

Executive Director's Report

The Tree House Family Resource Centre has had another amazing year. Without a doubt we have continued to make a positive impact within our communities and the families we support.

From April 1, 2015 to March 31, 2016, **417** families (128 for the first time); **562** parents/caregivers and **568** children, were active with our centers throughout the region. Once again, this is a **significant increase** from the previous year.

Rhianna Halliday joined our staff in September as the new Program Facilitator for Bonne Bay North. The Rocky Harbour program has seen growth over the past year and the Cow Head Program was moved to a more suitable location in the Cow Head Community Centre.

In White Bay, our program facilitator, Janis Osmond initiated a new after-school pilot program, **“After the BELL”**, in partnership with Hampden Academy. To date this program has been extremely successful and we look forward to continued success in the fall. We also want to thank Jessica White-Reid for her contribution during a short interim period as program facilitator for White Bay.

For our prenatal group, **Healthy Baby Club**, we had a high number of participants with **101** in attendance throughout the region, and **65** babies being born. This is a significant increase from the previous year. Both Deer Lake (Café Mama) and Pasadena HBC offered a **breastfeeding support program**. Support is given on an individual, as-needed basis in the satellite sites. Stroller Fit (post natal fitness) has also continued on a regular basis.

Patty Regular, Program Coordinator and Dayna Gillard, HBC Coordinator, have both continued the **“Roots of Empathy”** program and have had another great year doing so. “Roots of Empathy” is an anti-bullying program in the elementary school, where a family brings their newborn into the class every second week. A big thank you to Saige and Raya and their families!

Last year, there were a number of **professional development** trainings for staff. Some of these were; Positive Discipline in Everyday Parenting (Oct/Patricia Regular/Sasha Gale), Good Health for Everybody, and the Maternal Newborn Unit (WMRH) information session (majority of staff).

Our **Parent Program** has had another awesome year. The Tree House has had a full time Parent Program Coordinator since 2009. Sharon Perry-Duarte had an excellent year and finished her position in June. Sasha Morgan-Gale joined the staff as the new coordinator. She brings a wealth of information to this position and has been very busy since beginning in October. **BEST Moms** has continued to be a very successful program. From Nov 17-Mar 31, Sasha has hosted **19** BEST Moms events. In January, she resumed the new support program for families experiencing work separation, **Home Again, Gone Again**. This program has now expanded to Pasadena. She has also been involved in sessions for HBC, On Our Way, Kinderstart, Toilet Training, Family Walk & Boil Up/Snowshoe and individual family consultations.

On Friday, May 1st of last year we held our third **Family Matters parent conference**, *“Hands On Parenting! Tools for Everyday Parenting”*. Feedback from the conference was very positive.

The Tree House has been very active within our **communities**. We have **many partners** who support and work with us to deliver programs. We continue to partner with community groups, libraries, fire departments, community health and schools, to bring programs to kindergarten and grade one students. Michelle Harris, Program Facilitator for BBS offered a 5 week Community Kitchen. We have continued to host programs at the DL Library and Senior's home. **“Jack”**, our puppet, continues to be a great success. Both parents and children enjoy his teaching and every year he visits the school to do sessions on helmet, playground or booster seat safety. A big THANK-YOU to **Melanie Moss** our volunteer puppeteer!

Overall we were very active in **community events**, participating in, Canada Day, Strawberry Festival, Agricultural/Fall Fairs, Fire Prevention Week, Christmas parades, Winter-fest /Winter Carnival, Family Fun Evening, Pasadena Kids Festival and New Year's Event.

We want to acknowledge the many **volunteers** who give freely of their time. Volunteers supported our centers by **providing 600+ hours of service** during the past year. In Deer Lake, we have two ladies who oversee our clothing closet; Paula Dinney and Mary Young, and our Tree House Liaison Committee. Others have filled in for program facilitators or helped out during the year as special guests with music and storytelling. In Pasadena, parents formed a committee to construct a **new outdoor play space** for their centre. This project is nearing completion because of the amazing teamwork of staff (Jennifer/Stehanie), families, and community support. Marjorie Yates, a senior in our community, has crocheted numerous hats for our new babies in conjunction with the HBC program, *Period of Purple Crying*. We all have **family members** who help in numerous ways. A lot of what we do couldn't be done, without their support. **“Thank you so much!”**

Last, but certainly not least, is our volunteer **Board of Directors** who have been diligent in doing their very best in leading, guiding and supporting the initiatives of the Tree House. They have supported the Tree House with over 400 hours of service. We want to say a special thank-you to all directors for their commitment. We greatly appreciate the time and energy they give to the Tree House.

I close with saying we have accomplished much this year. From Peggy our Financial Administrator, who has kept things running so smoothly, our Board and staff, community partners, volunteers and all the families who come through our doors, the **Tree House Family Resource Centre has a lot to be proud of and we owe it, to the teamwork of all these wonderful people.**

Below are some comments from our participants in our FRP Evaluation. They give a clear picture of who we are and what we do:

- *Going to Tree House is the highlight of my week.*
- *The Tree House has given me a place where I don't feel alone ...a safe place for my little one to play and socialize.*
- *It has been my survival! I honestly don't know what I'd do without it. Love it!*
- *Changed my life! I was on the verge of PPD & the Tree House pulled me out. It gives me something to look forward to. Everyone is accepting, supportive & non-judgemental. I really needed this.*

Myrna Moss
Executive Director

Board of Directors Highlights & Future Directions

The BoD of the Tree House FRC held **9 general meetings** as well as the previous AGM and an election night within their last fiscal (2015/2016). Board members were also busy with e.g. drafting support letters to councils, supporting the ED with recruiting new staff, recruiting new board members, reviewing and discussing refinements of policies (ongoing), attending board training and **supporting the ED** in her efforts to ensure a healthy, fair and welcoming work place.

The Board had **3 members retiring** over the summer of 2015: *Wornetta Cramm*, *Mercia Conway* and *Erica Parsons*, which offered to continue as a regional capacity member. We thank all three members for their time and input during their time on the board and wish them all the best in their next endeavors.

We were excited when new interest for the Board was received from Bonne Bay North, White Bay as well as Deer Lake & Pasadena and **four new members** were offered a position on the board in the fall of 2015.



BoD members at a Volunteer Appreciation Function in 2016:
Kim Compton (DL; front left) & *Kelly Perie* (BBS; front right);
Back (left to right): *Cherie Wheeler* (P); *Cathy House* (WB); *Paula Tilley* (DL);
Natasha Butt (P); *Jana Fenske* (P);
absent: *Cedric Davignon* (BBN) & *Melanie Curtis* (WB)

The board members were also active in **subcommittees**; these allow specific topics to be discussed more intensely. Outcomes

were reported back at regular meetings seeking support, change and/or implementation where needed. The Board engaged mainly in the following two committees:

Finance Committee & Programming Committee

Both Committees worked tirelessly toward a budget increase to support the amazing work of the Tree House staff. More standardizing programming hours and procedures within our diverse service area were rolled out in the fall eliminating previously raised concerns by our funding agency and therefore increasing the chances of a budget increase. The board's dedication and staffs' hard work were finally rewarded with the release of the new budget in July 2015! This was a big mile stone for the board as it allowed for the implementation of wage increase and other financial aspects. Even though the implementation is pending future budget approvals, we are pleased to announce that the 2016/2017 budget was approved.

As we look to the upcoming year, we will **continue to offer supports and services that promote healthy child development and family functioning.** We believe that parenting and the family environment have the most significant impact on a child's development. With **support** from our **funding agency, the Board of Directors, staff, parents & children, volunteers,** and our many **community partners,** we will continue to **work diligently** to keep the Tree House Family Resource Centre a place where families find resources, encouragement and a sense of belonging. The Board steers into another busy fiscal year filled with excitement, responsibilities, objectives, and challenges.

It is wonderful to work with staff that, despite the distance, work well as a team and support each other's initiatives. Myrna continues to show immense competency in her role as Director and supervisor. Serving a region as geographically challenging as ours, we are very appreciative of all **staff's work and enthusiasm as well as their leadership within their communities. Thank you all for making this a wonderful experience for the board.**

Wishing everyone a fun-filled and accomplished 2016/2017,

Jana Fenske

On behalf of TTHFRC Board of Directors

THE TREE HOUSE FAMILY RESOURCE CENTRE INC.

Bonne Bay North • Bonne Bay South • Deer Lake • Pasadena • White Bay



ANNUAL REPORT 2015 - 2016

Mission Statement

The Tree House Family Resource Centre provides a wide range of quality programming and support services for families in our communities in order to promote and support healthy child development and family functioning.

Vision Statement

Healthy communities where families have access to quality programs and services, which encourage and enhance the full development of children and their parents/caregivers