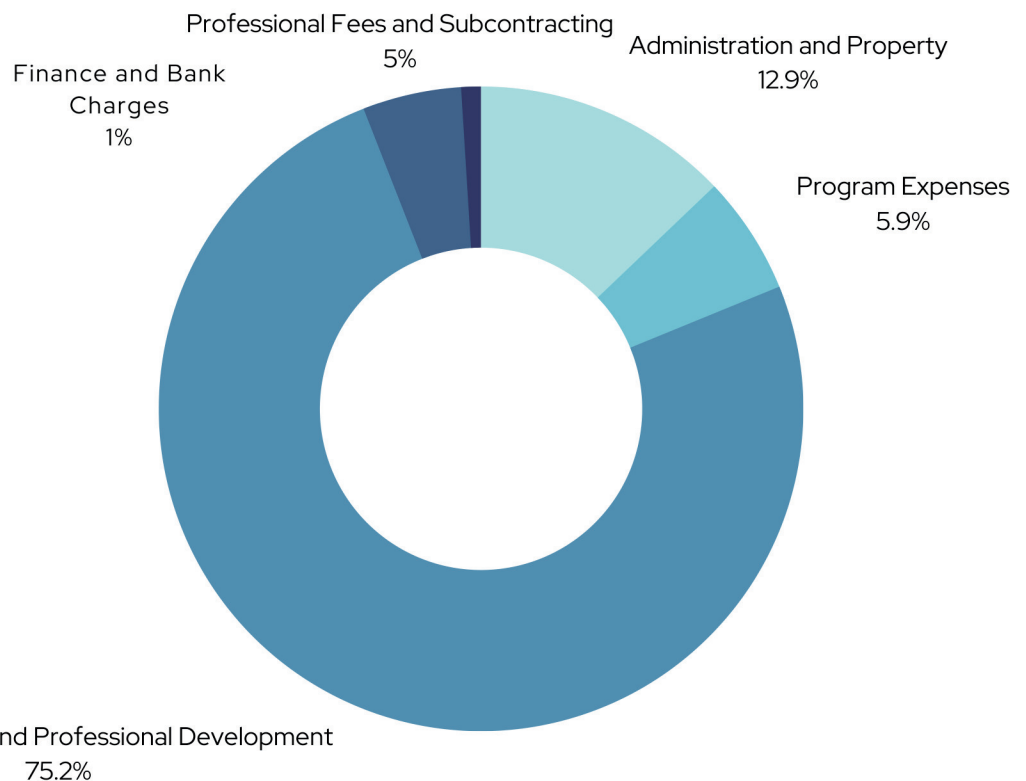
2022-23 FINANCIALS

REVENUE



Total Revenue:
\$2,078,733.00

EXPENSES



Total Expenses:
\$1,762,454