



THE FAIRVIEW
RESOURCE
CENTRE



IMPACT REPORT
2022 – 2023 EDITION
www.frcns.com

Land Acknowledgment

We would like to begin by acknowledging that we are in Mi'kma'ki (MEEG-MA-GEE), the ancestral territory of the Mi'kmaq people.

African Ancestral Acknowledgment

We also acknowledge that people of African descent have been in Nova Scotia for over 400 years, and we honour and offer gratitude to those ancestors of African descent who came before us to this land.



Deborah O & Latika at the Fairview Heights School Fair



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Executive Director and Co-Chair Reports



**NATALIE BROWN MSW, RSW
(SHE/HER)
EXECUTIVE DIRECTOR**

Established in 1986, the Fairview Resource Centre (FRC) celebrates 37 years of providing supports and resources to those in need. I reflect with great pride on the accomplishments and impact the FRC has made in the communities we serve. We embarked on a major renovation thanks to ACOA, the support of our MP, Lena Metlege Diab and the NS Department of Community Services. The FRC renovation will make the facility accessible which will be an incredible asset to the community. The FRC operated as a comfort centre during a city wide power outage. We welcomed two new partnerships, one with the Medavie Foundation and one with NSCC. The NSCC project selects a local non-profit each year to donate printed promotional materials. Special thank you to our community partners the Fairview United Church, Calvin Presbyterian Church and MLA Patricia Arab's office for allowing us temporary space during the renovations. This year marks the end of Ken Sampson's time on the Board of Directors. For 6 years, Ken has been an an incredible asset and supporter of the FRC.

Thank you to all the staff, volunteers and partners that make the many FRC programs and services possible.

**Corinne Boudreau (She/Her)
Co-Chair**



**Ken Sampson (He/Him)
Co-Chair**



As Board Co-Chairs of FRC, we again find ourselves reflecting on another year of challenges, change and gratitude. The community served by the Fairview Resource Centre has seen great needs in the past year. We are proud of the positive impacts that the volunteers and staff of FRC have been able to make in the lives of our community members. Embarking on renovations to the centre is an important part of our commitment to serving our community. The new structure will be more accessible and welcoming to all including seniors, family members and community partners. We are grateful for the support of our new and established funding partners. We are looking forward to making deeper connections with supporters of our mission in the community including individuals and the business community in the coming year. As Ken leaves the Board after 6 years, including terms as Co-Chair and Treasurer, we want to acknowledge and thank him or his many contributions and hope that he will keep in touch.



NSCC selected the FRC for their Print Production Program

OUR BOARD MEMBERS



Rufai Bishi
Treasurer
He/Him



Allan Neilsen
Director
He/Him



Madeline Kubiseski
Secretary
She/Her



Heather Simmons
Director
She/Her



Jill Clairo
Director
She/Her

OUR STAFF



Adrienne Garagan
PJ Home Visitor
She/Her



Carolyn Scovil Brown
CPA/CA
Accountant
She/Her



Deborah Marriott
Program Manager
She/Her



Deborah Odell
Family Support Specialist
She/He



Eman Almouna
Administrative Assistant
Communications
She/Her



Litika Kumar
PJ Home Visitor
She/Her



Madi Gebreyesus
Support Staff
She/Her



Naime Mert
Family Education Coordinator
She/Her



Ruth Power-Byrne
Community Resource Worker
She/Her



Chanel Zhouri
Support Staff
She/Her



Gracie Sampson
Youth Leader
She/Her



Ibrahim Esse
Youth Leader
He/Him



Zainab Esse
Youth Leader
She/Her

93%

of participants reported an increase in their social connections and community connections

Annual Highlights

309 different adults and 150 different children/youth under 19. FRC has over 7500 visits a year!

90%

of participants reported an increase in access to nutritious food and basic needs support



FRC Youth Program

95%

of families report having improved relationships with their children

90%

of participants have set personal goals and reached them through our skill development program



FRC Family Play Group

100%

of participants report gaining new strategies to manage stress and help with their mental wellness



Brian Boudreau

Brian's Pocket Fund

In honor of the late Brian Boudreau, the Fairview Resource Centre is proud to administer Brian's Pocket Fund. The Fund was established by generous donations from Brian's loved ones. Brian, a champion of the underdog, for those people who seemed to fall through the cracks of current social policy.

Whenever he encountered a need, friend or stranger, he gave freely from his own financial resources. It is the intention that this Fund modestly follows Brian's way of life and help those who are down on their luck. Brian was a friend to all, is known for his charismatic personality and drive, he has set the example of how we should all live life to the fullest and be kind to one another.

Provided support to

25+

people in need

All ages drop-in resources & services



Family & Youth Highlights

150

Children
&

Youth accessed
free programs
and services

200

Participants
accessed the
basic needs
program, Drop
& Shop

63

New Parents
for the New
Parents
Support Group

FRC Youth Program



“ Thank you, thank you, thank you! I am so grateful to have met you and for all the blessings you have brought into our lives in such a short time. I cannot remember the last time I felt so cared for and I am endlessly grateful. I’m just so overwhelmed with emotion and love in my heart for what you have done for us ”

List of family & youth programs

- CREATIVE KIDS
- FAMILY PLAY GROUP
- SUMMER YOUTH PROGRAMS
- NEW PARENT(S) GROUP
- PARENTING PROGRAMS AND GENERAL SUPPORT
- LITTLE LEARNERS PROGRAM
- FAMILY LITERACY PROGRAMS
- HEALTH & SAFETY PROGRAMS (COMMUNITY ACTION PLAN FOR (CHILDREN - CAPC)
- FAMILY SUPPORT SERVICE
- PARENTING JOURNEY PROGRAM (HOME-BASED FAMILY SUPPORT PROGRAM)

Fairview Senior's Club & Fairview United Way Opportunities Program Highlights

FRC 2022 AGM

75

Community Cafes

78

Meal kits

482

Meals distributed

41

Community exercise programs



“ When I contacted Ruth I was completely isolated and lacked confidence to be around people. Now, I am confident and comfortable to engage with people. Now I am actively seeking work and enjoy being around other people.”

List of adult programs & services

- INDIVIDUAL SKILL DEVELOPMENT
- FAIRVIEW SENIOR'S CLUB
- COMMUNITY MEALS & TAKE HOME MEAL KIT
- WEEKLY ADULT CAFE DROP-IN
- COMMUNITY FOOD PANTRY
- DROP & SHOP (CLOTHING & BASIC NECESSITIES)
- HEALTH & WELLNESS PROGRAMS
- COMMUNITY YOGA AND EXERCISE CLASS
- FOOD SUPPORT
- ANNUAL INCOME TAX CLINIC

Fairview Senior's Club & Fairview United Way Opportunities Program Highlights

FRC Senior's Club



Success Story

Seniors isolation is a term so frequently used that it is becoming an empty buzzword for some, but not for me. I am a senior and have lived experience with isolation. As the pandemic restrictions began, I moved back to Fairview after living in other parts of Canada for many years. Although familiar with the neighbourhood, I did not have any friends or family living in NS so as the restrictions continued my mental and emotional state declined. I knew I had to get out and meet people to relieve the isolation. Attending the Seniors Club at the FRC has provided welcome relief. One of the features of the FRC I appreciate most is that the participants are from the neighbourhood. I enjoy exchanging news and tips about activities specific to our home neighbourhood and hearing about Fairview's history while participating in the evening's meal and program. I look forward to every meeting and wish they could be held more frequently!



“ Drop and Shop is absolutely great and very, very helpful. In our current situation, neither myself nor my husband have jobs. With three kids, we do not know what we would have done if the center wasn't an option. Many, many thanks ”

Parenting Journey Program (home based support)

Parenting Journey Program supporting 38 families from Bedford, Beechville, Lakeside, Timberlea, Hammond Plains, Clayton Park and Tantallon

#1 A single Father reached out to the Parenting Journey Program for parenting support. When he came into the program he had supervised visitation with his children. By working together we were able to create a family plan and goals. With the ultimate goal of being able to see his children unsupervised we got started right away. We met weekly and were able to work on positive discipline, positive parenting, understanding sibling rivalry, emotional regulation, communication and co-parenting strategies. He engaged weekly with motivation and enthusiasm. We connected the participant with an anger management program, toy drive and the FRC drop & shop. He also benefited from other basic needs support and transportation support while in the Parenting Journey Program. After reaching the goals the child protection case worker supported unsupervised parenting time.

#2 A single mother reached out looking for support with her pre-school child's challenging behaviours. We worked on parent emotional regulation, communicating with children, general parenting strategies and routine. She was able to start practicing these different strategies right away and noticed positive changes in her child's behavior. She was also navigating an ongoing custody case with the child's father. PJ was able to help her navigate the paperwork, connect her with legal support, her EAP, a toy drive and grocery gift card. The mother felt more confident with the new skills and the new resources she gained through the PJ program.

2023-24 FRC Operating Budget

2023-24 Budget

The Fairview Resource Centre Operating Budget Fiscal Year Ending March 31, 2024

<u>INCOME:</u>	F23-24 Budget
	\$
NS Department of Community Services - Core Grant	230,486
NS Department of Community Services - Parenting Journey	134,000
United Way of Halifax	55,000
Mission and Support Grant - United Church of Canada	25,000
Halifax Property Tax Relief Grant	13,000
Other donations and fundraising	15,290
Halifax Youth Foundation	15,000
Halifax Protestant Infant Foundation	5,000
NS Department of Education - Family Literacy	5,000
Medavie Foundation	15,000
PHAC - Community Action Program for Children	36,112
Human Resources Skill Development Canada (CSJ)	12,000
Total:	<u>560,888</u>
<u>OPERATING EXPENSES:</u>	F23-24 Budget
Wages & Benefits	429,968
Program Expenses	50,520
Interest and Bank Charges	11,000
Property Taxes	15,000
Repairs & Maintenance	12,500
Utilities	5,000
Professional Development	3,000
Amortization	8,400
Professional Fees	7,500
Insurance	7,100
Office Expenses	5,000
Dues and fees	800
Total Other Expenses	<u>555,788</u>
<u>OTHER NON-OPERATING/NON-CASH ADJUSTMENTS:</u>	
Deduct Principle Facility Loan Payments	13,500
Add back: Non cash: Amortization	8,400
Cash Surplus (Shortage)	- 0

Our Mission

To provide programs and support that enrich lives and foster well-being

Our Vision

A thriving community of belonging and opportunity





An impact organization. Removing barriers to provide resources & support to families & seniors.



www.frcns.com



The Fairview Resource Centre - Community Hub



The Fairview Resource Centre



@fairview_resource_centre
@frcparentingjourney



Fairview Resource Centre

6 Titus Street | Halifax | NS | B3N 2Y7

Located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq.