



2018 Highlights

More than
15,000 Edmontonians
accessed e4c programs
and services



97% of Early Learning
children attained
Kindergarten readiness goals



\$716,648 in public
donations was received to
continue to support the
School Nutrition program

625
volunteers
donated
their time
and efforts
to e4c



\$2.50:
the daily cost
of providing
a lunch and
snacks to one
student



77% of Early
Learning parents
made new social
connections and
friendships

86% of Youth
Housing
participants
decreased
their high-risk
behaviours



re·sil·ience

/rezilyens/

*Noun: identifying and using one's personal strengths, assets, and opportunities to bounce back from life's challenges, and then determining and leading one's own transformation.

*e4c definition of resilience

e4c Values: Guiding All We Do



Courage



Compassion



Commitment



Connection

Victoria's story

"I'm breaking the cycle of poverty. e4c's Empower U has given me the confidence and financial skills to manage my money. Now I'm teaching my children everything I know and empowering them to seek out knowledge."

At e4c, we're helping people like Victoria discover their capacity to be resilient, and to determine and lead their own transformation out of poverty.

Many of the people e4c serves have complex and varied needs. We work individually with each person to help them build their personal, social, financial, physical, and human assets; things like employability skills, housing, income and savings, and family and community connections.

In doing so, Victoria, and others like her, are strengthening their capacity to cope with difficult experiences: to be resilient. Victoria can now see beyond just figuring out how to make ends meet every week. She's planning for a better future because she's confident she can meet her family's needs. This is a sustainable livelihood.

e4c's 4 Focus Areas

Food Security • Shelter & Housing • Community & Collaborations • Education & Skill Development



Vanessa's story

"I was ready for a home. I wanted a key to my own front door." After 10+ years of living in a haze inflicted with homelessness, trauma and drug abuse, Vanessa decided to change her life. She connected with e4c and was supported to move into her first home. When she discovered she was pregnant with her son, her sobriety journey began.

"I've been clean for more than 12 months now. And I'm ready to give back to my community." Today she volunteers with a harm-reduction organization. She's reconnected with her culture, made friends, and is building her support network. Vanessa's goal is to become an addictions counsellor. "I'm not in a rush," she says. "I want to focus on my baby, to give him a better life than what I had." When her son was born, Vanessa took him to a Sun Dance and buried his umbilical cord under a tree. "Sun Dances are about giving thanks and to ask for blessings. I gave something of my son back to the earth so he'll receive gifts of growth and potential from the Creator. I'm raising him to be connected to our culture, to help him flourish. "

Every e4c program and service incorporates elements from the 4 Focus Areas, so people receive wrap-around supports to help move them out of crisis and foster their independence. For a mother like Vanessa, that means not only finding a home, but perhaps also accessing a Head Start program for her son, learning how to manage money at a financial skills workshop, how to write a resume, and deepening her family and community connections.



e4c walks alongside people as they discover and build on their capacity to succeed, even when they come up against unexpected and challenging life events.



Did you know?

842 Edmonton families went to Make Tax Time Pay clinics in 2018. In total they received **\$1.7 million** in total tax refunds, and **\$1.8 million** in GST rebates were claimed. Volunteers with Make Tax Time Pay help people living on modest incomes to file and apply for government subsidies and benefits.

A message from e4c's Board Chair, and e4c's CEO

In our work to foster resiliency in people and communities, e4c took several significant steps forward in 2018. The newly renovated Hallway Café, which opened in April, offers not only a beautiful new space, but also a wider variety of educational opportunities to help at-risk youth transition to independence. We've increased housing options for the people we serve, with two new housing initiatives. Safe Spaces is e4c's LGBTQ2S+ focused community-based market housing for youth experiencing homelessness. Renovations are now completed at Elizabeth House, e4c's permanent supportive housing project, in partnership with AHS. Elizabeth House will be home to 20 people living with mental illness and addictions.

Across town, plans for the transformation of WEAC, e4c's women's emergency accommodation centre, got well underway in 2018. And every school day, our school nutrition program served lunch and/or snacks to almost 10,000 Edmonton students.

e4c's vision to eliminate poverty in our city can only happen with a collaborative approach. We depend on many community partner organizations and agencies who work closely with us, offering expertise and new perspectives. The commitment of our e4c team of employees never fades. And we are ever grateful for the support of many generous Edmontonians, who volunteer with e4c, whose charitable giving has significant impact, and who help us to spread the word about the importance of this work.

Together we are achieving e4c's mission to change lives and grow communities. Thank you for joining e4c on this journey.

e4c Board Chair **Patricia Bounds**

e4c CEO **Barb Spencer**

School Nutrition

Teachers know that kids who have enough to eat find it easier to pay attention, to concentrate and to learn. In 2018, in partnership with Alberta Education School Lunch Program, e4c's School Nutrition program expanded to add 15 new schools and provide enhanced support to five existing schools. That means more than 10,000 Edmonton students are receiving a lunch and/or snack every school day.

"Most of our students struggle when it comes to food at home," says Mark Sylvestre, principal at St. Francis of Assisi. "If they didn't come to school, many would have days when they would go without food. School is their safe haven."

While healthy eating and learning are building children's assets, the School Nutrition program also offers employment opportunities for parents and caregivers. They plan, purchase, prepare and serve the snacks and meals. They're taking on new responsibilities, learning new skills and making deeper community connections. With these comes a sense of belonging and being valued.

"It's easier to go to school when you have breakfast."

Grade 5 student, St. Francis of Assisi School

Did you know?

e4c partners with local food producers, like Fruits of Sherbrooke, to provide products like applesauce tubes and fruit leathers, so kids are getting healthy snacks at school.



2018 marked **21 years of e4c's Summer Snack program**, where volunteers prepare snacks for children at community-based summer camps.

In 2018 e4c served more than **1 million meals, and 2 million snacks.**

Students in grades 4&5 joined **Young Chefs**, and learned to plan, budget for, and prepare meals.



Food Security

A Pathway out of Poverty

55% of students who helped with the lunch program at their school (serving lunch, helping in classroom, cleaning up) reported that they made 1 or more new friends as a result of their participation.

Welcome to WEAC



Terry's Story

Terry arrived at WEAC after a spur of the moment bus trip from Calgary. A special Olympian with a passion for bowling, Terry battled addiction for many years. Now, in her 60's, Terry's been sober for eight years. "This isn't where I pictured myself," laughs Terry. "Life hasn't been easy. But the staff at WEAC are so great. They helped me access my benefits and get my PDD back." Terry is now making plans to move to a permanent home in Calgary she'll share with two roommates. "You just got to believe," she says.

For almost 50 years, WEAC has been providing emergency shelter for women like Terry. Many arrive after having survived as best they can living outdoors, or engaging in survival sex. Some arrive with nothing except the clothes they're wearing, while others live with addictions and mental health.

In 2018, thanks in great part to \$124,000 in donor funding to WEAC, almost 600 women had a safe place to sleep, three meals a day, and necessities like clothing and hygiene products. They had access to an on-site nurse and mental health practitioner, and to many community supports for housing and help in addressing other challenges they are facing.

A New Vision for WEAC

A shortage of permanent supportive housing in our city has resulted in WEAC morphing over the years from an emergency shelter, into home for some women who live with complex needs. But the WEAC building, programs and staffing model were not designed to provide long-term housing. In 2018 e4c brought together a volunteer Advisory Panel of eight community experts.

"We're working to create the vision of what WEAC could and should be in the future, so that we can further enhance the value it brings to women who need it most."

WEAC Advisory Panel Chair, John Goode

Did you know?

The top reasons for women coming to WEAC:

63% homelessness

55% addictions

55% nowhere else to go

48% gender-based violence

Did you know?

34 young Edmontonians graduated from the Hallway Café employment readiness program, and another **147** participated in the Hallway's Fresh Start school.

Building a Self-Sustaining Legacy

The Hallway Café transformation became reality only with the generous support of Inter Pipeline, who committed **\$400,000** to the renovation, and a **\$50,000/year** commitment over the next five years. "This project drew our attention because it ticked a few boxes," says Michelle Dawson, Director of Public and Regulatory Affairs for Inter Pipeline. "It's helping vulnerable and at-risk youth, teaching them both employment and life skills. Now we use the Hallway Café catering whenever possible, for our meetings and functions."



Hallway Café Transformation

Kiera's Story

"Everything is getting better! My communication skills have improved, I don't feel as awkward. Every day is different here and we communicate with each other a lot." Like many of the Hallway Café program's youth, Kiera's life journey has been challenging. She spent time in foster care and struggled to stay in school. But Kiera is on a new path, with new employment and life skills under her belt. "Here at the Hallway I've learned about managing frustration, how to stay focused under pressure and be positive with people I work with. I'm hoping to get a job in retail, and to save money for nursing school."

2018 marked the grand opening of the Hallway Café, in Edmonton's City Hall. Along with the \$1 million renovation came a newly developed Hallway Café work experience program for young people aged 16 – 30, and the high-school Fresh Start (a for-credit program offered in partnership with Edmonton Catholic High School). Hallway culinary director Brian McBride encourages the young chefs to bring in their own recipes and be creative. "We had leftover bacon and caramelized onions, so we made bacon marmalade! I work with them step-by-step through each recipe, so they understand how to create unique dishes."

Many of the Hallway youth are at-risk of homelessness and are learning to deal with challenging and traumatic life experiences. While in the program they are paid and receive tips, as they learn the ins-and-outs of the food service industry, and life skills like time management and healthy eating. As they work together to plan and solve problems, they're learning how to transition to independence and adulthood. Not to mention they fire up a mean Nonna's Nightmare pizza.



Elizabeth House: a Permanent Supportive Housing Partnership

"This will be home for 20 people. For some, their first stable home. We worked very hard to make it safe, cozy and welcoming." Jaimie Clements is site manager at Elizabeth House, which underwent significant renovations in 2018 to become e4c's permanent supportive housing lodge, in partnership with Alberta Health Services. "Once our staff was together in 2018, we spent a lot of time testing out the house. Walking from room to room, cooking and serving meals to each other, doing things residents will be doing, to make sure everything felt right."

Big windows let plenty of light into every room. The furniture and walls are earth tones, there are no signs on the walls directing people or listing rules. The dining room has long, communal tables. "We want to create a community within the house, and sharing food is a great place to start doing that. People can gather here for their meals, and have family-type interactions," says Clements.

The first residents will move into Elizabeth House in 2019. "Many have experienced homelessness and spent a lot of time and energy on day-to-day survival, so they're already resilient and talented: they're artists, landscapers, engineers, mechanics, they're musicians. Our goal is to create a stable home environment where they can build on that resiliency and explore other areas of their lives like growing their support network and meeting their health and wellness needs."

Did you know?

In 2018, e4c provided shelter to **325** women, and helped more than **300** adults and children experiencing homelessness find a permanent home. **78%** of Housing First participants were still in their homes after 12 months.

Engaging and Belonging in a Community

Spring clean-up in McCauley is a community event. e4c housing tenants living in the community joined their neighbours in the work on Clean Up day 2018, and then took part in a neighbourhood barbeque sponsored by the Lions Club.

McCauley Clean Up, a partnership with the community and REACH Edmonton, gives the people we serve a chance to give back and feel valued as community members.

Did you know?

In 2018, e4c began to explore peer support as an approach to enhance recovery and wellness. Working in partnership with the Wellness Network, Prosper Place and Alberta Health Services, e4c brought together people with lived experience, to develop the Wellness Network Learning Community.

Success from the Very Start

Tessa's Story

As a young child Tessa struggled with her speech development. "She couldn't find the words so she would point instead and get frustrated when she couldn't get her meaning across," says her mother. When she was 4, Tessa started in the e4c Head Start program. "Now she talks in big sentences with fancy words," laughs her mom. "She says what she needs. It helped with her anger management and to make friends. She's become a social butterfly!"

e4c's Early Learning program offer children 0-5, and their families opportunities to access early interventions and develop their strengths.

Teachers, family support workers, speech and language pathologists, occupational and art therapists are in the classrooms, working with children and families. Parents are supported through learning opportunities in topics like nutrition, parenting in two cultures, financial literacy, and communication. Parents can also attend weekly support groups with other caregivers, empowering them to form friendships, ask questions, and a chance to lean on one another when needed.

Together, these protective assets are the building blocks of a strong foundation for children and families, preparing them for success in school and in life.

- **327 families and 359 children** were supported by e4c's Early Learning program in 2018
- **100%** of children who received speech support improved their language skills by their year-end assessment.



Financials

e4c STATEMENT OF FINANCIAL POSITION

Year Ended December 31, 2018

	2018	2017
Assets		
Current	4,864,226	4,058,383
Long Term Investment	1,072,162	979,535
Inner City Youth Housing Project	133,597	145,531
Capital Assets	10,056,814	9,833,126
	16,126,799	15,016,575
Liabilities		
Current	4,684,963	3,915,761
Long Term Debts	2,012,081	2,235,074
Deferred Conditional Grants	24,000	40,000
	6,721,044	6,190,835
Net Assets	9,405,755	8,825,740
Total	16,126,799	15,016,575





e4c STATEMENT OF OPERATIONS

Year Ended December 31, 2018

	Unrestricted	Restricted	Invested in Capital Assets	Total 2018	Total 2017
Revenues	539,879	20,966,570	170,830	21,677,279	21,614,539
Expenditures	150,726	20,409,525	525,079	21,085,330	20,964,563
Excess (deficiency) of Revenues over Expenditures before other items	389,153	557,045	(354,249)	591,949	649,976
Other items:					
Insurance proceeds	—	—	—	—	78,017
Gain on disposal of capital assets	—	—	—	—	85,534
Inner City Youth Housing Project	—	(11,934)	—	(11,934)	(74,694)
	—	(11,934)	—	(11,934)	88,857
Excess (deficiency) of Revenues over Expenditures	389,153	545,111	(354,249)	580,015	738,833

* A complete set of Audited Financial Statements are available upon request

Thank you for being a part of e4c's 2018 journey.

We cannot continue on this journey without the tireless efforts of many. Thank you to our board of directors, our staff, and the Edmonton community. Together, we can end poverty within our city. Let's stay connected in 2019.

"One of the mothers attending Athlone Early Head Start reported that the program "saved her". She had not been getting out of the house and meeting with other people and was feeling pretty down. She said that she has really been enjoying the parent group as it allows her to meet other parents who understand what she is going through and has made her feel less isolated and depressed. She shared that she wished that she had tried it sooner and is enjoying making connections and friends in the community."

Early Learning Family Support Worker

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Seeing people not poverty.

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