



EHFRC core funding is provided by the Department of Opportunities and Development, formerly known as the Department of Community Services. (DCS). Many of our programs reflect our mandate under that funding, and we also secure grants or donations for other programming.

Programs and Services include:

Mommy2B: Six-week prenatal program for moms to be and their partners. Held 2-3 times a year.

Baby Time: weekly drop-in program for parents/caregivers with infants up to age 1. Visited by PH staff twice monthly.

Run and Tumble: Running, jumping, skipping weekly free play program held at the local Sportsplex, in partnership with Municipality of East Hants. Open to parents/caregivers and children up to age 5. Typically averages 25 families per week.

Girl on Fire: This is a new program which, done in collaboration with local schools/teachers, provides confidence, connection and self-worth programming for 13 to 18 year old girls.

Splash and Play: Weekly trip to the East Hants Aquatic Centre for up to 50 participants – combination of parents/guardians and children.

Milford Play Group: Weekly playgroup in partnership with Faith Community Church's group for families/caregivers with children up to age 5

Mom's Wellness: Post-partum 8-week mental health program for those who are struggling with the challenges of the first year of baby.

Mom's Wellness 2.0: For participants from Mom's Wellness who need extra support. Physical Activity component included. Eight –week program.

Finding Your Happy: An 8-week program for women, introducing mental health coping skills such as meditation, journaling and yoga. Twice annually.

Annual Spring into Summer Picnic: On average, 300 people come out to enjoy pizza, games, book giveaways etc. at this event we hold in partnership with the East Hants Community Learning Association

Summertime play programs: **Wednesdays in the Park** in Shubenacadie and **Thursdays in the Park in Enfield.** These summer programs include an annual free trip to the Shubenacadie Wildlife Park and Water Day with the Lantz Volunteer Fire Department and a fire truck.

Tuesday Topics: weekly education/fun program in partnership with East Hants Community Learning Association Topics have included **Paint Night, Income Tax workshops, Setting Mental Health Goals.**

Pumpkin Painting: Annual Halloween event for 30 kids.

Roots of Empathy: 27-week in class anti-bullying visiting program offered in three East Hants elementary schools: Maple Ridge, Enfield and Elmsdale. Involves volunteer baby and parent

Infant Massage programs

Baby Gate Giveaway program

Monthly Community Dinners

Family Literacy Programs: This year we will be offering a themed program called **Birthday Parties Around the World**

Parenting Programs: Nobody's Perfect, How to Talk So Kids will Listen.

Car seat checks, car seats provided to parents in need.

Concrete Supports: Clients can come up to twice a month in order to receive diapers, grocery and gas gift cards, support with utility payments, free feminine hygiene products, diapers, bags of groceries, household items, transportation arrangements etc. Averages 10-15 families a week.

Annual School Supply Giveaway held in August, we give school supplies, snacks, and personal hygiene products for 100+ families annually. Excess is given to Schools Plus in Schools. This includes Hants North.

COMMUNITY PARTNERSHIPS

We work with, or offer space to, many organizations who serve East Hants, but are headquartered in the Truro area. They sometimes find it challenging to secure a venue in East Hants. Many of these organizations come weekly, some bi-weekly, some monthly, to our premises.

This year we will work with the Truro-based Lotus Centre: a Resource for Women on a regular basis in the building.

That includes:

Third Place Transition House

Adult Community Outreach Services, Mental Health and Addictions

Canadian Mental Health Association Colchester East Hants

Nova Scotia Autism Association, Colchester East Hants

Developing Dads (via Bridges)

Big Brothers Big Sisters Colchester East Hants

The Truro Housing Outreach Society

Monthly Public Health Immunization Clinics

Mental Health and Addiction youth outreach

Northern Zone Mobile Health Unit

In 2024-2025 we partnered with both **Shumilacke and Caring and Sharing food banks, Schools Plus, Public Health, East Hants YouthLinks, several local churches, the St. Vincent De Paul Society, Nova Scotia Early Childhood Intervention Development Services, the Municipality of East Hants, COAT Association** and more to provide services and support to nearly **700 families** in the Corridor area of East Hants.



This past year has been one of remarkable growth and resilience for the **East Hants Family Resource Centre**.

As we reflect on the months behind us, we acknowledge a period marked by both significant challenges and inspiring accomplishments. The demand for our services increased dramatically, underscoring both the growing needs within our community and the vital role our Centre continues to play in supporting families.

In response, our dedicated team rose to the occasion—expanding programs, strengthening partnerships, and finding innovative ways to meet families where they are. Despite facing pressures on resources, staffing, and space, we remained committed to our mission of fostering healthy, connected, and empowered families.

Through it all, we are proud to report meaningful successes: stronger community engagement, the launch of new initiatives, and the ongoing impact of our core programs.

This AGM is an opportunity to celebrate achievements, acknowledge the efforts of our team and supporters, and look ahead optimistically to the work that still lies before us.

To truly see how demand for our services has expanded, we compared our statistics from the 2022-2023 Annual Report with statistics gathered from 2023-2024 and 2024-2025.

2022-2023

2023-24

2024-25

Number of Families Served

357

448

699

Family Total Attendance Overall

3364

4898

7955

Individual Contacts, including family

6932

12,758

15,740

For even more context, our **2021-2022** Individual contacts were **almost triple** what we saw in **2018-2019**, (the last 'regular' year of EHFRC pre-COVID programming.)

Our **2022-2023** numbers were roughly 1,000 more contacts than the year before.

Our **2024-2025** numbers are even more impactful. In the past year, our individual families served has increased by **251 families from 2023-2024**. Our total overall attendance numbers have increased by **3,057**. Our individual contacts have increased by **2,982** since last year.

Divide the increase in contacts by 4, --the number of staff we have -- and **each staff person saw an increase of 695 individual contacts over the past year**. With a total of **15,740** recorded overall contacts, each staff person averaged **3,935 contacts** this year.

Again, for context, contact ranges from a call that sees us refer to another agency or support we work with or finding information for something completely new to us, (**1027 total**); to the **Summer Snack** program (**273 total**) to **Concrete Supports** (grocery or gas card support) of **345 contacts, to 20 families** who came to 10 weeks of **Infant Massage**, or to the longer and more complex contact with those needing housing referral, mental health support and aid with utilities or other expenses (**14 families**.)

How do we do this? The East Hants Family Resource Centre has terrific staff, a hardworking volunteer Board of Directors, deep community support and dedicated volunteers, two excellent annual fundraisers (Mother's Day Teapots and Christmas Centrepieces) and many, many partnerships, as listed below.

PARTNERSHIPS

We have been fortunate to have financial and resource support from our following largest stakeholders: The **Department of Opportunities and Social Development (formerly Community Services DCS)**, the **Municipality of East Hants, Gold Bond Canada**, and the **Mass Casualty Wellness Mental Health Bereavement and Community Support Fund**.

The **East Hants Community Learning Association** and its transportation arm **Community Rider** continue to be our best friends.

We have received funding from the **United Way** as well as the **Family Literacy Initiative Endowment Fund (FLIEF)** and the **East Hants Community Health Board**.

In order to provide as many services as possible. we continue to offer space to Truro-based organizations whose catchment area includes East Hants.

We have been able to partner with the **Autism NS, Colchester East Hants Canadian Mental Health, Third Place Transition House, Mental Health and Addictions** programs and **Adolescent Outreach**, the **Colchester East Hants Hospice Society, Bridges, Big Brothers Big Sisters**, and the **Truro Housing Outreach Society**.

Together, we've shown what is possible when community and compassion come together.

Thank you for being part of this journey.

Sincerely,

Cathy MacDonald
Executive Director

Peverill & Associates Incorporated

**East Hants Family Resource
Centre**

FINANCIAL STATEMENTS

MARCH 31, 2025

East Hants Family Resource Centre

MARCH 31, 2025

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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, 2025 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, 2025, 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.

Peverill & Associates Inc.

June 12, 2025
Lower Sackville, Nova Scotia
CHARTERED PROFESSIONAL ACCOUNTANTS

~ *Founded in 1988* ~

5 Florence Street, Lower Sackville, Nova Scotia B4C 1J5
Phone: (902) 865-6580 Fax: (902) 865-6590

Peverill & Associates Incorporated

East Hants Family Resource Centre

STATEMENT OF FINANCIAL POSITION

AS AT MARCH 31, 2025

	<u>2025</u>	<u>2024</u>
ASSETS		
CURRENT		
Cash	\$ 217,489	\$ 355,327
Guaranteed Investment Certificates	131,477	25,000
Accounts receivable	-	432
HST Recoverable	3,149	638
Prepaid Expenses	<u>1,941</u>	<u>2,217</u>
	<u>\$ 354,056</u>	<u>\$ 383,614</u>
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	\$ 425	\$ 4,513
Deferred grants (Note 3)	149,670	195,744
Due to Canada Revenue Agency	<u>6,877</u>	<u>6,170</u>
	<u>\$ 156,972</u>	<u>\$ 206,427</u>
NET ASSETS		
NET ASSETS	<u>197,084</u>	<u>177,187</u>
	<u>\$ 354,056</u>	<u>\$ 383,614</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, 2025

	<u>2025</u>	<u>2024</u>
RECEIPTS		
Government Funding		
Department of Community Services	\$ 259,239	\$ 210,033
Municipality of East Hants	20,000	20,620
Other Provincial	9,793	3,589
Other Grants	7,826	8,064
Donations	85,205	57,543
Other Income	<u>13,307</u>	<u>9,732</u>
	395,370	309,581
DISBURSEMENTS		
Participant Support	62,789	20,841
Bookkeeping and Professional Fees	11,509	8,702
Honorariums	1,100	1,050
Insurance	4,754	3,779
Interest and Bank Charges	234	405
Office, Administrative, and Other	51,260	22,206
Rent	18,550	19,607
Salaries and Benefits	219,008	203,903
Telephone	2,851	2,843
Travel	<u>3,418</u>	<u>3,946</u>
	<u>375,473</u>	<u>287,282</u>
EXCESS OF RECEIPTS OVER DISBURSEMENTS	<u>19,897</u>	<u>22,299</u>
NET ASSETS BEGINNING OF YEAR	<u>177,187</u>	<u>154,888</u>
NET ASSETS, end of year	<u>\$ 197,084</u>	<u>\$ 177,187</u>

East Hants Family Resource Centre

STATEMENT OF CASH FLOWS

MARCH 31, 2025

	<u>2025</u>	<u>2024</u>
CASH FLOWS FROM OPERATING ACTIVITIES		
Cash Received	\$ 243,251	\$ 446,364
Cash Paid to Suppliers and employees	<u>(381,089)</u>	<u>(286,693)</u>
 (DECREASE) INCREASE IN CASH	 (137,838)	 159,671
CASH, beginning of year	<u>355,327</u>	<u>195,656</u>
CASH, end of year	<u>\$ 217,489</u>	<u>\$ 355,327</u>

East Hants Family Resource Centre

NOTES TO THE FINANCIAL STATEMENTS

MARCH 31, 2025

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, 2025

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 2025-2026

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) \$5600 health benefits Total:\$234,200	DCS 2022-2023 \$190,000 Specific grants funding and general funds \$70,000
Staff Training	\$ 4500	DCS \$3000; MEH \$1500
Rent (\$1486x12)	\$17,832	DCS (\$7832) Room rental and MEH \$10,000
Phones (office lines/internet and cell)	\$4450	DCS \$3250 + MEH \$1200
Staff Mileage 10000 km @51 cents	\$5100	DCS
Office Supplies/Equipment	\$8000	DCS
Promotional material	\$2000	DCS
Bookkeeping/ Audit	\$8000 \$3200 (total \$8200)	DCS \$8000 specific grants \$3400 MEH \$800
Insurance (General & Board Liability)	\$9000	DCS \$4500, MEH \$4500
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)	\$14,000	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	\$4000	DCS \$3000
Transportation (clients via Community Rider)	\$4000	DCS \$3000, grants \$1,000
DCS Client Support	\$40,000	DCS \$40,000
Total Expenses	\$357,932	
Projected Revenue		
Dept. Community Services		\$230,000
Mun. East Hants		\$20,000
Grants ROE, CHB, EIO, FLIEF,PHAC and others, general funds and room rental		\$75,000
Donations		\$20,000
Fundraising		\$14,000
Total		\$359,000
Projected Surplus	\$1,068	