

Defending Choice for Forty Years

**Planned Parenthood Waterloo Region
Sexual Health Centre
Annual Report
2011-2012**

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Planned Parenthood Waterloo Region is a charitable community organization that provides education, counselling and access to information in order to promote healthy and responsible sexuality throughout the life cycle.

Defending Choice

Co-Presidents' Report

Part One: A Glance in the Rear View Mirror

This report marks not only the end of this board year, but the end of my time on the board. As I look back on my four years on the board – two and a half of them as president – I wish that I could have begun my work with PPWR with the knowledge and passion about women's reproductive autonomy that I now possess.

When I joined the board in 2008, I knew very little about abortion rights or access in Canada, or about the myriad services PPWR offers. What I did know was that the staff, volunteers and board members who kept the wheels churning were smart, principled, and compassionate. I knew that I could trust the agency because I could trust *them*, and I knew that as a small, not-for-profit agency dealing with controversial matters, PPWR needed all the help it could get. So I joined.

Now, after four years of meetings, reports, yard sales, conferences, potlucks, interviews and op-eds – four years of getting to know the agency and the issue inside-out (and of occasionally tussling with local M.P.s) – I leave the board very clear about why abortion rights – and pro-choice agencies like PPWR – are worth fighting for.

- **Legal abortions mean fewer abortions.** The regions of the world with the lowest incidence of abortion are those with the most liberal abortion laws. The lowest incidence of abortion in the world occurs in Western Europe, where 12 out of 1000 women undergo the procedure, and where abortion laws are typically quite liberal. The highest incidences occur in developing regions where abortion is illegal — 32 per 1000 women in Latin America and 29 per 1000 in Africa. Canada's abortion rate is 14 per 1000 women, right behind Western Europe's.
- **Illegal abortions hurt women.** Criminalizing abortion does not reduce its incidence, but it does increase the loss of life to women. Not all women, of course. Middle- and upper- income women can always pay for safe abortions in other jurisdictions. It is poor women who turn in desperation to back alley abortionists and who would end up in emergency rooms – or worse – as a consequence.
- **Illegal abortions hurt children.** When abortion is illegal, more women have abortions, and more women die of them. Period. And, when women die, the health and well-being of their already-born children suffers as a consequence. In developing nations, the orphans of women who die because of unsafe abortions are themselves much more likely to die.
- **We can trust women to make difficult moral decisions.** PPWR's clients are not capricious and they are not fools. They are deliberative human beings who are capable of deciding whether or not to continue with their pregnancies. No one is in a better position to decide whether or not a woman should continue a pregnancy than the woman herself.

While I am leaving the board, I am not leaving the agency. I will continue on in my new position as Communications Officer. I look forward to continuing to support positive, accurate sexual health support in Waterloo Region. It has been, and will continue to be, my great honour to serve you.

Respectfully submitted,
Shannon Dea

Part Two: The Road Ahead

As I finish my third year on the board and look forward to my fourth, there are many PPWR achievements to celebrate, as well as new challenges we're preparing to face.

Over the past several months, our staff, board and volunteers have worked closely with a vendor to produce our brand new website (ppwr.on.ca) – to be launched June 2012! The new site promises to be user-friendly, accessible and, I have to say, much cooler than the old one was. You'll see educational resources, information on the counselling services we provide, facts about sexual health, and much more. I want to congratulate everybody who was involved in the project, and I invite you all to explore the site!

Our staff has been extremely busy, as usual. Over the past year the staff has: conducted various programs and workshops for youth; regularly visited schools and community centres; participated in committees on sexual health, diversity, and sex work; and, continued to offer the always successful Women's Health Program. Most recently, this program has been offered to Somali and Spanish-speaking women.

As Shannon alluded to in her report, now more than ever we need to be aware of political trends in North America and to be prepared to fight for women's sexual health and rights. At the same time, PPWR is struggling to secure the funding necessary for us to continue to offer our services. We're a primarily self-funded agency, and over the past few years we have lost some of our core donors, which has put us in a tenuous position. I'm excited to say that our new Fundraising Committee is up for the challenge. We have plans for exciting new initiatives. We want to reach out to different parts of our community, in new and innovative ways. We look forward hearing from you as we strive to reach our fundraising goals.

Please join me in congratulating Planned Parenthood Waterloo Region on its Ruby Anniversary – we're proud to be celebrating our 40 years in 2012. Looking forward to many more!

Sincerely,

Annie Uffelmann

Our PPWR Team

Staff

Angie Murie	Executive Director	Jess Crowe	Counselling Coordinator
Stacey Jacobs	Education Coordinator	Alicia Langill	Office Coordinator
Penny Frim/Carol Nicklin	Bookkeeper	Norma Medina	Co-facilitator
Nawal Hussein	Co-facilitator	Mary Gang	Co-facilitator
Vida Dehghan	Co-facilitator	Roda Gany	Co-facilitator
Farhat Javed	Co-facilitator		
Rahmah Omar	Co-facilitator		

Volunteers

There is no way that we would be able to accomplish all that we do without the dedication and commitment of our many volunteers. Together they contribute thousands of volunteer hours annually. They provide strategic direction for the agency at the Board level, support women through pregnancy decisions in the counseling program, and provide accurate information about birth control and sexually transmitted infections to youth in the education program. Others volunteer their time by offering their professional skills and expertise to the agency. Thanks to all of them – without the support of all of our volunteers, our work would not be possible.

Board of Directors

Shannon Dea, Co-President	Annie Uffelman, Co-President	Bryn Ossington, Treasurer
Tyla Fullerton, Secretary	Helen Ramirez, Executive Member	Kelly Anthony
Jo Atlee	Kat Hanna	Linda Carson
Prabakhar Rajde	Roberta Garcia	Nate Salter
Deaun Moulton	Eryn LeClair	

Counselling and Education Volunteers

Jen Campbell	Christina Hughes	Sylvia Jablonska	Kate Klein
Chad McCordic	Thameena Nazir	Courtney Nunn	Sherry-Lynn Payne
Briar Pennanen	Shobana Rajan	Linzi Williamson	Ursula Wolfe
Kaylee Barber	Kristin Perner	Kate Leeming	Katelyn Hanuszak
Samantha Daniel	Jenn Wunder	Karen Lipskie	Kate MacLaggan
Robbie Nussey	Joscelyn Guindon	Sunna Murphy	Rachel Braund
Priscila Carrara	Samantha Stewart	Allison Towns	

Professional, Fundraising and Administrative Volunteers

Sandra Ayerst	John Groothius	Caitlyn Derderian	Carol Lewis	Violet Shad
Scott Murie	Greg Smith	Deb Roy	Jenny Hunter	Jessica Singh
Ginette LaFrenière	Stephanie Toohill	Ashling Ligate	Jordan Nottrodt	Krista Horsepian
Lauren Charette	Lauren Munro	Leeanna Calligan	Lauren Stallard	Natasha Melfi
Nicole Ricard	Sarah Cuddie	Soo-Ram Kim	Susan Williams	Sylvie Lui

Peer Theatre Education

Kate Klein – Facilitator

Cast

Brandon Jamieson	Lindsay Edwards	Lauren Munro	Kevin Pentz
Graeme Rowell	Hanna Johnston	Kali Greve	Taylor Cook
Lauren Smee	Janice Lee	Kale Boehmer	Zinta Avens Auzins
Ashley Hamilton	Mike Jones	Katherine Karpiak	

Placement Students

Tynan Bramberger	St. Jerome's University, University of Waterloo
Laura Horsman, Catherine Christo	Master of Social Work, Wilfrid Laurier University
Adriana Fontaine, Leanne McInall	Midwifery Students, McMaster University
Kate Klein	Community Psychology, Wilfrid Laurier University

How We Helped

Education Program (3253 Contacts)

Workshops, Presentations and Informational Displays (3138 Contacts)

Planned Parenthood Waterloo Region's Education Team is proud to offer workshops to Waterloo Region District Schools and community groups. Presentations include such topics as: Healthy Relationships and Dating, Safe Sex, Pregnancy Options, Contraception Options, Body Image and Self-Esteem, Sexually Transmitted Infections, How to Talk to Children and Adolescents about Sexual Health, Women's Sexual Health, Sexual Health for New Canadians and an Afterschool Program called Just4Girlz. The most sought-after sessions in 2011-2012 were: Healthy Relationships and Dating, Safe Sex and Women's Sexual Health. The Education Program also received a number of emails and phone calls from people requesting such things as sexual health information and resources, condoms and research for school projects.

Peer Theatre Education Program – “Great Sexexpectations” (115 Contacts)

Great Sexexpectations is an interactive play, using forum theatre to discuss pertinent issues relevant to youth about relationships and sex. This forum theatre production was created by youth based on their real life experiences with relationships, sexuality and youth culture. This type of theatre gives everyone the opportunity to be heard by allowing the audience to interact with the actors and change the play to match with their experiences and ideas. By doing this they are able to explore how others might experience the same situation differently and also see themselves as having a myriad of choices in how they can respond.

The following groups accessed our education programs in 2011 - 2012

Aids Committee of Cambridge, Kitchener and Waterloo and Area (ACCKWA)
Alcontrol
Bluevale Collegiate Institute
Cameron Collegiate Institute
Conestoga College
Cross Cultural and Immigrant Services
Driftwood Public School
Focus for Ethnic Women
Forest Heights Collegiate Institute
Galt Collegiate Institute
Grand River Hospital: Withdrawal Management
House of Friendship – Moving Forward Program
House of Friendship – Live and Learn Program
Independent Living Centre
John Howard Society – In-reach Program
Kitchener Collegiate Institute
Kitchener Public Library (KPL)
KW Counselling - OK2BME Program
Lutherwood – Head Start Program
Marillac Place
Mill Courtland Community Centre

Monica Ainslie Place
MOSAIC – Growing Healthy Together Program
MOSAIC – Busy Babies program
Multicultural Centre (MCC)
Portage
Preston High School
Public Health
Rainbow Reels Queer Film Festival
Reaching Our Outdoor Friends (ROOF)
Saint Monica House
Sexual Assault Support Centre of Waterloo Region (SASC)
Tri-City Roller Girls
University of Guelph
University of Waterloo
University of Waterloo - GLOW
Waterloo Region District School Board Alternative Programs
Wilfrid Laurier University
WPIRG
YMCA
YWCA - Mary's Place

How We Helped

Counselling Program

One on One Support

The counselling program offers impartial, non-judgmental support and information regarding all aspects of human sexuality. Counsellors receive comprehensive training on a variety of sexual health topics. Clients can receive support and comprehensive information for all three options when experiencing an unintended pregnancy (abortion, adoption, and parenting). Our counsellors also provide information, support, and referrals for other topics including contraception, sexually transmitted infections, and fertility awareness. All counselling services are provided free of charge. Our goal is to provide a safe space for clients to access accurate, unbiased information in an environment where self-determination and respect is valued.

Group Support

Counselling services are now extended beyond the PPWR premises. Every Monday we provide group information services to the residents of Mary's Place through the YWCA. This is an informal group for women to pick up toiletries, pamphlets, and discuss sexual health questions or concerns. In 2011/12 we went to Withdrawal Management twice a month and provided groups for the women there based upon their requests.

Information and Referrals

Every day our counselling volunteers respond to the needs of persons in Waterloo Region in person, over the telephone or by email, who are seeking information on a variety of sexual health topics. Clients can find information on: healthy relationships and dating, pregnancy options, birth control and safer sex options, parenting, fertility/infertility issues, body image and self-esteem, sexually transmitted infections, women's sexual health, sexuality concerns, community resources, menopause and post-abortion counselling. Counsellors are trained to refer clients to appropriate community agencies to ensure their needs are being met.

Counselling Highlights:

- We were in contact with 1029 people for the 2011-2012 fiscal year.
- 849 clients were seen through our in-house services and an additional 180 clients were seen through outreach group counselling.
- 27% of the clients who contacted us made appointments to see a counsellor
- 22% of our clients were walk-ins. A majority of walk-in clients request pregnancy tests, take free condoms and lube or pick up pamphlets.
- 51% of clients spoke to our counsellors by phone needing either counselling support, asking specific sexual health questions or requesting information for community referrals.
- 56% of the clients we had contact with in our counselling program requested pregnancy options counselling.
- 25% of our clients fall in the 20-24 year-old bracket; 14% were 17-19 years old; and 13% were 25-29 years old.
- 12% of our clients wanted contraceptive information.
- 17 of our clients requested information on Sexually Transmitted Infections.
- 18% (163) of our clients requested a free pregnancy test.
- We used the services of a Mandarin interpreter.

How We Helped

Women's Health Program

In September 2009, PPWR launched the Women's Health Program, a sexual and reproductive health program that aims to reduce barriers, particularly language barriers, for women who have immigrated to Canada, regardless of their current citizenship status (i.e. refugee, new Canadian) or how long they have been living in Canada. Since that time PPWR has delivered the program in the following languages; Farsi/Dari, Pashto, Urdu, Arabic, Nuer, Somali, Spanish and English.

Program Delivery (18 participants)

In the winter of 2012 PPWR, with the help of continued United Way funding, provided a Spanish speaking group. The Spanish speaking group was held at KW Counselling and we had 18 participants.

During program delivery, a variety of sexual and reproductive health topics are discussed including; female anatomy, visiting the doctor and the female physical, sexually transmitted infections and safer sex, family planning and contraception, mental health and well-being, violence and healthy relationships, and talking with children about puberty and sexuality. Groups are organized in an informal setting where topics are used to guide discussion while encouraging questions and story-telling from participants. While groups are in session, snacks and refreshments are always served and participants have access to child care and bus tickets to assist with transportation.

Financial Information

Statement of Financial Position: March 31, 2012

ASSETS	2012	2011
CURRENT		
Cash		
Unrestricted	\$6,955	\$42,288
Restricted	\$ 170	2,500
Investments		
Unrestricted	\$95,000	\$105,000
Accounts Receivable	\$14,940	\$13,534
Prepaid Expenses	<u>\$1,934</u>	<u>\$1,877</u>
	\$118,999	\$165,209
Capital Assets	<u>\$173</u>	<u>\$1,388</u>
	<u>\$119,172</u>	<u>166,597</u>

LIABILITIES & FUND BALANCES	2012	2011
CURRENT		
Accounts Payable and Accrued Liabilities	\$16,783	\$9,334
Deferred Revenue	<u>\$1,500</u>	<u>0</u>
	\$18,283	\$9,334
FUND BALANCES		
Unrestricted	\$100,719	\$154,763
Restricted	<u>\$170</u>	<u>\$2,500</u>
	<u>\$100,189</u>	<u>\$157,263</u>
	<u>\$119,172</u>	<u>\$166,597</u>

Comments:

- In 2002 an agreement was entered into between a donor and The Kitchener and Waterloo Community Foundation (KWCF) to establish a permanent donor designated fund with the KWCF to be known as The Choices Fund. The income on The Choices Fund is to be paid to PPWR each year. The Choices Fund forms part of the assets of KWCF and therefore is not shown on the balance sheet of PPWR.

Financial Information

Statement of Operations: March 31, 2012

REVENUE	2012	2011
Donations	\$90,634	\$139,665
Regional Municipality of Waterloo	\$50,711	\$50,711
Fees for service	\$3,675	\$990
Property tax rebate	--	748
Interest Earned	\$1,015	\$4,402
Raffle tickets, net	<u>\$ 3,997</u>	<u>\$4,986</u>
	<u>\$150,032</u>	<u>\$201,502</u>
 EXPENDITURES		
Program Expenses	\$28,874	\$36,001
Salaries and benefits	\$148,372	167,321
Overhead expenses	<u>\$29,160</u>	<u>\$37,572</u>
	<u>\$206,406</u>	<u>\$240,894</u>
 EXCESS REVENUES OVER EXPENDITURES BEFORE UNUSUAL ITEMS	<u>\$(56,374)</u>	<u>\$(39,392)</u>
 UNUSUAL ITEMS		
Transfer to the Choices Fund	<u> </u>	<u>\$(200)</u>
 EXCESS REVENUES OVER EXPENDITURES	<u>\$(56,374)</u>	<u>\$(39,592)</u>

Comments:

- Completed audited financial statements are available by contacting Planned Parenthood Waterloo Region office at 519-743-9360.
- Though PPWR is affiliated with Canadian Federation for Sexual Health (CFSH), we are administratively and financially independent of CFSH.

Community Support

Planned Parenthood Waterloo Region is very fortunate to have a strong, loyal and committed donor base. We continue to appreciate the constant support of our tireless supporters.

Thank You: Donors, Funders and Sponsors*

We gratefully acknowledge and applaud PPWR's dedicated supporters. Their contributions ensure that people can access confidential and accurate sexual health counselling and participate in sexual health education programs, thereby enjoying a better quality of life.

Anna Tolatzzi Artizan Chocolates
At the Crossroads
Bailey's Restaurant
Blackshop Restaurant
Cambridge and North Dumfries
Community Foundation
Ceasar Martini's
Centre in the Square
Curves of Waterloo
Deeva's
Delirium
Dragonfly Café
Drayton Theatre
East Side Mario's
Edward Ratcliffe Foundation
Elora Pottery
Eyeview Optical
First Unitarian Congregation of Waterloo
Golf's Steakhouse
House of Angels
Individual Donors
Kitchener Public Library

Kitchener Waterloo Community Foundation
KRK Media
Langdon Hall
Magnotta Winery
Marcel's Gourmet
Marilyn Koop
Morty's
Pompeii Day Spa
Princess Cinema
Region of Waterloo
Santé
Solé Restaurant and Wine Bar
Trillium Foundation
Ultimate Image
United Way of Kitchener Waterloo
Urban Body Spa
The Weld Foundation
Juanita Wilson
Wings of Paradise
Words Worth Books
WLU Faculty of Social Work
YMCA

* PPWR does not publish individual donor names (excepting circumstances where a business or foundation is named after the owner). Our policy also requires explicit approval for any other donor names to be published herein. We have also made every attempt to ensure that our supporters in the business, faith, organized labour, service club and foundation communities have had the opportunity to be recognized here and apologize for any inadvertent omissions on our part.

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