



For pregnant and  
parenting youth



**ANNUAL REPORT**  
**JULY 1 2018**  
**to**  
**JUNE 30 2019**



## A MESSAGE FROM THE Board Chair and Director of Operations

### Dear Friends & Supporters of Vita Centre,

Vita Centre has once again had a very busy year since our last AGM in October 2018. Vita has benefitted from strong leadership provided by Tanya in her role as Director of Operations, who has successfully brought her team closer together, by seeking and listening to their input, by focusing on shared goals, and working with greater transparency and renewed purpose..

This past year we have benefited from having a Board with almost a full complement of directors, having grown from five to eight directors, with new expertise to assist in the governance of Vita. We are losing two board members this AGM; Guillaume Richard, our Treasurer and Enrico Persicone who have been very active on the Finance Committee, and have helped to develop new Financial policies, investment planning and assisted with the annual audits. We would like to extend our thanks for their excellent contributions over the last several years. We are happy to report that we have recruited two new board candidates from the finance sector to join us at this AGM.

Despite having a full Board complement, with the assistance of our volunteer coordinator Arsh Bains, we hope to grow our sub-committees and invite individuals with specific knowledge and skills to provide additional expertise and manpower as we move forward with a strong focus on fundraising, governance and risk management, and updating our human resources policies.

The Governance and Risk Management sub-committee presented the first formal Risk Management Plan to the Board for the year 2019/2020. This plan is quite extensive and covers many areas as having potential risks (health and safety, client related, operational, financial), so that proactive steps can be taken to mitigate any potential problems. The plan will be monitored and reviewed each year and revised as needed.

Having gone for several years without a formal strategic plan in place, we have worked hard over the last two years to implement policies, improve internal communications and reporting relationships to address our financial position.

After running several years with a deficit budget we reached a balanced budget for the last financial year and are now poised to begin a formal strategic planning process. Our goal is to have a one to three-year plan in place by June 30th 2020.

We underwent a Membership Review by Catholic Charities in 2019. Everyone got involved at all levels of the organization and assisted with preparing the large amount of documentation to be submitted to Catholic Charities by mid-July. The second part of the review took place on August 26th 2019 when a team visited Vita to meet with the staff, Board and Director of Operations. It was a very positive experience, and we look forward to receiving the draft Membership Review report in the next few weeks. Thanks to everyone who took part and worked so hard to prepare for the site visit.

Funding sustainability and diversification of funding for Vita Centre continues to be a strong focus for 2019/2020 and beyond. We are introducing several new campaigns this fall. At the AGM you will be hearing about our Legacy Giving Program, providing some early information to our members. We are also planning a donation matching program for our Annual Giving campaign leading up to "Giving Tuesday", and will be trying to increase the number of families that benefit from the Christmas Family Sponsorship Program and grow the program. We thank you for your past support and ask for your continued generosity towards Vita Centre - without your financial help and giving of your time and talent we could not accomplish all that is achieved.

We recently completed an evaluation of all of Vita Centre programs and services. The evaluation will support accountability to the Board of Directors, funders, members, and most importantly our clients. It will be used by Vita Centre staff and management to improve the programming and services we provide.. The Evaluation report is still to be finalized and reviewed by Board and staff.- stay tuned for the executive summary of the report.

As we move forward into 2020 and beyond, we would like to take this opportunity to offer thanks and recognition to 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 this past year 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 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 sharing skills, resources, and information that can improve parents' food literacy 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 six. 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) program was 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 this group program 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 discussions and stories related to attachment; and scrapbooking, a hands-on reinforcement of the concepts presented.

## OUR COMMUNITY IMPACT

**582** PARENTS AND THEIR CHILDREN IMPACTED

**100%** REPORT INCREASED CONFIDENCE IN PARENTING ABILITY, PARENTING SKILLS, ABILITY TO USE EFFECTIVE PARENTING STRATEGIES, AND SELF-CONFIDENCE, AND DECREASED SOCIAL ISOLATION

**89%** BETTER ABLE TO MAKE PLANS AND SET PERSONAL GOALS

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

**100%** REPORTED INCREASED KNOWLEDGE OF HOW THEIR RELATIONSHIP WITH THEIR CHILD IMPACTS HIS OR HER DEVELOPMENT

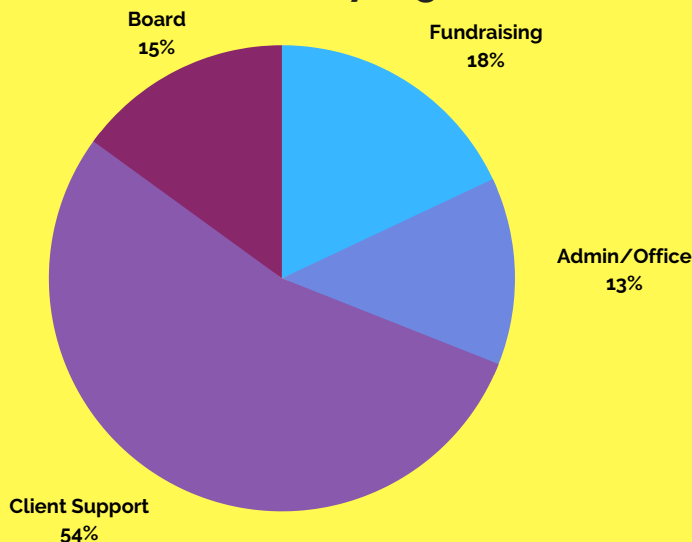
**100%** FEEL THEY LEARNED ABOUT THE IMPORTANCE OF EATING HEALTHY AND HOW TO MAKE HEALTHY FOOD CHOICES AND REPORTED THAT THEY HAVE INCREASED CONSISTENT ACCESS TO FOOD

**92%** FEEL THEY HAVE SOMEONE TO TURN TO FOR HELP THAT THEY DIDN'T HAVE BEFORE



# OUR VOLUNTEERS

Gave a total of 7203 hours!



**A HUGE THANK YOU TO THE CORPORATIONS WHO MADE A DIFFERENCE THROUGH DAYS OF CARING THIS YEAR:**

COMMUNITY LIVING MISSISSAUGA  
GENERAL ELECTRIC  
SUNCOR  
ROYAL BANK OF CANADA  
UNION GAS  
BANK OF MONTREAL  
UNITY CHURCH OF MISSISSAUGA  
SEMINARIANS OF THE ARCHDIOCESE OF TORONTO

## BOARD OF DIRECTORS

Christina Boyle-President  
Guillaume Richard-Treasurer  
Allison Brand-Secretary  
Enrico Persicone-Director

Janice Moro - Director  
Annmarie Salvalaggio - Director  
Renata Correia - Director  
Fidelia Fredua-Kwarteng -Director

## STAFF

Tanya Pereira-Director of Operations  
Susan Robins-Program Manager  
Emily Torres-Program Coordinator (resigned April 2019)  
Britney Singh-Program Facilitator  
Maria Montecalvo - Program Facilitator  
Kimesha Thomas-Community Counsellor  
Gabriella De Napoli - Community Counsellor  
Arsh Bains - Volunteer Coordinator/Admin. Asst.  
Kay Blakely-Bookkeeper (resigned Oct 2018)  
Marilyn Hems - Bookkeeper



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# **Thank You to Our Supporters**

## **Visionaries Gifts of \$5000+**

Regional Municipality of Peel  
Dufferin Peel Catholic District School Board  
Catholic Charities of the Archdiocese of  
Toronto  
United Way of Greater Toronto  
Ontario Trillium Foundation  
The Community Foundation of Mississauga

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Citizenship and Immigration  
Green Shield Canada  
Knights of Columbus Credit Valley Council  
#8661  
Dewdney Family Charitable Foundation  
Rotary Club of Mississauga - Meadowvale

## **Guardians Gifts of \$1000-\$4999**

Roman Catholic Episcopal Corporation - Toronto Diocese  
A Safe Self-Storage Facility (Halton) Inc.  
United Way of Greater Toronto - Donor Designated Payments  
Cardinal Ambrozic Catholic Secondary School  
Janice Moro  
Knights of Columbus J.F.K. Council #5523  
Knights of Columbus Our Lady of Peace Council #8668  
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St. Vincent de Paul - Merciful Redeemer Parish  
St. Aloysius Gonzaga Catholic Secondary School  
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Prem & Annette Prabhu  
CHUM Charitable Foundation

# Thank You to Our Supporters

## Counsellors

### Gifts of \$500-\$999

Ontario Power Generation Employee &  
Pensioners Charity Trust  
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Suncor Energy  
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Sameday Worldwide

Tanya Pereira  
Stella Ambler  
St. Francis Xavier Catholic Secondary  
School  
St. Joseph Catholic Secondary School  
Christina Boyle  
Antonio Natale

## Ambassadors

### Gifts of \$100-\$499

Susette & Victor Pereira  
St. Joseph's CWL  
Maria Cordeiro  
Nativity of Our Lord CWL  
Dr. Anilkumar Menon  
Medicine Professional Corp.  
Harry Witzenhausen  
Peter Evans  
J. Peter Quinlan and  
Associates Financial Services  
Inc.  
Dominion In Christ Ministries  
Dianne & Mauro Lobo-Pires  
Carmel Attard  
Michael McGinnis & Donna  
Punch  
St. Leonard's CWL #35

Duncan Mundell  
Aliya Shahid  
The Tea Room  
Linda Plati  
Adam Haugh  
Kathryn Blakely  
Guillaume Richard  
Enrico Persicone  
St. John Fisher CWL  
Standard Products Inc  
Ivanka Kabranova  
Vivien & Tony Fernandes  
Colin De Souza  
Raymond James Canada  
Foundation  
Jolene Leon

Mike Potwin  
Bukas Loob Sa Diyos  
Covenant Community (BLD)  
St. Ignatius Loyola CWL  
Maria Natalia Cordeiro  
Andrew Sutherland  
Rafal Raczka  
St. Daniel Comboni School  
Knights of Columbus Fr.  
Henk van den Berg Council  
#10614  
Annmarie Salvalaggio  
St. Leonard's CWL  
Calvary Worship Centre  
St. Mary's CWL  
Neil Martin

# Thank You to Our Supporters

## Friends Gifts of \$25-\$99

Blanche Monteiro  
Pravin Rodrigues  
Patricia & Hugh Loughran  
Anna Jushkevich  
Karen McCarthy  
Beverly Dywelska  
Janice Tesolin  
Rocky Morra  
Lincoln Murzello  
Albin Trella  
Gail & Alex Berger  
Carl Hughes  
Elizabeth Bindon  
Martin De Bast

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Amol Shah  
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Stephen Harvey  
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Gwyn & Oliver D'Mello  
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Elizabeth Catteiro

## Thank You to Our Funders



**United Way**  
Greater Toronto



**Region of Peel**  
*Working for you*



**ShareLife**



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