



SURVIVAL

*“It took me two nights to be able to press the buzzer. The first night I walked around the building, I got close to the door, but then I left. I couldn’t bring myself to admit that I needed to ask for a bed for the night,” a woman recalls her first experience at WEAC**



WEAC

* Women's Emergency Accommodation Centre (WEAC) offers homeless women a place to stay





625 WOMEN STAYED AT WEAC IN 2013

When women reach out, arrive, and connect to E4C's 24/7 shelter, they are in survival mode. They are amidst a series of traumas, woes, poverty.

On an external level, they may be disheveled, unclean and incoherent. But they have also managed to keep going. They have adapted to exist in a way that allows them to. They are surviving, the core of what it means to be human.

Poverty is an arrangement of circumstances. It can happen to anyone and it can begin with a spiral of unexpected life occurrences.

“IT’S SO EASY ONCE IT STARTS. ALL OF A SUDDEN, THE CIRCUMSTANCES ARE PILING ON TOP OF EACH OTHER AND YOU CAN’T COPE,” *a parent from Early Head Start* recalls. She was living on a tight budget with a young family when her husband’s mental health deteriorated and the stacks of bills quickly accumulated.*



* Early Head Start is an early childhood support program for low-income families



When a person is in survival mode, they also experience “poverty of spirit”. Social supports decline, feelings of loneliness and isolation increase.



“THEY HELPED ME THROUGH COACHING. THROUGH JUST BEING THERE – by being a friend, lending an ear and listening to my whining and woes. They mend the soul appropriately, just enough for us to continue.” A woman reflects on the support of E4C.

CONNECTION

Once the buzzer is pressed or the first call is placed, a connection can spark a new cycle of support. It is through a consistent and dependable presence that a person realizes that she has a support network.

Crossroads Outreach* meets a woman who is surviving on the street where she is at. Whether it is warm clothes, condoms or the first snack in a while, Crossroads supports basic needs and safety. Encounter after encounter, a person becomes known, and trust is given in return. From there, women are bridged to resources and when they are ready to stop working the streets, Crossroads helps navigate that path.

3809 ENCOUNTERS
OCCURRED THROUGH
CROSSROADS IN 2013



In the School Lunch Program**, a child is greeted every school day by a School Lunch Attendant. Lunch is served and small interactions with a caring adult are also made. The consistency of these encounters creates a positive feedback loop for the child.

2164 CHILDREN WERE FED
BY THE SCHOOL LUNCH
PROGRAM IN 2013

* Crossroads Outreach provides support for individuals involved in prostitution
** School Lunch Program provides a healthy lunch to students in high needs schools



CONFIDENCE



“THERE IS NO ONE HERE WHO DOES NOT POSSESS EMPATHY OR KINDNESS. WE WANT YOU TO BE IN A BETTER PLACE, AND TO TAKE STEPS IN MOVING FORWARD.” *A staff member encourages the residents of Elizabeth House* during a monthly gathering.*

Confidence is an internal fuel. Following trauma, homelessness, or disability, confidence needs to be refilled. Having someone believe in your capabilities—believing that you are creative, smart and brave enough to succeed—is a starting point. A light.

Confidence is nurtured through one-on-one relationship with E4C staff and through group environments. Many programs begin resident meetings, parent groups or art classes by forming a circle of support. Barriers are removed, stories are shared and informal friendships formed.

* Elizabeth House provides short term housing to homeless women



251 YOUTH ACCESSED OUTREACH
SUPPORTS FROM KIDS IN THE
HALL BISTRO IN 2013



CAPABILITY

“AT FIRST, HE CAME TO THE BISTRO SPORADICALLY, ALWAYS STRUGGLING WITH ADDICTIONS and peers that continued to pull him in a direction that would surely lead to troubles,” describes an E4C youth worker. “A couple of weeks in, it became apparent, even slowly, that he was beginning to trust. He began to open up and ask what it would take to access help for his addiction and then eventually to go to school. Every day then, he would come to the Bistro to talk.”*

Sometimes a person has not been brought up with the idea of what a healthy life looks like. There are gaps in the belief and capacity to realize one’s dreams.

A pathway out of poverty is education. E4C supports people through developing their potential. Individuals learn to live healthier, cope better and make changes in their lives.

* Kids in the Hall Bistro offers job training, life skills and outreach support for youth



EARLY HEAD START PARENT
GROUPS MET 107 TIMES IN 2013



COMMUNITY

A parent from Early Head Start explains, “What keeps me going is the admiration for the challenges that the parents had and how they overcame them and survived. Everyone I’ve met is a story about overcoming the odds.” Through relationships built with people who have endured similar struggles, a person realizes they are not alone.

“JUST KNOWING EACH PERSON BY NAME IN THE HALLS. IT’S LIKE BEING IN AN OLD FARMHOUSE.

People knock on each other’s doors. We say hello in the halls. Being mentally ill, when someone stops by for a visit, it lifts me right up.” A resident in McCauley Apartments explains community.*

Community is being a part of something. It results in pride and is another form of support. Community starts in the household, when residents partake in chores, eat together at meals times, and talk through their days. Social connections are formed and a personal support network grows.

* McCauley Apartments offers affordable housing, free activities and organizes neighbourhood events







COMPASSION

People touched by E4C sometimes return in a new role, as staff or volunteer. Their passion is believing in the hope and goodness of people. A WEAC staff member explains, “I’m the Peer Support Worker, and I’m also an ex-resident. When I do an intake, I let the women know that I’m here for them. I’m here to be their voice when they’ve been hurt. I think a lot of the problem is the hopelessness they feel. They feel like nobody sees them. And I just want to let them know that I see them.”

When a person is no longer in survival mode, gains confidence in their skills and has a sense of belonging, giving back becomes possible. The person has support, a home and may be ready to come full circle and be a part of another person’s cycle.

**E4C HAS 893 VOLUNTEERS WHO
GIVE BACK OVER 10,000 HOURS**

SURVIVAL

WHO WERE THE WOMEN OF WEAC?

- 53% were Caucasian
- 31% were First Nations
- 32% had no income supports
- 12% were employed
- 171 experienced their first stay in WEAC

CONFIDENCE

WHAT HAPPENS WHEN CONFIDENCE IS BUILT WITH THE WOMEN AT ELIZABETH HOUSE?

- 25 reconnected with family
- 20 found employment
- 12 attended school
- 5 entered a treatment centre

CONNECTION

WHAT KINDS OF CONNECTIONS WERE MADE THROUGH CROSSROADS OUTREACH?

- 1253 encounters on the street
- 660 evening drop-ins
- 1708 daytime drop-ins
- 188 community interactions

WHO DID THE CHILDREN CONNECT WITH IN SCHOOL LUNCH PROGRAM?

- 62 volunteers
- 23 school lunch attendants

COMMUNITY

WHICH COMMUNITIES DO PARENTS CONNECT WITH AFTER EARLY HEAD START?

- 184 connections to health services and supports
- 116 links to literacy and education
- 182 referrals to recreation

WHAT TYPES OF PROGRAMMING CREATED COMMUNITY IN MCCAULEY?

- Hockey for Kids program, 40 children participated
- Heart of Open Mic Night, 30-50 attendees
- Community Garden, 18 plots

CAPABILITY

WHAT HAPPENS WHEN A YOUTH REALIZES THEIR POTENTIAL AT KIDS IN THE HALL BISTRO?

- 22 found employment
- 24 attended schooling
- 79% maintained work or school after completing the program

COMPASSION

WHERE ARE VOLUNTEERS INVOLVED IN E4C?

- 320 with Make Tax Time Pay
- 152 with McCauley Apartments
- 97 with Summer Snack
- 53 with ArtStart
- 271 with other programs

PRESIDENT'S REPORT

Our 2013 Annual Report is a photo essay of our work in the community. I hope it provides you with a sense of the journey travelled by those we serve and their intersection with our circle of E4C programs.

As I complete my last year as Board President, I have cause to reflect on my involvement with this amazing organization.

Someone once told me that volunteerism should compliment your life. When I first served on the Board in 2008, I did not appreciate the many gifts I would receive through my involvement. My professional background is the law, first as a lawyer and now as a Judge. Through my work with E4C, I gained an appreciation of the complexities of poverty and addictions and the irrefutable link poverty and addictions have with our justice system.

Over the last six years, I have learned much about leadership, stewardship and the importance of sound Board governance. I have had the privilege of working with intelligent, qualified and dedicated Directors who embrace the demands and responsibilities of sitting on the Board because they believe in the great work E4C does in our community.

Finally, I have learned that the hub of E4C is its team of passionate, compassionate professionals who never settle for the easy path, but continue to push boundaries and take on the most challenging programs in order to serve the most vulnerable members of our community. I am humbled by their dedication, tireless efforts and never-ending optimism that we will one day eliminate poverty in our community.

In September, we welcomed our new Chief Executive Officer, Barb Spencer. Our search was thorough and thoughtful and I am excited to witness Ms. Spencer's passionate leadership and considerable talents. It is with mixed emotion that I transition to my role as Past-President. I will miss the intensity and the more intimate knowledge that comes with the role of President, but I leave with a profound sense of excitement for the future of E4C.

I sincerely hope you will be a part of it! It has been my pleasure to serve as the President of the E4C.

May God bless you and may God bless E4C.

Dawn Pentelechuk

THANK YOU



Thank you to our donors, funders and supporters. For a full listing, please visit our website: e4calberta.org/donate

Founded in 1970, Edmonton City Centre Church Corporation, operating as E4C, is a registered non-profit charitable organization with an independent Board of Directors:

Anna Reyes
Bob Hiew
Claire Redpath
Dawn Pentelechuk, *President*
Jan Buterman
Jan Pierzchajlo
Jeff Grobman
John Cotton, *Vice President*
Linda Mabbott
Marney Mustard

Orest Myroon
Patricia Bounds
Peter Prinsen
Roger Thomson, *Treasurer*
Ross Lizotte (*Past President, Honourary Member*)
Sandra Robertson
Shannon Kerr
Sharon Schnell
Ted Hill, *Secretary*

Six member churches form the partnership at the core of E4C:

All Saints Anglican Cathedral
Augustana Lutheran Church
Anglican Parish of Christ Church

First Baptist Church
McDougall United Church
St. Joseph's Basilica

For a full listing of E4C's programs, please visit our website e4calberta.org

FINANCIAL STATEMENTS

E4C STATEMENT OF FINANCIAL POSITION

Year Ended December 31, 2013

	2013	2012
Assets		
Current	\$2,251,648	\$2,063,972
Long Term Investments	\$961,812	\$874,656
Inner City Youth Housing Project	\$227,458	\$189,881
Capital Assets	\$9,392,418	\$9,709,014
	\$12,833,336	\$12,837,523
Liabilities		
Current	\$2,648,821	\$2,475,538
Long Term Debts	\$3,135,434	\$3,311,248
Deferred Conditional Grants	\$226,800	\$280,400
	\$6,011,055	\$6,067,186
Net Assets	\$6,822,281	\$6,770,337
Total	\$12,833,336	\$12,837,523

E4C STATEMENT OF OPERATIONS

Year Ended December 31, 2013

	Unrestricted	Restricted	Invested in Capital Assets	Total 2013	Total 2012
Revenues	\$425,282	\$12,842,295	\$53,600	\$13,321,177	\$12,590,520
Expenditures	\$323,367	\$12,596,304	\$387,139	\$13,306,810	\$12,766,437
	\$101,915	\$245,991	(\$333,539)	\$14,367	(\$175,917)
Inner City Youth Housing Project	-	\$37,577	-	\$37,577	\$30,342
Excess (deficiency) of Revenues					
Over Expenditures	\$101,915	\$283,568	(\$333,539)	\$51,944	(\$145,575)

• A complete set of audited financial statements are available upon request.



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