



East Hants Family Resource Centre

Year-End Report: 2023-2024

Introduction:

The year 2023-2024 has been a remarkable journey for the East Hants Family Resource Centre (EHFRC) as we continue our mission to empower and support families within our community. With more than 400 families actively engaged in our programs and services, we are proud to share our accomplishments, challenges, and the impact we've made throughout the year.

Key Highlights:

1. **Expanded Services:** In response to the evolving needs of our community we expanded our range of services, including increased one-on-one interactions (Nobody's Perfect), programs specifically for fathers (Developing Dads), and social opportunities in the evening and on weekends to help people connect (regular Community Dinners and Let's Grow Outside, a Saturday family program focusing on nature.) We also re-introduced programs that focused on counseling, social connections, and mental health well-being (Finding Your Happy, and Roots of Empathy in two elementary schools.) We also organized a Graduate in Style program for males and those who identify as male for students attending Hants East Rural High and Riverside Education Centre. This expansion enabled us to cater to a broader demographic and provide tailored assistance to families facing diverse challenges.
2. **Client Engagement:** Throughout the year, we prioritized fostering meaningful connections with our clients. Through regular feedback sessions, surveys, and one-on-one consultations, we ensured that our services were aligned with the needs and preferences of our clients. This proactive approach resulted in increased client satisfaction and enhanced the effectiveness of our programs.
3. **Community Partnerships:** Collaboration remained at the heart of our operations as we strengthened partnerships with local organizations, schools, and businesses. These partnerships facilitated resource-sharing, coordinated efforts to address systemic issues, and extended our reach to underserved populations. By working together, we maximized our collective impact and created a more supportive ecosystem for families.
4. **Digital Transformation:** Recognizing the importance of technology in modern-day service delivery, we embarked on "Social Skills" the result of a United Way grant that allowed us to begin revamping our website, and allowing clients to register or request information on programming. We were also able to create weekly videos featuring staff sharing how-to ideas and suggestions in response to client questions or concerns. The focus is on providing timely support and improved accessibility, particularly for clients facing mobility or transportation challenges, or difficulty accessing support in non-traditional business hours.

Challenges Faced:

1. **Resource Constraints:** Despite our best efforts, resource constraints posed a significant challenge throughout the year. Limited funding and staffing capacity occasionally hindered our ability to meet the massively growing demand for our services. To put this in perspective, in 2022-2023 the EHFRC responded to 357 families, and saw 6,932 individual contacts, an increase of nearly 1,000 contacts over 2021-2022.

In 2023-2024, we worked with 412 families, about 60 more families than the year before, but contact numbers **nearly doubled** over the previous year, to 12,198 individual contacts.

We are working with more families, with much more complex concerns. As such, we are seeing them and providing supports much more often than we ever have. The demand to support clients experiencing food insecurity, housing challenges, mental health concerns, positive parenting skills, and domestic abuse has vastly increased.

To address this challenge, we focused on optimizing our internal processes, exploring alternative funding sources, and leveraging contact and support from other agencies wherever possible. Among our agency resources: Department of Community Services, Public Health, Schools Plus, Third Place Transition House, Shumilacke Food Bank, Caring and Sharing Food Bank, The Giving Pantry, Canadian Mental Health Association, Autism Nova Scotia and the Colchester East Hants Hospice Society.

2. **Engagement:** The lingering after effects of COVID lockdown are still apparent. Even though the number of families served has increased, there still is a hesitancy, or non-inclination, to physically attend programs. While we made significant strides in adapting our programs for virtual delivery, and providing evening and weekend activities, we continue to promote in-person interaction as it builds relationships, increases trust and enhances communication. Moving forward, we are committed to addressing barriers and ensuring equitable access to our services.

Impact and Outcomes:

Despite the challenges encountered, the collective efforts of our team, volunteers, and community partners have yielded significant impact and outcomes:

1. **Improved Family Well-being:** Through our comprehensive support services, we have witnessed tangible improvements in family well-being indicators, including enhanced communication skills, reduced stress levels, and increased financial stability.
2. **Empowered Clients:** Many of our clients have reported feeling more empowered and resilient in navigating life's challenges. By equipping them with valuable skills, knowledge, and resources, we have empowered families to make informed decisions and build a brighter future for themselves and their children.
3. **Community Cohesion:** The ripple effects of our work extend beyond individual families, contributing to the overall cohesion and resilience of our community. By fostering a supportive network of families, educators, service providers, and community leaders, we have created a more inclusive and compassionate community where everyone has the opportunity to thrive.

Looking Ahead:

As we reflect on the achievements of the past year, we are filled with optimism and determination for the year ahead. In 2024-2025, we remain committed to our mission of strengthening families and building a more resilient community. To achieve this, we will focus on:

1. **Sustainability:** Strengthening our organizational capacity and diversifying funding sources to ensure the long-term sustainability of our programs and services.
2. **Innovation:** Embracing innovation and technology to enhance the accessibility, effectiveness, and efficiency of our service delivery model.
3. **Collaboration:** Deepening our partnerships with stakeholders across sectors to address systemic challenges and create lasting positive change.

Conclusion:

In closing, we extend our heartfelt gratitude to our clients, volunteers, staff, donors, community partners and our Board of Directors for their unwavering support and dedication.

We are very grateful to our major funders: the Public Health Agency of Canada, the Department of Community Services and the Municipality of East Hants, for providing resources to continue our work.

Together, we have made significant strides in empowering families and building a stronger, more resilient community. As we embark on the journey ahead, we are filled with hope and optimism for a future where every family has the support and resources they need to thrive.

Sincerely,

Cathy MacDonald
Executive Director
East Hants Family Resource Centre

Peverill & Associates Incorporated

**East Hants Family Resource
Centre**

FINANCIAL STATEMENTS

MARCH 31, 2024

East Hants Family Resource Centre

MARCH 31, 2024

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Peverill & Associates Incorporated

REVIEW ENGAGEMENT REPORT

To the Directors of East Hants Family Resource Centre

We have reviewed the accompanying financial statements of East Hants Family Resource Centre that comprise the statement of financial position as at March 31, 2024 and the statements of operations and net assets and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for private enterprises, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Practitioner's Responsibility

Our responsibility is to express a conclusion on the accompanying financial statements based on our review. We conducted our review in accordance with Canadian generally accepted standards for review engagements, which require us to comply with relevant ethical requirements.

A review of financial statements in accordance with Canadian generally accepted standards for review engagements is a limited assurance engagement. The practitioner performs procedures, primarily consisting of making inquiries of management and others within the entity, as appropriate, and applying analytical procedures and evaluates the evidence obtained.

The procedures performed in a review are substantially less in extent than, and vary in nature from, those performed in an audit conducted in accordance with Canadian generally accepted auditing standards.

Accordingly, we do not express an audit opinion on these financial statements.

Conclusion

Based on our review, nothing has come to our attention that causes us to believe that these financial statements do not present fairly, in all material respects, the financial position of East Hants Family Resource Centre as at March 31, 2024, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not for profit organizations.



June 12, 2024

Lower Sackville, Nova Scotia

CHARTERED PROFESSIONAL ACCOUNTANTS

~ Founded in 1988 ~

5 Florence Street, Lower Sackville, Nova Scotia B4C 1J5

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East Hants Family Resource Centre

STATEMENT OF FINANCIAL POSITION

AS AT MARCH 31, 2024

	<u>2024</u>	<u>2023</u>
ASSETS		
CURRENT		
Cash	\$ 355,327	\$ 195,656
Guaranteed Investment Certificates	25,000	31,782
Accounts receivable	-	210
HST Recoverable	1,070	638
Prepaid Expenses	<u>2,217</u>	<u>1,662</u>
	<u>\$ 383,614</u>	<u>\$ 229,948</u>
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	\$ 4,513	\$ 5,108
Deferred grants (Note 3)	195,744	65,953
Due to Canada Revenue Agency	<u>6,170</u>	<u>3,999</u>
	<u>206,427</u>	<u>75,060</u>
NET ASSETS		
NET ASSETS	<u>177,187</u>	<u>154,888</u>
	<u>\$ 383,614</u>	<u>\$ 229,948</u>

APPROVED ON BEHALF OF THE ASSOCIATION:

CHAIRPERSON

SECRETARY

East Hants Family Resource Centre

STATEMENT OF OPERATIONS AND NET ASSETS

FOR THE YEAR ENDED MARCH 31, 2024

	<u>2024</u>	<u>2023</u>
RECEIPTS		
Government Funding		
Department of Community Services	\$ 210,033	\$ 196,009
Municipality of East Hants	20,620	11,493
Other Provincial	3,589	3,411
Other Grants	8,064	21,444
Donations	57,543	20,388
Other Income	<u>9,732</u>	<u>15,177</u>
	309,581	267,922
DISBURSEMENTS		
Advertising	20,841	12,743
Bookkeeping and Professional Fees	8,702	5,272
Furniture and Equipment	-	860
Honorariums	1,050	1,550
Insurance	3,779	3,868
Interest and Bank Charges	405	356
Office, Administrative, and Other	22,206	18,559
Rent net of subsidies	19,607	19,739
Salaries and Benefits net of subsidies	203,903	178,782
Telephone	2,843	2,778
Travel	<u>3,946</u>	<u>3,851</u>
	<u>287,282</u>	<u>248,358</u>
EXCESS OF RECEIPTS OVER DISBURSEMENTS	<u>22,299</u>	<u>19,564</u>
NET ASSETS BEGINNING OF YEAR	<u>154,888</u>	<u>135,324</u>
NET ASSETS, end of year	<u>\$ 177,187</u>	<u>\$ 154,888</u>

East Hants Family Resource Centre

STATEMENT OF CASH FLOWS

MARCH 31, 2024

	<u>2024</u>	<u>2023</u>
CASH FLOWS FROM OPERATING ACTIVITIES		
Cash Received	\$ 446,364	\$ 285,045
Cash Paid to Suppliers and employees	<u>(286,693)</u>	<u>(248,626)</u>
 INCREASE IN CASH	 159,671	 36,419
CASH, beginning of year	<u>195,656</u>	<u>159,237</u>
CASH, end of year	<u><u>\$ 355,327</u></u>	<u><u>\$ 195,656</u></u>

East Hants Family Resource Centre

NOTES TO THE FINANCIAL STATEMENTS

MARCH 31, 2024

1. PURPOSE OF THE ORGANIZATION

The East Hants Family Resource Centre is dedicated to nurturing and supporting healthy family life through quality child and family development programs. The centre is exempt from paying income tax.

2. SIGNIFICANT ACCOUNTING POLICIES

(a) Basis of Presentation

The financial statements have been prepared in accordance with Canadian accounting standards for Not-for-Profit organizations.

(b) Cash

Cash represents funds on deposit with a Canadian bank. Guaranteed investment certificates are held with a Canadian bank. The Centre is exposed to interest rate risk on these investments.

(c) Financial Instruments

The Centre's financial instruments consists of cash, guaranteed investment certificates, accounts receivable, accounts payable, and accrued liabilities. These financial instruments are initially recorded at fair value and then carried at amortized cost. The fair values of these financial instruments approximate their carrying values, unless otherwise stated.

(d) Use of Estimates

The preparation of financial statements in conformity with Canadian accounting standards requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosures of contingent assets and liabilities at the date of the financial statements and the reported amounts of revenue and expenditures during the reporting period. Actual results could differ from these estimates.

East Hants Family Resource Centre

NOTES TO THE FINANCIAL STATEMENTS

MARCH 31, 2024

2. SIGNIFICANT ACCOUNTING POLICIES (continued)

(e) Revenue recognition:

Government funding is recognized as revenue based on the terms of the funding, generally to fund operations for a period of time. Other revenue is recognized using the accrual basis of accounting.

(f) Capital assets

The Centre does not record equipment as assets. In common with many non profit organizations equipment is expensed when purchased.

3. DEFERRED REVENUE

Deferred revenue includes the amount of specific grants received in the year that have not been spent as of the year end date.

4. ECONOMIC DEPENDENCE

The organization is economically dependent upon government. Loss of these funding sources would have a major impact upon the organization.

The organization is dependent on volunteers, the loss of which would have a significant impact upon the organization.

EHFRC Budget 2024-2025

Projected Expenses	Amount (Exp)	Funding Source (Rev)
Salaries: ED 35 hrs/wk; PC 35 hrs/wk; PA 30+hrs/wk; PA 35 hrs + 12 % MERC Plus health benefits	Salaries, health benefits, possible RRSP match (pending funding) \$5100 health benefits Total:\$224,200	DCS 2022-2023 \$140,000 Specific grants funding and general funds \$84,200
Staff Training	\$ 3500	DCS \$3000; MEH \$500
Rent (\$500/mthx3 rooms)	\$18000	DCS (8,000) Room rental and MEH \$10,000
Phones (office lines/internet and cell)	\$3450	DCS \$2250 + MEH \$1200
Staff Mileage 6000 km @51 cents	\$4000	DCS
Office Supplies/Equipment	\$4000	DCS
Advertising	\$1000	DCS
Bookkeeping/ Audit	\$6000 \$2200 (total \$8200)	DCS \$4000 specific grants \$3400 MEH \$800
Insurance (General & Board Liability)	\$8000	DCS \$4500, MEH \$3500
Bank/Direct Deposit & Reg. Fees	\$500	DCS \$500
Prg. Supplies (i.e. paper towel, soap, etc.) Program Materials (long term items, i.e. tables, toys, crafts)	\$12000	DCS \$8000, specific grants \$4000
Prg. Space	\$4000	DCS \$3000 Grants \$1,000
Advertising/PR	\$5000	DCS \$4000 MEH \$2000
Postage	\$350	DCS \$350
Board expenses	\$3000	DCS \$3000
Transportation (clients via Community Rider)	\$3000	DCS \$3000
DCS Client Support	\$130,000	DCS \$130,000
Total Expenses	\$449,400	
Projected Revenue		
Dept. Community Services		\$320,000
Mun. East Hants		\$20000
Grants ROE, CHB, EIO, FLIEF, PHAC and others, general funds and room rental		\$82400
Donations		\$16000
Fundraising		\$13000
Total		\$451,400
Projected Surplus	\$2,000	