

## Executive Director's Report

The Tree House Family Resource Centre has had another busy, exciting and productive 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, **397** families; **498** parents/caregivers and **557** children, were active with our centers throughout the region.

We had exciting new happenings for this past year. *Tree House DL* saw the launch of a community garden; **GROW Garden**, with 5 families harvesting its first crop in October. We are excited to expand even further this year with 12 families involved. **Dayna Gillard** (HBC Coordinator) has given leadership to the program and it has been very successful due to the many partnerships within our community.

**Patty Regular** (Program Coordinator) has taken on a new program this year; **Run 4 Fun**, in partnership with Dr. Louise Campbell.

*Pasadena* also saw an awesome addition last year with the opening of their **Outdoor Playland**, located in the back of their centre on Midland Row. This endeavour has been a success due to the many partnerships within the community and the dedication and determination of the staff (**Jennifer Roberts /Stephanie Owens**) and Pasadena families.

In *White Bay*, our program facilitator, **Janis Osmond** has continued the new after-school program, **"After the BELL"**, (Hampden Academy) which has now expanded to Main River Academy in Pollard's Point. This program runs in partnership with both schools and serves the families of these communities.

*Bonne Bay South* has been very busy offering a variety of programs with our facilitator **Michelle Harris**; such as, *Down By the Bay*, *Going Buggy*, *Little Green Thumbs* to name a few. We want to thank Kayla Crocker for keeping things running smoothly in the interim while Michelle has been off.

Our *Bonne Bay North* Facilitator, **Rhianna Haliday**, finished her position in August of last year. Thank you to Kayla Crocker and Kaitlin Patey (PPC) for maintaining programs for the Rocky Harbour area.

For our prenatal group, **Healthy Baby Club**, we had a high number of participants with **103** in attendance throughout the region, and **75** babies being born! Deer Lake continues to offer a **breastfeeding support program** (*Café Mama*). Support is given on an individual, as-needed basis in the satellite sites. The annual BF Breakfast (DL) was well attended with Moms and Dads. **Stroller Fit** (postnatal fitness) has also continued on a regular basis in Pasadena and Deer Lake. The **Baby Box** has also been a new initiative by Dayna and has been in very high demand.

Both Patty and Dayna have 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 **Mason** and **Drea** and their families!

A very important person in our organization is our Financial Administrator, **Peggy Langdon**. Thank you Peggy for the many things you do and for keeping things running so smoothly!

Our **Parent Program** has had another awesome year. Sasha Gale finished her position in October and **Kaitlin Patey** joined the staff as the new coordinator. Kaitlin has a heart for families and has been very busy since beginning in November. **BEST Moms** continues to be a very successful program with 2 programs necessary for Deer Lake / Pasadena. **Home Again, Gone Again**, a support program for families experiencing work separation, has continued in Deer Lake and Pasadena. She has also been involved in sessions for HBC, On Our Way, Kinderstart, Snowshoeing and Single Moms Group. (DL)

On Thursday evening & Friday, Oct 20/21 of last year we held our fourth bi-annual **Family Matters parent conference**. Feedback from the conference was very positive.

Last year, there were a number of **professional development** opportunities for staff & board. Some of these were; the NLFPR Provincial Conference and the Parent & Child Mother Goose Program (Patty/Dayna), Car Seat Training, Colour It Up, and Board Governance.

The Tree House has been very active within our **communities**. We have **many partners** who support and work with us to deliver programs. We extend a big thank you to the Pentecostal Church for hosting the Stroller Fit /Run 4 Fun programs (winter) and for

allowing us to offer programming while we were out of our building. We continue to partner with community groups, libraries, fire departments, community health and schools, to bring programs to kindergarten and grade one students. We have continued to host programs at the **DL Senior's home** and this year they thoroughly enjoyed a visit here at the centre *for tea*. **"Jack"**, our puppet, continues to grow in popularity. Parents and children at the centre 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, Bonfire Night, Fall Fairs/Festivals, Fire Prevention Week, Christmas parades, and Winter-fest/Winter Carnival.

We want to acknowledge the many **volunteers** who give freely of their time. Volunteers supported our centers by **providing approximately 1000+ hours of service** during the past year. In Deer Lake, we have Paula Dinney who oversees our clothing closet. Others have filled in for program facilitators or helped out during the year as special guests with music and storytelling. Marjorie Yates, a senior in our community, has crocheted hats for all our new babies in conjunction with the HBC program, *Period of Purple Crying*. We all have **family members** who have helped in *too many ways to name*. 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 and the time and energy they give to the Tree House.

I close with saying we have accomplished much this year. From 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 amazing teamwork of all these wonderful people. Recent comments from our FRP e-Valuation; *-Words cannot express how important this program is in the community. Staff are amazing and inclusive! I've made friends here that will continue on for a lifetime. -Tree House is my home away from home, I knew I wouldn't be judged, I could walk in with a crying baby and someone was there with open arms to help.*

**Myrna Moss**  
Executive Director

## Board of Directors Highlights & Future Directions

Over the past fiscal (April 2016 to March 2017), the Board of Directors of the Tree House FRC held **7 general meetings, a work training session** as well as the previous AGM. Board members were actively engaged (that includes the weeks between meetings) with:

- ❖ Recruiting new board members;
- ❖ Communicating with various municipalities ensuring a supportive work environment for staff; sometimes seeking financial support ;
- ❖ Brainstorming options for our Bonne Bay North centres;
- ❖ Supporting the ED with job postings/ hiring and funding proposals;
- ❖ Receiving continued training to ensure that an informed and progressive board is in place; (most members were able to attend our training, which we combined with our Work-plan update);
- ❖ Discussing and researching various topics related to Group Insurance requirements and benefit policies, Workers Compensation regulations, RRSP contributions;
- ❖ Successfully securing a small increase in staff's wages;
- ❖ Creating, reviewing, discussing and refining TH's policies (every meeting had at least two policies on the agenda; this topic will be continued into the new fiscal); and
- ❖ **Supporting the ED** in her efforts to ensure a healthy, fair and welcoming work place.

**Four members were leaving** the board over the summer & fall of 2016: *Cedric Davignon (BBN)*, *Kelly Pevie (BBS)*, *Kim Compton (DL)* and *Melanie Curtis (WB)*. We thank all four members for their contributions during their time on the board and wish them all the best in their next endeavors.

We were excited to see new interest in the Board and welcomed, in the fall of 2016, **four new ladies** representing Bonne Bay South, Deer Lake & Pasadena. They have demonstrated an active interest in the organization and have been very involved over the past couple months in the above mentioned tasks. Please see photo for complete active membership.



BoD members 2016/2017:

Front (left to right): *Paula Tilley (DL)*, *Jacenta Hudson (P)*, *Chelsey Harding (DL)*, *Karine Chrisholm (BBS)*;  
Back (left to right): *Cherie Wheeler (P)*, *Cathy House (WB)*, *Nicki Parsons (DL)* & *Jana Fenske (P)*; absent: *Natasha Butt (P)*

The board members were very active on the finance side of the organization as we were faced with a vacant treasure position last September. **A BIG Thank you goes to Peggy Langdon**, TH Financial Administrator, for bringing the board members up to speed by providing in depth orientation of the TH's financial structure and answering patiently our many questions.

It is enjoyable to be part of such a wonderful and professional group. We are very appreciative of all the diligent work and enthusiasm staff brings to this organization. Staffs' presence and leadership within their communities is an important integral part of TH's identify and we want to thank every one of you and all your participants and volunteers for keeping this organization strong and growing.

**Thank you all for making this a wonderful experience for the board members.**

Wishing everyone a fun-filled and accomplished 2017/2018,

**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 2016 - 2017

#### 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