



For pregnant and
parenting youth

ANNUAL REPORT
JULY 1ST 2016-JUNE 30TH 2017



A MESSAGE FROM OUR
Executive Director



**Dear Friends & Supporters of Vita
Centre,**

The 2016-2017 year was a good year for Vita Centre, full of change and progress.

We welcomed new staff and Board members, actively engaged in strategic planning, and have been building partnerships that will have a lasting and positive impact for our clients and our community. Our ongoing goal is to keep our overhead low while maintaining the highest quality of service.

Over the past year, we have had the pleasure of watching Vita Centre truly raise the bar for ourselves and for our members, clients and volunteers. While the external environment for non-profit organizations remains a very challenging one, we have seen our community of staff and Board members come together and show resilience, determination and a shared sense of purpose, working effectively as a unified voice for change. While the obstacles have been many - from a persistently tough fundraising climate to a more demanding need for services -

what has shone through is our staff and Board's steadfast commitment to helping expecting and parenting youth in Peel.

We celebrated our 25th Anniversary this year, an important milestone that gave us the chance to reflect on the many lives we have touched and the many success stories we have helped to build. Vita Centre evolved from a small residence with 4 clients in 1982 to serving over 600 clients in 2016-2017. This could have not happened without the help of our committed volunteers who give us over 10,000 hours of work every year.

We want to thank Angie Girgis for her leadership and guidance as President of the Board and an unwavering champion of Vita Centre's cause for 14 years. Her legacy will long be ingrained in the heart and soul of this organization.

Finally, a special thank you to Colin De Souza who was our President for the past year. Colin has been an important part of Vita for 3 years and we will miss his commitment and dedication to our cause.

As we move forward into 2018 and beyond, we are proud of what Vita Centre has accomplished in 2016-2017 and are excited about the future. Our community is strong and vibrant, and together we will continue our efforts to save two lives at a time.

SPOTLIGHT ON PROGRAMS



ONE TO ONE COUNSELLING

Our one to one counselling program helps pregnant and parenting youth make positive decisions for themselves and their children. Counsellors support clients to identify goals, strategies and services to help improve the quality of life for themselves and their families.

SUPPER CONNECTION

This program brings families together to share a meal while providing social opportunities that help decrease the feeling of parent isolation. Sessions focus on helping parents learn the skills and information they need to improve their food and nutritional choices. Discussions also revolve around positive parenting strategies and enhancing parenting confidence.



GROWING AS PARENTS

A parenting and life skills program offered to parents who have children 0-6 years of age. This program builds parenting capacity and confidence through interactive strength-based group sessions led by a trained facilitator. Parents strengthen their relationship with their child(ren), creating a positive and optimistic future as a family.

NOBODY'S PERFECT

A facilitated parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education. Sessions are based on what parents want to learn about, not step by step from a book. The program provides parents with a safe place to meet others with children of the same age and with whom they share interests and concerns.



BOARD OF DIRECTORS

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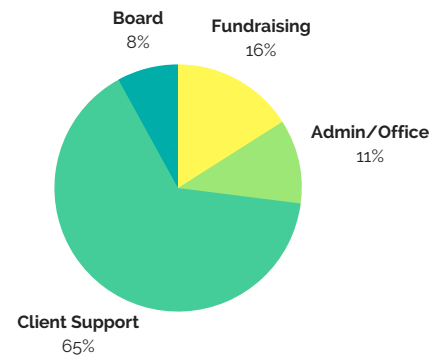
THE STATS OF OUR COMMUNITY IMPACT

OUR CLIENTS

85% FEEL LESS ISOLATED
96% FEEL MORE CONFIDENT
95% FEEL MORE OPTIMISTIC
611 IMPACTED

OUR VOLUNTEERS

Gave a total of 8828.5 hours!



We celebrated 25 years of service this year and marked the occasion with a carnival party at Girgis Estates, with the grounds graciously donated by our own Angie Girgis.

We also had our Volunteer Appreciation on the same day while enjoying cake on the sunny Sunday afternoon. Thank you to everyone who came to celebrate and more importantly thank you to all of our **volunteers**, without whom we could not have made it to 25 years. Here's to a bright future for Vita Centre, our clients and to 25 more!



Thank You to Our Funders



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Peel Region

Region of Peel
Working for you



FACEBOOK @VITACENTREPEEL | TWITTER @VITACENTRE



Thank You to Our Supporters

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Gifts of \$5000+

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Thank You to Our Supporters

Ambassadors Continued Gifts of \$100-\$499

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Thank You to Our Supporters

Friends Continued Gifts of \$25-\$99

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