



SHORE CENTRE

SEXUAL HEALTH • OPTIONS • RESOURCES • EDUCATION

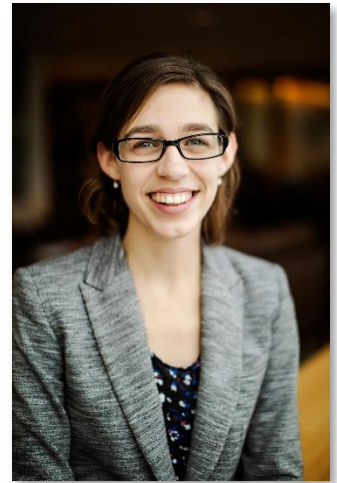
Annual Report | 2020-2021



Message from our Board of Directors President

I am at a loss for words which, for those of you who know me, is somewhat uncharacteristic. In a year where just simply getting by would feel like more than enough, SHORE Centre has defied the challenges of the pandemic and is coming out the other side stronger than ever.

We saw and met nearly double the demand for our clinical services, as we became one of the first to transition to remote services and one of the remaining places for abortion and reproductive care as other clinics reduced or shifted their availability because of the pandemic. Our education team imagined and deployed creative ways of using technology to reach the people who still needed the vital information we provide. Our outreach work fostered connections from a distance and adapted to a “porch drop-off” model of service for folks in need of support as they continued their pregnancies. And while much of this was obviously started before last year’s AGM, it’s worth mentioning because of the effort it took to move from disaster response to interim normal and then sustain it for another twelve months. Many thanks to our staff who made all of this possible and overwhelmingly successful!



A heartfelt thanks to Alicia Langill who served as Interim ED from April 2019 to August 2020. Leading any organization as Interim ED is challenging in a best case scenario; leading a health organization during the onset of a pandemic is certainly not the best case scenario! Thank you, Alicia, for rising to the challenge.

Just after last year’s AGM, we welcomed TK Pritchard as our new Executive Director. The experience, ideas, and heart TK brings to SHORE are immeasurable. I know they are the leader SHORE needs as we do our part to create a better post-pandemic world.

Thank you to our funders, donors, and supporters. I’d like to particularly thank our funders who have gone above and beyond in being flexible and generous as we were constantly responding to the challenges of the pandemic. Your trust in our organization and our mission anchored this year’s work.

Finally, thank you to the board. Your work is often invisible, but so necessary. The stability you provided SHORE in this challenging year will reverberate for years to come. Thank you for your generosity of time, expertise, passion, and financial support. Many thanks to outgoing board member, Joanna Piatkowski, for all your contributions.

As I step down as Board President, I am as inspired by SHORE’s work in our community as I was when I first joined the board six years ago - if not more so. It has been an honour, a privilege, and a joy to serve such an amazing organization in the fight for reproductive justice.

With solidarity and care,

A handwritten signature in blue ink that reads "Eleanor McGrath".

Eleanor McGrath

Our Vision, Mission & Values

Our Vision: SHORE Centre imagines a community that values sexual health and reproductive freedom as essential for people to live their best lives.

Our Mission: SHORE Centre offers exceptional and inclusive sexual and reproductive health services in our community that uphold the dignity of everyone.

Our Values: Accessible, Inclusive, Accurate, and Courageous.

Our Strategic Plan - 2020-2023

Improve Organizational Capacity and Operational Systems

- Increase sustainability
- Build infrastructure
- Provide ethical employment

Expand Geographical Reach

- Find new communities in need of services
- Establish partnerships
- Provide services in satellite locations

Increase Our Impact

- Broaden population-specific programming
- Build community capacity in education
- Meet the demand for clinical services

Promote Choice

- Advocate for increased access to care
- Reduce stigma around sexual health
- Be a vocal ally for reproductive justice

Sexual Health Education

SHORE Centre is known for our highly interactive and dynamic sexual health presentations, which often includes hands-on activities. In 2020-2021, we had to re-think our strategies as we moved to virtual learning and lost access to classrooms for a significant portion of the year. Our team got creative and explored new online tools and applications in order to deliver the same high quality, fun, and engaging content to our community. We provided **120** virtual workshops and created more than **30** educational videos. We also utilized digital tools such as Instagram Live and anonymous question applications to reach youth.



Through virtual workshops and educational videos we reached 13,494 people

Popular Topics

- Safer Sex/ STIs (30.46%)
- Birth Control/ Pregnancy (29.26%)
- Puberty/ Anatomy (28.46%)
- Menstruation (11.82%)



Educational Workshops by Age



- 9-12 (7.5%) ■ 13-14 (30.83%)
- 15-18 (56.67%) ■ 18+ (5%)

"I was excited and nervous to learn about puberty. I was able to learn a lot and you organized everything so well! I loved your presentation. You are the best puberty teacher ever!"

-Grade 4 Student

Newcomer Health Program

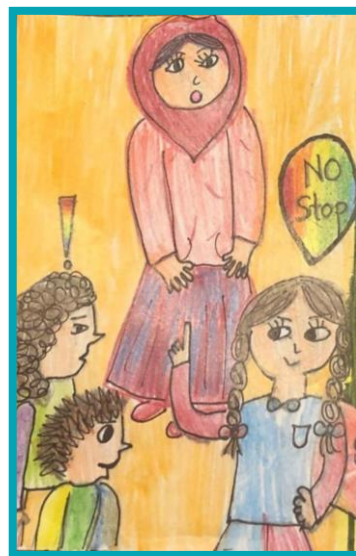
This year our Newcomer Health Program also adapted by virtually offering inclusive and vital support to newcomers in our community throughout this challenging and isolating time. Our program provides community members with information related to healthy relationships, sexual health, pregnancy, and more through programming for adults as well as parents and children together. We ran programs in both Arabic and English and were able to access additional interpretation services.



**53 people participated
in our multi session
groups**



**We were able to stay
connected and provide
additional support through
phone and messenger apps**



**To engage our youth
participants beyond
the screen, we also
ran art contests.
Youth submitted
drawings, stories,
poetry and more!**

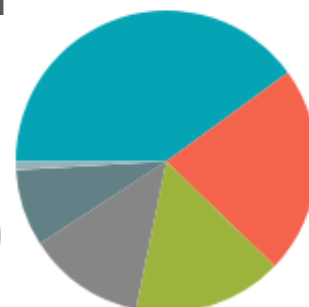
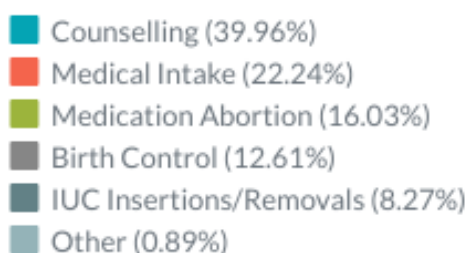
Counselling and Medical Services

This year we saw a significant increase in demand for our counselling and medical services. The pandemic brought many new challenges and barriers for our clients including heightened anxiety, inability to access transportation, other healthcare providers limiting their services, and intensified scrutiny and control from family members and partners. This resulted in more clients accessing our services who often had a greater need for complex support. In total we had **3866** appointments, a 109% increase over last year. Our services were primarily offered through virtual care and telemedicine, with strict COVID safety protocols for our necessary in-person appointments.



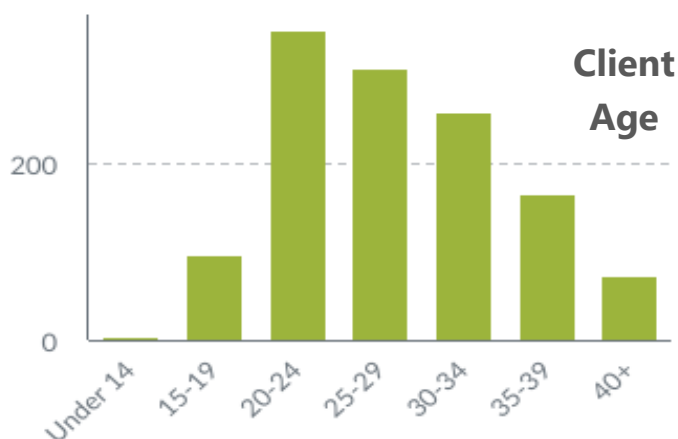
We saw 1448 unique clients, a 85% increase over last fiscal

Clinical Services Provided



Client Gender Identity

96 % Women
0.9% Non-Binary/Agender
0.5% Men
2.6% Not Disclosed



"It's not often that I've experienced such care, patience and such a positive experience for a health service — not only during my visit, but in all of my communications leading up. You've gone above and beyond, and I appreciate the extra mile from you all!"

-Medication Abortion Client

Empowering Pregnancy

Empowering Pregnancy provides social, emotional, and material supports to people who are continuing a pregnancy. The program relies heavily on the open, accessible, and non-judgmental relationships our staff members build with clients. This past year, clients came to SHORE Centre with significant needs such as loss of income due to the pandemic which resulted in greater need for material supports and increased social isolation during a time when they would usually have had support from friends and family. To ensure continued and ongoing support our team quickly moved to offering virtual care, socially distanced outreach visits, and porch drop off of essential items such as car seats and diapers.



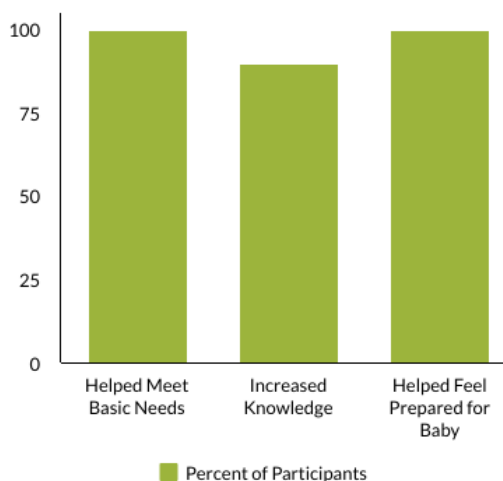
This year we supported 49 families with counselling, outreach and practical supports

Participants Reported



- Feeling more prepared for baby
- **Decreased financial burden**
- Reduced stress
- **Better ability to cope**
- Feeling more connected to others
- **Feeling more in control**

Key Impacts



"To be honest, if this parent support would not have been there for me, I would not have been able to do it or be alive at this point. They opened for me a way if I need help, I can just ask."

-Empowering Pregnancy Client

Expanding Our Reach

At SHORE Centre we strive to break down barriers to accessing reproductive and sexual health resources, education, and healthcare in our own community and beyond. We have several programs addressing a variety of needs which includes our **Wheels for Choice** program - providing transportation for clients to medical appointments, **Choice Connect** - providing people across the country with information about their nearest abortion provider and our **Capacity Building** project which will support 3 cities in Ontario to offer services similar to ours in their own community.



Our volunteer Wheels for Choice drivers provided transportation to London, Toronto and Mississauga



Choice Connect enabled 5095 individuals across the country to easily find an abortion provider



After identifying 12 communities, our team completed 6 full environmental scans to assess potential capacity building project sites. Ultimately, we decided on 3 communities where we have begun building partnerships to create new local services.



Our Staff

Hoda Ghonim, Newcomer Program Coordinator

Matthew (Rached) Gmitrowicz, Sexual Health Educator

Elise Gordezky, Receptionist

Carly Greco, Pregnancy Options Counsellor

Jess Huston, Administrative Assistant

Alicia Langill, Interim Executive Director/ Operations Manager

Brockenshire Lemiski, Sexual Health Educator

Ash Metzloff, Pregnancy Support Outreach

Brittney O'Hara, Interim Clinic Manager/ Clinic Counselling Lead

Kayla Orr, Pregnancy Options Support and Clinic Manager

Angelique Patton, Intake Worker

TK Pritchard, Executive Director

Robyn Schwarz, Special Projects Coordinator & Expansion Lead

Maddy Taylor, Sexual Health Educator

Our Clinicians

We are incredibly grateful to have partnered with 12 clinicians who worked with our team to offer client centered, non-judgmental, and supportive care. SHORE Centre also hosts a variety of medical residents and healthcare learners.

Additionally, we want to give special thank you to Dr. Laura Pellow for joining us as our Medical Director!

Our Student Interns and Canada Summer Jobs Staff

We provide a number of placement opportunities throughout the year for students from various schools and employ young people through the Canada Summer Jobs Program. Thank you to Shreya Acharya, Rayya Brown, Romy Buchner, Laura Coakley, Niamh Geraghty, Jess McKenna, Amanda Moss, Rush, Natalie Townsend, Helen Unger, Alee Woodhouse, and the Conestoga BCCJ program. We appreciate everything you contributed to SHORE Centre.

Our Board of Directors

Eleanor McGrath, President
Dan Brown, Treasurer
Ryan Bayne, Secretary
Jane Arnold
Joseph Fonseca
Rosemary Killeen

Jane MacDonald
Graham Mitchell
Beth Palmer
Joanna Piatkowski
Lianna Sanelli

Our Volunteers

Thank you to our amazing volunteers! This year looked different, but we were incredibly grateful for your ongoing support and care. We look forward to more opportunities in the future.

- Ayman Ayman
- Sarah Baughman
- Bea Carl
- Jasmine Chan
- Brenda Dong
- Kat Gibbs
- Asena Goren
- Paige Hare
- Kalyna Horocholyn
- Erin Huston
- Dahlia Kerchid
- Julie Lac
- Carrie McCutcheon
- Faridah Mohd Farid
- Rachelle Molto Palika
- Asmanour Negash
- Samir Negash
- Sarah Nelson
- Margret Nodwell
- Eryn O'Grady
- Emma Peters
- Rob Reid
- Abna Reprah
- Fatma Said
- Muhammad Saifullah
- Katie Schmidt
- Lynne Sosnowski
- Samantha Trepanier
- Jacob Terry
- Shoukia Van Bek
- Jocelyn Wells
- Abigail William
- Olivia Yu

Our Donors

For 49 years SHORE Centre has been sustained thanks to the generosity of our loyal donors. This past year we experienced our donors responding immediately to the increased need for services and consistently stepping up to ensure access to reproductive healthcare, counselling, and education in our community. We thank you for your continued support and commitment to reproductive rights.

Our Funders and Partners

SHORE Centre is very fortunate to rely on a diverse and growing group of funders and partners in the community. This year we were truly appreciative of the generosity, flexibility, and understanding offered by our funders as we navigated the pandemic. We were only able to provide the enhanced and comprehensive care and education necessary this year due to your incredible support.



- Community Fund
- The Choices Fund
- Marianne and Jim Erb Family Fund
- The Musagetes Fund
- Youth in Recreation Fund - Ontario Endowment for Children and Youth in Recreation Fund



Balance Sheet as of March 31, 2021

CURRENT ASSETS	2021	2020
CASH	\$481,476	\$58,302
INVESTMENTS	\$207,631	\$203,631
ACCOUNTS RECEIVABLE	\$57,386	\$194,569
PREPAID EXPENSES	\$100,703	\$133,351
TOTAL CURRENT ASSETS	\$847,196	\$589,853
CAPITAL ASSETS	\$8,913	\$9,322
TOTAL ASSETS	\$856,109	\$599,175
CURRENT LIABILITIES AND NET ASSETS		
ACCOUNTS PAYABLE AND ACCRUED LIABILITIES	\$9,209	\$123,197
GOVERNMENT REMITTANCES PAYABLE	\$20,453	\$9,796
DEFERRED REVENUE	\$537,612	\$301,809
LOAN	\$40,000	\$0
TOTAL LIABILITIES	\$607,274	\$434,802
NET ASSETS (UNRESTRICTED)	\$248,835	\$164,373
TOTAL NET ASSETS	\$248,835	\$164,373
TOTAL LIABILITIES AND NET ASSETS	\$856,109	\$599,175

Statement of Operations as of March 31, 2021

REVENUE	2021	2020
DONATIONS	\$159,430	\$130,271
GOVERNMENT FUNDING	\$518,053	\$368,830
GRANTS AND FOUNDATIONS	\$212,512	\$199,619
FEES, EVENTS, OTHER	\$28,378	\$27,586
TOTAL REVENUE	\$918,373	\$726,306
EXPENDITURES		
PROGRAM EXPENSES	\$111,546	\$117,064
SALARIES & BENEFITS	\$644,826	\$507,398
OVERHEAD EXPENSES	\$77,539	\$98,997
TOTAL EXPENDITURES	\$833,911	\$723,459
REVENUES OVER EXPENDITURES	\$84,462	\$2,847

	Unrestricted Funds	2020	2019
Net Assets - Beginning of year	\$164,373	\$161,526	\$161,367
Excess Revenue Over Expenditures	\$84,462	\$2,847	\$159
Net Assets - End of year	\$248,835	\$164,373	\$161,526

A copy of the Audited Financial Statement prepared by RLB LLP is available on our website at www.shorecentre.ca/about

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