

HomeBridge Youth Society

Annual Report 2022


Fiscal Year April 1, 2021 – March 31, 2022



HomeBridge

Vision

All youth and their families living in health, safety and harmony



These colors reflect the diversity of the LGBTQIA2S+ community, the spectrum of human sexuality and gender and the beauty of being your authentic self. HomeBridge strives to create a safe space for everyone.

MESSAGE FROM THE CHAIR

When Past-Chair Peter Wong passed the torch to me last June during Home Bridge's Annual General Meeting I was hopeful I would be Board Chair as we returned to a state of normalcy in our province. Unfortunately, that was not the case. COVID-19 was not done with us. If there is one thing that I have learned from watching the dedicated employees that work in the HomeBridge Community however, it's how to pivot. Their ability to adjust course as we navigate these uncertain and ever changing times is inspiring to say the least.

It was obvious that virtual meetings were going to be our reality so we capitalized on the opportunity to focus on a higher level of learning and more streamlined and focused Board meetings. Guest speakers were brought in for educational components that covered everything from youth mental health to the therapeutic benefits of recreation therapy. We also focused on connecting more with management and understanding the realities of the tremendous challenges faced by our frontline staff working with a vulnerable population during this pandemic. This greater understanding of the challenges led to a conscious effort to support a pace of play that is manageable and allows for some recovery as we continue to move forward.

Connection, awareness and support sum up our areas of focus. Connecting with Managers and other members of the HomeBridge Community helped us understand what areas we are excelling in as well as what areas need more focus. This created a new level of awareness and a continued focus on diversity. An equity audit was completed and Cultural Program Advisory added from the Black Community. Plans are also in the works to do the same thing from the lens of Indigenous Communities and to prioritize diversity as it pertains to Board Member recruitment.

Service innovation and growth continue to be a focus as well. We may have adjusted our pace to account for the added challenges of outbreaks, staffing shortages and all of the other trials and tribulations that came with COVID-19, but we did not lose sight of our vision. We continue to strive for the best services possible for vulnerable youth. We must keep learning and growing as we know there is more we can do to create better outcomes for youth-in-care. On top of increasing our cultural awareness and inclusion, we also expanded our boat building program, Safe Spaces and Relationships, to offer more opportunities for vocational training and employability skills for the young people. Our on-site school program, Bridges for Learning, also continues to evolve and expand to add more depth and breath to the learning opportunities for the youth.

My first year as Board Chair has given me a far greater awareness of the challenges faced by HomeBridge employees, especially as they continued to work through the pandemic. To say that I am very impressed with the commitment of the staff at HomeBridge would be an understatement. I'm so thankful that the men and women of HomeBridge have, despite the risk to their own health and that of their families, continued to create safe places, support and guidance for the most vulnerable youth in Nova Scotia.

As we look back on another year in the HomeBridge Community and make plans for the year that is before us, I have nothing but pride and gratitude to share. We often hear the African proverb "it takes a village to raise a child" referenced and when it comes to youth-in-care this could not be any more true. The HomeBridge village is made up of dedicated volunteer Board members, hard working and talented employees and incredibly generous donors and community partners. Together we are changing lives for the better and I thank each and every one of you for helping to make this possible.

Sincerely,
Jim Perrin
Board Chair

I'm so thankful that the men and women of HomeBridge have, despite the risk to their own health and that of their families, continued to create safe places, support and guidance for the most vulnerable youth in Nova Scotia.



Safe Spaces and Relationships Irving Shipbuilding Tour

We acknowledge we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq and Wolastoqiyik (Maliseet) people first signed with the British Crown in 1725.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Resilient and courageous are two adjectives that can best describe our employees. I am certain that unless you are directly responsible to care for someone else's family member and forsake your own well-being to do so, you cannot fully understand the sacrifices involved with care workers such as health care workers, nurses, and the Youth Care Workers and Supervisors that work at HomeBridge Youth Society. With more than forty positive tests with employees and the mandatory isolation that comes with it, we consider ourselves extremely fortunate to have kept our programs and facilities operational. This was entirely due to all employees' sacrifices. However, enough about COVID-19.

Last year, despite restrictions and fearful contexts surrounding our services, we were still able to move forward with enhanced services. Two years ago, also during the pandemic, we made a pledge to do better with how we support young people who are of African descent and of Indigenous culture. I am happy and proud to report that after an equity audit and review we have been able to add a part-time Cultural Program Advisor position to our roster to ensure the youth we serve from Black communities have access to and are supported by a designated advocate. This year we have plans to replicate that process where we train all employees and our Board of Directors regarding the history and unique needs of youth from Indigenous communities and add another part-time Cultural Program Advisor from Nova Scotia's Indigenous community. The precarious position we have now is to find funding to support these positions going forward as HomeBridge is currently using surplus funds which cannot sustain these vital positions in perpetuity.

I am sure I have mentioned in past reports how much we love the IWK Health Centre. Last year, the angels from the IWK found, in their community outreach sector, the ability to share a grant with us to support a Recreational Therapist position. This position has done such a good job at proving that therapeutic, activity-based programming positively impacts the mental health of youth and diminishes the severity of addictions and other concerning behaviors that our Board has approved the use our surplus to extend it for another year. Not only do all of these new positions positively impact the mental health of the young people but they also increase the knowledge and capacity of skills of the Youth Care Workers who interact with them.

Once again, the IWK Health Centre understands the needs of youth-in-care and how to actively support their well-being. One of the most exciting partnership opportunities in my entire career has been the IWK offering support to add pediatric services and availability of a doctor to serve all youth in the HomeBridge Community. I am ashamed to say that when we developed our 10-year vision in 2019 I did not include the need for such services. Apparently, such support was not permissible even in my dreams, but out of the blue some amazing people within the IWK recognized and heard the needs of the youth and came forward with a solution. I am happy to report that in the fall every young person will have weekly access, if needed, to a physician.

The youth of Nova Scotia, who find themselves without their families, should have a sense of belonging with service providers like HomeBridge for as long as they need it.

As HomeBridge has continued to evolve, despite operating in a pandemic, we also acknowledge we still have a very long way to go if we want to be a substantive service provider in Nova Scotia. We, along with our partners, need to figure out how we reduce the homelessness rates of young adults once they leave the “care” status of the Minister of Community Services. Everyone I speak with across all sectors agree that youth homelessness rates are both a provincial and national embarrassment. Young people who are not connected to anyone and left to their own devices, unprepared at 19 years old is a troubling continuum of care. There have been only a few organizations in our province who have been carrying the burden of the demand of this need and the privilege of serving these youth alone for far too long. The youth of Nova Scotia, who find themselves without their families, should have a sense of belonging with service providers like HomeBridge for as long as they need it. In order to stop always needing to be reactive the focus needs to shift to accountability as care givers and a focus on being preventative. Then, we can truly call ourselves a system that cares for its children.

In closing, I want to thank all of our cornerstone partners; the Department of Community Services, St. Paul’s Home Board, the Department of Education, and the IWK Health Centre. I also want to thank all of our thoughtful donors. Without your support none of our therapeutic activities and programs would exist. I could not be more impressed and proud to be associated with all of our incredible employees and our amazing Board of Directors who all ensure we evolve, and actively advocate to better the lives of youth in Nova Scotia. I am a very privileged Executive Director.

Sincerely,

Ernie Hilton MSc. CYCA.



HOMEBRIDGE BOARD OF DIRECTORS 2021 - 2022



Jim Perrin, Chair
Physical Security Manager, J.D. Irving, Limited



Peter Wong, CPA, CA, Past-Chair
Chief Financial Officer, Hercules SLR Inc. & Stellar Industrial Sales Ltd.



Lyn Frankton, RN, BScN, CPMHN(C), Vice-Chair
Manager, IWK Youth Forensic Services, Mental Health & Addictions Program



Jenny Roche, MBA, Treasurer
Assistant Manager, Audit, Deloitte



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Nova Scotia Legal Aid



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Johneen Kelly,
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Sara Nicholson,
Associate
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Psychiatrist
IWK Health Centre,
Department of Psychiatry



Brandon Rolle,
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Jalen Sabean,
Senior Manager,
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DIRECTORS OF YOUTH CARE SERVICES REPORT

2021 provided another year of uncertainty in the world with several more waves of COVID-19. Flexibility is one of the Characteristics of a Relational Child and Youth Care Approach and this past year that was on full display as we paved our path through a new wave of the pandemic.

As we all know, this wave of COVID-19 in our province brought a significant increase in cases, and eventually found its way into the HomeBridge Community. Our employees dealt with two different outbreaks in two different facilities, as well as a trickle effect of employees regularly testing positive in other facilities. This led to staffing pressures not seen before and I am very proud to say our employees showed strength beyond anything anyone could have imagined. Employees suited up in full PPE gear to continue on in their work to provide care to the youth. Youth Care is about providing the context of safety for youth to experience themselves differently in relationship with others. That can be challenging work at the best of times, but to do that from behind a mask, a visor and a gown takes the work to a whole new level. The level of commitment to the youth shown by our employees was nothing less than outstanding. PIVOT became a regular word of the day as programming was quickly adapted to meet the ever changing restrictions and isolation requirements, and meetings and training were adapted, sometimes in the moment, to be virtual.

Despite all of these challenges we were able to move forward with meaningful youth care training for employees this year. This included a 10-week virtual training on the Characteristics of Child and Youth Care, Youth Sexual Exploitation Training: Understanding and working with youth who have been sexually exploited/trafficked, Non-Binary Training, Indigenous Mental Health and Wellness and Addictions training to name a few. We were also extremely fortunate to take part in a 7-week Daily Life Events Youth Care training which saw 16 employees become trained. This course also included us training 5 employees to become trainers as well as one senior trainer.

COVID also didn't stop us from growing. This year we were able to hire an Operations Administrative Assistant in a pilot position. This position will assist facility supervisors in their operational tasks, freeing up their time to focus on the case management of the youth in their program, as well as the professional development of their teams. We were also able to do some significant renovations in facilities which positively impacted our ability to provide the best care to our youth. Not the least of which was the addition of a bedroom on the Cedars Unit of Reigh Allen Centre to ensure all youth have their own private bedroom when residing there.

Once again, no one could have predicted the amount of uncertainty that was thrown our way over the past year. Another characteristic of a Relational Child and Youth Care Approach is "Strengths Based and Resiliency Focused". The resilience displayed by the youth, and the Youth Care Workers and Supervisors in each facility has been inspiring. For that I am grateful.

Caroline Moore,
Director of Youth Care Services



Youth Care is about providing the context of safety for youth to experience themselves differently in relationship with others.

FACILITIES

HAWTHORNE HOUSE

Part of the HomeBridge Community since 1979
Owned by HomeBridge Youth Society
Operating Costs Covered by the
Department of Community Services



MANDATE:
Hawthorne House is located in Dartmouth and focuses on providing care for six youth under 18 years of age.



HAWTHORNE HOUSE TEAM

JOHNSON HOUSE

Part of the HomeBridge Community since 1981
Owned by the Department of Transportation and
Infrastructure Renewal
Operating Costs Covered by the
Department of Community Services



MANDATE:
Johnson House is located in Dartmouth and focuses on providing care for four youth under 18 years of age.



JOHNSON HOUSE TEAM

JUBIEN HOUSE

Part of the HomeBridge Community since 1982
Owned by St. Paul's Home Board
Operating Costs Covered by the
Department of Community Services



MANDATE:
Jubien House is located in Halifax and serves six youth under 18 years of age.



JUBIEN HOUSE TEAM

SULLIVAN HOUSE

Part of the HomeBridge Community since 1993
Owned by St. Paul's Home Board
Operating Costs Covered by the
Department of Community Services



MANDATE:
Sullivan House is located in Halifax and focuses on providing care for youth 12 years of age and over who are or have been involved in sexual exploitation. The program has been in operation since 1993 but adjusted its mandate in 2020 to work exclusively with sexually exploited youth.



SULLIVAN HOUSE TEAM

REIGH ALLEN CENTRE

Part of the HomeBridge Community since 1999
Owned by the Department of
Transportation and Infrastructure Renewal
Operating Costs Covered by the
Department of Community Services



REIGH ALLEN CENTRE TEAM

MANDATE:

The Reigh Allen Centre is located in Dartmouth and is licensed as an emergency placement and crisis stabilization center. It focuses on providing care for up to 14 youth under 18 years of age who are in need of a stabilization, respite, or short-term placement. The center utilizes an inter-disciplinary approach to create opportunities for cognitive behavioral changes within a safe environment allowing young people to experience themselves differently.

CHILD WELFARE SPECIALIST BEDS PROGRAM

Part of the HomeBridge Community since 2009
Located in the Reigh Allen Centre
Operating Costs Covered by the Department of Community Services

MANDATE:

A separate two-bed unit designed to focus on providing care for youth with extraordinary needs that cannot be met in a standard group-care setting.

COGSWELL HOUSE

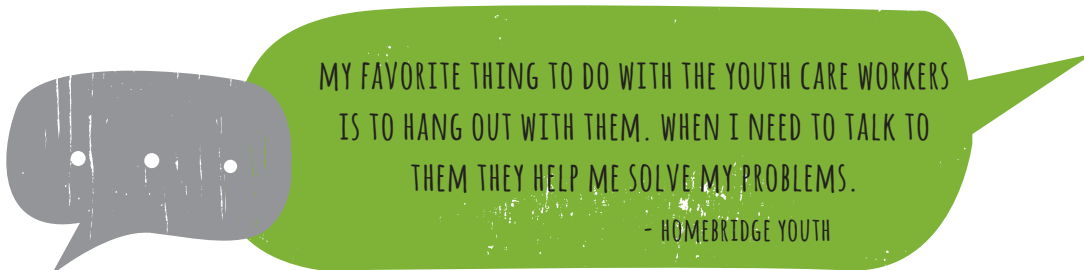
Part of the HomeBridge Community since 2003
Owned by St. Paul's Home Board
Operating Costs Covered by the
Department of Community Services



COGSWELL HOUSE TEAM

MANDATE:

Cogswell House is located in Middle Sackville and focuses on providing care for four youth under 18 years of age.



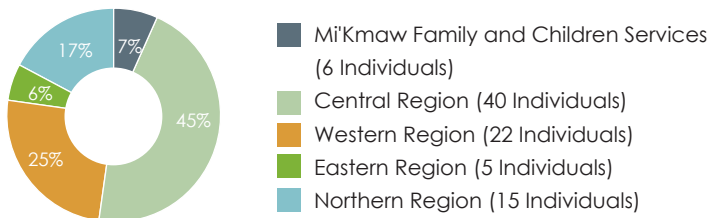
MY FAVORITE THING TO DO WITH THE YOUTH CARE WORKERS
IS TO HANG OUT WITH THEM. WHEN I NEED TO TALK TO
THEM THEY HELP ME SOLVE MY PROBLEMS.

- HOMEBRIDGE YOUTH

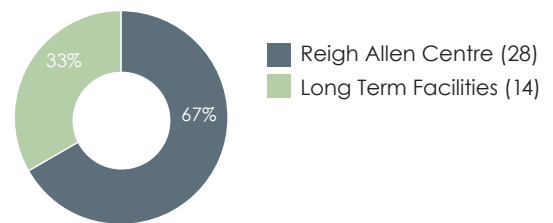


HOMEBRIDGE YOUTH SOCIETY ANNUAL STATISTICS

Individual Youth per Department of Community Services Region or Child Welfare Agency Residing in Facilities - 88 Total

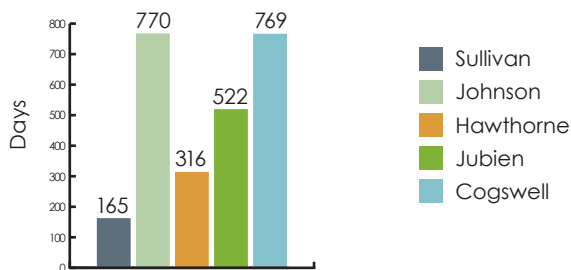


Facility Placements of Youth from Outside the Central Region - 42 total individuals

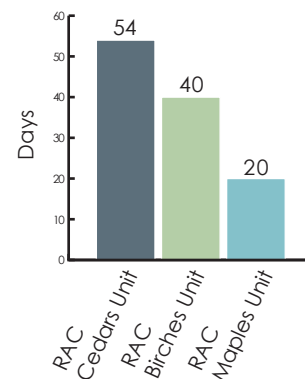


88 individual youth were served during 2021/2022, however there were 123 total youth admissions to all facilities, which includes a number of youth who had multiple admissions and were served by more than one HomeBridge facility.

Average Length of Stay in Residential Care - Long Term Homes



Average Length of Stay Requiring Emergency Stabilization at the Reigh Allen Centre (RAC)



HomeBridge Youth Society Mandate

Using an inter-disciplinary approach to youth care HomeBridge provides youth with experiences of stabilization, emergency placement, therapeutic programming, educational opportunities and longer-term interventions in a youth care setting.

This mandate is achieved through a collaboration with stakeholders, a community orientation, a commitment to youth education, continued professional development, implementation of current evidence based interventions and therapeutic programming.

Another successful year in the books for our on-site school program Bridges for Learning program (BFL) despite the many challenges we faced as a result of the ongoing pandemic. This program continues to focus on the unique learning needs of each of the students as the team uses a relational approach to attain optimal success. In the 2021-2022 academic year we received 32 applications, with 29 admissions, which has been consistent for the past two years. With the support of the Nova Scotia Departments of Community Services and Education an additional teacher was added to the BFL roster. This allowed an increase in capacity to 18 students in the classroom. The program operated at full capacity (or nearly full capacity) for the entire school year. With 18 students most of the time, this proved to be an extraordinarily busy and demanding year.



We expanded the program last year to offer outreach services to the students who are unable to attend school in the traditional classroom. This has proven to be a very helpful adjustment. A key component in a relational approach is meeting the students where they are - emotionally, cognitively and physically. The BFL team develops educational plans that attend to more than the students' academic requirements, as many of them have immediate needs that supersede their academic requirements. The relational aspect supports and encourages the team to be flexible, creative and, when required, to attend to the needs of the students that are outside of the typical parameters of traditional schools.

The BFL team also integrated the Circle of Courage Model of practice into their approach last year. Because they have been using a relational approach for years, the transition to the Circle of Courage was seamless. This provides students with additional learning experiences that are specifically designed to build their own resilience to overcome the many challenges youth-in-care experience and to promote development in all areas of their life, not just the classroom.

The team piloted an outcome-monitored and evidence-based reporting system known as Outcomes that Matter (OTM) with a sample of three of the students. OTM is a strengths-based recording tool used to measure the achievement of key developmental outcomes for youth-in-care. This aligns well with the Circle of Courage Model as it uses twenty developmental outcomes derived from two Indigenous models of well-being. The recordings in the OTM database are used to inform the Individual Education Plans of students which monitors their developmental outcomes. The data and narratives derived from the recordings on each student provides accurate and evidence-based reports.

The students also continued to enjoy participating in the **Expressions Program of the Arts**. They consistently participated in weekly Music and Art Therapy classes. They were also able to participate in **Recreation Therapy** as part of their curriculum this past school year which was a great addition.



BFL TEAM

BRIDGES FOR LEARNING...continued

With the addition of the new Recreation Therapist position, the BFL team was able to expand the opportunities they provide to students both in and out of the classroom. They were able to engage students in field trips related to their studies including the Black Cultural Center, Alderney Gate Library, and the Museum of Natural history. The team was also able to increase the students' access to activities that are meaningful to them as part of their Physically Active Lifestyle 11 coursework. The students had lots of great ideas for physically active outings including rock climbing, nature photography, bicycling, dog walking, and hiking at Polly's Cove.

They were also offered another opportunity to participate in the **Safe Spaces and Relationships** program. This boat building program is a collaboration between **Mount Saint Vincent University, Maritime Museum of the Atlantic** and HomeBridge. The students are supported not only by the facilitators, but also by the BFL team and Recreation Therapist. Together they are building, and launching a 12-foot long Bird Class sailing and rowing dinghy while gaining important employability skills. Safe Spaces and Relationships continues to support programming and activities that are not only mechanisms for building mediative and caring spaces, but also allow for skill development that can have significant impacts on youth and caregiver perceptions on self-esteem, belonging, and self-actualization.

We are grateful for the commitment of both the Nova Scotia Departments of Education and Community Services. Their unwavering support for some of the most vulnerable youth in our province does not go unnoticed and this support has played a valuable and necessary role in the growth and success of the youth.

Community Schools connected to Bridges for Learning September 2021 to June 2022:

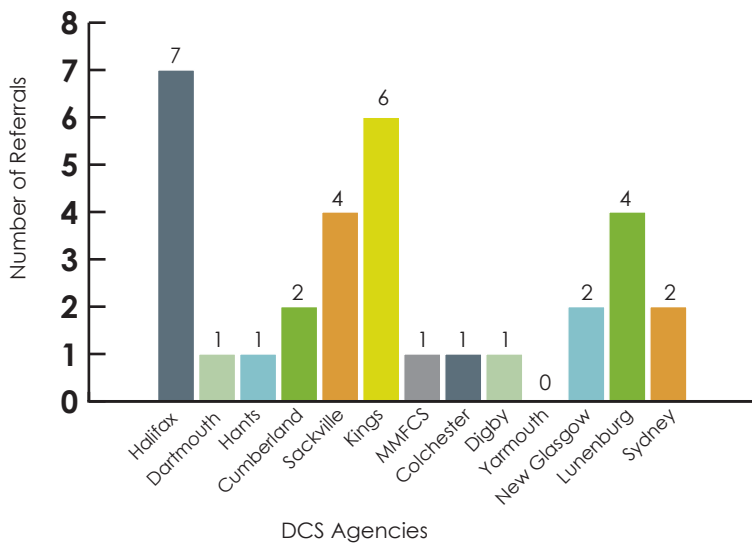
- Dartmouth High
- Millwood High
- Bedford Forsythe Academy
- Northeast Kings Education Centre
- North Nova Education Centre
- Bridgeway Academy
- Bluenose Academy
- Citadel High School
- J.L. Ilsley
- Horton High School
- Liverpool Regional High School
- Sydney Academy





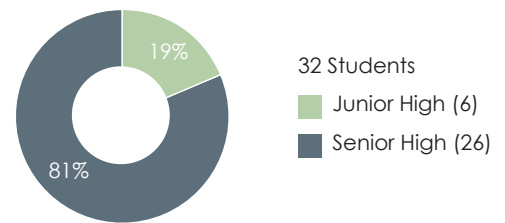
Child Welfare Agency Referrals

August 2021 - June 2022



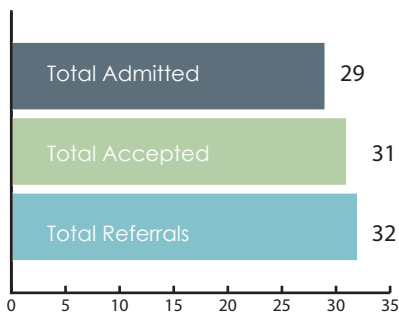
BFL Applicants from Junior High and Senior High School

August 2021 - June 2022



BFL Referrals/ Accepted/ Admitted

August 2021 - June 2022



BRIDGES FOR LEARNING IS GREAT BECAUSE YOU CAN GET ONE-ON-ONE HELP.
-HOMEBRIDGE YOUTH



EXPRESSIONS PROGRAM OF THE ARTS

Self-love means that you accept yourself fully, treat yourself with kindness and respect, and nurture your growth and well-being. This should be a goal for all of us in our efforts to live our best and fullest life, but for vulnerable youth this is even more important as their life experiences have often shattered their self-esteem and self-worth and made them feel like they don't always matter. Learning to love yourself is the foundation that allows us to be assertive, set boundaries and create healthy relationships with others, practice self-care, pursue our interests and goals, feel proud of who we are and understand that we matter. This is an essential part of healing and a very important step in building the resiliency needed to overcome trauma and move from living in constant survival-mode to actually thriving. It was also the focus of this year's Expressions Program of the Arts.

Helping young people heal from their past trauma, build healthy relationships and develop the skills and awareness to be their best self is something HomeBridge strives for with all of our therapeutic programs. Working under the theme of "#loveyourself: A Creative Journey" the facilitators that make up the Expressions Team guided and supported the vulnerable youth who live in the HomeBridge Community through creative processes that challenged them to focus on their strengths and the qualities that make them unique and special. They were welcomed into an environment that is supportive and free of judgement and led through activities that help them experience success and find a sense of belonging and connectedness with the group. During these sessions participants are encouraged to try new things, have different experiences, question themselves and others, take risks, make mistakes, and experience success. Through the process they also develop life and problem-solving skills, encourage the practice of social skills and, ultimately, facilitate engagement in the learning process (ie. education). All of this supports personal growth and the development of self-esteem.

Research shows that self-esteem influences lifestyle choices (Levine, et al, 2008) and this is definitely something we see in the young people served in the HomeBridge Community. Adolescent self-esteem, behavioural and emotional status, and social context, including the peer group, family and school social system, all play a role in adolescent aggressive behaviours (Loughlin, et al, 2013). Research also indicates that adolescents who struggle with low self-esteem and their own sense of self-worth are more prone to make unwise decisions about sex (Schimelpfening, 2020). Increased self-esteem, a sense of belonging and engagement in extra-curricular activities are all protective factors when it comes to reducing substance misuse and other risk-taking behaviours. By helping the young people see their potential and worth, we are not only boosting their self-esteem, but also setting them up with the necessary foundation to make healthy choices, thrive and find success and it all starts with self-love.

This year's theme aligned perfectly with the approach taken during Art Therapy where the facilitator worked on building an atmosphere of creativity that was lead by the interests and curiosity of the youth. "Art therapy, [...] is unquestionably an effective means of engaging this population and establishing and maintaining a connection which is therapeutically meaningful and productive." (Cathy Malchiodi in the foreword of Contemporary Art Therapy with Adolescents by Shirley Riley).

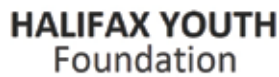
Activities are prepared and planned, but the Art Therapist is open to the individual interpretation of the participants on how they are executed, offering the opportunity for them to engage in a variety of art media, materials and processes. This openness led to some creative projects this year including wire jewellery. This is a great example of the flexibility of this program as the offered session was plaster cast/sculpture, which just happened to include wire for creating armatures. Some of the youth began creating wire wrapped rings. The Art Therapist saw the excitement and interest and quickly brought in beads and jewellery making supplies to keep the creativity flowing. This resulted in many subsequent sessions focusing on the art of jewellery making and the group being very engaged in the program.

That same level of creativity and adaptability is applied to all areas of the Expressions program. Some of the young people who participated in Music Therapy sessions worked on both instrumental & lyrical song writing - exploring their creativity for conveying emotions through sound, as well as writing lyrics to express how they were feeling; the struggles they were dealing with, and ways they could be empowered.

Others participated in music lessons on guitar, piano, drums and voice, as well as group song-writing and musical games. These activities provided them with an outlet for creative self-expression, an opportunity to take pride in their new musical skills, and develop confidence in their relationships with others.

Some sessions also included writing rap songs for fun and self-reflection and sharing meaningful music while discussing why certain songs really resonated with them. Some of the participants were so engaged in music this year that they signed up for additional 'Masters Classes' which helped them take their musical learning to the next level in a one-on-one environment tailored to meet their individual interests and needs.

The Expressions program continues to offer Art Therapy, Music Therapy, Circus Skills and Photography. Sessions run from September through June throughout the entire HomeBridge Community, including our on-site school program, Bridges for Learning. This program is entirely funded through corporate and community donors. We would like to thank those generous supporters (listed below) as this meaningful program would not be possible without you!



MY FAVORITE PART OF EXPRESSIONS IS THAT
WE ALWAYS HAVE FUN.

-HOMEBRIDGE YOUTH



EXPRESSIONS TEAM



References:

Levine, G., Majerovitz, D., Schnur, E., Robinson, C., Soan, C. (2008, October, 23). Improving the Self-Esteem of At-Risk Youth, NERA Conference Proceedings 2008. (6). http://opencommons.uconn.edu/nera_2008/6

Loughlin, T., Barnett, R., Culen, G., Stedman, N., Payne-Purvis, C., (2013). Self-Esteem and Feelings of Community Connectedness of At-Risk Adolescents Attending Community-Based Afterschool Programs, Journal of Youth Development (8).

Schimelpfening, N., (2020, May, 29). How Self-Esteem Influences Risky Sexual Behaviour in Teens, Very Well Mind. <http://www.verywell-mind.com/teen-self-esteem-and-risky-sexual-behaviour-1065482>

RECREATION THERAPY

The pictures our Recreations Therapist captures of young people on the climbing wall at East Peak, hiking at Polly's Cove or checking out virtual reality at Nearby Planet VR look like kids just having fun. And yes, the young people definitely are having fun, but what you don't see is the healing that is taking place when the young person faces their fears and builds trust while on that climbing wall, the problem solving skills that are being developed as they navigate the hike or the important relationship building that is taking place while they experience the world of virtual reality together.

Having a Recreations Therapist as part of our team for a full year now has made a huge difference. The major themes of this work have been developing the role of Recreation Therapy in the care planning process at HomeBridge, building capacity for Recreation Therapy within Bridges for Learning, and providing flexible support to the teams throughout fluctuating COVID-19 protocols. Throughout the past year he has established himself as an important part of our care team. By integrating evidence-based Recreation Therapy practice into our relational care model, he has worked hard to develop a culture of care in the HomeBridge Community that values the role of recreation in the development of vulnerable youth. He has built therapeutic relationships with many of the young people as a foundation for promoting a healthy leisure lifestyle. This has been an incredible gift that was made possible through our friends at the IWK Health Centre who secured the funding for this one year position with us.

Over the past year, it has been an absolute pleasure to develop the new Recreation Therapist position at HomeBridge. There is a growing body of research supporting the importance of healthy, meaningful recreation for our physical, mental, social, and spiritual well-being. It has been exciting to help connect the young people here with the things that are most important to them, and to encourage them to experience new activities.

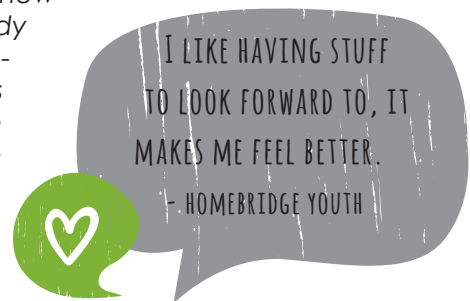
Recreation Therapy
Rob Grandy, CTRS

Summer Recreation

After long periods of limited outings as a result of Public Health restrictions, the youth people were very excited to reconnect with the community, and spend some time having fun outdoors over the summer. We encouraged them to take a hands-on role in choosing activities for this 10-week program. They had lots of great ideas and we had a busy summer with outings and activities every day. Some of the highlights included horseback riding, rock climbing, deep sea fishing, pottery and tidal bore rafting.

The Summer Recreation Program is funded by our generous donors. Their support makes it possible for us to rent a van for the 10 weeks and fund outings and activities that positively impact the young people who take part. We cannot thank them enough.

[THEY] GAVE US LOTS OF STUFF TO DO IN THE SUMMER.
I LIKE BEING BUSY CAUSE IT MAKES ME FEEL BETTER.
TIDAL BORE RAFTING WAS REALLY COOL, I WOULDN'T
GET TO DO STUFF LIKE THAT AT HOME.
- HOMEBRIDGE YOUTH



I LIKE HAVING STUFF
TO LOOK FORWARD TO, IT
MAKES ME FEEL BETTER.

- HOMEBRIDGE YOUTH

Individual Activity Plans

One of the most exciting parts of my position over the past year has been connecting young people with activities that they find personally meaningful. Our interests, hobbies, passions, and goals are unique to each of us, so it is a natural fit to work one-on-one with young people through the Recreation Therapy process. Individual Activity

Plans are closely integrated into each youth's care plans with Youth Care Workers.

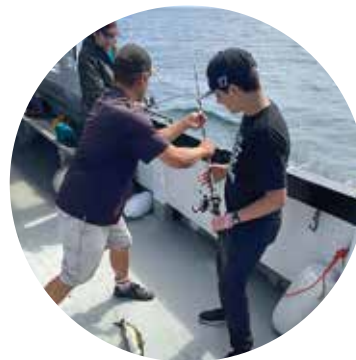
It is empowering for young people to develop their identity through recreation. So many labels are placed upon youth-in-care by society, by their peers, by their families, and by themselves. Recreation provides a vessel for them to take ownership of their identities, and to "see themselves in new ways".

Individual Activity Plans have Included:

- Going to the Gym together, and getting a membership to use independently
- Building Confidence in the Community
- Getting and Using a Library Card
- Hiking
- Dog Walking
- Fire Building and Outdoor Skills
- Skateboarding
- Photography
- Embroidery
- Running
- Rock Climbing & Bouldering
- Yoga
- Learning to Use Public Transit
- Basketball
- Fishing
- Animal Visits
- Skiing
- Playing Pool
- Taking the Ferry
- Pottery
- Bike Repair
- Football
- Dance Classes
- Shubenacadie Wildlife Park

SKIING WITH ROB WAS AWESOME
BECAUSE I GOT TO BE GREAT AT
SOMETHING. I WAS MORE CONFIDENT
EVERY RUN DOWN THE HILL, WE WERE
CHEERING EACH OTHER ON!

– HOMEBRIDGE YOUTH



ROB HELPS ME GO TO DANCE CLASSES. I LOVE TO
LEARN NEW DANCE MOVES, I USUALLY FEEL REALLY
RELAXED AFTERWARDS. I LIKE DANCE BECAUSE IT
GETS ME TO BE ACTIVE, IF I DIDN'T GO I'D
PROBABLY JUST BE ON TIK TOK ALL DAY LONG.

– HOMEBRIDGE YOUTH

Recreation's purpose is not to kill time, but to make life. Not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.

-Author Unknown

THERAPEUTIC PROGRAMMING

Therapeutic programming is offered to the young people who reside in the HomeBridge Community in an effort to teach skills that will encourage effective daily living. Our objective is for the young people to be able to adapt these learned skills in a variety of life settings. Skill development is implemented through a purposeful blend of Activity Based Therapeutic Life Skill Development enriched with Service Learning opportunities. Program planning remains deeply rooted in the Circle of Care Planning Framework, which includes Mastery, Generosity, Belonging, and Independence.

Daily Life Skill Programs are planned and implemented according to the needs of each unique group of youth. It has been identified that the young people we serve often need support with controlling their emotional response to presenting situations. This need is being addressed through stress management programming aided by yoga for anxiety and addictions, HeartMath (Bio Feed Back Program), aromatherapy and anger control sessions.

This year Dialectical Behavior Therapy (DBT) was also added to our ever-evolving list of resources. DBT uses strategies, such as, mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation, to assist the young people with staying present in the moment, developing healthy ways to deal with stress and regulate their emotions in order to improve their relationships with others. The young people were so engaged in this program that personalized Distress Tolerance Kits were created for each participant as part of their Christmas gift.

This was the tenth consecutive year that Homebridge has facilitated a week-long **Youth Farmer's Market** project. As always, the youth participate in an interview process and orientation before starting the hands-on work of running their market. This year's group were responsible for gathering preorders for produce, picking and buying items at wholesale, baking, managing all the orders and coordinating market / pick up day.

Last year was preordered and curbside pickup only. It was a great learning experience but the young people missed out on in-person sale and customer service skill development. This year we were grateful we could move to a hybrid approach. We still took pre-orders but also included additional items to be sold during the actual market day. The young people even created their own Blueberry BBQ sauce and made a variety of baked goods that quickly sold out when customers started arriving. The youth were responsible for contact tracing, processing preorders and informing the customers of additional items for sale. They had an opportunity to rotate and try all the different job descriptions and at the end of the day everyone agreed it was one of the most successful Farmer's Markets to date. We are grateful that the **Youth Development Initiative** continues to financially support this program as it provides the young people with employability skills while they have fun learning and impress even themselves with what they can accomplish.

Thanks to Linda and David Bowby, the young people got to have another opportunity to be entrepreneurs as well. The couple from the Annapolis Valley contacted us when they decided that picking their large plot of blueberries was too much for them to manage on their own. The young people quickly accepted the offer to come harvest the excess of blueberries for free. After a full day of picking they then set up a blueberry market where they sold fresh berries as well as some homemade blueberry products providing them with more employability skills and experience to add to their resumes.

Cooking Toward Independence is another program where the young people get to learn valuable life and employability skills. Funded by **Halifax Region Children's Aid Foundation**, this program focuses on healthy living as much as skill development. Participants plan and prepare a meal to serve to everyone at the Reigh Allen Centre on what has affectionately become known as "Food Fridays". This involves meal planning, budgeting, shopping, basic nutrition and food handling skills as well as cooking. The rising cost of groceries this year also led to great discussions and learning about shopping the sales and adjusting the menu according to what is on sale and / or in season to remain within budget. When group trips to the grocery store were not safe due to COVID-19 the group made online grocery orders to keep the learning going.



More than just cooking and budgeting skills get developed in this program. Every Monday the youth start with planning that includes choosing the weekly "Food Friday" meal. This activity allows them to explore their individual food preferences, actualize what a balanced meal consist of and engage in group negotiations. This activity provides the opportunity to learn how to present their needs at the same time as learning how to be respectful of the needs of others. They also have the opportunity to share their familial heritage meals and to experience other cultures through food. No matter what they prepare, the young people bask in the compliments they receive during these meals. Some come to this program having never even used a can opener or peeled a vegetable, but they all leave with the confidence and skills to plan and prepare a meal.

March Break this year was a little more "normal" than last year. We still carefully followed all Public Health restrictions, but we were able to go out and play. The young people made one-of-a-kind pieces of art at a paint your own pottery studio. They played glow in the dark mini golf, tried to conquer an escape room and even spent an afternoon exploring virtual reality games. New experiences were explored, fun was had, and lifelong memories were created.

These therapeutic programs and experiences are brought to life by the talent and skills of our employees as well as collaboration and support from our amazing community partners. The programs offered in the HomeBridge Community are designed to assist the youth in developing skills to enhance their lives both now and in the future. Please see below for a more complete list of the structured programs offered.

- Dialectical Behavior Therapy
- The Fifth Agreement - Personal/Moral Development
- Conflict Resolution - Aggression Replacement Training
- Drug and Alcohol Awareness
- Smoking Cessation
- Healthy Relationships
- Sexual Health
- Cultural Awareness
- Caring for Your Body (Hygiene/Puberty)
- Cooking Toward Independence (Nutrition, Budgeting and Culinary Skills)
- Self-esteem
- Recreation and Leisure Development
- Communication Skills
- Assertiveness
- Peer Pressure
- Understanding Your Emotions
- Visual Arts
- Music Therapy
- Circus Skills Development (Unicycle, Juggling, Tight Rope, Flower Sticks etc.)
- Yoga
- Gardening
- Aromatherapy
- Sleep Hygiene
- Production of Natural Products (Cleaning and Personal Care Items)
- Tai Chi
- HeartMath (Bio-Feedback)
- The Stress Reduction Workbook for Teens
- The Anxiety Workbook for Teens
- The Anger Workbook for Teens
- Entrepreneurial and Service Learning
- Volunteering with Feed Nova Scotia
- YWCA Discovering Life Skills
- What Have I Done? A Victim Empathy Program for Young People
- MAPSTARS Conflict Resolution – Bully Prevention Program
- The Six Pillars of Character Development (Trustworthiness, Responsibility, Respect, Fairness, Caring and Citizenship)



MY FAVORITE PART OF
PROGRAMMING IS THAT
WE GO OUT AND HAVE FUN.
- HOMEBRIDGE YOUTH



Respectfully Submitted
Shelley Teal, Dr T.C.M., Dr. A.C., R. AC
HomeBridge Youth Program Coordinator

BUILDING MORE THAN BOATS

Imagine the pride and sense of accomplishment that comes with building a boat in only three days and then launching it in open water to prove that it's sea worthy. It's huge and that is only the tip of the iceberg when it comes to the positive outcomes that are a result of an amazing program called "Safe Spaces and Relationships".

This vocational program is a partnership between HomeBridge, **The Maritime Museum of the Atlantic** and **Mount Saint Vincent University** where youth are offered the opportunity to gain valuable life and employment skills. This fall marked the third time young people from the HomeBridge Community spent three days on-site at the museum working with Marine Conservation Assistant, Eamonn Doorly and Dr. Shane Theunnesin and his Child and Youth Care Students from MSVU to build a 12-foot Bevin Skiff. The opportunity allows the participants to gain experience in construction and building, planning and design, teamwork, and workplace safety; all important employability skills that will help them in their future endeavours. It also allows the MSVU students to put into practice their learning about building safe spaces and enabling supportive interactions with youth-in-care. It is a shared experience that will have lasting impacts on everyone involved.

The facilitators said it was great to see the young people grow more confident throughout the three days. At the beginning of the program, they were apprehensive to try new skills such as using a plane, drilling holes or using a hand saw. By the last day, they were literally jumping in front of the adults to do these tasks saying, "don't worry. I've got this!". The pride and excitement was also evident for anyone present when they launched the boats into the harbour on the final day. Passers by couldn't help but stop and watch as the young people cheered and clapped and then took turns rowing the boats around the harbour.

The Youth Development Initiative (YDI) joined as a new partner this year with financial support that allowed participants to be paid a stipend as an incentive for their time and effort to build the boat therefore modeling actual employment. YDI's support also led to the expansion of this program. Four young people moved on to a new, more extensive boat building project. This program, connected to our on-site school Bridges for Learning, sees the participants spend one afternoon a week to the museum working on a 12-foot Bird Class sailing and rowing dinghy. This program runs for 5 months during the school year and allows the students to gain further skills and experience, earn a stipend and work towards a Construction Technology credit for school.

Thank you to the amazing community partners who make this meaningful program possible.

The opportunity allows the participants to gain experience in construction and building, planning and design, teamwork, and workplace safety; all important employability skills that will help them in their future endeavours.



IN THE COMMUNITY

As we attempt to ease back into some form of normalcy after two years of public health restrictions due to the COVID-19 pandemic, we are working on reconnecting with some of our important stakeholders. Physical distance may have kept us apart, but it did not lessen our commitment to being good neighbours to those who live in the communities that surround our programs.

We understand that living near a youth care facility can have its challenges. We strive to be good neighbours and hope by connecting with those who live around us we can lessen any concerns they may have because it is very important that the youth live in a family neighbour. The young people have all experienced significant emotional trauma and need support to heal and move forward. Nothing about their current living situation is normal. For this reason, it is helpful for them to live in a typical looking home, in a typical neighbourhood. This helps to create some normalcy in their lives and allows them to experience the sense of belonging and connectedness that comes with being part of a community.

Every year we produce a **Report to the Community** which is typically hand delivered to the neighbours who surround all of our facilities to keep them informed about the happenings in and around the HomeBridge Community. This is an important part of our neighbourhood relations strategy as we truly value the opportunity to connect with members of the community and to hear their feedback. The report which includes information on our programs and the work we do with vulnerable youth. For the past two years we have simply dropped the report off in mailboxes in an effort to keep everyone safe. We are very happy, however, to resume the practice of meeting with our neighbours so we can continue to build our relationship.

TEAM PHOTOS



ADVANCED TRAINING FOR BEST PRACTICE

As our world continues to evolve and change, so must we. In the HomeBridge Community we strive for best practice in all areas of our work. This involves researching the latest practices for therapeutic interventions and programming for vulnerable youth as well as keeping up on the trends in all of the other professional jurisdictions that make up our multi-disciplinary team. This year employees have been involved in the following educational opportunities to keep our knowledge current and provide the best possible service.

EXTERNAL TRAINING:

Achieve

- Leadership and Culture

Association of Children's Residential Centers

- Essential Staff in Therapeutic Residential Care
- Leadership and Development Forum
- What About the Boys? The Challenges of Identifying and Treating Male CSE and SE Youth in Residential Treatment

Association of Fundraising Professionals

- How to be your Organizations Brand Ambassador

Boost Child and Youth Advocacy Centre

- Anti-Black Racism / Anti-Oppression

Canadian Association of Physician Assistants

- The Choice & Partnership Approach for Child and Youth Mental Health

Canada Helps

- Google Analytics 101

Chartered Professional Accountants of Nova Scotia

- Introduction to Indigenous Peoples Culture
- The Principles of Ethical Leadership
- Focus in the Age of Distraction
- Emotional Intelligence: Make Deeper Connections
- How to up Your Game on Zoom
- Financial Intelligence for Entrepreneurs, Executives and Directors.
- Presentation Skills for Accounting and Finance Professionals

Chartered Professionals in Human Resources

- Screening Your Workforce
- Diversity and Inclusion Conference
- HR Law Conference
- Social Media Screening
- Leveraging Diversity, Equity and Inclusion in the Collective Agreement
- Mi'kmaq Teachings in Life and Business

Compass Pharmacies / Moffat's PharmaChoice

- Medication Awareness Training
- Naloxone Training

Crisis and Trauma Resource Institute

- Cognitive Behavioural Therapy

Developmental Edge

- Developmental Sprint

Dr. Thom Garfat

- Supervision Coaching
- Individual Development Planning
- Mattering



EXTERNAL TRAINING CONTINUED:**Fondant Technologies**

- Hollywood Storytelling Techniques That Boost Your Online Fundraising

Frank Delano

- New Supervisor Training

Jane Meader, Mi'kmaq Elder

- Residential School & Trauma

James Freeman

- 25 Characteristics of a Relational Child and Youth Care Approach
- Leadership

Karly Church

- Sexual Exploitation and Human Trafficking

Leon Fulcher and Shane Murdoch

- Outcomes that Matter

Lorraine Fox

- Developing and Maintaining Supervision Skills

Marsha Linehan

- Dialectical Behavior Therapy Skills

Mount Saint Vincent University

- Ethics in Public Communication

Scottish Institute for Residential Child Care

- How to Build a Great Residential Child Care Manager

Simply Good Form

- Non-binary Training

Suicide Prevention and Risk Reduction Community Working Group

- Community Conversation: Suicide Prevention and Risk Reduction

Traincan – the Source for Food Safety

- Basic Food Safety in Canada

INTERNAL TRAINING:

- Applied Suicide Intervention Skills Training (ASIST)
- Cultural Awareness
- Canadian Centre for Occupational Health and Safety
 - Basic fire safety
 - WHMIS
 - Introduction to Occupational Health and Safety for new employees
 - Responsibilities of the Joint Occupational Health and Safety Committee
- Mental Health First Aid
- Non Violent Crisis Intervention - Trauma Informed Care
- Non Violent Crisis Intervention, Enhanced Verbal Skills: Applications of Life Space Crisis, and Advanced Physical Techniques
- Safety Oriented First Aid
- Student Advisor Training
- The Purposeful Use of Daily Life Events



HomeBridge continues to use various video chat platforms to make consult, mentoring and learning opportunities possible with out of region experts with minimal cost. Whether it is one-on-one consults with experts in the field of Child and Youth Care from around the globe or group training that would typically require flights and accommodations for the facilitator, this technology has made training and consult opportunities much more feasible.

COMMUNITY PARTNERSHIPS

It has been said that it takes a village to raise a child. This is something that resonates with us in a very big way. The work we do with vulnerable youth is not easy, but we are very fortunate to have incredible community partners as part of our village who bring with them supports and services that we could not otherwise offer to the young people we have the privilege of serving. With the support of these partners, we feel closer every day to our vision of all youth and their families living in health, safety, and harmony.

The **IWK Health Centre** and their Community Mental Health and Addictions Services Program, **CHOICES**, have supported our efforts in a very meaningful way. One of their Clinical Social Workers has been seconded to the HomeBridge Community for the past nine years in the role of Mental Health and Addictions Counselor. This has really helped us increase our capacity in concurrent disorders. The counselor works directly with the youth and also provides guidance and consultation for the Youth Care Teams about substance use, mental health and concurrent disorders. This invaluable resource has been a great support for everyone.

The IWK also supported HomeBridge to hire a Recreation Therapist last year. Despite working under public health restrictions that on several occasions prevented group activities or community outings, the Recreation Therapist has already had a very positive impact on the young people. The focus is to create opportunities for the youth to have experiences that will contribute to their physical, social, emotional, cognitive, and spiritual well-being. Like the Mental Health and Addictions Counselor, he works directly with the youth and also works with the Youth Care Teams to provide relational solutions to engage youth in physical and other wellness activities in an effort to decrease high risk behaviours.

We are also very fortunate to have partners in the community who want to help us raise the funds required to make many of our therapeutic, life-skills programs possible. **The Home Depot, Dartmouth Crossing** has supported us through **The Home Depot Canada Foundation's Orange Door Project** for a number of years. This campaign raises money to provide vulnerable youth with the housing, support and hope they need to live safe, healthy and productive lives through a number of initiatives including an instore campaign where customers can purchase an "orange door" to contribute to the project. The team in Dartmouth Crossing have supported HomeBridge since 2014. Due to COVID-19 they have had to alter their in-store campaign at times but have still raised an impressive amount of money. This year alone they raised approximately \$21,000 for HomeBridge. This money supports our Summer Recreation program.

We truly could not do the meaningful we do without the support of the community partners mention here and everyone else who shares their time, talent, or financial support with us. We continue to be grateful for everyone who contributes to our vision. Together we are changing the lives of vulnerable youth in our province.



SHARING OUR SKILLS AND KNOWLEDGE

HomeBridge has been providing therapeutic services for vulnerable youth for over 40 years. Our employee base ranges from those who have been with the organization for decades to some who are only at the beginning of their career with us. All of these hard working and dedicated practitioners bring different experience and expertise to the work we do and this is something we are happy to share as we help to build capacity in future professionals. Offering student placement opportunities is one of the many ways that we try to support the profession of Child and Youth Care. This is also beneficial to us as those just starting their careers in this field have fresh perspectives and new insights to share with us as well. The knowledge sharing and learning goes both ways.

HomeBridge offered placements to 24 students looking to gain some hands-on experience in human services this year. Each student is matched with a HomeBridge Student Field Advisor to guide them on their educational journey and ensure their individual learning objectives were met. This year's student placements came from the following institutions and programs:

Nova Scotia Community College, Ivany Campus - Child and Youth Care
Nova Scotia Community College, Truro Campus - Child and Youth Care
Mount Saint Vincent University - Child and Youth Care
Dalhousie University School of Social Work

HomeBridge employees also contributed their time and talents by sitting on the following Boards and Committees outside of the organization:

- Relational Child and Youth Care Practice Journal Board
- NSCC Child and Youth Care Practice Provincial Advisory Committee (CYCP-PAC)
- Curriculum Advisory Board: Holland College Child & Youth Care Worker Program
- International Child & Youth Care Network Board (CYC-Net)

MEMBERSHIPS:

- Project Management Institute, Nova Scotia Chapter
- Association of Fundraising Professionals, Nova Scotia Chapter
- CPA Canada (Chartered Professional Accountants)
- CPANS (Chartered Professional Accountants of Nova Scotia)
- Nova Scotia Child and Youth Care Workers Association
- Chartered Professionals of Human Resources Association of Nova Scotia (CPHR Nova Scotia)
- Trafficking an Exploitation Service System (TESS)
- Canadian Welfare League of Canada
- Association of Children's Residential Centers
- International Child and Youth Care Network (CYC Net)



OUR CORNERSTONE PARTNERS

Department of Community Services

Funds HomeBridge's operating budget

St. Paul's Home Board

Owns Sullivan House, Jubien House and Cogswell House

Department of Transportation and Infrastructure Renewal

Owns Johnson House and the Reigh Allen Centre

Department of Education

Funds two Teaching positions for our school program, Bridges for Learning

DONATIONS/FUNDRAISING - FISCAL 2021/2022

Bridges of Learning (personal donors).....	\$ 336
General Donations.....	\$ 2,464
Youth Development Initiative (YDI): Farmer's Market & Safe Spaces & Relationships Grants.....	\$ 5,804
Holidays of Hope (Including St. Paul's Christmas for Youth).....	\$ 18,394
Recreation Program.....	\$ 21,614
Expressions Program of the Arts.....	\$ 29,996
Recreation Therapist – IWK Grant.....	\$ 86,538
Bridges For Learning (Department of Education grant).....	\$140,000

HomeBridge received/fundraised over \$305,146 in fiscal 2021/2022

Thank you to those who contributed to the Annual Report:

Jim Perrin, Ernie Hilton, Caroline Moore, Renee Stevens, Jackie Woodford, Colleen Clark, Carol Lethbridge, Jillian Nordin, Shelley Morgan, Rob Grandy, Anna Plaskett, Evie Dunville, and Margaret Lawton.

HOMEBRIDGE YOUTH SOCIETY - OPERATING INCOME STATEMENT (UNAUDITED)

For the year ended March 31, 2022

OPERATING INCOME STATEMENT

	ACTUAL 2022	BUDGET 2022	ACTUAL 2021
REVENUES			
Grants	\$7,290,730	\$7,290,730	\$7,082,743
Per diem (occupancy)	1,060,384	1,054,315	950,256
COVID Funding reimbursements	23,310		
Investment income	4,144	-	6,769
Donations	2,464	-	18,225
Retroactive monies	-	-	339,732
Temporary wage subsidy (TWSE)	-	-	25,000
Funder reimbursements	-	-	1,466
	8,381,032	8,345,045	8,424,191
EXPENSES			
Wages & benefits	7,244,909	7,684,952	6,766,635
Food	174,958	155,001	155,318
Repair & maintenance	129,565	83,000	155,958
Office	122,877	38,249	103,099
Light, Power, Cable	99,424	82,601	94,034
Professional services fees	83,782	32,810	94,749
Staff Training	70,438	23,200	20,601
Insurance	64,524	40,500	55,283
Travel	45,453	51,401	52,373
Household furnishings	41,025	14,213	41,332
Household & cleaning supplies	39,907	26,100	51,213
Telephone	34,742	23,999	33,736
Fuel	33,329	39,500	24,211
Youth Life Skills Programming	26,883	14,619	31,361
Water	14,294	11,999	12,003
Pharmacy	9,573	8,701	11,390
Property Taxes	7,223	4,000	7,068
Board development	3,802	-	1,413
(IBP) Incentive Based Programming	1,691	5,200	
Retroactive wages and benefits	-	-	339,732
Psychological testing materials	-	5,000	-
Total Expenses	8,248,399	8,345,045	8,051,509
Net Income (loss)	\$ 132,633	\$ -	\$ 372,682

For a copy of HomeBridge Youth Society's audited financial statements please contact Colleen Clark, CPA, CA HomeBridge Director of Finance at (902) 466-1439 x 224 or cclark@homebridgeyouth.ca

Donor List Fiscal 2021-2022

18 Dartmouth Air Cadets Squadron
Advent Gift Bag Program (St. Peter's Parish church groups)
Valerie Allard
Anonymous
Arthur J. Gallagher Canada Ltd.
Renee Bahadur
Jackie Barkley
Robert Bartlett
Bicentennial High Grade 9 Citizenship Class
Sarah Biddulph & Family
Ashley Blissett
Robert & Patricia Boulton
BOYNECLARKE LLP
Christie Brown
Beverley Budden
Canadian Coast Guard, Dartmouth
Todd Carruthers
Jennifer Chisholm
Lisa Christmas
Clearwater Seafoods Limited Partnership
Cole Harbour Woodside United Church
Kari Colledge
Compass Pharmacies
Congregation of Notre Dame Visitation Province Centre
CosmoProf
Credit Union Atlantic
CUPE Local 4471
Tim David
Verna Docherty
East Coast Credit Union Limited
Federation of Foster Families of NS
Allison Ferris
Flight Corporal Ben Gomez - 18 Dartmouth Lions Cadets
Kenneth Foran
Jessica Dawn George
Tanya Godin
Shirley Graham
Nicholas Graham
Gratitude at Work
Gerrie Grevatt
Stephen Haick
Halifax Region Children's Aid Foundation
Halifax Youth Foundation
Hartman/Matthews Family Trust
Ernie Hilton
Home Depot Canada Foundation
IODE Mary Lawson Chapter
Kellye C. Johnston
Guarav Kararia
KBRS and Meridia Recruitment Solutinos
Cabrini Kelly
Brian Kelly
Kind Acts Club - Island View High School
Karen Kirk
Kiwans Club of Dartmouth Charitable Foundation
Kelly Lawrence
Krista Lawrence
Darlene Laybolt
Locally Baked Outlet



Henry Lok
Lysol Canada through Dartmouth General Hospital
Foundation
Bill MacFarlane
Joan Maclsaac
Marie MacKinnon
Kelli Matthews
Leanne McCarron
Robyn McGregor
Erin Miller
Pam Mountan
Thomas Munro
Sara Napier & Family
Cindy Naugle
Nan Nichols
Sue Nickerson McWilliam
Nova Scotia Association of Realtors
Nova Scotia Insurance Women's Association
David Oyler
PayPal Giving Fund Canada
Lisa Peck
Terry Purcell
Janet Pyke
Queensberry Rules Boxing Studio
Heather Raycroft
RBC Tacoma
Margaret Reynolds
Patricia Richard
Claire Richardson
Cathy Robertson, Daughters & Friends
Chrystal Sampson
Say It With Stitches
Scotiabank Bedford Commons
Marcia Seitz-Ehler
Kevin Spafford
St. Andrew's Presbyterian Church
St. Paul's Home
Stars of Tomorrow Dance Academy
Renee Stevens
The Leadership 12 Class - Citadel High
The Shoebox Project for Women
Janet Thorburn
Anne Totten
Touch of Gold
Michele Trider
University of King's College - Day Students' Society
Patricia Vardy
Brenda Watt
Vicki Witcher
David Woodford
Helen Wright