

2022-2023



CFS REGINA

*Open Hearts
Open Minds
Open Doors*

CFS REGINA

CFS Regina has served families and the community since 1936. CFS Regina has evolved into an organization with two main outreach streams:

- ↳ *a family services stream* with programs such as Counselling, Families First, Intensive Family Support, Youth Mentoring, Young Parent Support, Marriage Preparation among others.
- ↳ *a community services stream* with the Newcomer Career and Support Services and community outreach

Our Mission

CFS Regina is a collaborative partner which supports families and individuals and believes that each has values and strengths on which to build and thrive.

Our Vision

CFS Regina envisions a community which recognizes and empowers the unique cultures, values and strengths of every family and individual.

Our Values

- *Acceptance*
- *Supporting Growth and Change*
- *Finding Solutions*
- *Serving with Honour*

A Message from CFS Regina

Dear friends of the organization,

CFS Regina continues to support individuals and families in our community for the last 85 years. This report provides an overview of our work in the past year and our financial status. CFS continues to work together to support growth & change, find solutions and support families in difficult times. We are proud of the work we have completed, the ability to impact the community in positive ways is recognition of our staff who give consistently to the individuals and families that they serve.

This past year was a busy one for us. Our work has made a real difference in the lives of our clients and community and we are looking forward to continuing our work in the years to come.

We want to thank our wonderful staff. The commitment to your work and your dedication brings hope to your clients. Each person brings a unique talent to our organization. We are so grateful for your commitment. Thank you for support.

CFS Regina Board of Directors

President—Elizabeth Flynn

Vice President—Jordan Puscus

Past President—Stacey Hack

Secretary—Deacon Harper Boucher

Director—Don Hansen

Director—Tolu, Folarin

CONTACT US

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Counselling Program

Nancy Masuda - Lorna Brothen - Jocelyn Cramer - Tarrin Duer - Angela Hounjet - Ashley Perry - Kari Svenbjornson

To our Community, the Board and Staff of CFS Regina,

It is my pleasure to share some of the accomplishments of the Counselling and Mental Wellness Unit based upon connected, intentional and empathetic value milestones. First, as individuals and professionals, we celebrate connection to mental health services as a normalized process of overall wellness and we embrace attendance to mental health through the beauty of validation. Our motto around here is that "everything is understandable if we take the time to understand them". We truly care about the people that access our services and believe in taking the time to understand their unique stories and experiences. Collaborative and humanistic theories of counselling provide this valuable touchpoint of mental health care.

As an agency, we have placed a spotlight on supporting families for over 80 years. The legacy of continuing to embrace support for each member of the family from children to individuals and within couple and family unit frameworks remains a continued priority. We continue to hold a diverse and expansive counselling portfolio filled with contracts from the Ministry of Social Services, the Ministry of Health, the Regina Catholic School Division and the United Way of Regina. I am delighted to share a plethora of growth indicators that have been experienced firsthand in our service provision tailored to supporting mental health needs.

To begin, we provided 3039 counselling sessions, which amounts to the highest total on record within a five-year period. This was a necessary growth statistic that was prioritized over the past year to meet the increasing mental wellness needs of our community. We wanted to ensure that we were able to keep growth of services with the demand showcased to us through our immersion in the community. With this goal, we were able to provide approximately 1000 more counselling sessions than last year. Our play, art and sand therapy space alongside child and youth clinical skillset growth for our Counsellors attributed to a 60% increase in child and youth files. Visually, our infrastructure is set up with children in mind

Further growth to ensure services are more readily available when needed is also seen in the expansion of counselling hours within our Rapid Access Counselling program. We were able to provide 920 Rapid Access Counselling sessions over the past fiscal year. This is up from 650 sessions provided in 2022. This is another growth marker that displays our prioritization of being accessible and ready when people need it most. Because our rapid access program has shown such great success as part of a provincial enterprise, Family Service Saskatchewan, we are excited for continued growth in services for youth and children, which will be prioritized in an upcoming expansion opportunity.

Our Counsellor's clinical tool kits continue to expand with emerging, cutting edge and validated methodologies of care. As part of this understanding, all of our Counsellors were extensively trained and became certified Cognitive Behavioural Therapy providers of Non-Suicidal Self Injury (NSSI) training through the Association for Psychological Therapies this past fiscal year. This was completed to continue to meet the intensifying clinical complexities seen in our community and within our counselling unit. Having the insight and the tools to collaboratively meet individuals' mental health needs to support wellness goals is captured as a top ongoing priority.

Our Young Parent Program was moved to our Counselling and Mental Wellness Unit this past fiscal year to include a clinical component. Family social isolation is an experience that can affect mental wellness. We have established an abundance of programs and supports to diminish this, connect families and cultivate community connection. A Young Parent Counsellor role was created to oversee the coordination of these values, which resulted in amazing outcomes for families. We were able to connect with 16 different families, which is equivalent to 51 individuals. Seeing families attend events together and support bonding and attachment through fun and play has been an exceptional addition to our mental wellness goals at CFS Regina.

I cannot complete this summary without extending an enormous amount of appreciation for the Counsellors that have dedicated their care, empathy and compassion to supporting the mental wellness of individuals and community each day. Their dedication has been profound and impactful. It has been my privilege and joy to be alongside them in the daily, dedicated clinical and concrete mental wellness support measures that have been meaningful in mental health advances for many people. I am beyond thrilled to work amongst such incredibly brilliant and kind professionals each day.

Finally, the biggest and largest thank you to the individuals and the community who places their trust in us each day. We cannot express enough how much of a privilege it has been to support you in your own mental wellness journey-thank you. For those individuals that are looking for support or have questions, we encourage you to reach out. We would be happy to hear from you. As we move into another year, continued growth and expansion of services within our Counselling and Mental Wellness Unit will be a priority. We look forward to another year of supporting our community and the individuals that live here. Thank you for your ongoing support as we gratefully proceed into another fresh, new year.

Nancy Masuda BSW, RSW

Counselling Manager & Clinical Supervisor

CFS Regina



Family Services

Families First - Intensive Family Support
- Newcomer Family Support

Our well known and well recognized Families First and Intensive Family Support Programs are passionately dedicated to providing in-home and community based supports to families within the Regina area. With a client-centered, strengths based, and trauma informed approach we are able to meet clients where they are at and our skilled and empathic support workers walk with families on their journeys to reduce risk and capitalize on strengths to prevent apprehensions, preserve family units, and support with reunifications.

Folks who access our programs are likely experiencing the intersecting complexities of addiction, mental health needs, domestic violence, housing & food insecurity and potential child protection involvement. By Identifying strengths, developing parenting skills, reducing isolation and accessing community resources we see families enhance their parent-child attachment, and nurture day to day stability within the family home.

Additional support is offered to clients and the community through group programming facilitated by CFS Staff Support Staff. Examples of groups offered include: ***Kids Have Stress Too, Circle of Security, Nobody's Perfect, and Active Parenting.***

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11238+ Hours of support **292** Families connected **44** Children Reunified

546 Children Preserved in the family home

Building upon the experience, knowledge, and success of our family support programs, our Newcomer Family Support Program was established in 2017 and is funded by Immigration Refugees and Citizenship Canada (IRCC).

Our Newcomer Family Support program provides personalized social settlement strategies and support services to newcomer families and their children of all ages, both in their homes and in the community. To receive these services families must be permanent residents of Canada, refugees or other protected persons. In this program, our support staff help families identify and build on their strengths through prevention, early intervention and education in a variety of areas

Areas of support often require weekly home/community visits as well as regular communication, keeping our team of support workers very involved. Many of our families require the extra support of interpreter services as well.

202 Adults Connected

9953 Home Visits

Services provided in over **25** unique languages

Parenting styles and knowledge vary from culture to culture which can make it difficult for Newcomer parents to find reliable information on how to raise their children in Canadian Society. Through this program, we provide support to parents at a pace they are comfortable with while utilizing their strengths and existing knowledge.

We recognize that each family is unique with different and complex needs, which is why we promise to meet families where they are at and build a personalized plan specific to their needs. Each family is matched with a Support Worker who will remain connected to the family for the longevity of their time in the program. We value the relationship and rapport that's built with all of our families in this program.

Alicia Deibert - Alissa Bell - Alyssa Hugli - Anna David-Ashley Perry -Baily Hack -Brandi Hamilton - Breanna Desnomie -Carolyn Usherwood - Chantelle Parker- Chiamaka Okorie- Darlene Ledoux -Hadis Samadyar-Izzy Runge -Jamie Ceron -Janet Johnson- Jaymee Jones -Julia Marcourt -Julie Picard -Kari Svienbjornson- Katie Harvey -Mehad Atim -Mikayla Lohse- Misty Courtney- Monique Wickstrom - Natasha Kennedy -Nicole Paus -Roxanne Friesen -Shahnaz Sultana -Shams Badri -Shandi Mwewa - Shannon Warken- Vandy Nicolson -Willow Lovstad

NEWCOMER CAREER & SUPPORT SERVICES

Rukky Abudu-Mordi - Sonika Chaudhary - Heem Chavda – Martin Ebule – Mary Kashif - Lu Liu - Tobi Oyemade - Ife Omatayo - Shruti Roy - Sara Samad - Ankita Samant - Sadaf Shaikh - Sunbo Toby-Lade - Taanna Zakir

Program Overview

CFS Regina’s Employment Program had a clear objective: To empower immigrants by equipping them with the necessary skills to successfully enter and participate in the job market. We achieve this by offering personalized services that address the unique needs and challenges faced by each individual. Through the Comprehensive Employability Framework, clients undergo a comprehensive assessment to evaluate their ability to work and their current career status. The framework encompasses various key aspects, such as exploring career options, work preparedness, skill enhancement, job search strategies, job retention, and career advancement. By adopting this framework, our Employment Program aims to provide Client-Centred support that is fair, inclusive and responsive to the diverse needs of each individual.

Key Performance highlights

Conducted **50** group employment sessions to provide valuable training and support.

Successfully trained **264** clients, equipping them with essential employment skills and knowledge.

Provided **467** one-on-one employment counselling sessions, offering personalized guidance to clients

Offered **1,123** one-on-one counselling sessions, addressing various aspects of their employment and professional development.

Achieved an employment rate of approximately **35.36%**, reflecting the positive outcomes of our efforts.

50 group employment sessions **264** clients trained **1590** employment related sessions

Collaboration and Partnerships:



CIBC



Success Stories:

“I would like to thank Sonika CFS Regina for their outstanding support in Resume/Cover Letter building, Job applications and job interview preparation. Finally I got the job in Canada, based on my education & previous experience, which I owed from my home country. It could be only possible, due to active guidance & help your organization. I would strongly recommend CFS Regina & the Counsellors to other new-comers. Thank you again.”

“I would like to take this opportunity to thank CFS for anchoring my transition phase in Regina. Due to your efforts of working together in my professional journey I was able to adapt to the culture, prepare and present myself. Whether it was my numerous emails to you in regards to resumes, job, volunteering and doubts regarding type of work or my phone calls (some were even silly questions), you have patiently attended to it by giving full attention to each and every details.”

“My Counsellor is kind, he is patient to listen to you and also guides you on what to do and follows up your needs to a closure.”



YOUTH MENTOR PROGRAM

The Youth Mentor Program (YMP) matches youth between the ages of 6-18 with a trusted adult mentor who is committed to investing in a long-term intentional and recreational relationship. The Ministry of Social Services is the primary referral source for the program. The youth are commonly permanent or long-term wards of the Ministry and reside with group homes, foster homes or an alternative family or caregiver placement. Youth voluntarily and eagerly participate in the 6 hours per week with their mentor. They enjoy doing fun activities such as baking, going for bike rides, playing board games, swimming, attending community events or browsing the library.

Our program continues to prove itself through the many success stories of youth learning and growing as result of mentorship. Many of the youth have experienced trauma, instability and loss in their lifetime. By having a consistent and caring person investing in them, the youth find a safe space to flourish. One caregiver shared that the mentor is “the best thing to happen to my grandson”. The relationship is fun, meaningful and built on trust. We are amazed by the continued impact this program has on not only the youth, but also our mentors.

5562+ Hours

45 Youth

34 Mentors

Our longest serving mentor is an original staff of the program from 2015 and consistently mentors 3 or more youth at a time. Another mentor cried as she shared the news with her youth that she is moving abroad and having to end her time with mentorship. As demonstrated by the time and care invested, it is clear mentorship is more than a pay cheque for our mentors. In the 2022-2023 fiscal year, the YMP employed 34 mentors who provided mentorship to 45 youth. These pairs did an amazing 5, 562 hours together! The YMP is grateful to the many community organizations who have donated tickets this year. Regina Little Theatre, Queen City Ex, Mosaic Cultural Festival, Regina Pats and Regina Summer Stage have generously provided experiences for the pairs that may not have been feasible otherwise. We are grateful for these community partners for enhancing the experience of the program and look forward to new connections in the upcoming fiscal year.

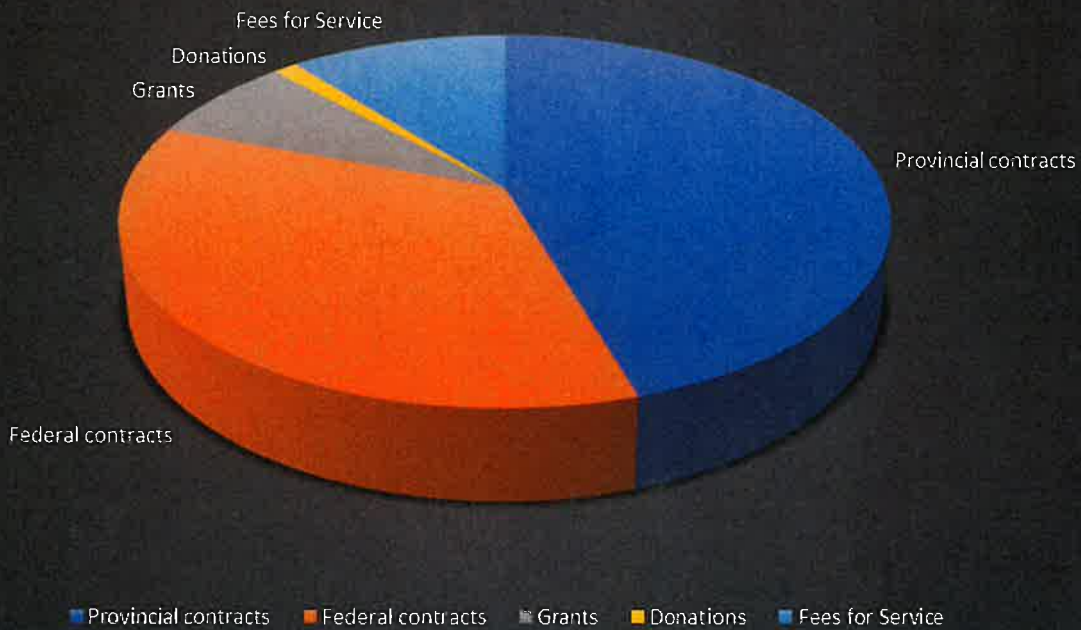
Meghan Braun (supervisor) - Aaron Metcalf - Akhere Omoshigo - Briana Ewart - Candace Olson
Carl Nartey - Chad Blind - Chloe Miller - Crystal Isaac - Cyril Chen - Daisy Eze - Echo Desjarlais
Gabrielle Gottselig - Georgia Laloudakis - George Sayki - Haley Meger - Holly Landry - Jacob
Dakinewich - Jennifer Castonguay - Jihan Sheikh - Julia Gregory - Justin Kuntz - Kassidy Jerome
Kevin Ageyman - Kloie Webber - Kyla Wolfe - Kwaku Aysis - Lexus Szakacs - Matthew Rivers
Mercedez Munoz - Savannah Serbu - Scott Perdue - Shadaya Ironchild-Winkler - Shantea Gosselin
Skyla Gosselin

CFS FINANCIAL YEAR

TOTAL REVENUE & EXPENSES 2022-2023



Chart Title



PROGRAMS THIS FUNDING SUPPORTS

Organizational

Employment Services

Families, Youth & Children

CFS's financial statements for the year ended March 31, 2023 audited by KPMG LLP are available upon request.

ACKNOWLEDGEMENTS

Thank you to our Funders



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



Catholic Family Services Foundation

Thank you to our Donors

To the many organizations, schools, businesses and individuals who contribute to CFS Regina in the many ways you do!

Your ongoing support is greatly appreciated!

Donors of \$5, 000 or more

- ◆ *Donald and Claire Kramer Foundation
at the South Saskatchewan Community Fund*

