

Executive Director's Report

The Tree House Family Resource Centre has had another amazing year. We have hosted **many** awesome programs that have made a positive impact within our communities and the families we support. From April 1, 2017 to March 31, 2018, **396** families; **555** parents & caregivers and **561** children, were active within our centers throughout the region.

There were many exciting Tree House happenings for the past year.

For our prenatal group, **Healthy Baby Club**, **Dayna Gillard** (HBC Coord) reports participant numbers were consistent for the entire Tree House region. We had **93** participants throughout the region, with **45** babies being born. Deer Lake HBC continues to offer a breastfeeding support program (*Café Mama*). Support is given on an individual as-needed basis in the satellite sites. Other highlights include an annual BF Breakfast which was well attended by Moms and Dads. For Pasadena; Carnival Week Community Baby Shower, an HBC reunion, and a number of sessions involving community partners, such as the Baby Wearing NL. **Melanie Parks** joined us in Sept and had a great year filling in for **Stephanie Owens** as HBC facilitator.

Patty Regular (Program Coord) began a new 3-6 yr old program, **Out 'n About**, where families take field trips into the community. **Fam Jam** was hosted through the summer with Patty and Kaitlin (PPC) offering a themed program every alternate week (ie Amazing Race, Campfire/Games). Both Patty & Dayna co-facilitated 30 weeks of the **Mother Goose Program** within the Baby Steps Program.

Deer Lake saw the **GROW Garden** continue into its second year with 14 families sharing in the excitement of a harvest (Oct 2017) and the new addition of a green house (Spring 2018). **Dayna Gillard** continues to give leadership and it has been very successful due to the great number of partnerships within our community.

Both Patty and Dayna have continued the **Roots of Empathy** program and have had another great year. "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 **Mackenzie** and **Jordan** and their families!

The **Community Outreach Program** began in November with **Tammy Hutchings** as facilitator. Tammy introduced a variety of program options for families in the Pasadena and Deer Lake area. The themed Drop In Play, where families took a "trip" around the world, was a great success. Families got to experience the culture of a different county through

crafts/activities and foods. Attendance was a clear indication of family support for alternate programming.

Pasadena also saw an awesome addition last year with the opening of a new centre, located at The Hub, 12 Third Ave. This endeavour has been a success due to the diligence of board & staff, our funders, and the many partnerships within the community. Throughout the year, **Jennifer Roberts** (Program Facilitator) saw 61 new families become a part the Pasadena Tree House. Highlights for the year include their Annual Boat Races, Bike Rodeo, and many more.

In **White Bay**, our program facilitator, **Janis Osmond** has continued the after-school program, **After the BELL** in Main River & Hampden. This program runs in partnership with both schools and serves the families of these communities. Other sessions included a Teddy Bear clinic and an HBC session.

Bonne Bay South: We want to thank volunteer, **Tara Crocker** for continuing with programs in the interim while Michelle has been off. Tara offered two programs per week in Trout River from September - May.

In October, **Bonne Bay North** had a new facilitator join the Tree House team. **Angela Martin** had an amazing year, with lots of exciting programming being offered as she got to know her families. New for the area was the Intergenerational Program at the Bonne Bay Health Centre and Yoga for Kids.

Our Parent Program Coordinator, **Kaitlin Patey** has been very busy continuing **BEST Moms** and **Home Again-Gone Again**, a support program for families experiencing work separation (Deer Lake/Pasadena). She has also been involved in sessions for HBC, On Our Way, Kinderstart, and the DL Single Moms Group. Kaitlin also offered the **Handle with Care** program within our HBC prenatal group and co-facilitated a Nutrition Program (Colour It Up) with Dayna Gillard.

A very important person in our organization is our Financial Administrator, **Peggy Langdon**. Peggy assists with programs when needed and co-hosted the Kids Live Well summer program with Kaitlin, along with many other things. Thank you Peggy for the many things you do and for keeping things running so smoothly!

Last year, there were a number of **professional development** opportunities for staff. Some of these were; Car Seat Recertification, Colour it Up, and First Aid.

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). We continue to partner with

community groups, libraries, fire & police 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*.

Overall we were very active in **community events**, participating in Canada Day, Strawberry Festival, 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 had Velda Cassell who gave of her time to offer childcare on an as-needed basis. 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;

-My baby and I feel part of the community and we have both made friends and a support system that I know will last a lifetime. Thank you all for everything you do! We are so lucky to have you as a resource in our community.

-This program made my transition to motherhood the BEST!

-The programs and the staff have played an instrumental role in keeping our family here. I have met so many amazing friends and have had such great support!

-It is an absolute gift to be able to attend programs as great as these at no cost. I have met so many families... my kids have always had opportunity to play with new friends and the programs have better prepared my kids for Kindergarten.

Myrna Moss
Executive Director

Board of Directors Highlights & Future Directions

Over the past fiscal year, from April 2017 to March 2018, the Board of Directors for The Tree House Family Resource Center (TTHFRC) has held 8 general meetings, 2 work training sessions, and well as attended last year's Annual General Meeting.

Highlights of board activity over the past year include, but not limited to:

- Maintaining close communication with community partners such as community health, similar mandated organizations and our respective municipalities. Keeping TTHFRC in the community scene provides opportunities for shared resources and supports.
- Volunteering time and assistance to support programs, in a variety of capacities beyond usual board duties. This past fiscal year board members could be found alongside other volunteers helping relocate, clean and construct functional centers for operation.
- Improving access to TTHFRC information by the means of website development; the board has significantly contributed to the development of our new website in the hopes that its friendly easy to navigate pages will encourage any individual or group to seek us out.
- Sourcing and securing financial assistance from community stake holders/partners. In addition to our support from the Government of NL Dept of Education and Early Childhood Development, TTHFRC continues to source financial aid to contribute to our organizations needs. We value the relationships with all our supporters, and it is with their contribution that TTHFRC is as successful as it is!
- Recruiting and welcoming new board members; as the governing body for the operations of TTHFRC, each and every board member is both responsible and accountable for the organizations activities. As such we were happy to expand our dedicated team to include Joanne Babstock, Tara Howse, Kelly Saunders and Rebekah Rowe. We also wish to extend thanks to former members Karine Chisholm, Paula Squires and Cathy House for all their contributions during their time as directors.
- Supporting and assisting the executive director where needed, such as hiring procedures, funding proposals and policy development. Over this past year we have had the pleasure of assisting our Executive Director during the hiring of a new Healthy Baby Club Facilitator Melanie Parks, Program Facilitator Angela Martin, Community Outreach Program Facilitator Tammy Hutchings and Parent Program Coordinator Shelley Langford.

TTHFRC is an amazing organization. Its community impact is powerful, and every bit of this power is a result of the outstanding staff members who run it. Families throughout the region have communicated through our program evaluation feedback forms just how important Tree House staff is in what makes this program work. TTHFRC staff provides that safe, welcoming environment where families can learn and play together, and the Board of Directors is proud of you. We wish to extend a sincere thank you to all staff members, for everything they contribute far beyond their job description.

It has been an absolute pleasure being a part of the TTHFRC Board of Directors, and we look forward to another amazing programming year with all of you in 2018-2019.

Have a safe and enjoyable summer.

Jacenta Hudson

On behalf of TTHFRC Board of Directors



BoD members 2017/2018:

Front (left to right):

Chelsea Harding (DL), Tara Howse (BBN), Jana Fenske (P);

Back (left to right):

Jacenta Hudson(P), Nicki Parsons (DL),

Joanne Babstock (BBN), Kelly Sanders (WB)

Absent: *Cherie Wheeler (P), Karine Chisholm (BBS), Cathy House (WB)*

THE TREE HOUSE FAMILY RESOURCE CENTRE INC.

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



ANNUAL REPORT 2017 - 2018

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