Community Connections

Community Connections Society of Southeast BC

Annual General Meeting Report 2021-2022

June 27, 2022

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Community Connections
Community Connections Society of Southeast BC

2021/22 Year at a Glance

Children & Family

655 Families
Early Years Program

909 Items Borrowed
Child Care Resource and Referral

75 Pregnancies
56 Postpartum Families
Bellies to Babies

115 Children / 33 Centres
EKSCD

3 Parenting Groups
4 Facilitators Certified
Circle of Security

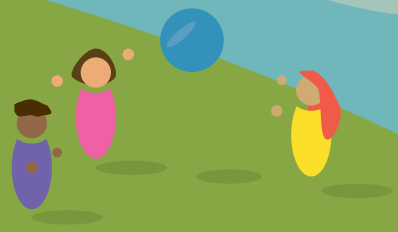
180 Young Families
Infant Development

20 Kids
Just for Kids

32 Families
Nobody's Perfect

321 Family Suppers
CAPC Kimberley

1000 Adults/1500 Children
CAPC Cranbrook



Adult

$225 K Given
216 People Housed
Homeless Prevention/Outreach

750 Women
Women's Resource Centre

405 Family Law Clients
790 Poverty Law Issues
170 Legal Aid Clients
Law Advocates and Community Partner

91 Counselling Sessions
Walk-in Counselling

43 Housekeeping Clients
Better at Home

Food

295K lbs Diverted from Landfill
194K lbs Distributed to 29 Organizations
144K lbs given to 13 Farmers for Livestock
9,900 Meals Cooked and Distributed
1095 Volunteers
Food Recovery Program

4 Clients, 7 times/week
Farm Kitchen

8 Community Garden Events
1 Food Asset Map Developed
1 Food Summit Held
Farm Kitchen

AGM Report from the Board Chair & Vice Chair - June 2022

It has been a busy year for Community Connections since the last AGM in June of 2021, with many positive highlights.

One of the biggest challenges, though, has been the ongoing and ever-changing circumstances of living and working with Covid-19. We on the board know it has continued to impact the important work being done at CCS and how programs are delivered—but we continue to be impressed by everyone's innovation, dedication and adaptability in finding ways to keep making a difference in the communities we serve.

The Homeless Shelter continues to be managed at the Travelodge, while our team works with BC Housing to bring the shelter to its permanent site at the CCS Hub. Staff eagerly anticipate the move to the new location, as it will mean better access to other services for clients.

The Food Recovery and Farm Kitchen programs have relocated to the new Food Bank facility, with many benefits for all concerned. It's been exciting to see the development of the food-processing program that uses recovered food to create ready-to-eat meals for distribution—and a great example of collaboration at work within CCS programs and externally as well.

Staff continue to meet monthly to prepare the society for the next accreditation in April of 2023. Ongoing planning will help to ease the workload associated with CARF accreditation. Senior staff keep the board updated on accreditation readiness.

In the fall of 2021, the board and senior staff worked with facilitator Bob Johnstone to update the society's Strategic Plan. This process involved engagement with CCS staff through a survey; these survey responses were then used to guide the board in identifying our strategic direction into 2024. CCS is a diverse organization, so input from staff is vital to our ongoing success.

An outcome of our fall planning session was that the board voted to go to a model of having just four formal board meetings per year, plus the AGM, and three informal program coordinator's report meetings per year. The feeling is that the society is being well managed, and there isn't the need for formal meetings each month. The new schedule is working well, and we're finding both the formal and informal meetings positive and informative!

At the time of publication, the board was planning to host a staff appreciation BBQ in early June—our first major staff get-together since before Covid—as a way to thank staff for their hard work and dedication in serving their communities.

At the end of May, board members (current and new) toured some of our facilities in Cranbrook. Everyone we talked to was passionate and enthusiastic about their programs, and it was impressive to hear about all the wonderful work happening at the CCS Hub, the Kootenay Child Development Centre, and in our food programs.

On a final note, we feel fortunate to work with a great group of board directors, and while we've had some step down this year, we will welcome three new directors at the AGM. Looking back on this year, all of us on the board are so impressed by and appreciative of the excellent work that CCS staff do and the supportive, caring and collaborative work environment we see and hear about. This starts from the top, with Nancy and her management team, and ripples through the whole organization. We'd also like to recognize the fiscal responsibility everyone has shown to keep CCS in a healthy financial position. The board thanks everyone for their efforts, and we look forward to another exciting year!

Paul Knipe - Board Chair and Colleen Osiowy - Vice Chair
June 2022

The 2021-2022 year brought the second year of Covid restrictions and the need to continually pivot to deliver services, follow changing Provincial Health Orders and meet staff needs.

We continued to grow as a team and as individuals, enjoying new ways of working from home or via technology while maintaining hope to return to some previous ways of working.

Change is a constant …as this fiscal year drew to an end so did Katherine Peterson's time as our Finance Manager. Staff and management recognize the incredible gift her wisdom and hard work have been to the society, and she will be missed but we know she will do amazing work in her new challenge too. Rebecca Mitchell came on board to lead the Supported Child Development team and brings with her many years of experience and areas of expertise. Tara Beal joined us as KCDC Manager in August and she is both spunky and knowledgeable, so we are grateful to have her on the team.

Despite another year passing, the shelter remains unopen. Plans, permits and furniture purchases are complete, but the project continues to experience delays.

There are too many accomplishments to name them all, but to recognize a few: new web site; new signage at KCDC; a fence in the back of KCDC; adding Kootenay Employment Services as a hub partner at CCS; adding the Housing Connector program with funding from CBT; Food Hydrator and Electric Van purchase for the food programs.

Looking forward to this third year of doing good work, inspiring change, and creating new ways to build community with the best team around.

N Reid

Nancy Reid, MSW

Executive Director

Reception Year at a Glance

- 135 Food Recovery Hampers given
- 84 LAP Passes issued
- 132 Donations processed
- 25 Memberships processed
- 58 Harm Reduction Supplies Given
- 108 Hygiene Supplies Given
- 927 Taxi vouchers made

Directing calls & messages

JOHS Committee

Program Referrals

Cultural Tracking

Union & Job Board

Monthly Newsletters

Holiday Hoopla

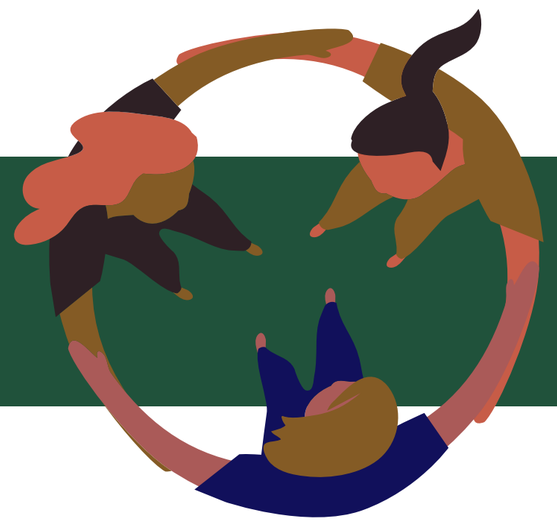
CRANBROOK WOMEN'S RESOURCE CENTER

2021 IN REVIEW

2021 Stats

- Over 315 instances helped
- Average of 15 women a month served
- Over 200 pair of socks donated in sock drive

For **46 YEARS** the Cranbrook Women's Resource Centre has been a leader in supporting women in our community.



INTERNATIONAL WOMEN'S DAY

We used IWD as an opportunity to raise awareness about the effect that covid had on individuals already facing adveristy in their homes.

IWD CONCERT

We raised over **$5000** with the help of our HSWR practicum student, local female musicians, local businesses, and community members.

PRACTICUM STUDENTS

The Nursing Students redesigned the CWRC's flyer.

The HSWR Student was vital inthe IWD concert and as well as sourcing a new design for an upcoming T-shirt fundraiser.

LYNDSEY & KRISTEN

Lyndsey left for maternity leave in November 2021 and Kristen is filling her place. Kristen is client & fundraising focused, a good asset to the team.

WOMEN'S GROUP

Ran weekly from May - September 2021.
A peer driven group with a wide variety of topics and activities.

FRIENDS OF THE CWRC

There has been ongoing discussion about rebuilding the Friends of the CWRC to assist in fundraising.

FREE WINTER GEAR WAS AVAILABLE

Donated by the Jaffray community

FAMILY LAW ADVOCATE
2021 IN REVIEW

Program started in May 2019

Funded by the Law Foundation

2 advocates in the area: Denise Stewart & Gary Eisele

Serving clients throughout the Kootenays

Program seems to have become established in the community

Part of a larger network of advocates around the province

Refer to other community programs

Providing advocacy services to individuals with assets under $20 000

Legal issues include guardianship, parenting time, child or spousal support, dvorce/separation agreements, protection orders, FMEP, relocation, emergency asset restraint, and child protection.

Our number of clients served has increased every year, and in 2021 we had 405 clients.

Advocates have been attending training, both in person and via Zoom

Travelling **POVERTY** Advocate

Noelle Goodfellow

THE LAW FOUNDATION OF BRITISH COLUMBIA

- **Information and advice in relation to income support programs**
- **Assistance with income support applications, reconsiderations and appeals**
- **Information, advice and assistance with residential tenancy concerns**
- **Connections to information, resources and services to help with a variety of legal issues**

429
income security issues,

166
issues relating to housing

54
family and child protection matters

19
debt concerns

177
other legal questions

Food Recovery:

- **295,301 lbs of food diverted from landfill**
- **194,104 lbs distributed as food support to 29 organizations and multiple community members**
- **144,162 lbs given to 13 farmers to feed livestock**
- **9,900 meals cooked and distributed**
- **1095 volunteer hours**

CFAC

(Garden + advocacy work)

8 community garden events

Food Asset Map developed

Food Summit hosted

Farm Kitchen:

Kitchen serving 4 different clients, 7 times/week

Homeless Outreach & Prevention

Who we Serve:

- People of all ages on a case by case basis
- Homeless by crisis, unstably housed ie. couch surfing or at a high risk of homelessness

What we do:

- Provide info about housing including tenant and landlord rights
- Connect people with housing when available
- Help with housing applications
- Advocate and refer individuals to available resources
- Advocate for more housing in Cranbrook
- Provide short term rental subsidies or one time assistance.
- Work with other community agencies to help maximize support systems

What we don't do:

- Provide housing
- Help home owners
- Provide assistance outside of Cranbrook/Kimberley
- Subsidize those who are subsidized in their housing
- Be a persons only source of income
- We are short term helpers not long term financial support

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Travelodge Emergency Shelter

Our team touches the lives of 70 Individuals daily!
17,265 rooms for the year
51,795 meals provided to Shelter individuals
7,300 (plus) additional meals provided to individuals not residing at the Shelter.

Connecting our most vulnerable community members to;
Mental Health, Treatment centers, Urgent care, Ministry of Social Development and Poverty Reduction, HOP/HOPP, ANKORS, Aqantanam Housing, BC Housing, Mountain View Villas, as well as private online housing opportunities, Women's Resource Center, Street Angel, Work BC, City of CBK programs, CBK Food Bank, Salvation Army

- **Staff are creating trusting relationships with Cranbrook's most vulnerable, one cup of coffee at a time. We have created a sense of community for the Individuals occupying our 50 rooms, and a safe and supportive drop-in location for those who are living rough in our community.**
- **Individuals who have found housing often return to our program for further referrals, coffee and a visit.**
- **Our community partners are able to connect with their clients, whether they are staying with us, or for those who use our program as a drop in.**
- **Over the past year staff have used Naloxone kits 40 times on individuals when they were nonresponsive due to an overdose.**
- **We look forward to another successful year, of supporting our Individuals, collaborating with our community partners, and reducing the stigma associated with the complexities of homelessness.**

Better at Home

United Way helping seniors remain independent.

34 Clients receiving housekeeping services

25 Volunteers

247 Taxi Vouchers utilized

4 Events held Halloween, Christmas, Angel tree & Easter

Kootenay Child Development Centre

Imagine Nurture Grow

April 1, 2012 - April 1, 2022
Team building activity in celebration of our 10 years!

Welcome to the Kootenay Child Development Centre Home to 15 Programs

Anti Bullying Day
Kindness Campaing

Our first Annual Christmas Door Decorating Competition !

Safely Navigated the Pandemic & Public Health Orders

The Kootenay Child Development Centre particiapted in McHappy Day on September 22-funds raised by the cause were split between Ronald McDonald House Charities and KCDC-Funds raised went towards the new fence at KCDC to create additional program space! Thank you McDonalds!

2021-2022

In honour of Orange Shirt Day, KCDC staff took the opportunity to review and educate themselves on the Truth and Reconcilitation Calls to Action. Each member chose a "call to action" that they reflected on and shared reflections with the group. CCS continues to learn and grow, participating in the Every Child Matters Year-Long Learning Challenge.

East Kootenay Infant Development Program

2021-2022 Annual Report

Est. 1979 - 2022

"walking with families on their journey"

180 Families Served

Bellies to Babies
Aboriginal IDP
Food Recovery
Early Years
O.T./Physio
Speech Therapy
Pediatricians
Autism Services
Supported Child Development
Family Support Institute
Child and Youth Mental Health
Young Parent Education Program
Friends of Children

3 Circle of Security Parenting ™ Program

Survey Comments:

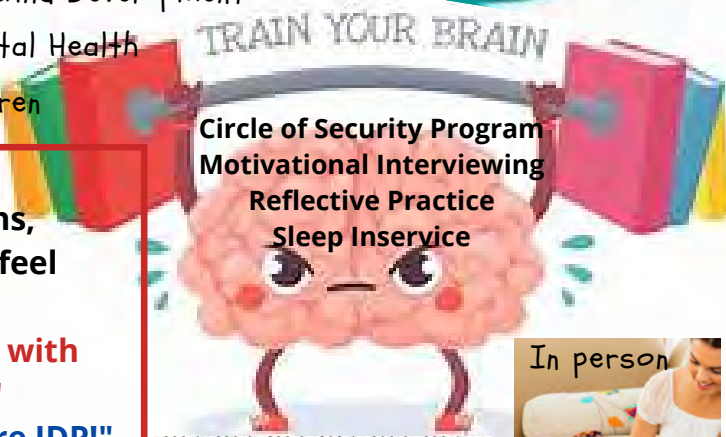
"Listened to my concerns, supported me, made me feel empowered"

"You do amazing work/job with parents and children"

"need more funding and more IDP!"

"You are such n amazing resource"

~Stakeholders



Circle of Security Program
Motivational Interviewing
Reflective Practice
Sleep Inservice

Referrals

76 referrals from:

- Families
- Nurses
- Doctors
- Therapists
- Community programs

EAST KOOTENAY SUPPORTED CHILD DEVELOPMENT

COMMUNITY CONNECTIONS OF SOUTHEAST BC

A look at 2021/2022

CHILDREN SERVED

115 children received service in the fiscal year with 68 on caseload at the end of the fiscal

SHIFTS IN SERVICE

Integration to true inclusion
Increase in shared support
Increase in consultant community visits
Increase in focus on community capacity building

IMPACTS

Decreased time on waitlist
Positive/collaborative relationships
90% family respondents to survey report their child is welcomed and included in their community program

SURVEY FEEDBACK

95.45% of family respondents feel their involvement with EKSCD has helped them better understand and support their child's development

88.89% of childcares indicate they are satisfied with the availability of consultants' services

CIRCLE OF SECURITY PARENTING

COMMUNITY CONNECTIONS OF SOUTHEAST BC

2021/2022

GROUPS

3 groups done across 3 different settings

COLLABORATION

Collaboration with facilitators from other agencies/programs to increase capacity to provide COSP in the community

CAPACITY BUILDING

3 SCD Consultants and 1 IDP Consultant became registered as COSP facilitators

Reflective practice

COMMUNITY OF PRACTICE

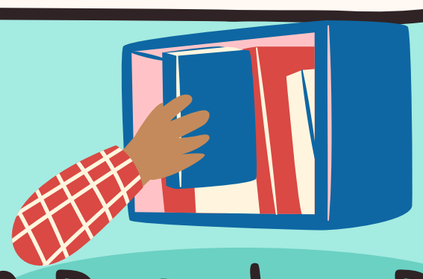
A Community of Practice was started as we currently have 12 registered COSP facilitators through out the East Kootenay region

Providing mentorship and learning as to not only providing groups, but to integrating COSP into everyday practice with families and community

CRANBROOK/ KIMBERLEY EARLY YEARS

Weekly Meal Kits continued in Kimberley as well as Food recovery bags and frozen meals in Cranbrook.
300 Bags Delivered & 480 frozen meals delivered in Cranbrook

Weekly Drop in Park Programming for 32 weeks. Focus on Physical literacy and outdoor explorations. Connecting with others, free play and meals available to take home. .



250 Boredom Buster kits promoting kids social, emotional, fine motor development Created

Family Navigation continued in both communities by appointment to support families with referrals, parent education and connecting familes to other services. Connecting with over 655 families in both communities via all programming.

We continued our Newsletter- Weekly in the Winter and less often in Summer. We have over 90 families on our email list.

Early Years has enjoyed a lot of outside time, creating fun activities promoting physical literacy and fine motor development. We have enjoyed making story bags and activity kits to share with our little friends.

Ministry of Education and Child Care

Child Care Resource & Referral

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Funding for the Community Connections Society of Southeast BC is provided by the Province of British Columbia

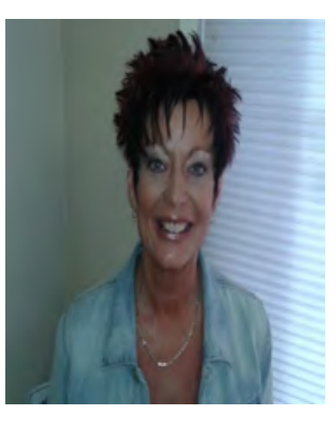
East Kootenay Child Care Resource and Referral Team

Rita

Frankie

Colleen

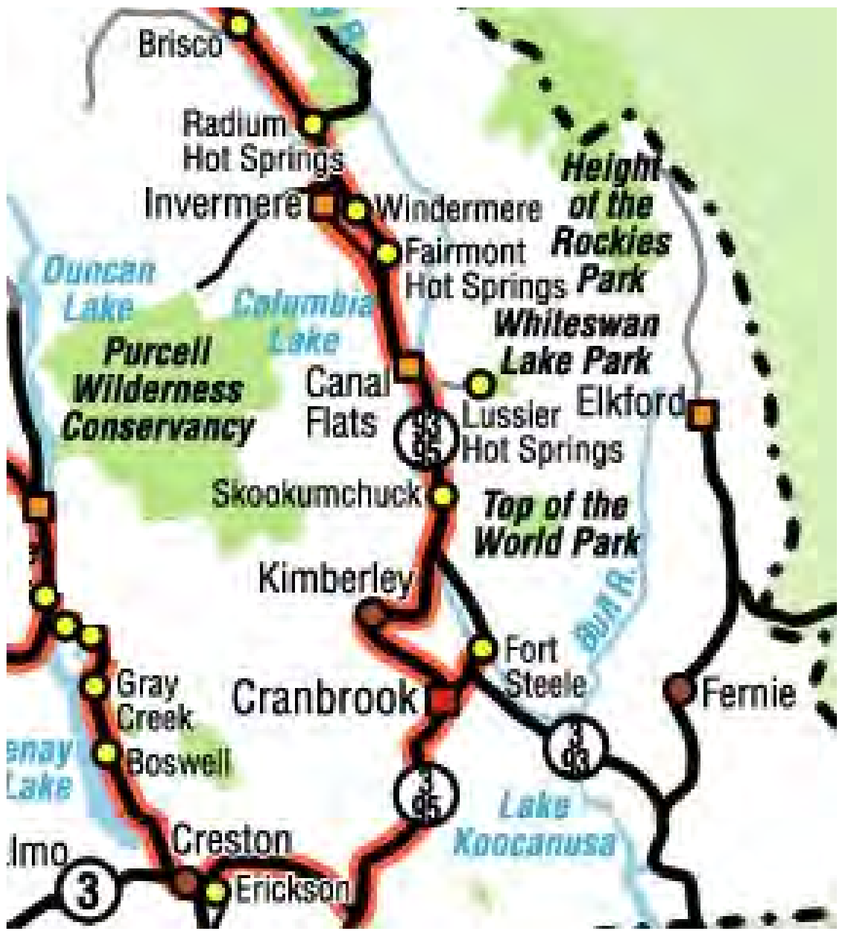
Stephanie



Laura (LOA)

EKCCRR took the lead on helping to create the first virtual 'Interior Early Years Conference: March 5, 2022', with speakers from all over Canada and the U.S., with 323 attendees – a great success!!

The East Kootenay Service Area



FISCAL HIGHLIGHTS

Affordable Child Care Benefit:
420 supported through application process

Memberships:
86 Child Care Providers
105 Families
9 Community Partners

Monthly Bulletins:
398

EK CCRR SERVICES

1200 + items in our free library

Laminating services every Tuesday

Assortment of non-toxic craft supplies

Child Restraint Inspections are completed by CCRR staff who are qualitifed Child Passenger Safety Technicians through the child Passenger Safety Association of Canada

An assortment of non-toxic craft supplies is available to purchase and are available to view at:

https://www.flickr.com/photos/136469458@N07/albums/72157719629135450

Laminating: Laminating service is available every Tuesday; Cost is .75 cents a linear foot for registered members and $1.00 a linear foot for non-members – we hear this is a great price/service 😊

Community Partnerships: EKCCRR partners with several community tables to bring forward information on Early Childhood Care and Learning through information sharing and supporting regional projects. EKCCRR staff attend the following community meetings: Community Social Planning Society of Cranbrook & Area (includes Safe Communities Cranbrook), Early Years Committees (Cranbrook, Kimberley, Elk Valley, Creston Valley, & Columbia Valley), COTR - Child, Youth, and Family Studies Program - External Advisory Committee, Cranbrook Age Friendly Committee, Poverty Reduction Committee, Interior Early Years Conference, and Joint Occupational Health & Safety Committee.

Child Restraint Inspections are completed by CCRR staff who are qualified Child Passenger Safety Technicians through the Child Passenger Safety Association of Canada

Interior Early Years Conference

Grow your skills – Grow your mind – Grow your passion

EKCCRR took the lead on helping to create the first virtual 'Interior Early Years Conference: March 5, 2022', with below speakers from all over Canada and the U.S., with 323 attendees – a great success!!

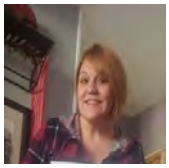
Cathy Balatti

Dr. Jody Carrington

Anne Douglas

Jarrett Krentzel

Katie Crosby


Lisa Lightening

Ray-Ann Miller

Shannon Hecker

Jacqueline Chanda

Launa Payne

Sherrelle Anderson

Your community's ***best*** source of child care information and resources

Instagram

Find us on Facebook

Kimberley CAPC- Community Action Program for Children

We partnered with Kimberley Food Recovery to get food to share with families

Shared resources for parents including budgeting, positive parenting, child development tips and community resources

750 Wednesday night hot meal kits made

225 families received frozen soups, muffins, biscuits, and other tasty treats for our Thursday soup program

Enjoyed connecting with families outdoors and supporting them during this pandemic

CAPC Cranbrook

(Community Action Program for Children)

&

Cranbrook Family Resource Program

Baby & Me: Baby & Me happened online in September and October and switched to in person in November. A total of 107 adults and 106 children attended between September and the end of March.

Ball Play at the Soccer Dome: In October 2021, we were able to start using the KEYSA (Kootenay East Youth Soccer Association) soccer dome free of charge, once a week for 2 hours. We continued using it until the end of March. It allowed us to have 411 adults and 515 children during this period time period.

Tumble Time: Tumble Time has started up in person again in November 2021 and between November and the end of March, 308 adults and 446 children participated.

Parents in the Park, Storywalks and ARQ: In addition to offering a program in the park in the summer months, due to covid, we also offered additional days in the park, storywalks and some special days at ARQ (the play area at the climbing gym). A total of 161 adults and 293 children attended these activities.

Annual Report 2021-22
Bellies to Babies Pregnancy Outreach and Family Resource Program at Kootenay Child Development Centre (KCDC)

Bellies to Babies (B2B): Through combined and integrated funding and programming between Interior Health, United Way, and Community Connections Society (Public Health Agency of Canada (PHAC) funding), B2B offers support, information, and resources to pregnant women and families with babies to 1 year of age in Cranbrook/Kimberley area. These services are provided through: individual connections with participants on site and in outreach, through group programming and weekly group drop-ins, and through community development projects. In 2021-2022, 131 participants were enrolled in the Bellies to Babies program. Several priority areas were addressed and highlights of this work includes:

Travel Assistance for Expectant Families:

- B2B received numerous community donations this year. With these generous donations we were able to purchase gas gift cards to help expectant families who had to travel out of town for specialist appointments and diagnostic tests (i.e. ultrasounds). There are times pregnant women are told they need to seek a higher level care, mostly in Alberta, and struggle to afford these travel costs. Currently there is no other support for expectant families to travel. We are grateful to be able to support these families.

Collaboration with Cranbrook Family Navigator (Cranbrook Early Years):

- During the 2021-2022 fiscal year our collaboration between B2B and the Cranbrook Family Navigator to transition families with children over 1 year of age to new programs and supports continued.
- Once transitioned, the Cranbrook Family Navigator continues to offer families early years drop in-group programs, car seat clinics, referral to child development professionals, and outreach supports.

Car Seats for Kids:

- B2B received a donation for the Cranbrook Rotary Club to purchase car seats for families in need in our community.
- We continue to offer car seat information, and educate our participants about car seat safety.
- In addition we partner with Early Years, and Child Care Resources and Referral (CCRR), to offer car seat clinics and individual car seat checks by certified car seat technicians.

Mental Health/Trauma:

- ❖ Collaboration with IHA Adult Mental Health provides individual counselling sessions for persons dealing with perinatal mood disorders. This continues to be easy to access via zoom, phone, or in person.
- ❖ Bellies to Babies offers space, and provides child minding to participants who would not be able to attend counseling without support.

Increased Food Support for families in Need

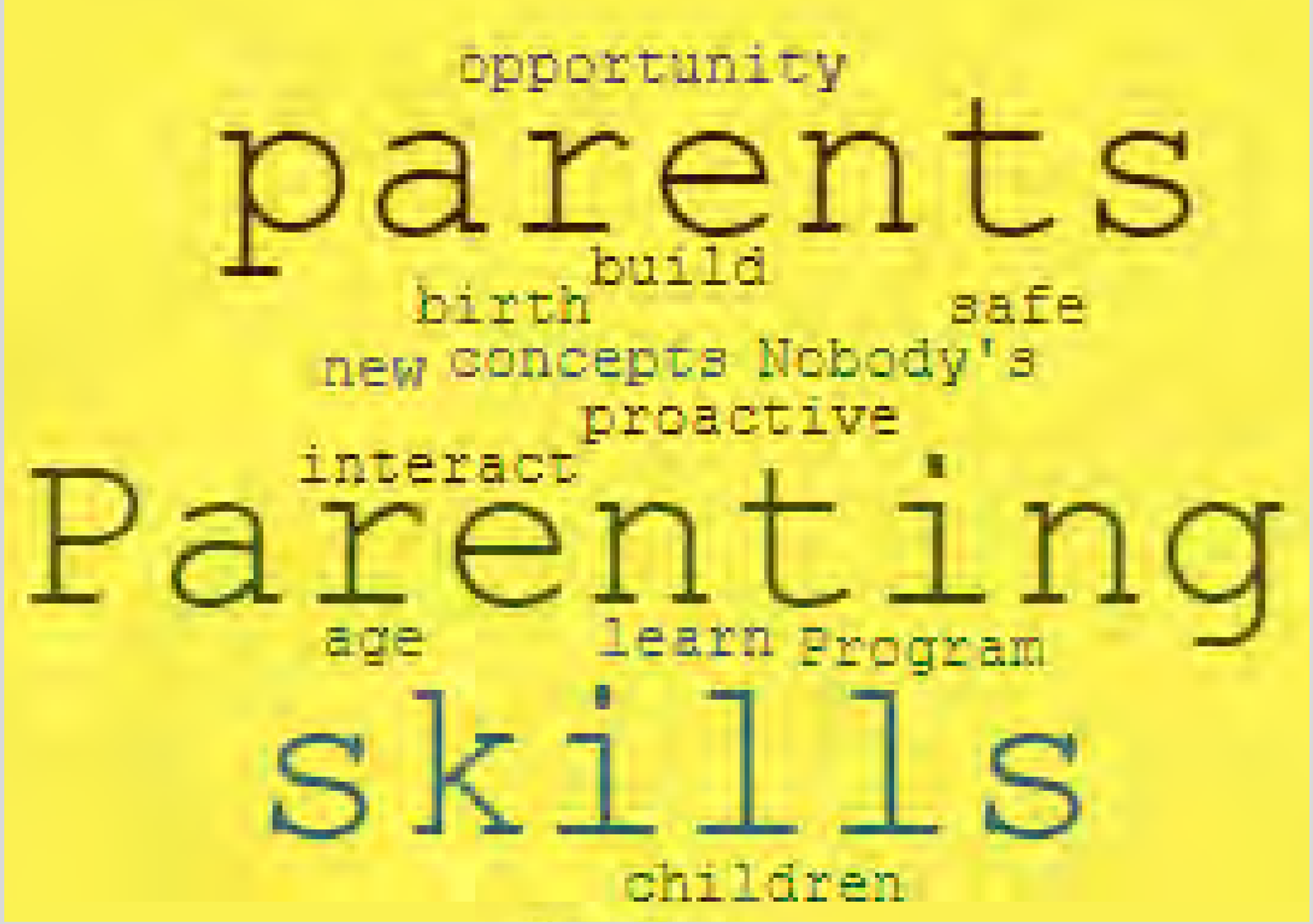
- ❖ B2B continues to collaborate with Kimberley and Cranbrook Food Recoveries to deliver recovered food, and premade healthy frozen meals to our clients in need.
- ❖ B2B is participating in the Farmer's Market Nutrition Coupon Program (FMNCP) again this year in Cranbrook and Kimberly for pregnant women and families with young children. This program provides $21 of coupons each week to help buy fruit, vegetables, meat, and diary at the local Farmer's Markets.

Nobody's Perfect Parenting Program:

- ❖ Nobody's Perfect parenting Program provides parents of children from birth to age 5 with:
  - A safe place to build on their proactive parenting skills
  - An opportunity to learn new skills and concepts
  - A place to interact with other parents who have children the same age
- ❖ We are currently transitioning back to in person groups. Each session offers participants 2 hours of group time each week for 6-8 weeks.

nobody's perfect™

September 2021-
May 2022
5 Groups
37 Families
128 Meals
Distributed



Providing parents of children from birth to age 5 with:

• A safe place to build on their proactive parenting skills

• An opportunity to learn new skills and concepts

• A place to interact with other parents who have children the same age

We are currently offering both in person groups, online groups, and one-to-one sessions.