



# East Hants Family Resource Centre

*Supporting Families to Strengthen Communities*

Information Session About Our Service

- Who are we?

We are a registered charity.

We serve families in the Corridor Area of East Hants, but also Kennetcook/Rawdon.

- Government funding:  
Department of Opportunities and Social Development. (\$190,000)  
Municipality of East Hants. (\$22,000 annually.)
- Subsidized by grants and donations:  
Gold Bond of Canada, FLIEF Funding, Mass Casualty Grief and Bereavement Funding.
- Founded in 2011 to provide support to vulnerable East Hants families
- In 2021-2022 served 385 families (COVID impact.)
- In 2024-2025 back up to 700+ families (which were 2020 numbers)
- With projected new homes of 5,000+ in East Hants, numbers will jump.

# Services/Programs We Provide

- ▶ Prenatal program Mommy2B
- ▶ Postnatal Moms Wellness and
- ▶ Moms Wellness 2.0
- ▶ Nobody's Perfect
- ▶ How to Talk So Kids Will Listen
- ▶ Roots of Empathy
- ▶ Splash and Play (Municipal Pool)
- ▶ Run and Tumble (Sportsplex Dome)
- ▶ Baby Time
- ▶ Wednesday Walks
- ▶ Finding Your Happy
- ▶ Wednesdays in the Park (Shubenacadie)
- ▶ Thursdays in the Park (Enfield)
- ▶ Car Seat Safety Checks
- ▶ Infant Massage
- ▶ Alphabet Soup in Motion
- ▶ Family Literacy Day

- ▶ Daddy and Me Pumpkin Painting
- ▶ Concrete Supports
- ▶ School Supply Giveaway
- ▶ Food Pant/Food bag distribution
- ▶ Distribution of clothing, boots and household items
- ▶ E.H. meeting site for:  
Autism NS, CMHA and Third Place Transition  
House of Truro, Truro Housing Outreach
- ▶ Referral agency for Early Intervention, Mental  
Health and Addictions, Public Health, East Hants  
Community Learning, Community Rider and the  
Department of Community Services



# Financial Considerations

Year	Operating Expenses
2023-4	\$287,282
2024-5	\$375,473

- ▶ Staffing is our largest annual expense.
- ▶ Living wages and increased costs are our biggest financial concerns.
- ▶ Multiple fundraisers annually are necessary.
- ▶ Provincial government support remains the same to 2029.
- ▶ Expenses are rapidly rising - as is the needs of clients, which are increasing three-fold.
- ▶ Increasing population will see increasing demands.
- ▶ Our request would be for \$40,000 annually from MEH.

# Questions?