



E4C

# 2014 ANNUAL REPORT



EVERY PERSON HAS A **STORY**

**EACH ONE OF US HAS A STORY.  
MANY INVOLVE THE PEOPLE  
IN OUR LIVES WHO LOVE AND  
SUPPORT US. THEY'RE OUR  
FAMILIES, OUR FRIENDS, OUR  
CO-WORKERS. THEY CELEBRATE  
OUR SUCCESSES AND STICK BY  
OUR SIDE DURING HARD TIMES.**

**BUT OTHER PEOPLE'S STORIES  
SIMPLY ARE NOT AS POSITIVE...**



**E4C HELPS THESE  
PEOPLE **CHANGE** HOW  
THEIR STORIES ARE  
UNFOLDING.**



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## E4C'S STORY

E4C is the Edmonton City Centre Church Corporation, founded in 1970 by four downtown churches: Augustana Lutheran Church, First Baptist Church, McDougall United Church and All Saints Anglican Cathedral. St. Joseph's Basilica and Anglican Parish of Christ Church later joined E4C, and several other faith communities in Edmonton very generously donate to help our work throughout the year.

Our name symbolizes both our founding churches and E4C's values: **courage, compassion, connection and commitment.**

One of our very first initiatives was a program for homeless women, which ran out of a church basement. Now, 44 years later, E4C offers more than 26 programs and services to more than 12,000 Edmontonians in all parts of the city.

We help people with shelter and housing, food security, education and skill development and collaborate with other community agencies on eleven different outreach programs. We take care of those whose needs may not fit the requirements of other programs or organizations.

**E**ach one of us has a story. Many involve the people in our lives who love and support us. They're our families, our friends, our co-workers. They celebrate our successes and stick by our side during hard times.

But other people's stories simply are not as positive. Children are going to school hungry. Women are engaging in sex work simply to survive. Every day in our city there are people who look for a secluded doorway or safe place amidst trees in a park where they can spend the night because they don't have a safe place to call home.

E4C helps these people change how their stories are unfolding. Our programs and services change lives and grow communities, and in doing so work to alleviate and ultimately eliminate poverty. We believe every single person deserves to be listened to and respected without judgement, no matter what their story.

In 2014 we were able to expand to reach more people in need. E4C Early Head Start added an additional 30 spaces across its four locations and E4C Clareview Head Start added another classroom to serve 32 more low income children and their families.

E4C Intensive Case Management and Shelter Exit Teams grew this year as well, to help 160 more women find and retain housing. That brings our annual service capacity up to 280 women and children. Ensuring a safe and secure home with individual follow-up support is key to ending the cycle of homelessness. At E4C we're committed to Housing First and we'll continue this important work well into the future.

Other changes we made this past year allowed us to provide children with more nutritional food in E4C school programs, and to lower the cost of meals at the same time. While this means we'll be able to serve more children with the same resources, we still know the need is beyond what E4C is currently able to meet.

Importantly none of E4C's work could be done without the generosity of our volunteers, donors and funders and our very dedicated staff. Each of us has unique stories to tell about the impact our work at E4C is having in our city. But our work also depends on collaboration; with other organizations, government and with you. We all have a role in helping every Edmontonian feel safe, respected and able to fully participate in our community.

Thank you for being a part of our story.



**Roger Thomson**  
President of the Board

E4C's Board of Directors shares a wealth of community involvement in Edmonton and brings significant understanding of issues related to poverty.

## THANK YOU TO OUR 2014 BOARD OF DIRECTORS:

<b>Roger Thomson</b> President of the Board	<b>John Cotton</b> Vice President	<b>Patricia Bounds</b> Secretary	<b>Ted Hill</b> Treasurer	<b>Dawn Pentelechuk</b> Past President
Jan Buterman	Linda Mabbott	Orest Myroon	Claire Redpath	Sandra Robertson
Bob Hiew	Marney Mustard	Jan Pierzchajlo	Anna Reyes	Sharon Schnell
Shannon Kerr				

Since I've been a part of E4C, I feel more familiar with the resources in Edmonton and because of that I feel more confident.



**WE CONNECT  
PARENTS  
TO LOCAL  
RESOURCES  
AND HELP THEM  
BUILD INNER  
STRENGTH AND  
CONFIDENCE**

**T**he first few years of a child's life are critical; bonds they develop and early experiences form the basis of emotional, social, physical and cognitive development. Children watch and learn from their parents, who are their first teachers. Some parents need support with this new role; to nurture their children through this essential early growth and development.

E4C early education programs support children and families during these years. We connect parents to local resources and help them build inner strength and confidence. It is about shedding the feeling of not being alone and finding a community of support.



## SONIA'S STORY

"I came from another country and I did not know the community or what was available." Sonia's three-year old son Ali had just been diagnosed with autism. She was upset, worried about his future and felt overwhelmed.

Sonia found E4C Early Head Start for her son and she joined the parent group. She met with the support worker who helps families in the Early Head Start program, and together they began working through Sonia's challenges.

"Sometimes we have stuff that we don't want to share with our families and sometimes we want to share it with friends. This is a place for that. It's about ways to learn how to enjoy our lives. We all come from different cultures and we share different things, like how we handle our kids, prepare meals and how important play is in our kids' lives."

"Ali's made friends at Head Start, and he's learned so much. Good habits that he's bringing home, like helping clean up after our meals. Head Start is so good for him, all the staff people are so patient."

"I know I'm in the right place," says Sonia. "Since I've been a part of E4C, I feel more familiar with the resources in Edmonton and because of that I feel more confident."

She and her family are learning more about autism and how to help Ali prepare for his future. His positive early experiences at home and in the world are setting him up for success.



## IN 2014:

E4C expanded Head Start to serve

**62**

more children.

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E4C Early Head Start and E4C Clareview Head Start served

**285**

children and

**240**

families in Edmonton.



**THE KIDS  
AREN'T  
HUNGRY.  
THEY'RE ABLE  
TO FOCUS IN  
CLASS FOR  
THE REST OF  
THEIR DAY.**

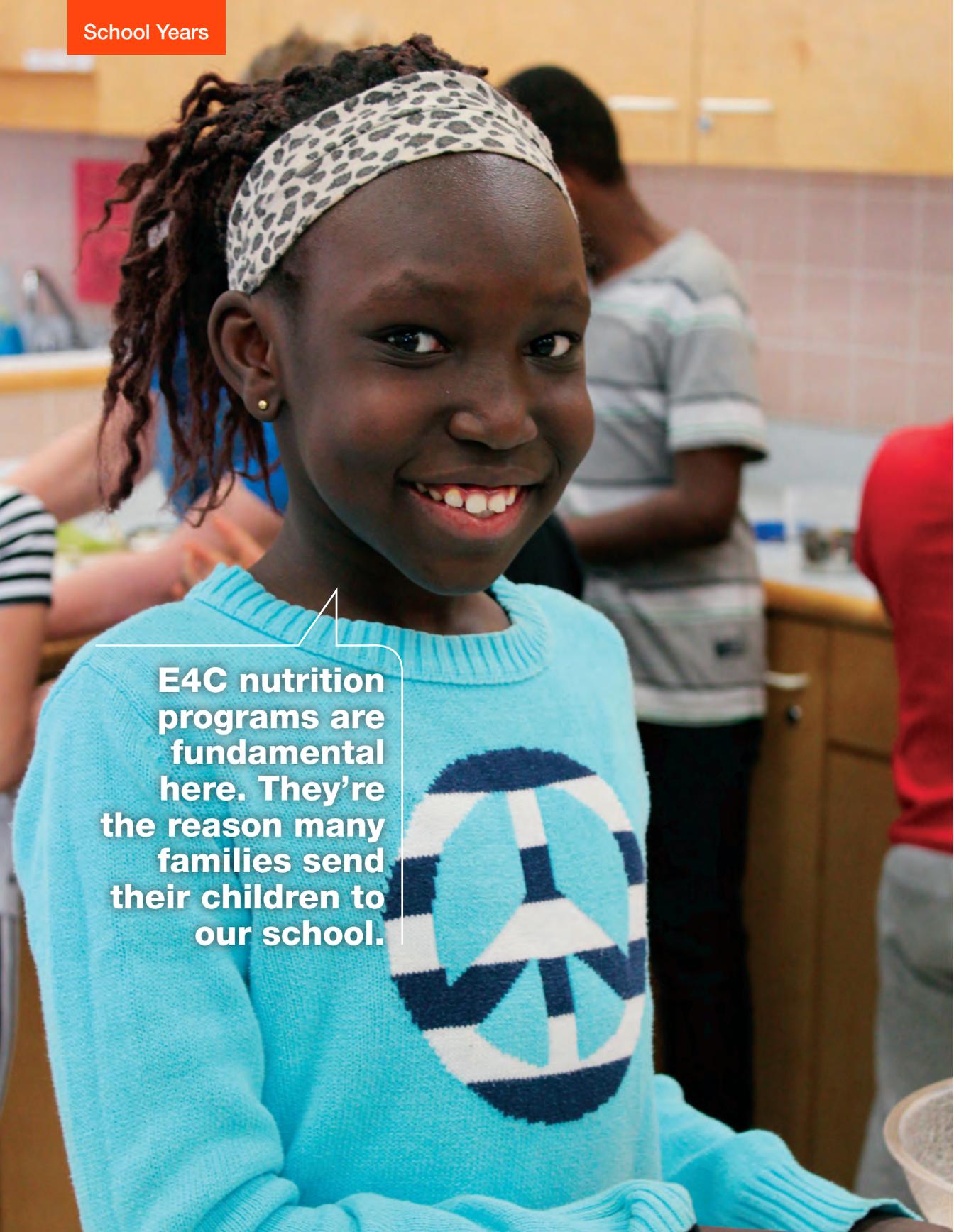
**T**he first day of school conjures images of children with backpacks full of fresh school supplies making their way to class in crisp fall air. It is a season of new clothes, new experiences and new relationships.

But for some Edmonton families it's a season that decimates the family budget. That was the case for one mother, whose children go to a school where E4C provides snacks and lunches. After paying September's utility bills and school expenses, she had just \$29 left for the rest of the month. She couldn't afford to feed her family.

She's just one of the 100,000 Edmontonians living in poverty. One third of those people are children.<sup>1</sup>

E4C school nutrition programs provide meals and snacks during the day to children who don't have enough healthy food to eat at home. We support school lunch and young chef programs at 10 public and Catholic elementary schools, a snack program at 23 schools, and a summer snack program at 23 Green Shack Playgrounds in neighborhoods with food security issues.

<sup>1</sup> Source: A Profile of Poverty in Edmonton, 2015, Social Planning Council



**E4C nutrition programs are fundamental here. They're the reason many families send their children to our school.**



## MARK'S STORY

Mark Sylvestre is principal at St. Francis of Assisi School in Edmonton. "E4C nutrition programs are fundamental here. They're the reason many families send their children to our school."

"We get higher attendance because of these programs. The kids aren't hungry. They're able to focus in class for the rest of their day."

The benefits of E4C nutrition programs carry beyond the classroom; giving students energy to play and socialize. "Kids have gym class four or five times per week. They need proper nutrition to participate and be healthy."

In the E4C Young Chefs program grade four students learn about cooking and the teamwork that goes into making a meal. "A lot of our grade fours are in charge at home after school. They start making dinner for their family. Our school families have an average of five to six kids."

E4C school nutrition programs model healthy lifestyles and healthy relationships with food, embedding knowledge and good habits that will last a lifetime.



## IN 2014:

**92%**

of Young Chefs participants improved their food/nutrition knowledge, habits and practices.

**90%**

of Snack program participants have more energy and better focus in the classroom after snack.

**91%**

of teachers and principals perceived positive changes in student attendance, attention and learning in the classroom.

# MY WHOLE LIFE I WANTED TO JUST FEEL THAT I BELONG AND HAVE A FAMILY

**Y**oung adulthood is a period of discovering how to fit in. It is about finding acceptance and figuring out independence. It is a time for testing out skills and building confidence to step out onto a career path.

For youth in E4C Kids in the Hall Bistro (KITH), this exploratory time comes with many additional barriers. Many have unstable homes or no home at all. They may have addictions, live in poverty, school challenges or other life circumstances that can make it hard to think about tomorrow, let alone five or ten years down the road.

KITH connects these young adults with an outreach worker who helps them set goals and make future plans. These could include finishing school or learning basic job and life skills like employment readiness, stress management or budgeting. It's an opportunity to change their life's path; to gain stability and build capacity to thrive.



**What I found  
were people who  
actually cared that  
I existed and saw  
me as a person.  
They wanted to  
help me.**



# IN 2014

**253**

youth connected to KITH for help.

**34**

youth earned high school credits.

**31**

youth took part in employment readiness training.

**70**

percent who completed that training became employed or returned to school.

**151**

youth were housed at E4C youth housing programs:

**118**

at Inner City Youth Housing Project and

**33**

at E4C Crossroads House.

## CLAIRE'S STORY

"My life journey definitely wasn't easy. I've been pretty much raising myself since I was six. My mom divorced her drinking buddy (my dad) when I was about four. My mom would go binge drinking for days, leaving us for the guys she dated. So we had to fend for ourselves."

"Because of my upbringing, I was way too wise beyond my years. Elementary and pretty much all school I never fit in, I was always bullied. This is all why it took me till I was 18 to find a job or even start looking. Seeing the worst side of people my whole life, after some time... I just gave up on people."

"I thought being in a work place would be the exact same until I went to Kids in the Hall Bistro. I was completely scared and a bit skeptical; I thought I was going to be written off as another messed up kid who was angry at the world."

"But what I found were people who actually cared that I existed and saw me as a person. They wanted to help me."

"Since I've started working at the Bistro I have completely come out of my shell. I thought I was going to be defined by addiction, but I am not. Now I can show my skills. My supervisors lift me up and tell me when I'm doing right. It's changed everything. "

"My whole life I wanted to just feel that I belong and have a family. The Bistro is my family. I am finally accepted and respected."



**HAVING A  
PLACE OF  
ONE'S OWN  
INSTILLS A  
FEELING OF  
DIGNITY**

**When I got the keys in my hands, I was pretty excited. The day I got my own place was a fabulous day.**





## IN 2014:

In 2014, E4C launched a series of wellness workshops, in partnership with the Wellness Network. Community workshops on topics like writing for recovery, healthy eating and basic budgeting helped 167 men and women build capacity to improve the quality of their lives

**H**aving a place of one's own instills a feeling of dignity. We build our sense of self by displaying our meaningful items and sharing our personal stories in our surroundings.

Losing a home can happen to anyone. All it takes is the right combination of bad circumstances.

## IN 2014:

the E4C Shelter Exit Team housed

**71**

women and their children.



## GLORIA'S STORY

"Living from paycheque to paycheque, you don't realize how fast it can catch up to you. For a single woman it's so easy to get caught up and to become homeless. It's really easy. I never thought it would happen to me, but it did."

In 2012 Gloria was homeless. She found shelter at the E4C Women's Emergency Accommodation Centre (WEAC), then E4C Elizabeth House. These programs support people where they are at, without judgement. Interim housing gave Gloria the stability she needed to get her life back on track.

When she was ready Gloria connected with the E4C Shelter Exit Team. She made a goal to have her own place for her birthday -- and she did. "When I got the keys in my hands, I was pretty excited. The day I got my own place was a fabulous day."

Through her connection to E4C, Gloria learned how to take care of her physical and mental health, and developed important relationships. She enrolled in a Community Service Learning course. She connected to the Welcome Home program where she met two friends and started a book club. "It's about getting out and enjoying myself. I've had fun experiences and I've been learning new perspectives."

"Everyone has been wonderful in helping me and being supportive of everything. But the rest is up to me. It's up to me to pay the rent, to pay the bills, to get the groceries. And I like that. Having that responsibility. Because if you forget one of those things, you're back to where you were. And I don't want to go back; I want to keep moving forward."

Thank You



# THANK YOU

**1006** VOLUNTEERS GAVE **9125** HOURS  
OF THEIR TIME TO E4C PROGRAMS.

**THESE STORIES ARE POSSIBLE BECAUSE  
OF THE **3,071** CONTRIBUTIONS MADE TO  
E4C IN 2014.**

For a list of our 2014 supporters, please visit our website

[e4calberta.org/donate](http://e4calberta.org/donate)

## E4C Statement of Financial Position

Year Ended December 31, 2014

	2014	2013
<b>Assets</b>		
Current	3,097,627	2,251,648
Long Term Investment	1,093,501	961,812
Inner City Youth Housing Project	254,381	227,458
Capital Assets	9,448,198	9,392,418
	<b>13,893,707</b>	<b>12,833,336</b>
<b>Liabilities</b>		
Current	4,912,060	2,648,821
Long Term Debts	1,383,190	3,135,434
Deferred Conditional Grants	173,200	226,800
	<b>6,468,450</b>	<b>6,011,055</b>
<b>Net Assets</b>	7,425,257	6,822,281
<b>Total</b>	<b>13,893,707</b>	<b>12,833,336</b>

## E4C Statement of Operations

Year Ended December 31, 2014

	Unrestricted	Restricted	Invested in Capital Assets	Total 2014	Total 2013
Revenues	537,102	14,576,329	462,966	15,576,397	13,321,177
Expenditures	462,549	14,153,877	383,918	15,000,344	13,306,810
	<b>74,553</b>	<b>422,452</b>	<b>79,048</b>	<b>576,053</b>	<b>14,367</b>
Inner City Youth Housing Project	-	26,923	-	26,923	37,577
<b>Excess (deficiency) of Revenues over Expenditures</b>	<b>74,533</b>	<b>449,375</b>	<b>79,048</b>	<b>602,976</b>	<b>51,944</b>

**OUR PROGRAMS AND SERVICES  
CHANGE LIVES AND GROW  
COMMUNITIES, AND IN DOING  
SO WORK TO ALLEVIATE AND  
ULTIMATELY **ELIMINATE POVERTY.****

**WE BELIEVE EVERY SINGLE PERSON  
DESERVES TO BE LISTENED TO AND  
RESPECTED WITHOUT JUDGEMENT,  
**NO MATTER WHAT THEIR STORY.****





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**Instagram:** [@E4CALberta](https://www.instagram.com/E4CALberta)

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13155-8140-RR0001

