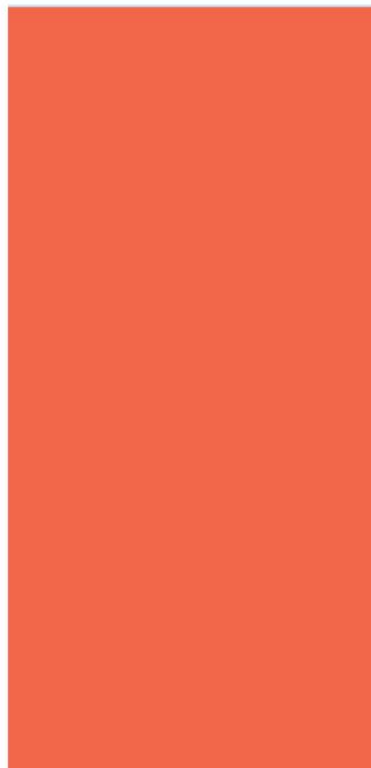




Annual Report | 2021-2022



A Message from Board Chair Beth Palmer

Happy 50th birthday SHORE! At this point, we all know the challenges around celebrating milestones during a pandemic, but luckily, we've all also learned how important it is to celebrate with our community. SHORE certainly has a lot to celebrate.

First, we need to celebrate our amazing staff and volunteers. This wonderful community has been working tirelessly to meet the needs of our wide-ranging communities, meeting folks where they are and supporting them through everything from joy to fear to the mundane. Listing off SHORE's suite of services wouldn't come close to doing justice the work of our dedicated staff and volunteers.

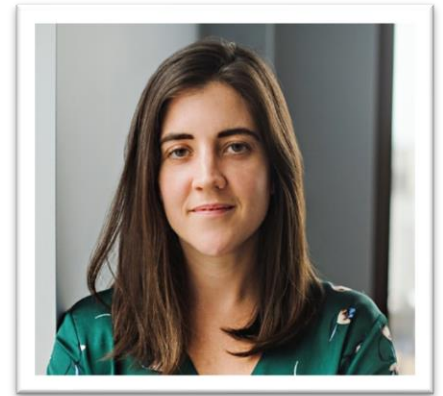
We also need to support the organization's growth, not just in terms of scale (which is big! Shockingly outsized given the budget, the catchment area, the mandate), but in terms of a real commitment to continual improvement. Not necessarily the norm at 50, but SHORE's commitment to critical reflection, listening and learning has been inspiring. The transition from an organization committed to reproductive rights to one working towards reproductive justice is challenging, ongoing, and multifaceted. It means questioning some of the ideas some of us hold dear, and imagining a new framework for community organization. And that's when the work starts! SHORE is in the early days of working through its role in a different type of community, while still providing crucial and time-sensitive services. It's a hard balance but we are so lucky that the SHORE community is taking up this work.

As SHORE adapts to meet the needs of our expanding community, we also need to celebrate the collaborative partnerships that have helped us grow, serve new communities and try new things. I've been so heartened to hear of how many groups and individuals have reached out to work with SHORE over the past year – a true testament of the amazing work, strong relationships and culture of creative solutions associated with SHORE. I'm so excited to see how these collaborations grow and evolve moving forward.

We need to celebrate and thank our supporters and funders. This has been a challenging few years on many levels, and support from our community and beyond has enabled us to keep working towards building a community that values sexual health and reproductive freedom as essential. The financial support allows us to do this work, and the endorsement of SHORE's work encourages us to keep going.

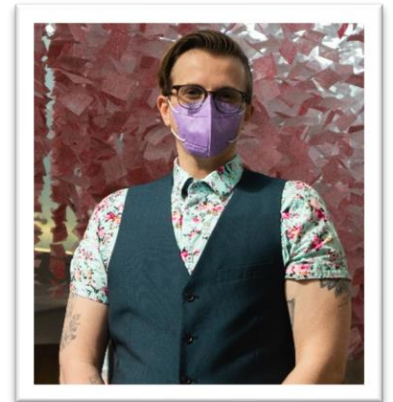
It's important to recognize these amazing achievements, especially as feminist movements and access to reproductive healthcare options are facing increasing challenges. SHORE has come a long way in 50 years, and I can't wait to see what's next.

-Beth Palmer



A Message from Executive Director TK Pritchard

As I close out my second year as Executive Director and celebrate 50 years of SHORE Centre, I am once again struck by how grateful I am, for so many reasons. SHORE Centre is an organization doing vital, unique work. We are filling gaps, providing wrap-around care, holding systems accountable, offering education which is often not spoken of, ensuring people are not alone as they navigate their reproductive health, and much more. I am grateful for all that we do – for those who came before me and started this work and for those who continue it.



The team here at SHORE is incredible and what a privilege it is to be working together. The demand for our services has continued to rise, and the staff, interns, clinicians and volunteers have worked so hard to meet the needs in our community. One of the pieces I appreciate most about working with this team is that everyone truly, deeply believes in what we are doing, and it's incredibly evident in their work. The pandemic continued to complicate our services and despite such challenging circumstances, I continued to witness everyone pulling together to ensure education is delivered, community members are supported, medical care is offered, and that the organization is running well. I cannot thank the team enough for all that they have done and continue to do.

I also want to express my deep gratitude to our Board of Directors and to outgoing President, Beth Palmer. The board works diligently to ensure the organization is healthy and sustainable, and they offer endless support and guidance. Thank you for your thoughtful engagement, for your unwavering support of the work and for always being willing to show up for SHORE. Beth – your leadership has been so appreciated and SHORE is better for having had you here. Thank you as well to our incoming President, Jane Arnold – I am greatly looking forward to the next year and all we will accomplish together.

I am also incredibly grateful to our Friends of SHORE participants, donors and funders. Once again, we have been so appreciative of your flexible support and deep engagement with the organization. As an organization with very little long-term funding we are only able to deliver our services with the generous support of all of you. You are the reason we can provide free counselling, education, support groups, and so much more. Thank you!

The year ahead is complicated. I know we will likely continue to see more and more demand for our services. The effects of the pandemic on our work directly and in our community are far from over. The fall of Roe v Wade will have impacts on abortion access and stigma for a long time to come. But I know for sure that this team, that this community, that SHORE Centre will not shy away from facing these challenges. I know now more than ever we must be loud and unwavering in our support for abortion access, for sexual health education, for perinatal mental health supports, for universal birth control coverage, for reproductive freedoms. In this year – our 50th year of operation, I hope you will continue to join us in this fight, for as long as it takes.

-TK Pritchard

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 include hands-on activities. In 2021-2022 we continued to be impacted by the pandemic, meaning we focused on virtual workshops earlier in the year and later moved to more in-person programming when it was safer to do so. This year we provided **213** workshops and created an additional **12** educational videos.

Popular Topics

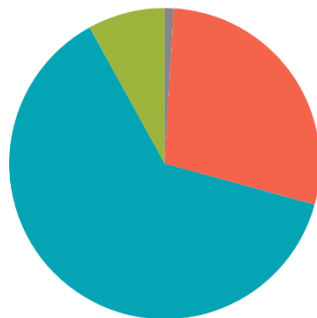
- ⇒ **Puberty**
- ⇒ **STIs/Safer Sex**
- ⇒ **Decision Making**
- ⇒ **Anatomy**
- ⇒ **Healthy Relationships**
- ⇒ **Consent**



Through workshops and education videos we reached over 12,156 people

Educational Workshops by Age

- 8 and Under (0.94%)
- 9-12 (28.3%)
- 13-18 (62.74%)
- Adults (8.02%)



"Thank you again for such an informative presentation. You really made everyone feel comfortable and I really appreciated it myself. I would highly recommend other grade 5 teachers having you in next year."

-Grade 5 Teacher

Newcomer Health Program

Our Newcomer Health 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. Over **90** people participated in our multi-session programs, and received additional support between sessions from our team.

This year our Newcomer Health Program was evaluated by our partners at the Community Engages Scholarship Institute at University of Guelph. During the evaluation period the program had participants who listed the country of origin as Algeria, Egypt, Eritrea, Iraq, Israel, Jordan, Palestine and Syria.

Key findings included:



Participants were uniquely supported with information and referrals they could not receive elsewhere



Talking about sexual/reproductive health was made to be a comfortable and normalized experience



Participants felt empowered and expressed confidence in taking action beyond the program such as seeking healthcare and sharing info with others



The program facilitated connection building amongst participants

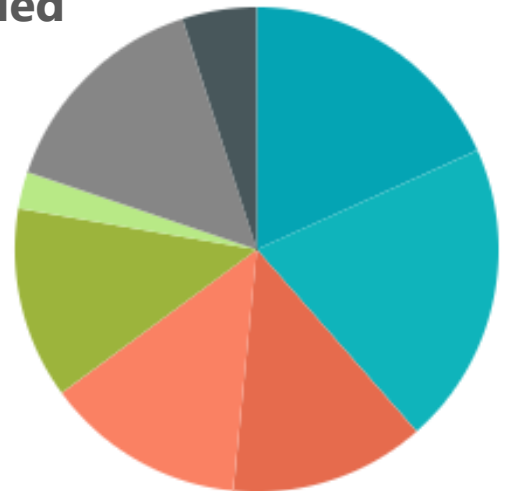
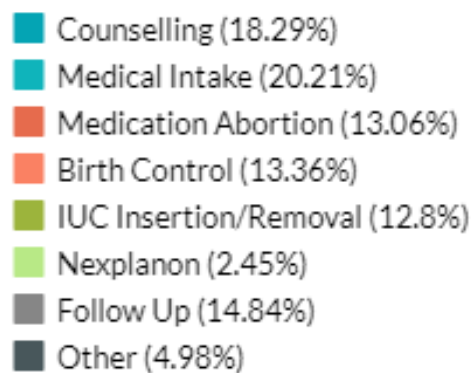
Counselling and Medical Services

After experiencing a 109% increase in our services in the previous year, we once again had more demand than ever. In total we had **4280** appointments, which similarly to the year before were impacted and made more complex by the pandemic. We added a new form of birth control to our offerings - Nexplanon (arm implant) insertions, as well as a new post-abortion support group.

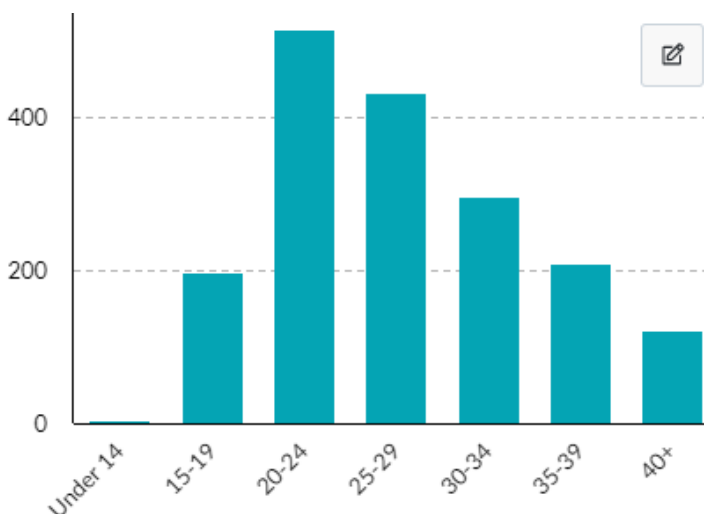


**We served
1832 unique
clients**

Clinical Services Provided



Client Age



"Everyone has been so sweet and supportive the whole time. You guys are honestly amazing and so is the work you do. I'm so grateful and relieved to know you are here for when I need support, especially during Covid-19 and for someone like me who doesn't have a family doctor and can't take time off for walk-in clinics."

-Client Feedback

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. Again this year, community members were deeply impacted by the pandemic, resulting in more complex needs and a 32% increase in families supported this year over last year.

We supported 65 families with ongoing social, emotional, and material supports

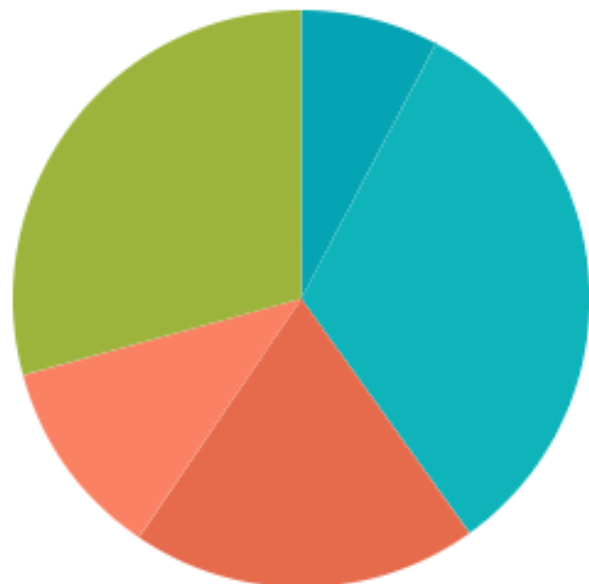


"It's a comfort to know I can call for help when I need it and it helped with peace of mind. Boosting confidence in being able to take care of baby no matter what she needs."

-Empowering Pregnancy Client

Material Support Spending by Category

- Diapers/Wipes (7.75%)
- Travel Systems (32.34%)
- Grocery Support (19.44%)
- Cribs (11.22%)
- Formula (29.25%)



Choice Connect

At SHORE Centre we are proud to operate **Choice Connect** - an online referral system which provides people across the country with information about their nearest abortion provider. Choice Connect allows people seeking abortions to not only identify their options for care but also learn more about each provider and their practices around trans-inclusion and accessibility.

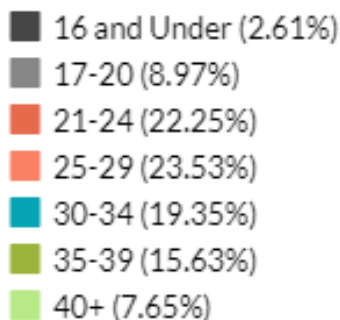


Individuals searching for a provider were located in all 10 provinces and 2/3 territories



Choice Connect enabled 2595 individuals across the country to easily find an abortion provider

Age of Searchers





Our Staff

Hoda Ghonim, Newcomer Program Coordinator

Matthew (Rached) Gmitrowicz, Sexual Health Educator

Carly Greco, Pregnancy Options Counsellor

Lee Gordezky, Administrative Assistant

Jess Huston, Administrative Assistant

Alicia Langill, Operations Manager

Ash Metzloff, Pregnancy Support Outreach

Kayla Orr, Pregnancy Options Support and Clinic Manager

Brittney O'Hara, Clinic Counselling Lead

Angelique Patton, Intake Worker

TK Pritchard, Executive Director

Jen Sibdhannie, Resource and Strategic Communications Developer

Robyn Schwarz, Special Projects Coordinator & Expansion Lead

Maddy Taylor, Sexual Health Educator

Emily West, Administrative Assistant

Vivila Yujuan Liu, Education and Outreach Manager

Our Clinicians

We are incredibly grateful to have partnered with 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. Thank you to Dr. Laura Pellow for her continued service 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 Meghan Hendley, Vanessa Karim, Olivia Markle, Ayesha Masud, Sieara Miller, Tamara Menon, Rachelle Molto Palika, Leslie Qiao, Emily Slusarek, Jennifer Surerus, Helen Unger, and Madison Van Es. We appreciate everything you contributed to SHORE Centre.

Our Board of Directors

Beth Palmer, President

Dan Brown, Treasurer

Ryan Bayne, Secretary

Jane Arnold

Joseph Fonseca

Rosemary Killeen

Eleanor McGrath

Jane MacDonald

Graham Mitchell

Beth Palmer

Lianna Sanelli

On October 8th, 2021, Director Graham Mitchell passed away. SHORE Centre was heartbroken to say goodbye to such a dedicated, passionate and thoughtful leader. Graham was tireless in his efforts to make communities better places for all, and his legacy of work is inspiring. Graham was particularly kind to and instrumental in the onboarding of our new Executive Director. TK always knew they could count on Graham to help navigate any problem, and Graham was incredibly generous with his time and support. The SHORE Centre team thinks often of Graham, and of his beautiful family who he cared so deeply for including his partner Deanna and children Emmet and Milo. We miss you Graham - thank you for everything.



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.

- Elizabeth Bate
- Imogen Farrer
- Kat Gibbs
- Stephanie Gingerich
- Erin Huston
- Carrie McCutcheon
- Margret Nodwell
- Abena Peprah
- Sophie Tayler
- Samantha Trepanier
- Lynne Sosnowski
- Jacki Yovanoff

Our Donors

For 50 years SHORE Centre has been sustained thanks to the generosity of our loyal donors. Your support has meant we continue to offer free, non-judgmental counselling, engaging and inclusive sexual health education, pregnancy support, and so much more. Donating is an incredibly supportive way to show your ongoing commitment to reproductive rights. We would not be able to maintain our services without you. We thank you for your continued support and kindness.



Our Funders and Partners

SHORE Centre is very fortunate to rely on a diverse and growing group of funders and partners in the community. Once again, we have been so grateful for the flexibility and enhanced support of our funders as we weather the pandemic and increased demand for our services.



LYLE S. HALLMAN
FOUNDATION



KITCHENER
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An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.



Region of Waterloo
PUBLIC HEALTH



United Way
Waterloo Region
Communities



CAMBRIDGE



COMMUNITY
FOUNDATIONS
OF CANADA



Balance Sheet as of March 31, 2022

CURRENT ASSETS	2022	2021
CASH	\$452,788	\$481,476
INVESTMENTS	\$260,511	\$207,631
ACCOUNTS RECEIVABLE	\$35,083	\$57,386
PREPAID EXPENSES	\$61,640	\$100,703
TOTAL CURRENT ASSETS	\$810,022	\$847,196
CAPITAL ASSETS	\$5,748	\$8,913
TOTAL ASSETS	\$815,770	\$856,109
CURRENT LIABILITIES AND NET ASSETS		
ACCOUNTS PAYABLE AND ACCRUED LIABILITIES	\$29,033	\$9,209
GOVERNMENT REMITTANCES PAYABLE	\$0	\$20,453
DEFERRED REVENUE	\$381,368	\$537,612
LOAN	\$40,000	\$40,000
TOTAL LIABILITIES	\$450,401	\$607,274
NET ASSETS (UNRESTRICTED)	\$365,369	\$248,835
TOTAL NET ASSETS	\$365,369	\$248,835
TOTAL LIABILITIES AND NET ASSETS	\$815,770	\$856,109

Statement of Operations as of March 31, 2022

REVENUE	2022	2021
DONATIONS	\$188,072	\$159,430
GOVERNMENT FUNDING	\$522,608	\$518,053
GRANTS AND FOUNDATIONS	\$321,404	\$212,512
FEES, EVENTS, OTHER	\$51,001	\$28,378
TOTAL REVENUE	\$1,083,085	\$918,373
EXPENDITURES		
PROGRAM EXPENSES	\$134,002	\$111,546
SALARIES & BENEFITS	\$744,049	\$644,826
OVERHEAD EXPENSES	\$88,500	\$77,539
TOTAL EXPENDITURES	\$966,551	\$833,911
REVENUES OVER EXPENDITURES	\$116,534	\$84,462

	Unrestricted Funds	2021	2020
Net Assets - Beginning of year	\$248,835	\$164,373	\$161,526
Excess Revenue Over Expenditures	\$116,534	\$84,462	\$2,847
Net Assets - End of year	\$365,369	\$248,835	\$164,373

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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