

# Annual Report

2016 - 2017

#200, 10578-113 Street NW, Edmonton, AB T5H 3H5 Phone: (780) 944-4687 Fax: (780) 423-4193

#### **HIGHLIGHTS 2016/17**

12,248

Total number of participants/clients AHC engaged over last year (includes program participants, volunteers, event participants, etc.)

4368

Clients received services through various programs including Settlement & Integration Supports and Youth Programs

150 +

Partners and Supporters

**OUR VISION** 

is active individuals and groups committed to use their skills, knowledge, culture, and values to build a stronger and healthier society. 37%

Increase in total number of participants/clients over the last year (includes program participants, volunteers, event participants, etc.)

116%

Increase in number of clients who received services through various programs and services including Settlement & Integration Supports and Youth Programs

30 +

Programs and Services

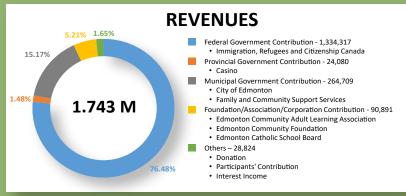
#### **VOLUNTEERS**

938 VOLUNTEERS CONTRIBUTED 23,901 HOURS

29
PLACEMENT
STUDENTS

CONTRIBUTED 2035 HOURS

## FINANCIALS



LEARN MORE
VISIT OUR WEBSITE TO LEARN MORE
ABOUT AHC'S UPCOMING EVENTS,
PROGRAMS, AND INITIATIVES!

7.93%
3.45%
3.45%
3.45%
3.45%

Settlement & Integration Support – 680,610

New Immigrants and Refugee Youth Day Camps – 653,919

Community-Capacity Building Initiatives – 208,934

Adult Literacy & Skills Training – 60,023

Healthy Children & Youth – 138,123

www.a4hc.ca

## Messages

#### **Executive Director**

This past year marked the beginning and the end of the leadership transition at Action for Healthy Communities. I am very proud to have been appointed Executive Director by our dedicated team of volunteer Board of Directors in May 2016, to lead this great organization supported by a very talented and community-minded staff team.

Our Board of Directors have been instrumental during the transition period in creating innovative strategies for us to successfully complete this process. This started with developing strategies to focus on maintaining our existing support to the clients by working on our unique community development model and finding more resources to strengthen the existing support as well as expand our reach to those who need help in the process of their individual and group's capacity building to successfully integrate into society.

The highlights of our last year include consistently achieving higher than target numbers for all programs and services including: Settlement and Integration through Community Based Bridges, Youth Camps, Community Capacities, and Literacy and Skills Development - our core programs and services. We renewed our community outreach and visibility efforts by focusing on innovative marketing and promotional strategies and increased our individual/groups clients' base significantly. In response to the Syrian crisis, and in order to meet the demands of a larger influx of refugees accessing services at our facility and respond to the offers of volunteer support from the community at large, we created programs and services that have been highly successful.

We also created new initiatives and foundations for some programs that will be further expanded or implemented in FY17-18 and years after that. These include signing of a new three year contribution agreement with IRCC to implement a settlement and integration program (2017-2020), entrepreneurship for newcomers, employment support for newcomers, and after school programs for needy children in collaboration with West-6 Network, Edmonton Public School Board.

Guided by our mandate and unique community development model, we hope to learn more about our community as a whole and find ways to collaborate with other communities, government organizations , and the public towards creating a vibrant and inclusive Edmonton for everyone.

My special thanks to our hard working and passionate staff team, our dedicated volunteers including our Board of Directors, community partners, funders and private donors for supporting us during the last year. Together, we truly are stronger as we advocate for and work towards supporting the successes of, our participants/clients in greater Edmonton.

Thank you everyone for your support and guidance!

Aftab Khan, MBA
Executive Director

#### **Board Chair**

Last spring was bittersweet as we said good-bye to Ivon Pereira, our longtime Executive Director, and welcomed our new Executive Director, Aftab Khan. Ivon served 13 years at AHC and was the driving force behind our approach to community building. In other words, she left big shoes to fill! Aftab has been a great addition to the AHC team. From the beginning, he has hit the ground running. His first key order of business was to help us find a new facility. He did a fantastic job landing the space we now call home and having it renovated to meet our growing needs. Over the past year, he has also strengthened our marketing and communications platform; identified opportunities for us to be a more competitive employer, and located funds to put towards purchasing a facility in the future.

Over the course of the year we saw high demand for our programs. As was the year prior, the greatest need has been for supporting Syrian refugees to settle and integrate into Edmonton. Thanks to Immigrantation, Refugees and Citizenship Canada (IRCC), the City of Edmonton, and private donors, we had the resources to build a specialized team to accommodate their needs. Every month we are helping hundreds of refugees locate resources such as primary services, housing, and income support. We are currently seeking additional resources from IRCC to meet the growing demand for this program.

The Board of Directors continues to work toward our 10-year Strategic Plan (2015-2025). The common theme in our strategic plan is building a sustainable organization. We believe increasing our unrestricted funding base, delivering quality programming with good governance, growing at a manageable pace, and building brand awareness will maximize our ability to thrive in the future. We are a few years in and I am very happy with the progress we have made to date. A few actions we accomplished in the past year were hiring a full-time Communications Coordinator, developing a marketing plan and creating a plan to purchase our own facility.

Of course none of this would be possible without our amazing team at AHC. At the Open House in April I was pleasantly reminded how dedicated and passionate our staff is. It was a pleasure meeting new team members and talking to staff about their work. Everyone spoke with such enthusiasm and it truly touched my heart. The Board very much appreciates the work the staff does and are fortunate to have such a great group!

To the Board Members who served in 2016/17, thank you for committing your time and skills to us. While this will be my last year as the Chair, I'm excited to pass the torch to new leadership and support you as the Past Chair. We have an exciting year ahead of us as we continue to strive toward our goals.

On behalf of the board, I would also like to thank our funders and partners. You are the lifeblood of our organization. Thank you for your continual support and confidence in our organization. And, to our volunteers, without whom we could not run programs like the Syrian Refugee program or have fundraisers like the Community Action Dash and Creative Expressions, our deepest thanks. Your hard work and dedication is very much valued and appreciated.

Thanks for another great year!

Lisette Moores , Chair of Board of Directors

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## **Board of Directors 2016-17**

#### **Executive Committee**

Lisette Moores Chair
Mery Gniazdowsky Vice Chair
Nancy Finlayson Secretary
Nan Yu Treasurer

#### **Directors**

Marlene Williams Past Chair
Sagun Pandey
Robert Einarsson
Pamela Miller
Ilona Carletti
Chris J. Ford

## **Outgoing Board Members**

Marlene Williams Mery Gniazdowsky Pamela Miller Chris J. Ford Ilona Carletti

## **New Board Members**

#### Ahmed D. Sheikh

Ahmed has a Bachelor of Commerce with CMA and CPA certifications. He has over 30 years of professional experience acquired in Canada and Saudi Arabia in the field of financial planning and controls, treasury, financial re-structuring, and accounting systems. He's held several senior positions with multinational organizations and a large Saudi Group in trading, manufacturing services, construction and others. Ahmed has been volunteering with AHC for the last two years to organize Tax Clinics for low income families. Ahmed is passionate to give back to community by joining the committed team of AHC board.

#### Michael Beard

Michael has a BSc and LLB from the University of Alberta and works as an Associate in the Corporate-Commercial Group of Dentons Canada LLP, where he helps advise a number of large to mid-size companies. Michael is excited to be involved helping to develop local communities and furthering the community building process. Michael has been contributing his volunteer time at AHC to teach legal aspects of Small Business Development to our Entrepreneurship Development Program pariticipants.

## **Our Program and Services**

## Settlement and Integration Supports: Community-Based Bridges Program

AHC Settlement and Integration supports program focuses on assisting newcomers to Canada through our unique Community Development model, which centres on working with multiple stakeholders to create opportunities for wraparound services as well as promoting capacity building.

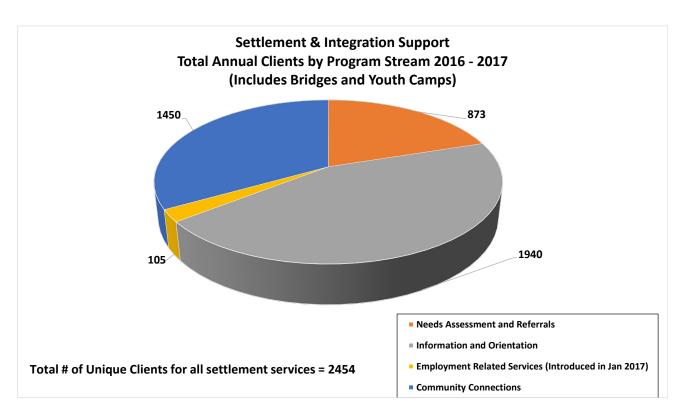
Newcomers receive personalised supports to address their needs and goals, as well as assistance to utilize their strengths and resources and to develop the skills and abilities they need, to meet those goals.

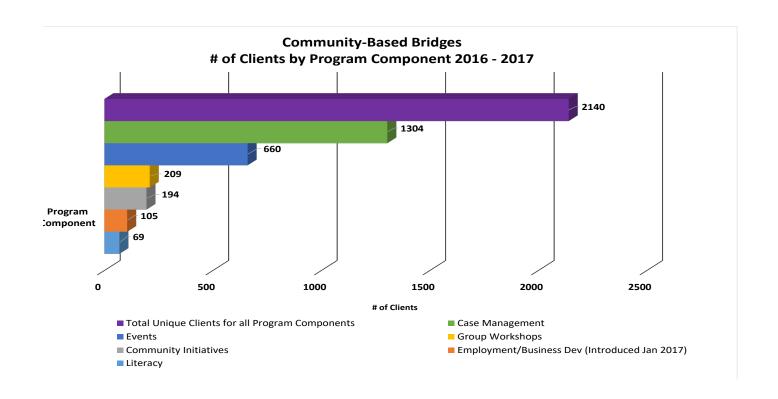
The program includes the following major components:

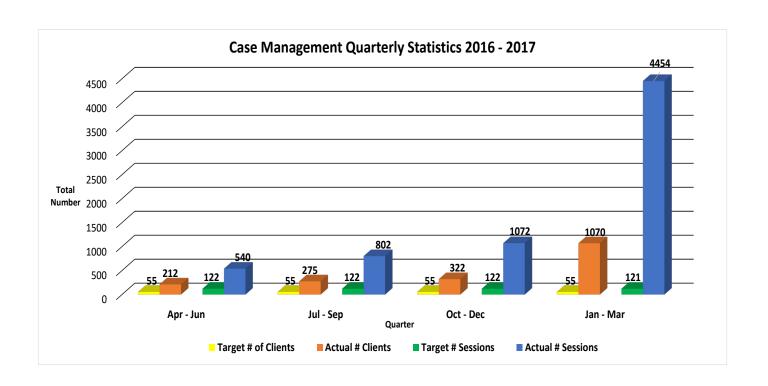
- One-on-one and family settlement supports through case management, as well as a strong focus on facilitated community referrals to address short-term and long-term needs/goals.
- Group sessions/workshops addressing common topics of interest and areas of need
- Special events such as resource fairs, cultural celebrations, and community field trips
- Literacy classes
- · Employment supports
- · Community initiatives focused on settlement and integration

In April 2016, we began a program component directed specifically to support Syrian newcomers, and in one short year, we have had at least one interaction with 97% of the Syrians who came to Edmonton as government assisted refugees, as well as supported other Syrians who are not government assisted refugees. In January 2017, we also started an employment program for Syrians, and have worked with 105 participants as of April of 2017.

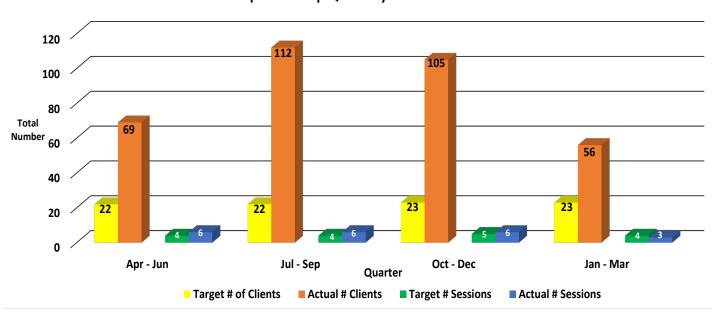
The following charts detail our participants in the various program components listed above for the 2016-2017 fiscal year.

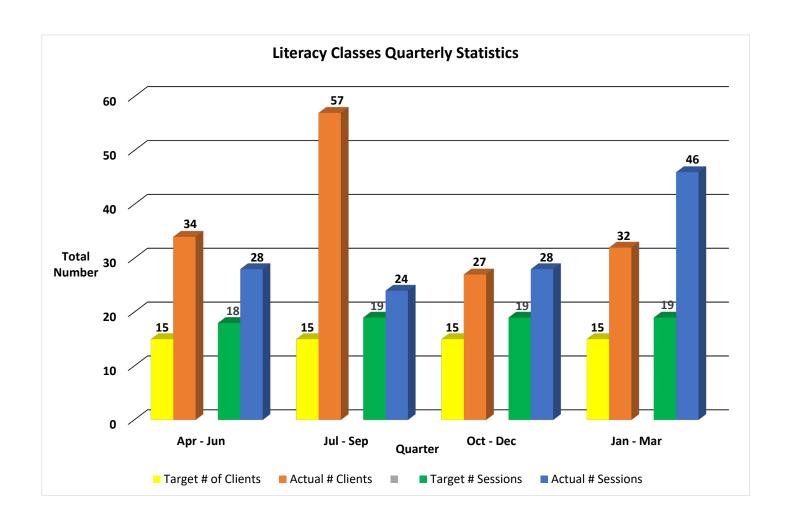


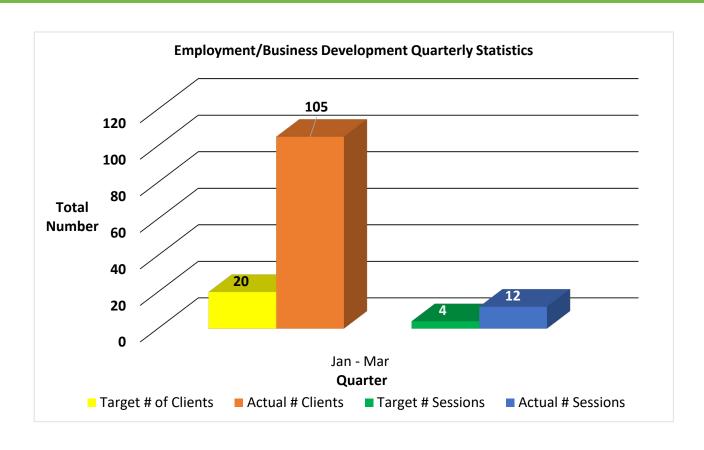


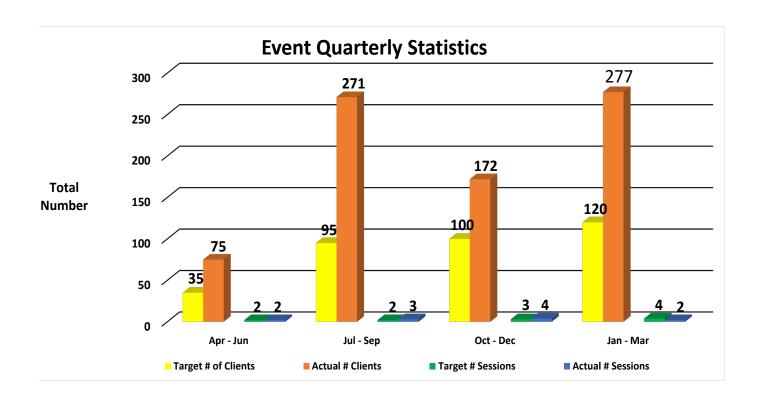


**Group Workshop Quarterly Statistics 2016 - 2017** 









## **Settlement and Integration Supports**

## **Community-Based Bridges**

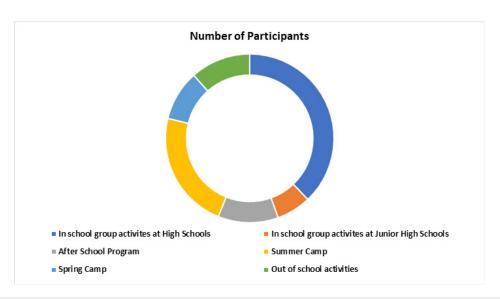


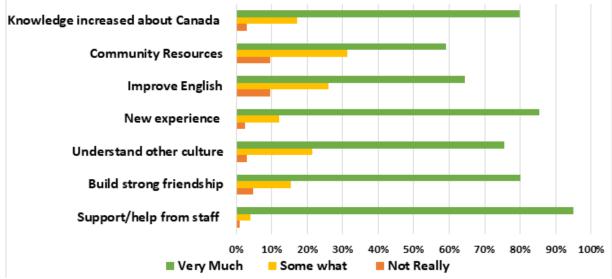


### **New Immigrant and Refugee Youth Camps**

AHC's Youth Camp program continued to work delivering supports and diverse activities for new immigrant children and youth to address the unique and multiple challenges they face in their settlement process. Group activities with students are designed to provide information about Canada, to facilitate community connections, to develop their personal skills and to enhance their English language skills. These activities were offered at 24 partner schools during last year's in-school hours and after-school hours. More than 700 children and youth benefit from youth camp activities. In addition, 6 groups of Youth Clubs had 150 youth participants. 295 children and youth participated in Summer Camps and 125 children and youth attended Spring Camps.

New components of the Youth Camp program added in 2016-2017 were the out-of-school activities such as: Youth Clubs, Ready to Work, Learning Table and Leader in Youth. These new initiatives gave more diverse opportunities for youth to participate in various recreational activities and skills development training.





## **New Immigrant and Refugee Youth Camps**



#### Participants' comments

"I have never gone bowling before and I really had fun."

"During the activity, I learned many things and practiced English."

"It was very useful program for me. I like coming Youth clubs, practice English, and I like playing soccer. I made a lot of friends."

"Working with group about Kindness and respect made me feel happy and friendly."

"The most fun memory was the fieldtrip. I learned how to slide down on snow. I'm gonna miss everyone."

"It was always fun. Everyone was friendly"

#### Teacher's comment

"During the year, the team planned many activities that enriched the students' learning experience and skills. Not only did they ensure that the students are engaged in the events they organized, but they also build relationships with my students and were present to listen to their problems and help them out in their school work. I would love to work with Action for Healthy Communities in future years. The Staff are commended for making a huge impact on our students' life." – Comment from Mary Butter Worth teacher

#### Partner's comment

"This program is helping high school students develop their English conversation skills, while at the same time honing their leadership skills and familiarity with the Canadian society and culture. ... The teens have a chance to explore the topic by asking questions and practising a conversation around the topic. They not only expand their English language skills, but also their knowledge in key aspects of Canadian culture and lifestyle." – From a Librarian of Castledown library.

## **New Immigrant and Refugee Youth Camps**







## **Healthy Active Community Kids (HACK) Program**

In 2016, AHC initiated a new program, Healthy Active Community Kids (HACK) provides a safe and enriching environment for grades K-6 to improve physical, social, and emotional health, culinary arts and crafts, music, leadership skills, and school engagement to vulnerable elementary school children in west Edmonton schools. HACK programs are located at: Athlone School, Belmead School, and Sherwood School, in colloboration with FCSS, Edmonton Community Foundation (ECF) and Realtors Community Foundation (RCF).

The program is designed to offer quality child development, and fun-filled activities during after-school time. It also provides a safe and enriching environment to improve physical, mental, emotional, and social wellness activities to vulnerable elementary school students. The program also includes outreach and support to parents/guardians in addressing needs at home that affect their children's development, thus program staff and parents/guardians work in collaboration to deal with, or prevent, issues related to bullying, self-esteem, and nutrition. In this way, the program involves a system-based approach to the students' well-being.

## Learning themes:

- Leadership Building
- Community Development
- Anti-Bullying
- Self-awareness
- Healthy Life Style

- Mental Health
- Caring
- Safety
- Respect
- Relationship Building
- Multiculturalism
- Conflict Resolution and

Positive outlook

#### **Participants:**

Healthy Active Community Kids has offered quality programming to a total of 90 elementary-school participants since September 2016 at Athlone School, Sherwood School, and Belmead School.

#### Workshops:

Once a month guest facilitator(s) perform sessions. Sample guest facilitators include: Edmonton Public Library, First Nation workshops on design and identity, Crankpot workshops, Yoga instructors, and Zumba instructors.

#### Camps

Three fun filled winter camps were offered during school holidays for a total 66 participants. Children cooked, learned new skills from variety of guest facilitators about healthy living, social-emotional development, and community development.

#### Sessions for parents

Sessions such as positive parenting are offered to parents once per term. A series of sessions on the requested topics from parents are offered once per term.

#### Celebration of learning

All schools had a Celebration of Learning in December 2016. The next will be in June 2017 in order to celebrate the achievement of our participants throughout the term with parents, staff, volunteers, and school management.

#### **Parent Comments:**

"I think it's a really fun program!"

"My child is now helping out more at home with food prep and clean up."

"I really appreciate this program and how my daughter has a safe space to go after school while I work."

"My son looks forward to this each week."

#### **Participant Comments:**

"The staff are fun."

"My favourite activity has been making goo and my butterfly craft."

"I like cooking at home now, too."

## **Healthy Active Community Kids (HACK) Program**



## **Community-Capacity Building Initiatives Program**

In 2016, through its Community-Capacity Building Initiatives Program, AHC provided support to 42 Community Initiative groups. Meeting diverse needs of communities, we provided effective services to new immigrants, refugees, and communities. Our support included, but was not limited to: making community connections, promoting cultural diversity and social inclusion, developing life skills and leadership skills, enhancing healthy living and community well-being, improving youth education, and facilitating enrichment of the lives of women, elders and new immigrants. We helped communities access to our seed grants and other resources. In the past year, we held 4 workshops and 2 activities for leadership training with participation of around 260 people. Our 5 fantastic Multicultural Gatherings attracted around 1,500 people to attend our events. Our Adult Literacy and Skills Training provided 4 learning opportunities to our clients: Computer, English as Another Language, Basic Math and Numeracy and Entrepreneurship training. Over 300 participants attended the classes.

#### Main Activities and Outcomes Reached during 2016-2017

Activities	# of Group/Times/Hours	# of Participants
Communities Initiatives Supported	42 groups	4,200
Leadership Training Workshops & Activities	6 times	260
Multicultural Gatherings	5 times	2000
Entrepreneurship Training	84 hrs	55
Basic Computer Class	500 hrs	60
English as Another Language	600 hrs	150
Basic Math and Numeracy	100 hrs	38

#### **TESTIMONIALS FROM STUDENTS**

"Learning English is more important than ever, especially here in Canada. AHC provided me with a precious opportunity to learn the language skills so that I can interact with people in this new environment. In this way I am able to use the knowledge and skills what I have learned here in the classroom to my work. Everyone at AHC is nice and extremely helpful. I truly feel like I'm at home."

"AHC has helped me develop my computer skills, one of the most important skills which I needed to survive in this new country. Being able to use programs like Microsoft with AHC's help has made me to have a better opportunity for success in my career."

#### **Community Building**



**EAL Classes** (English as Another Language)

**Entrepreneurship Business Training** 





One of the performer in our Community celebration



## **Our Partners and Supporters in 2016-17**

## **New Immigrant and Refugee Youth Camps**

#### **Elementary Schools**

St. Alphonsus School, St. Elizabeth Seton School, Balwin School

#### **Junior High Schools**

Ecole Michael Jean, Killarney School, Mary Butterworth School, Londonderry School, Westmount School, John D. Bracco School, Edith Rogers School

#### **High Schools**

J. Percy Page High School, Jasper Place High School, Queen Elizabeth High School, M.E. Lazerte High School Eastglen High School, Austin O'Brien Catholic High School, Cardinal Collins Catholic High School, Oscar Romero Catholic High School, Holy Trinity Catholic High School, St. Francis Xavier High School, Mother Margaret Mary Catholic School, Centre High School, Cardinal Collins Corpus Christi Campus, Millwoods Fresh Start

#### **Others**

Metro Continuing Education
One World One Centre of Edmonton Catholic School Board
Lois Hole Library

## **Healthy Active Community Kids (HACK) Program**

- 1. Edmonton Public Library
- 2. Edmonton Public School Board
- 3. MacEwan University
- 4. Belmead Community League

- 5. West Jasper Sherwood Community League
- 6. Norquest College
- 7. Parent Advisory Council

## **Community Capacity Building Initiatives - Partners**

- 1. Alberta Culture and Tourism
- 2. Business School of MacEwan University
- 3. Balada Romanian Folk Dance
- 4. Catherine Kew Photography
- 5. Clan MacNaughton Pipes & Drums
- 6. Dentons
- 7. Full House Events
- 8. Farahnaz Middle Eastern Dance Artist
- 9. Nepalese-Canadian Cultural Forum
- 10. Miller Thomson
- 11. My Ukrainian Dance Academy

- 12. Raices Salvadoreno
- 13. Running Room
- 14. Sinkunia Community Development Organization
- 15. Sangea
- 16. St. Joseph High school
- 17. Start2Finish
- 18. Wevive Fitness
- 19. Young Medicine
- 20. Yoyo School of Dancing

## **Community-Capacity Building-Supporters**

- 1. Catherine Kew Photography
- 2. Edmonton Food Bank
- 3. El Mercado
- 4. GConcept Party Décor
- 5. Home Depot
- 6. Henna Tattoo by Palwasha
- 7. Investors Group
- 8. Latino's Restaurant
- 9. Microsoft Store at West Edmonton Mall
- Neighbourhood Revitalization, Central McDougall and Queen Mary Park, Community Services, City of Edmonton

- 11. REACH Edmonton Council for Safe Community
- 12. St. Catherine Catholic School
- 13. Safeway (82 Ave and 104 Ave. Edmonton)
- 14. Shadow Dance Studio
- 15. Santa's Anonymous
- 16. Save-On-Food (109 Street Edmonton)
- 17. Servus Credit Union
- 18. Sisters Roda
- 19. Wildman Institute

## **Community-Based Bridges - Partners**

#### Diversity Health Resource fair, list of service providers/businesses engaged:

- Alberta Health Services North Primary Care Network
- 2. Alberta Health Services South Primary Care Network
- 3. Alberta Health Services Chronic Disease Management
- 4. Alberta Health Services Injury Prevention
- 5. Alberta Health Services Nutrition/Health & Wellness
- 6. Alberta Health Services Mental Health Services
- 7. St John Ambulance
- 8. Alberta Human Service Health Benefits Services for Low-income people
- 9. Alberta Human Rights Commission
- 10. Edmonton Fire Rescue Services
- 11. TERRA Centre Supports for Teenage Parents
- 12. McEwan University Nursing Faculty
- 13. Ellerslie 66 dental Clinic
- 14. Sphinx Medical Centres
- 15. SAGE Seniors' Supports
- 16. New East Acupuncture & Massage Centre
- 17. London Drugs Pharmacies Flu Shot Service

#### Workplace Culture and Job fair, list of service providers/businesses engaged:

#### Service Provider:

- 1. Art of Living Foundation
- 2. McBride Career Group
- 3. Edmonton Mennonite Centre for Newcomers
- 4. Bredin Centre
- 5. Shift Management Inc.
- 6. Alberta Human Services Apprenticeship & Industry Training

#### **Partners:**

- 1. Access Emploi
- 2. Centre D'Accueil et d'Etablissement
- 3. Alberta Legal Information Centre
- 4. Canavua Volunteer services

#### **Employers engaged:**

- 1. Japanese Village Restaurant
- 2. Northlands
- 3. Property Stars
- 4. Right in Town Realty
- 5. Alberta Health Services

## **Other Supporters**

#### **Edmonton Food Bank**

#### **REACH Edmonton Council for Safe Community**

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## **Volunteering at AHC 2016-17**



## **Volunteer Recognition**



## **Volunteering at AHC 2017**





## **Events**



#### Staff 2016-2017

#### **Executive Director**

Aftab Khan

#### **Managers**

Soonhwi Park Suzana Dumo Yanyu Zhou

#### Staff

Ada A. Mejia Adama Dieye Alice Chachana **Ambreen Minhas** Amna Hussain Andrea Streisel Anita Sayaphet Armando Munguia Basem Alabd Alrahim Betlhime Zewde Carolina Arenas Chenlu Dai Chris Ford **Daniel Damile** Elhassan Safa Elly Graff **Emily Moughtin** Erica Asseily Faraja Amanda Hani Choucair Hannah Brett

Harolda Thomas Idalia Ivon Pereira Jesus Grisanti-Clavier Jodie Duenas Joelle Kacou Jonathan Spaner **Kaitlyn Shinness** Kalli Lirette Kamal Takieddine Kameran Akrawi Laural Borys Liliana Alfredo Mackenzie Cook Maegan Robinson-Anagor Mahdabo Yussuf Marco Salinas Maria Lucila Mejia Mark Frederick Maryam Monib Melody Oosthuyzen Mery Gniazdowsky

Michael Pinkoski Michelle Luyimbazi Mirvat Choukeir Mohamed Sharif Abubakar Muna Jama Munira Abbas Mustafa Zahid Naveena Dheenadavalan Nebiyeleul A Habtu Nelson Pereira Niloufar Sadroddini Nilton Romero **Nourhane Agamawy** Omar Al-abdullah Pavale Baraich Rabindra Prasad Rimal Rezan Bebany Robin Carlson

Sadio Osman Samantha Reid Sarah Arlene Nyakeru Seth Lyster Reves Shakil Latif Shuang Wu Sujata Poudel Surai Khatiwada Tej Prasad Adhikari Victor Adewumi Wehale Hassan Ying Zhong Yonatan Etana Yue Zheng Yuheng Zhou Zeinab Abdelaziz

#### New staff joining program team in 2016-2017

Aftab Khan Alice Chachana Ambreen Minhas Amna Hussain Andrea Streisel Anita Sayaphet Basem Alabd Alrahim Betlhime Zewde Carolina Arenas Chenlu Dai Chris Ford Daniel Damile
Elly Graff
Emily Moughtin
Erica Asseily
Hani Choucair
Hannah Brett
Jesus Grisanti-Clavier
Joelle Kacou
Jonathan Spaner
Kaitlyn Shinness
Kalli Lirette

Kamal Takieddine Kameran Akrawi Laural Borys Mahdabo Yussuf Melody Oosthuyzen Mery Gniazdowsky Michael Pinkoski Michelle Luyimbazi Mirvat Choukeir Munira Abbas Naveena Dheenadayalan

Rola Chehayeb

Roula Haydamous

Romi Khabra

Niloufar Sadroddini Nourhane Agamawy Omar Al-abdullah Rezan Bebany Robin Carlson Rola Chehayeb Roula Haydamous Shuang Wu Sujata Poudel Tej Prasad Adhikari Zeinab Abdelaziz

#### **Departing Staff**

Adama Dieye Alice Chachana Betlhime Zewde Carolina Arenas Daniel Damile Idalia Ivon Pereira Jesus Grisanti-Clavier Kaitlyn Shinness Kalli Lirette Mackenzie Cook Maegan Robinson-Anagor Melody Oosthuyzen Nourhane Agamawy Sadio Osman Sarah Arlene Nyakeru Seth Lyster Reyes Chenlu Dai Chris Ford Hani Choucair Mahdabo Yussuf Michael Pinkoski Mirvat Choukeir Munira Abbas Niloufar Sadroddini Robin Carlson Shuang Wu Tej Prasad Adhikari Zeinab Abdelaziz

#### Only Worked in 2016 Summer Camp

Elhassan Safa Faraja Amanda Harolda Thomas Jodie Duenas Liliana Alfredo Marco Salinas Maryam Monib Muna Jama

Pavale Baraich Romi Khabra Samantha Reid Shakil Latif

Victor Adewumi Yonatan Etana Yuheng Zhou

#### THANK YOU TO OUR FUNDERS!

## **Government of Canada**

Funded by: Financé par :

\*

Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

#### **Government of Alberta**

## **The City of Edmonton**













## **Other Funders**









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Website www.a4hc.ca

**Hours of Operation** Office Hours Mon: 9am – 5pm Tue-Fri: 9am –8 pm Sat: 12pm – 8pm Sun: closed



**People and Communities in Action**