

FRESH START SUPPORT SERVICES

2018-2019 ANNUAL REPORT



A letter from the Board President

Dear Friends of Fresh Start,

This has been a year of exciting growth and direction for Fresh Start. We have seen God's faithfulness in abundance and are thrilled to share with you what's happening in this ministry.

Fresh Start continues to provide safe housing for babies and their mothers in St. Thomas. As we meet the physical needs of moms and babies however, we are acutely aware that there is much more that must be done to affect generational change and break cycles of brokenness, hurt, addiction and trauma. There is a great need for an attachment and trauma-focused approach to the care and programs we offer.

This past year we have focused on training our staff and developing programs that allow us to offer evidence-based care to reach past overt symptoms and move closer to the root causes of the painful situations in which people find themselves. In 2020 we are pursuing accreditation as an Attachment and Trauma Centre and have staff now able to provide clinical attachment work to our moms and babes, along with any fathers wanting to be involved.

We have a strong and engaged Board of Directors supporting our ED wholeheartedly. Karen's passion and vision for Fresh Start continue to inspire the Board and staff. Carla Matos is the incoming president of the Board for 2020. She has been on the Board of Directors for greater than 15 years. Her dedication to this ministry is evident in the time and effort she expends on its behalf. We are moving into the next year filled with confidence that God will continue to show himself faithful.

Thanks to the generosity of our donors, Fresh Start remains financially stable. We have been able to meet the needs of many women and children and accomplish program development with highly qualified staff. We are humbly aware of our dependence on the donations of those of you who support the work of Fresh Start and who believe God continues to work to strengthen families in St. Thomas through these programs and relationships. The intention behind all we do at Fresh Start is to be a place of healing where Christ's love is put into action in practical ways to provide families with a hope for the future. Thank you for partnering with us in this ministry at Fresh Start.

Carroll Wiebe

Carroll Wiebe

BOARD PRESIDENT
FRESH START SUPPORT SERVICES

Moms & Babies: A Year in Numbers

17 Mothers were supported in their goals of parenting their children in 2018-19.



21,458
diapers
changed



4 first
birthdays



\$830 gift
card
given



19 children
(15 boys &
4 girls)



504
volunteer
hours



\$8,500
of groceries



3,000+
food items
donated



2 children
returned to care



624 hours
of programs



8,760
hours of
staff support



17,760
bottles
made



8 births
attended



1,095
meals
made



15 staff

Story of a Fresh Start

Samantha had used substances for the last 10 years and really wanted to stay clean during her pregnancy, but she wasn't able to. She felt defeated. Her support team suggested attending Fresh Start. She felt at home at Fresh Start and she was able to remain substance free while gaining confidence in her ability to parent her son.

Samantha and Peter stayed at Fresh Start for nine months and successfully moved back into her home and has done an amazing job raising her son! Well done Samantha!

"I'm so thankful for God giving me a second chance at life! There is no doubt in my mind that all of this, including Fresh Start, is a God thing."



FRESH START'S FOUNDATIONAL PRINCIPLES

In 2019, Fresh Start reviewed and redefined its vision, mission, and misional objectives to better align with a trauma and attachment philosophy.

MISSION

A Christ centered place of healing that strives to provide families a hope for the future.

VISION

Supporting families in a safe housing community by providing early parenting interventions and skill development while putting Christ's love in action.

OBJECTIVES



To develop and facilitate community learning, for both families and professionals, with a concentrated lens on child development, attachment, trauma informed practices, and parenting capacity.



To create opportunities to gain knowledge, develop skills, and access resources that contribute to increased long-term parenting capacity.



To provide safe and stable housing to pregnant and parenting women that have children in their care.



To deliver trauma informed and attachment-based interventions that enhance security within the infant-parent dyad.



To provide spiritual care that points towards the healing of God's love.



To provide educational and employment opportunities to build financial stability.



To strengthen potential for family preservation.



To foster safe and healthy support network relationships for both the infant and parent.



To collaborate with other service organizations to support residents transition into the community.

YOUR GENEROSITY IN ACTION

Our Financial Picture

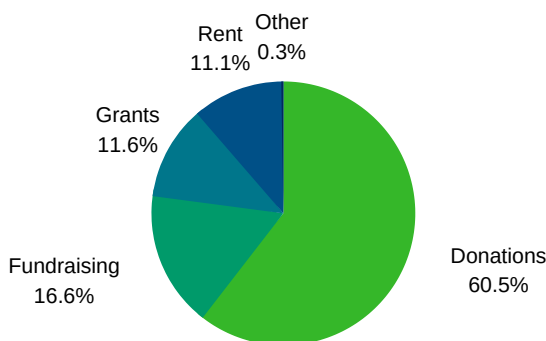
You gave generously last year and our revenue totaled \$433,632 with expenses only marginally higher at \$438,631. This leaves Fresh Start in a strong cash position going into 2020.

In 2020 we ask that you prayerfully consider contributing again as Fresh Start looks to increase the quality of the programs offered to better meet the needs of the babies and moms living at Fresh Start.

SOME HIGHLIGHTS:

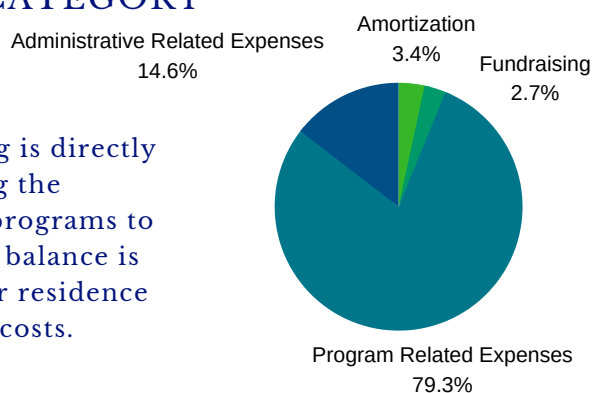
- Grants allowed for the development of new programs including a Financial Literacy program, Health Relationships program and Attachment Parenting program.
- The Attachment Parenting program was offered to 5 babies and their moms living in the community.
- Financial support came from 971 families, churches, non-profit organizations and businesses.
- \$34,290 was raised at the Banquet & Dessert Auction. Our next banquet is taking place April 24th. Reserve your tickets now!
- 800+ participants donated to the Baby Bottles Drive raising \$37,754.

REVENUE BY CATEGORY



EXPENSES BY CATEGORY

80% of our spending is directly aimed at supporting the babies, moms and programs to support them. The balance is largely spent on our residence and administrative costs.



For more detailed financial information, go to our website at www.fsms.ca.



Board of Directors

Carroll Wiebe, Board President
Emergency Physician
St Thomas Elgin General hospital

Rachel Oegema, Vice-President
Social Worker/Psychotherapist
Victoria Hospital

Aileen Pennings, Treasurer
Administrator
Christian Counselling Centre

Carla Matos, Secretary
Retired Teacher
TVDSB

Ron DeWeger, Director
President/CEO
GCW Custom Kitchens & Cabinetry Inc.

Kristy James, Director
Foster parent

Leadership Team

- **Karen Schouten**
Executive Director
Fresh Start Support Services