



For pregnant and
parenting youth

ANNUAL REPORT

JULY 1ST 2017-JUNE 30TH 2018



A MESSAGE FROM THE
**Board Vice Chair and
Director of Operations**

Dear Friends & Supporters of Vita Centre,

The 2017-2018 year was a year full of change for Vita Centre. We continued to provide support and resources to vulnerable parents in Peel, welcomed new funders, and built new community partnerships to better serve our clients

In April 2018, with the exit of the Executive Director, the Board and staff used the opportunity to take a close look at the management structure going forward and who would be best equipped to continue with the workload. The functions of the position have long existed and Vita Centre has knowledgeable and competent staff members who are very familiar with the needs of the agency. The Board made the decision to not recruit and hire a new ED from outside, but to appoint a management team from within, to be led by Tanya Pereira in the position of Director of Operations. Tanya is supported by the Program Manager and Bookkeeper and has proven herself up to the task of managing Vita Centre over these past six months. The work of the management team is aided by oversight provided by the Board and its sub committees. We are excited and encouraged by this change within Vita.

Adopting this new management structure has allowed us to address part of the budget deficit that has existed for the past few years. In addition, we downsized our current office space by moving the "Care Closet" off-site in order to further reduce annual expenses. This has led us to some good news related to our finances - for the first time in several years we are presenting a balanced budget for the 2019 fiscal year.

During this time of transition our dedicated staff continued to ensure that the quality and quantity of all Vita Centre programs and services were not compromised

This past year we served 619 parents and children through our Counselling program and our parenting group programs.

In January, Vita was the successful recipient of an Ontario Trillium Foundation Grow Grant. This grant will allow us to expand our Nobody's Perfect and Me, My Baby, Our World parenting group programs over the next three years. We were also awarded a grant from the Ministry of Child, Community, and Social Services to help support newcomer parents in Peel Region.

One challenge Vita continues to face is securing sustainable funding for administrative costs as well as for our programs. In an effort to address this perennial challenge we were very pleased to recruit a new Board Member in May 2018 with extensive experience in philanthropy and fundraising. Janice Moro is guiding the board and management to develop a solid foundation upon which to build our fundraising efforts over the next few years.

As we move forward into 2019 and beyond, we would like to take this opportunity to offer words of thanks and recognition for the tremendous work accomplished by the Board of Directors, our volunteers, and our Partners. Most of all, we would like to offer our heartfelt gratitude and appreciation to the staff of Vita Centre who work with such passion and dedication to ensure that our programs and services are successful at achieving our mission and vision. We are proud of what Vita Centre has accomplished in 2017-2018 and are excited about the future. Our community is strong and vibrant, and together we will continue making a difference two lives at a time.

~ Christina Boyle, Board Vice-Chair & Tanya Pereira,
Director of Operations

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.



SPOTLIGHT ON PROGRAMS



ME, MY BABY, OUR WORLD

The Me, My Baby, Our World (MMBOW) parenting developed at Rosalie Hall Young Parent Resource Centre in Scarborough, Ontario, specifically for young parents “at risk” and their children 0 to 18 months. The purpose of the group is to enrich the relationship between young parents and their children by increasing parent responsiveness and confidence, leading to best possible infant mental health outcomes. The components of MMBOW include: Music circle where parents can practice and reinforce attunement and sensitive behaviours, psychoeducational discussion and stories related to attachment, and scrapbooking, a hands-on reinforcement of the concepts presented.

OUR COMMUNITY IMPACT

619 PARENTS AND THEIR CHILDREN IMPACTED

100% REPORT INCREASED ABILITY TO USE EFFECTIVE PARENTING STRATEGIES

82% BETTER ABLE TO MAKE PLANS AND SET PERSONAL GOALS

100% REPORT ENHANCED UNDERSTANDING OF THEIR CHILD'S EMOTIONAL AND SOCIAL NEEDS

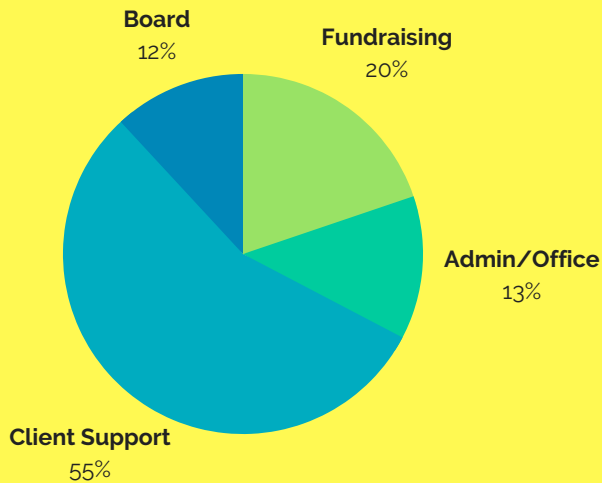
97% FEEL MORE CONFIDENT IN THEIR PARENTING CAPACITY

97% FEEL THEY HAVE MORE KNOWLEDGE ABOUT HEALTHY EATING AND STRATEGIES TO ACCESS HEALTHY FOOD

93% REPORT INCREASED PARENTING KNOWLEDGE AND SKILLS

OUR VOLUNTEERS

Gave a total of 7802 hours!



A HUGE THANK YOU TO THE CORPORATIONS WHO MADE A DIFFERENCE THIS YEAR:

SUNCOR
TD BANK
KIMBERLY CLARK
BANK OF MONTREAL
TORONTO CATHOLIC DISTRICT SCHOOL BOARD
REGION OF PEEL

BOARD OF DIRECTORS

Pravin Rodrigues-President
Christina Boyle - Vice President
Guillaume Richard-Treasurer
Sareena Baksh-Secretary
Enrico Persicone-Director
Janice Moro - Director

STAFF

Maria Reolin-Executive Director (resigned Apr 2018)
Tanya Pereira-Operations Director
Susan Robins-Program Manager
Emily Torres-Program Coordinator
Britney Singh-Program Facilitator
Kimesha Thomas-Community Counsellor
Gabrielle Palmer-Community Counsellor (resigned Feb 2018)
Gabriella De Napoli - Community Counsellor
Kay Blakely-Bookkeeper



Thank You to Our Supporters

Visionaries Gifts of \$5000+

Regional Municipality of Peel	Government of Ontario - Ministry of Citizenship and Immigration
Dufferin Peel Catholic District School Board	Green Shield Canada
Catholic Charities of the Archdiocese of Toronto	Knights of Columbus Credit Valley Council #8661
United Way of Greater Toronto	Dewdney Family Charitable Foundation
Ontario Trillium Foundation	Rotary Club of Mississauga - Meadowvale
Peter Gilgan Foundation	
Zonta Club of Brampton-Caledon	

Guardians Gifts of \$1000-\$4999

Roman Catholic Episcopal Corporation - Toronto Diocese
A Safe Self-Storage Facility (Halton) Inc.
United Way of Peel Region - Donor Designated Payments
St. Francis Xavier Secondary School
St. Francis Xavier Catholic Women's League
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Brampton and Caledon Community Foundation
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Knights of Columbus St. Maximillian Kolbe Council 9612
Knights of Columbus St. Francis Xavier Council #12067
Knights of Columbus St. Gianna Beretta Council #14749
Al Oil Incorporated
Prem & Annette Prabhu
CHUM Charitable Foundation

Thank You to Our Supporters

Counsellors

Gifts of \$500-\$999

United Way of Toronto & York Region
Ontario Power Generation Employee & Pensioners Charity Trust
Ryan Seeriram
Ana Perez
Stella Ambler

Ambassadors

Gifts of \$100-\$499

St. Mary's Catholic Women's League	Knights of Columbus John Paul II Council #11955	Carole Pitcher
Victor & Susie Pereira	Rafal Raczka	Ojeifo Izirein
Tanya Pereira	Kathryn Blakely	Knights of Columbus Fr. Henk van den Berg Council #10614
J. Peter Quinlan and Associates Financial Services Inc.	Ivanka Kabranova	Sultana Young
Dominion In Christ Ministries	St. Joseph's CWL	Paul MacDonald
Carmel Attard	Standard Products Inc	Christina Boyle
Michael McGinnis	Maria Reolin	Menko Den Ouden
St. Leonard's CWL #35	St. Martin of Tours CWL	Nativity of Our Lord CWL
Colin De Souza	St. John Fisher CWL, Brampton	Renee Fernandes
Peter Goth	Midwifery Care of Peel Halton	Maureen Teixeira
Boston Pizza Foundation	Raymond James Canada Foundation	Ron Starr
Amy Buck Photography	Frederick Noronha	Mary Shewchuk
Indika Kottegoda	Benedict De Castro	Jolene Leon
Wyse Meter Solutions	Pravin Rodrigues	Harry Witzenhausen
Guillaume Richard	Maria Natalia Cordeiro	Patricia & James Holmes
Jag Persaud	Lori Bottrell	Allison Picano
		Ambae Shree

Thank You to Our Supporters

Friends Gifts of \$25-\$99

The Tea Room
June Thomson
Helen Callery
Susan Agada
Blanche Monteiro
Joan Cabri
Alexandra Thomson
Peter & Sharon Ragell
Michele Fredericks
Jennifer Nadeau
Anna Mauricio
Eremita Rebello
Alex & Gail Berger
Janak Gupta
Glenn Pierson
Janice Tesolin
Enrico Persicone
Hayley Martineau-Deans

Jawaad Envor
Diane Cherny
Suzanne Gagliese
Laura Arambalis
James Sheppard
Vijay Singh
Diane Myers
Peter Sekenda
Rebeha Cordingley
Walter & Lynda Nahirniak
Angie Girgis
Hermin Powell
Beverly Dywelska
Karen McCarthy
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Patricia & Hugh Loughran
Christine Gallo
Dorothy Johnson
Andrea & Paul Tjioe

William & Annie Hurley
Raj Binnin
Sini Stokicic
Linda Plati
Dolores Wiegus
Cynthia & Leonard Abraham
Vivien & Tony Fernandes
Benedict Tabucan
Anna Jushkevich
Each One Teach One
Maria Bianchi
Claudine La Rochelle
Irwinjit Kapoor
Marc-Andre Morisset
Lakshiya Rajagulasingham
Divya Kakar
Sareena Baksh
Rocky Morra

Thank You to Our Funders



United Way
Greater Toronto



Region of Peel
Working for you



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